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Homoeopathic Management of Drug-Induced Dyspepsia with Globus and Vertiginous Migraine

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Abstract
Drug-induced gastrointestinal disturbances are a common and often inadequately addressed clinical challenge. Patients on long-term neurological or cardiovascular medications frequently develop secondary digestive complaints, creating an iatrogenic cycle. Homoeopathy offers an individualised approach that addresses the totality of symptoms physical, mental, and general rather than suppressing each complaint in isolation. This report presents a complex case where Iris Versicolor was selected as the simillimum for multi-system complaints arising from conventional medication use.

Keywords: Drug-induced dyspepsia, Gastrointestinal disturbances, Homoeopathy

Introduction

Case Presentation

A 56-year-old married, post-menopausal female presented with complaints that developed after initiation of allopathic treatment for vertiginous migraine (May 2025). She reported severe acidity (worse on empty stomach), gaseous distension, globus sensation, gas rushing to the head with simultaneous headache (both appearing and disappearing together), intense burning in the chest and lower abdomen, constipation, and nausea.

Her past history included hypothyroidism, hypertension, dyslipidaemia, hyperuricaemia, treated pulmonary TB (36 years prior), and borderline pre-diabetes (HbA1c 6.00%). Upper GI endoscopy (26 Nov 2025) confirmed antral gastritis with dyspepsia.

- **Generals:** Hot patient. Reduced thirst. Desires ice cream and cold food/drinks. Burning feet. Sleep improved after expressing emotional distress at bedtime.
- **Mental and Emotional Profile:** Longstanding pattern of suppressed anger, suppressed emotions, and suppressed expression. She could sleep only after verbalising her distress — indicating active emotional suppression throughout the day.

The case was analysed using a totality of symptoms, focusing on the patient's mental generals, physical generals, and the characteristic 'Strange, Rare, and Peculiar' (SRP) concomitant symptoms. Systematic repertorisation was performed using the Synthesis Repertorium Homoeopathicum Syntheticum (Edition 9.1). Twelve rubrics were selected to reflect the multi-system nature of the drug-induced dyspepsia and associated migraine.

Remedy Selection — Iris Versicolor

Iris Versicolor was selected as the simillimum. Its deep action on the gastro-intestinal tract, liver, pancreas, and head, combined with its well-documented mental picture, aligned closely with the patient's symptom totality:

Case Analysis and Repertorisation

Key symptoms used for case analysis (in hierarchical order):

Symptom	Significance
Suppressed anger, emotions, expressions	Mental general — highest in hierarchy
Gas rushes to head with headache; both appear and disappear together	Peculiar, Rare, Characteristic (SRP)
Burning — chest and lower abdomen, severe and sudden	Physical general
Desires ice cream and cold food/drinks	Particular desire
Acidity worse on empty stomach	Physical particular
Constipation worse from any allopathic medication	Causation + modality
Burning feet; thirstlessness; hot thermal state	General symptoms
All complaints arose after vertiginous migraine medications	Never Well Since (causation)

Patient's Symptom	Iris Versicolor Correspondence
Gas ascends to head with simultaneous headache	Bilious/sick headaches with gastric concomitants; headache and GI symptoms appear and disappear together
Severe burning — chest and abdomen	Burning from mouth to anus; intense GI burning; burning eructations
Acidity worse empty stomach; globus sensation	Hyperacidity; waterbrash; oesophageal constriction/foreign body sensation
Constipation with flatulence	Bowel irregularity; flatulent distension
Suppressed anger and emotions	Indicated in complaints from chronic emotional suppression
Burning feet; hot patient	Burning sensations peripheral and central throughout

Based on the totality of symptoms — including suppressed anger and emotions, the characteristic concomitant of gas ascending to the head with simultaneous headache, severe burning throughout the GI tract, and constitutional generals — Iris Versicolor was selected as the simillimum.

Nux Vomica was considered given the drug-induced nature, gastric irritability, and constipation; however, the characteristic burning throughout the GI tract, the ascending gas-headache concomitance, thirstlessness, cold desires, and specific emotional suppression pattern shifted the prescription decisively to Iris Versicolor.

The following five points confirm Iris Versicolor and exclude Nux Vomica conclusively in this case:

		Iris Versicolor	Nux Vomica
1	Ascending flatulence → headache (SRP)	Grade 3 keynote — gas ascends to head with simultaneous headache (Synthesis Gr.3)	Absent as a keynote; flatulence is downward or general (Boericke p.440)
2	Thirst	Thirstlessness — forgets to drink water (Synthesis Gr.1)	Thirsty — desires water frequently (Synthesis Gr.3)
3	Food desires	Cold food, ice cream, cold drinks (Synthesis Gr.1)	Hot food, spicy, stimulants — desires warmth (Synthesis Gr.2)
4	Nature of anger	Suppressed, internalised — held within all day; vents minimally at bedtime only (Clarke Vol.2)	Eruptive, irritable, expressive — anger comes out violently (Kent p.599)
5	Systemic burning	Burns from mouth to anus — whole alimentary canal (Clarke Vol.2 p.43)	Burning in stomach/heartburn; not the pervasive canal-wide picture of Iris

