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## Exploring the Efficacy and Scope of Homeopathy in Managing Symptoms of Gastroesophageal Reflux Disease (GERD)

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### ABSTRACT:

GERD is a common gastrointestinal ailment that is defined by the persistent backflow of stomach acid into the oesophagus, which can lead to uncomfortable symptoms like heartburn and regurgitation and even more serious consequences. Homoeopathy provides a comprehensive approach to address the underlying imbalances and encourage genuine healing, whereas traditional treatments only target symptom suppression. In-depth information about the genesis, clinical presentations, and customised treatment strategies of GERD is presented in this article, which takes a homoeopathic approach to the disease. Practitioners can customise treatment plans to address the underlying causes of GERD and restore physical, mental, and spiritual balance by appreciating the constitutional characteristics of the illness and applying the principles of homoeopathy. When GERD sufferers combine dietary adjustments, lifestyle improvements, and well-chosen homoeopathic medicines, they can experience long-term relief and improved quality of life.

KEY WORDS: GERD, Holistic Approach, Homoeopathy, NUX VOMICA

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