

Homeopathic Healthcare
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Gall Bladder Disease

A forty-nine year-old woman came complaining of gall bladder disease diagnosed by her local gastroenterologist. While no gallstones were identified, her gall bladder ultrasound demonstrated a slightly enlarged gall bladder. She experienced pain in the area of the gall bladder in the evening from three p.m. on. Peculiarly, exercise helped the pain. She also suffered from bilateral hip pain, worse from first motion and better from continued walking and exercise.

She experienced mood swings consisting of feelings of depression, lethargy, and a desire to be alone. In general, she liked to be alone and was by nature taciturn. She felt more peaceful when alone and was introverted. Socializing tired her. She felt awkward when in a room full of people. When sad, she would only let herself cry while alone. It was very difficult for her to cry. She was also compulsively neat and claustrophobic. She was intolerant of heat and the hot sun. Lastly, her eyes teared in wind and for the preceding six months her hamstrings had felt very tight, provoking a strong desire to stretch.

Virtually all of this patient's symptoms cried out for but one remedy — *Natrum muriaticum* (sodium chloride). Her introverted, socially awkward personality, claustrophobia, fastidiousness, aggravation from the sun, amelioration from exercise, lacrimation in the wind, and contraction of the hamstrings were all consistent with the remedy. Accordingly, she was prescribed one dose of *Natrum muriaticum 200C*.

Six weeks later she reported that her since the remedy she had had no further problems with gall bladder pain. Furthermore, her mood had improved; she had suffered no bouts of depression. Her energy was better, as were her hips. Even her hamstrings were loosening up. At three months into her course of treatment she called complaining of a tendency to relapse after having drunk coffee for the preceding month. Coffee is a known "antidote" of homeopathic medicines in many instances, meaning that consumption of coffee can often either prevent a remedy from acting curatively or provoke a relapse. At this point her remedy was repeated, and she has remained well to date.

This case is illustrative of a number of cases of gall bladder disease I have seen. Homeopathic treatment is capable of restoring the healthy functioning of the gall bladder, even in the presence of gall stones. Gall stones themselves, if small, may, after homeopathic treatment, either dissolve or pass fairly painlessly into the intestinal tract, from which they are excreted out of the body. Larger stones do not usually disappear; nonetheless, after successful homeopathic treatment they can be rendered "silent," a term signifying painless gall stones. Of course, the homeopathic remedy required in such cases always varies, depending upon the unique symptoms each patient presents.

According to many physicians practicing nutritional medicine, there is a strong correlation between the symptoms of gall bladder disease and food allergy. When food allergens are identified and eliminated, a very high percentage of patients experience relief of their symptoms. Interestingly, a few of the more common foods associated with gall bladder dysfunction are eggs, pork and onions.

Below are the symptom profiles of three of the more common homeopathic remedies for gallstones/gall bladder disease.

Chelidonium: Pain in the right upper quadrant of the abdomen radiating to the right shoulder blade or shoulder. The pain is usually eased by eating, warm drinks and warm applications; and worse around 4 am; fatty food can aggravate, as it does many patients with troubled gall bladders. Emotional irritability is a common accompaniment to the ailment.

Lycopodium: Associated with the gall bladder pain, which often radiates straight through to the back, is indigestion, abdominal bloating (creating a sensitivity to tight waistbands) and flatulence. Bloating and a sense of fullness/satiety often follows but a few bites of food. The pain tends to be worse in the afternoon, often from 4 pm until about 8 pm, and is worse after eating and from touch. Warm drinks and passing flatus often help. Sleepiness after lunch is a frequent symptom of Lycopodium.

Nux vomica: Pain over liver, gall bladder area, sometimes radiating to the right shoulder. Fullness in the right upper quadrant; like Lycopodium, causing the patient to loosen his waistband. Great indigestion, heartburn. The pain is worse from overeating, alcohol, jarring, and, in many cases, anger. Warmth ameliorates. The Nux vomica patient is usually angry, irritable and impatient, and given to overindulgence in both caffeine and alcohol. Constipation is common, or constipation alternating with diarrhea.

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