



## Coeliac Disease & Its Homoeopathic Management

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### Abstract

Coeliac disease is an immunologically mediated disorder of the small intestine, triggered by the ingestion of gluten-containing grains in genetically susceptible individuals. Coeliac disease is often begins in middle infancy, it is two to three times more common in women than men. Homeopathy can treat coeliac disease and individual susceptibility. The right constitutional similimum arrived by the help of mental generals, physical generals, characteristic particulars, causation, modalities and concomitants helps in removing the underlining susceptibility and bring out the cure. It can also managed by diet regimen and life style modification along with homoeopathic treatment.

**Key word-** Coeliac disease, diet and lifestyle, Homoeopathy.

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### INTRODUCTION

Coeliac disease is a chronic immune mediated disorder that develops in genetically susceptible persons when gluten, a major protein found in wheat, barley, and rye is ingested in the diet. It is also known as non-tropical sprue, or gluten-sensitive enteropathy.

There is inflammation of the small bowel mucosa and atrophy of the villi, resulting in nutrient malabsorption (protein, fat, carbohydrates, vitamins and

minerals), wasting and diarrhea. Any system may be involved and extra-intestinal manifestations can appear, it include anemia, bone disease, lymphoma, and liver disease. Dermatitis herpetiformis is a related skin condition experienced by some coeliac disease patients.

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Genetic susceptibility defines people who possess the gene pair encoding the major histocompatibility complex **class II HLA DQ2 or DQ8**. These genes are virtually required for coeliac disease to occur.

### **Epidemiology**

Female-to-male ratio is 2: 1. First degree relative of coeliac disease patient has about a 10% chance of having the disease, if one twin is having coeliac disease in identical twins then approximate 70% chance that other twin will also have coeliac disease.

Africans, Chinese and Japanese are not expected to develop coeliac disease as they do not have DQ2, Coeliac disease affects about 1% of the general population world over. The highest reported prevalence is in the Western European countries.

In India number of patients with coeliac disease is approx. 8.8 million. Punjab, Haryana, Delhi, Rajasthan, Uttar Pradesh, Bihar and Madhya Pradesh, predominantly have prevalence of coeliac disease. Incidence of coeliac disease in north India is rising.

### **Types Of Coeliac Disease**

Coeliac disease has been categorized into four main classes according to the NIH consensus conference.

1. **Classical Coeliac Disease-** Diarrhea, bloating, abdominal pain, and weight loss.
2. **Coeliac Disease With Atypical Symptoms** Includes extra intestinal symptoms.
3. **Silent Coeliac Disease-** Asymptomatic yet have both positive serology and biopsy.
4. **Latent Coeliac Disease** Positive serology and negative biopsy, but may later present with positive symptoms or intestinal changes.

### **Cause of Coeliac Disease**

Coeliac disease is caused by a reaction to gliadin prolamin found in the wheat. Coeliac disease isn't an allergy or an intolerance to gluten.

- Genetic defect cause the immune system of body to produce antibodies in the presence of gluten. It attack the lining of the small intestine and villi of small intestine damaged and cannot absorb nutrients properly. Impaired nutrient absorption in turn causes the person to become malnourished, irrespective of the amount of food eaten.
- Coeliac disease have a strong genetic component. It is associate with genes on Chromosome 6 called Human Leukocyte Antigens (HLA) class II.

**Risk Factors****Environmental Risk Factors**

Infant Feeding - Children exposed to wheat, barley, rye before the gut barrier fully developed, during first three months had five times risk of developing coeliac disease relative to those exposed four to six months after birth. Breastfeeding may reduce risk, 50% reduced risk of developing coeliac disease in infancy.

The European Society for Pediatric Gastroenterology currently recommends that small amounts of gluten are gradually introduced between 4 and 7 months of age during breastfeeding.

Infections - Association of HCV infection with coeliac disease. A study showed that frequent rotavirus infections, is a risk factor for coeliac disease in genetically susceptible individuals.

Socioeconomic Factors- Worse socioeconomic conditions might protect against coeliac disease development.

**Genetic Risk Factors**

HLA Genes - Coeliac disease is a multigenic disorder, most dominant genetic risk factors are the genotypes encoding the HLA class II molecules HLA-DQ2 and HLA-DQ8. About 90% coeliac disease patients carry the DQ2 and remaining patients express DQ8. Deamidated gliadin peptides have a high binding affinity to HLA-DQ2 and HLA-

DQ 8 molecules, so the immunogenicity of gluten in carriers of HLA-DQ2 and HLA-DQ8.

Coeliac disease tends to be more common in people whose family member with coeliac disease or dermatitis herpetiformis, Type 1 diabetes, Down syndrome or Turner syndrome, Autoimmune thyroid disease, Autoimmune liver disease, Microscopic colitis, Rheumatoid arthritis, Addison's disease, SLE, Lactose intolerance, Irritable bowel syndrome, Intestinal lymphoma.

