

**Homeopathic Healthcare**  
George Guess, MD

Acute Indigestion

A 34 year-old gentleman called me complaining of indigestion of two days' duration. The problem began after an especially heavy meal consisting of very rich foods. He had been suffering with considerable bloating and flatulence, and his stomach felt uneasy. At times he felt almost short of breath because of pressure exerted upward on his diaphragm from the gas. He belched loudly and often, and belching brought him a fair amount of temporary relief. I recommended that he take one dose of Carbo vegetabilis 30C every four hours as needed until better. He reported complete relief of his indigestion within two hours of beginning the remedy.

Just as in the above case, acute indigestion and heartburn can often be relieved by a timely dose of the appropriate homeopathic remedy. When the correct homeopathic medicine is given, the resulting improvement often occurs more rapidly and is more complete than that obtainable from over-the-counter conventional medication.

Below are just a few of our more common homeopathic medicines for indigestion and heartburn. After determining the appropriate medicine, try taking one dose of the 30C potency every three to four hours until relief is obtained. If there has been no improvement after two to three doses, try a different remedy. If the indigestion is chronic, consult a physician for diagnosis.

Homeopathic Medicines for Indigestion

**Carbo vegetabilis:** This remedy is characterized by tremendous bloating and gas. Accompanying the disordered digestion may be weakness and shortness of breath. Diets of overly rich food may precipitate the indigestion. The patient may be chilly yet desire to be fanned. Typically, belching affords significant temporary relief of symptoms.

**Pulsatilla:** This is another remedy that is disturbed by rich, fatty foods, especially pork. Ice cream is another common offender. Indigestion, heartburn, abdominal bloating and gas are the consequences of the dietary indiscretion. Symptoms may be changeable. Pulsatilla patients are heat intolerant, thirstless, and, when ill, often clingy and weepy and in need of consolation and attention.

**Nux vomica:** Overindulgence in rich, fatty foods, spices, stimulants and alcohol undo the Nux vomica patient. Symptoms include indigestion, heartburn, abdominal pain and cramping, nausea, sour belching, and constipation. These patients are usually quite irritable and easily frustrated. They also tend to be chilly and ameliorated by warmth and warm drinks.

**Lycopodium:** The indigestion in Lycopodium can result from anxiety, especially that relating to performance (test, on the job, public presentation). Common gas-forming foods (beans, cabbage, onions, etc.) give Lycopodium problems. Gas, bloating, belching, abdominal soreness, gall bladder pain, abdominal pains going from the right side to the left are typical symptoms of this remedy. Symptoms are often aggravated late in the afternoon from four to eight pm. A very characteristic symptom of Lycopodium is early satiety when eating — just a few bites creates an uncomfortable sense of fullness. Tight clothing aggravates the abdomen.

**Sulphur:** Overeating the wrong foods can set off a "Sulphur case of indigestion." Heartburn, burning stomach pains, belching, flatulence, and a very characteristic diarrhea are typical sufferings. The diarrhea usually drives the afflicted out of the bed early in the morning, often 5 am. The stools are offensive and burn the anus.

**Arsenicum album:** A little bit of arsenic is good for what ails you if that ailment resembles the following — burning stomach pains which can extend up the esophagus; abdominal cramps,

vomiting (often simultaneous with diarrhea), weakness, chilliness, and restlessness. The stomach pains are alleviated by milk and warm drinks; they are often intensified around 1 or 2 am. These patients are often anxious during their illnesses and fear the worst; eg, that the pains could be cancer. Frequently they are quite demanding when ill.

*Dr. Guess is a family physician and has practiced classical homeopathic medicine since 1978. He maintains a private family practice in Crozet, Virginia, near Charlottesville. He is the past editor of the American Journal of Homeopathic Medicine (a professional homeopathic medical journal) and Vice-President of the American Board of Homeotherapeutics (a national homeopathic specialty board). [www.drgeorgeguess.com](http://www.drgeorgeguess.com)*