Primary Materia Medica and Repertory References

Remedy	Source	Key Passage / Relevance
Iris-v	Boericke W., p.348-350	Periodic bilious headaches with gastric disturbances; burning of entire alimentary canal; acidity; waterbrash; ascending flatus
Iris-v	Clarke JH., Vol.2, p.42-46	Headache with vomiting of sour matter; burning from mouth to anus; globus; pancreatic action; oesophageal constriction; suppressed emotional state
Iris-v	Murphy R., p.1058-1061	Headache and gastric symptoms concomitant; burning throughout GI; pancreatic remedy; borderline glycaemic states; ascending gas
Iris-v	Synthesis (Schroyens, 9th Ed.)	HEAD: Pain, gastric complaints with (Gr.3); ABDOMEN: Flatulence, upward moving (Gr.3); CHEST: Burning (Gr.3); MIND: Anger, suppressed (Gr.2)
Nux-v	Kent JT., p.598-602	Irritable, chilly, hypersensitive; headache on waking; constipation with urging; drug-induced; expressive anger — not suppressed
Nux-v	Boericke W., p.440-444	Drug abuse; hyperacidity; constipation with urging; liver congestion; nausea with retching; desires stimulants and hot things
Nux-v	Synthesis (Schroyens, 9th Ed.)	RECTUM: Constipation (Gr.3); STOMACH: Acidity (Gr.3); GENERALS: Thirst excessive (Gr.3); GENERALS: Food, hot, desires (Gr.2) — all oppose this patient's picture

Prescription Detail	
Remedy & Potency	Iris Versicolor 30C
Dosage & Repetition	4 pills OD * 7 Days , SL BD * 7 Days
Date of Prescription	27/11/2025

Follow-Up and Outcome

Visit	Date	Symptoms / Progress	Action Taken
1st (Initial)	27/11/2025	Severe acidity, burning in chest, constipation, gas rushing to head with simultaneous headache	Iris Versicolor 30C OD, SL BD* 7 days
2nd Follow-up	05/12/2025	Burning in retrosternal area reduced (50% improvement), intensity of gas-headache reduced (30 - 40% improvement) acidity, constipation	Iris Versicolor 30C OD, SL BD* 15 days
3rd Follow-up	23/12/2025	The characteristic (globus) feeling ascending gas pressure is significantly less frequent, Patient reports of feeling less discouraged,emotional state getting better, sleep getting better significantly	Iris Versicolor 30C , single dose , SL BD* 15 days
4th Follow-up	07/01/2026	Patient's Thirst is slowly returning , burning and acidity markedly reduced (70-75%), passing stools easily , constipation better (50 -60% improvement)	Iris Versicolor 30C , single dose , SL BD* 15 days
5th Follow-up	22/01/2026	Headache and gastric symptoms are now markedly reduced (80-90% improvement) (if occur mild symptoms then before), Emotionally better , patient feels more released and stress free after verbalizing distress.	Iris Versicolor 30C, SL BD * 1 Month
Final	24/02/2026	Headache and gastric symptoms , constipation, and dyspepsia reduced significantly,sleep better(80-90% improvement), almost resolved completely (no headaches or dyspepsia for 3 weeks despite stopping antacid medications)	Iris Versicolor 30C, SL BD * 1 Month

Discussion

This case presents several clinically interesting features that merit discussion. First, the iatrogenic nature of the presenting complaints, the gastric disturbances arising clearly after the initiation of allopathic treatment for vertiginous migraine represents a 'Never Well Since' situation as described in homoeopathic case-taking. The remedy was selected not merely for the presenting gastric symptoms but for the totality that emerged in this temporal and causal context.

The characteristic symptom — gas rushes towards the head with associated headache, both appearing and disappearing simultaneously — is a striking SRP (Strange, Rare, Peculiar) symptom that immediately directs attention to Iris Versicolor. This concomitant relationship between gastric flatulence and headache is a well-established feature of this remedy and is consistently recorded in both classical and modern Materia Medica.

The mental picture — characterised by longstanding suppression of anger and emotional expression, with the patient finding relief only after expressing her distress at bedtime — adds a further layer of depth to the prescription. In homoeopathic case analysis, mental generals hold the highest place in the hierarchy of symptoms, and their alignment with the physical picture strengthens the confidence in the simillimum.

The post-menopausal status of the patient, combined with hypothyroidism and a borderline glycaemic state, creates a complex metabolic background. Iris Versicolor's well-documented action on the pancreas, liver, and endocrine system makes it particularly suitable for this constitutional setting.

A note on the differential: Nux Vomica was also considered given the prominent gastric irritability, constipation, and drug-induced nature of the complaints. However, the characteristic burning throughout the GI tract, the ascending gas-headache concomitance, the thirstlessness, the cold desires, and the specific emotional suppression pattern shifted the prescription decisively towards Iris Versicolor.

Conclusion

This case demonstrates the efficacy of individualised homoeopathic treatment in managing complex, multi-system, drug-induced complaints. Iris Versicolor was selected on the basis of the peculiar gastric-headache concomitant, severe GI burning, suppressed emotional state, and constitutional generals all converging on a single simillimum. The case underscores that thorough homoeopathic case-taking, encompassing mental generals, physical generals, and causative factors, can identify a precise remedy even in iatrogenic and multi-morbid presentations.

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