**Symptoms and Clinical Manifestation**

Some children have no signs or symptoms, 95% of children with coeliac disease may be misdiagnosed with other conditions. Coeliac disease can affect many systems of the body.

**General Symptoms:**

- Change in appetite
- Chronic fatigue
- Weight loss (though 30% of affected people are overweight)
- Malnutrition, nutrient deficiencies
- Persistent iron deficiency anaemia
- Fluid retention
- Failure to thrive

**Central Nervous (psychological) System**

- Behavioural changes
- Anxiety, Irritability
- Neuropathy
- Developmental delays

- Seizures
- Foggy mind
- Persistent hunger
- Vertigo

**Mucosal Systems:**

- Aphthous stomatitis
- Recurrent canker sores

**Gastrointestinal System:**

- Persistent, unexplained gastro-intestinal symptoms
- Diarrhoea : Foul smelling light coloured stool
- Steatorrhea
- Constipation
- Abdominal pain
- Bloating, flatulence
- Nausea and Vomiting
- Lactose intolerance
- Acid reflux and heartburn

**Musculo - Skeletal and Dental Systems:**

- Osteopenia
- Short stature
- Dental enamel defects
- Muscle cramps, weakness and wasting

**Skin:**

- Unhealthy pale appearance
- Easy bruising
- Angular cheilitis
- Hair loss
- Brittle nails
- Skin rash

- Dermatitis Herpetiformis - blistering, itchy rashes on the back, legs, buttocks, and arms.

**Other symptoms:**

- Weight loss and fluid retention
- Anemia: Due to lack of absorption of vitamin B12 and iron.
- Easy bruising: Due to lack of absorption of vitamin K
- Peripheral neuropathy (nerve damage): Deficiencies of vitamins B12 and thiamine produce nerve damage, poor balance, muscle weakness, numbness and tingling in the arms and legs.
- Abnormal liver tests: elevated levels of AST and ALT.

**Complications**

- Loss of calcium and bone density
- Lactose intolerance
- Cancer
- Collagenous coeliac disease
- Neurological manifestations ataxia, epileptic seizures, dementia, migraine, neuropathy.
- Short stature, Pancreatic insufficiency, Gall bladder malfunction
- Dental enamel changes, lack of proper development and behavioral disorders

**Investigations**

1. Blood Test

2. Hla-Dq2 ,Hla-Dq8 Typing
3. Endoscopy
4. Small Intestinal Biopsy
5. Stool Examination

### **Diet For Coeliac Disease Patients**

#### **Foods to Avoid:**

- Gluten-containing grains (Wheat, Rye and Barley)
- Malt
- Oats
- Gram flour
- Semolina

#### **Gluten Free Food:**

- Rice and Rice flour
- Corn flour
- Maize flour
- Potato flour
- Soya flour
- Amaranth
- Sago
- Maize
- Millet
- Fresh meats, fish and poultry
- Dairy products
- Potatoes, sweet potatoes
- Nuts
- Pulses ,lentils
- Red meat, chicken, eggs
- Sugar, honey, molasses
- Plain corn, plain bean
- **Vegetables:** tomatoes, cabbage, carrots, broccoli, potatoes, celery

- **Fruits:** apple, oranges, bananas, grapes
- **Frozen food:** mangoes, peas, corn, berries
- **Snacks:** popcorn, nuts, rice cakes, potato chips
- **Condiments:** honey, jams, herbs, pickles, ketchup, salt, vinegars, mustard, sugar, pepper, peanut butter, spices, olives, vegetable oils
- **Drinks:** fruit juices, coffee, tea

### **Management And Treatment**

- Lifestyle changes (a gluten-free diet)
- Nutritional supplements
- Laboratory assessment and nutritionist consultation
- Homoeopathic approach

**Lifestyle Changes** - Management is strict adherence to a gluten free diet, this diet will stop symptoms, heal existing intestinal damage & prevent further damage. Symptom improvements start within 48 hours. In children not only will diarrhea and abdominal discomfort subside, but the child's behavior also improves, and growth resumes. The small intestine is usually healed in 3 to 6 months in children and younger adults and within 2 years for older adults.

