

digestive upsets



For the most part we underestimate the task of the digestive system to deal with every thing we see fit to inflict upon it in the way of food, drinks, medications and ingested toxins. We are lucky that it is so remarkably resilient and forgiving. However as we age it becomes more difficult to maintain balance and the result can be nausea, gas, irritating acids, bloating, abdominal pain and diarrhoea or constipation. The liver, as part of the digestive system, also loses its ability to detoxify at an optimal rate.

A mild liver detox in spring and autumn helps to rest and rejuvenate the liver and digestive tract.

The following remedies may help to relieve acute symptoms. However, complicated and chronic digestive symptoms require the attention of a qualified practitioner to determine the cause and appropriate treatment to restore good health and vitality.

Argent nit is indicated for abdominal bloating and distension especially in nervous, fearful types. The person craves sugar and sweets and feels much worse afterwards.

Arsenicum is useful for vomiting and diarrhoea with burning pains, symptoms are better from warmth. The person is restless, exhausted, and very thirsty for sips of room temperature water. Also indicated for symptoms of food poisoning and travellers diarrhoea.

Bryonia symptoms include colic pain where the person wants to apply pressure and stay very still. Grumpy and constipated with great dryness.

Carbo veg where the upper abdomen is bloated, tight, and tense, with constant belching and wind. Person looks close to collapse and feels weak and clammy, craving fresh air or fanning.

China for abdominal distention, rumbling and wind. There is weakness and debility after prolonged diarrhoea or loss of fluids; vomiting, great weakness and bitter taste.

Colocynthis when abdominal pain is so severe that it makes the person twist about or double up and want to apply hard pressure. The pain comes on in sudden, intense waves that are pinching, clamping, gnawing or clutching in nature and can make them nauseous and vomit or faint.

Ipecac is indicated for nausea that is not relieved by vomiting. Also for asthmatic cough with nausea, and diarrhoea that occurs in spasms and is offensive, yellow-green and frothy.

Lycopodium suits lower abdominal bloating with wind and loud rumbling. Often worse after 4pm. They crave sweets and are



hungry especially late afternoon but are easily satiated.

Mag phos is useful for cramping, spasmodic pain and bloating. Symptoms are better from warmth and pressure.

Mercurius suits diarrhoea that is worse at night with great straining and 'never done' sensation. Sour smelling or offensive, and never feels finished.

Nux vomica has cramping pains that come on 2-3 hours after eating. Worse from over-indulgence in rich or spicy food or too much alcohol. Also for nausea, heartburn, constipation and a heavy bloated feeling.

Pulsatilla has gas and rumbling; worse after rich foods, ice cream, butter and fats all of which they love. There may be a bitter taste, nausea and possibly vomiting. Stools are changeable in colour and frequency.

Veratrum album is indicated for cold sweats, exhaustion, and dehydration. Also, diarrhoea and vomiting with severe cramping pain; symptoms are worse from slightest movement.

Seek medical attention if violent symptoms continue, particularly in young children; especially if they are becoming dehydrated and weak.