### **Management of Complications**

#### **Nutritional Supplements**

- Calcium and Vitamin D

- Vitamin B12, folate, Iron
- Vitamin K
- Zinc

### **Homoeopathic Perspective of Auto-**

**Immune Diseases** - All auto immune disease needs a constitutional treatment. Miasms of each disease shall be assessed by the interpretation of pathology and symptomatology. Pathology is similar in almost all autoimmune diseases. Pathology of all autoimmune disease is damage and destruction and comes under syphilitic miasm. Symptoms of auto immune disease starts in the functional level before structural changes start. Even after structural changes start functional symptoms will persists. Destructive pathology of autoimmune disease indicates its syphilitic nature and functional symptomatology contribute to its psoric part. Autoimmune disease is a combination of syphilitic and psoric miasm with a prominence of syphilitic miasm. Auto immune disease will be triggered by the outburst of latent psora. An exposure to an allergen triggers the latent psora that further proceeds to the destructive inherited syphilitic miasm.

### **Homoeopathic Management**

Homeopathy is the holistic system of medicine. The selection of remedy is based upon the theory of individualization and symptoms similarity. The aim of

homeopathy is not only to treat coeliac disease symptoms but to address its underlying cause and individual susceptibility. Therapeutically several medicines are available for coeliac disease and can be selected on the basis of cause, sensation, modalities of the complaints.

- 1. Abrotanum** - Marasmus, especially of lower extremities. Appetite good, but emaciation progresses. Neck so weak cannot hold head up. Indigestion with vomiting of large quantities of offensive fluid. Distended abdomen. Alternate diarrhoea and constipation.
- 2. Anacardium** - Confusion of mind and impaired memory, Sinking feeling in stomach which comes on about two hours after eating and a dull pain in the stomach extending to the spine. Sour eructation. Weak digestion, with fullness and distention. Patient has a tendency to swallows food and drinks hastily.
- 3. Arsenicum** - A grand medicine in gastric disorders stomach irritation, the pains, inability to digest food and the want of appetite. Patient has marked prostration. Debility, exhaustion, and restlessness, with nightly aggravation The pains are of a burning character. Burning relieved by heat. Pain is immediately after taking food.

4. **Carbo Vegetabilis** - Great distention of the abdomen, temporarily relieved by belching. Worse from fat, fish, oysters, ice cream, vinegar or cabbage. Milk increases the flatulence. There is violent burning in the stomach and abdomen. Patient is sluggish, fat and lazy. Frequent, involuntary cadaverous-smelling stools, followed by burning.
5. **China Officinalis** - There is depression of vital power. There are sour eructation, offensive flatus. Yellow diarrhoea, which is worse at night and after meals. Food does not digest, but lies a long time in the stomach, causing eructation's and finally is vomited undigested.
6. **Colocynthis** - Irritable persons easily angered, and produce ill effects. Agonizing cutting cramp like pain in abdomen causing patient to end over double. Jelly-like stools. Musty odour. Distention. Worse, from anger and indignation. Better, doubling up, hard pressure, warmth, lying with head bent forward.
7. **Lycopodium** - Vigorous appetite, but after eating a small quantity of food he feels so full and bloated. Worse after late dinners, distention lasting into the night, making him restless and wakeful.
8. **Natrum Muriaticum** - Great debility; most weakness felt in the morning in bed. Hungry, yet loose flesh. Painless and copious diarrhoea, preceded by pinching pain in abdomen. It works on the mucous membranes and water balance in the body, so from eating gluten, congestion, sneezing, stuffy and runny nose may happen.
9. **Nux Vomica** - Glandular secretion and muscular tone of the digestive organs are affected. Mental overwork, sedentary occupations, high living and dissipation. There is often nausea, empty retching, scanty, sour vomiting, water brash, bitter, metallic or putrid taste. Headache usually attends the gastric disturbances. Distention even after a light meal. Alternating constipation and diarrhoea. Colic, with upward pressure, causing short breath.
10. **Pulsatilla** - Mild, gentle, yielding disposition and weeping tendency. Desire open air. Discharges thick, bland, and yellowish-green. Symptoms ever changing. Thirstless and chilly. Weight as from a stone, especially in morning on awakening. Flatulence relieved by eructations or the passage of flatus.
11. **Sulphur** - Bitter taste and putrid eructation, Sour vomiting, constipation. Desire for sweets which

make him sick. Craves milk, aversion to meat. Canine hunger and when he eats he feels puffed up

## CONCLUSION

Celiac disease is an immune-mediated enteropathy caused by a sensitivity to gluten in genetically susceptible individuals. Homoeopathic treatment is best suitable for the management of coeliac disease. Coeliac disease is common between 11 to 15 years of age, female suffer more than male. Homoeopathic medicines used as first line of treatment along with diet and lifestyle changes for management of coeliac disease.

Homeopathic treatment focuses on the patient as a person. When on the basis of simillimum a well selected medicine is administered to a sick person, there is gradual relief in symptoms and restoration of health. It represents the reaction of susceptible organism to the impression of the curative remedy. With homoeopathic treatment, the right medicine will manage the increased sensitivity to gluten protein to normal and regulation of diet along with homoeopathic treatment can intensify the management of coeliac disease.

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