

Review Article

A correlation between gut—the second brain and homoeopathy

Tridibesh Tripathy^{1*}, Anjali Tripathy², Sanskriti Tripathy³, Shankar Das⁴,
Rakesh Dwivedi¹, Byomakesh Tripathy⁵

¹Department of Social Work, Lucknow University, Lucknow, Uttar Pradesh, India

²Knowledge Management and Research, Team of India Sanitation Council, FICCI, New Delhi, India

³Bennett University, Greater Noida, Uttar Pradesh, India

⁴School of Health Systems Studies, TISS, Mumbai, Maharashtra, India

⁵Gangadhar Meher University, Sambalpur, Odisha, India

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*Correspondence:

Dr. Tridibesh Tripathy,

E-mail: tridibeshtripathy@gmail.com

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ABSTRACT

Talk of Irritable Bowel Disease (IBD). Irritable Bowel Syndrome (IBS), Coeliac Disease (CD), Colitis, Gastric Oesophageal Reflux Disease (GERD), Proctitis (acute and chronic), Metabolic Disorders (MD), Non-Communicable Diseases (NCD), Irregular Bowel Movement (IBM), Crohn's Disease (CD), Colorectal Cancer (CC) and Irregular Peristalsis (IP) are the talk of the town these days. Besides these conditions/disease, there are risk factors for Insulin Resistance (IR), Cardio Vascular Disease (CVD), Chronic Typhoid Enteritis (CET), Fecal Obstruction Syndrome (FOS), Irregular Bowel Motility (IBM) and Chronic Inflammation (CI). All these Risk Factors (RF) and conditions/manifestations have become a part of the modern life as these do not yield only to medicines but these conditions need to be dealt with a multi-pronged approach. The article surfaces the multi-pronged approach through the alliance of homoeopathic therapeutics in the process of correcting the dysbiosis. Homoeopathy has been using the gut bacteria as medicines since a century now. These medicines are called as the Bowel Nosodes (BN) in homoeopathy. The article brings out a relation between the gut and the brain through the use of these nosodes and justifies the heading of this article. The highlight of this article is the common approach of 'personalized nutrition'. It may be noted that while modern medicine sees the gut biome as a tool for this medicine, homoeopathy has been following this medicinal approach since the last 100 years. The article also focuses on two studies on gut micro-biome published in 2026 and relates the findings of the studies to the homoeopathic therapeutics.

Keywords: Bowel nosodes, Homoeopathy, Gut biome, Dysbiosis, Gut-brain axis

INTRODUCTION

The dysbiosis needs a multi-pronged approach that starts with addressing the dysbiosis in the gut that are actually the disturbances in the gut micro-biome. The article focuses on the key aspects of correcting the disturbance and touch upon the key areas in which this approach will help in future. The key areas are that it is a need for a country like India, actually it is a prevention before the

development of the disease, it is a tool to identify health risks much earlier, a step towards personalized nutrition in its true sense, also a valuable tool for clinical nutrition and finally there is much to look ahead in this approach.¹⁻⁵

Bloating, cramps, unpredictable gas and growing gut instability are the sufferings of young Indians. When the micro-biome of these Indians was tested through stool samples, the results show a drop in Butyrate, a tiny Short

Chain Fatty Acid (SCFA) that fortifies the colon. Hence, it shows that knowing the gut eco system is not only about digestion but about overall resilience.¹⁻⁵

As the gut bacteria ferments dietary fiber, a naturally occurring SCFA is produced. It is a tiny good fat known as the Butyrate that is essentially a fuel for the colon. It strengthens the gut line, reduces inflammation, improve the digestion and the entire system as well as the metabolism. It even increases the energy and elevates and regulates the mood. A low Butyrate level weakens the gut barrier, disturbs the immunity and disrupts the metabolic balance leading to conditions like IBS.¹⁻⁵

A study done in 2022 cite that butyrate, a metabolite of the gut microbe impact Gastro intestinal (GI) health and disease. The study found that butyrate is essential for maintaining the integrity of the gut barrier there by reduces inflammation and improves overall GI health. Urbanization and convenience eating leads not only to low Butyrate but also to low levels of acetate and propionate. While acetate is crucial for energy and metabolism propionate is helpful for digestion and balancing the levels of blood sugar.²

A low butyrate indicates that there are very few Butyrate producing gut bacteria in the gut or the diet does not have the fibers that feed these bacteria. Low butyrate level weakens the gut barrier and shifts the microbial balance. These low butyrate people experience bloating, cramps, gas, urgency or alternating bowel habits but show a structurally normal gut in endoscopy or blood tests. Replacement of traditional foods by Ultra processed foods (UPF) leads to decrease in the diverse fiber in the diet. There is very little fiber for the gut bacteria to ferment. The issue is further compounded by stress, irregular meals, frequent antibiotics, pain killers, acid suppressing medications and pollutions.¹⁻⁵

Unfortunately, low butyrate is diagnosed much later. People suffer from persistent bloating, sluggish bowels, constipation, fatigue, brain fog, sugar cravings and they find it difficult to lose weight. This is because low Butyrate leads to low fuel for the gut lining that manifests through slow digestion, slow metabolism, low energy and alteration of the mood. The modern diets replaced the plant diets that featured millets, greens, dals/pulses, fermented foods and brought low fiber, high sugar, UPF and on top of that these are eaten in a rush. The other catalysts that help in disappearance of Butyrate forming gut bacteria are stress, erratic sleep, repeated pain killer and antibiotic use. Generally, it can be inferred that gut is a factory that loses the factory workers who make the fuel of the gut factory.¹⁻⁵ If one wants to rebuild the butyrate, diet is the foremost step. It should include diverse fibers from millets, legumes, seasonal vegetables, fruits, resistant starches, seeds, fermented foods like curd and buttermilk. Common foods like banana, onions, garlic, oats, cooked and cooled rice act as the natural pre-biotics or the fertilizer that feeds

the right bacteria. Targeted pro-biotics also help to replace the SCFA producing bacteria. Butyrate supplements that are available in the market help to ease the symptoms temporarily but these supplements do not build the ecosystem of the gut. When a person takes diversified fibers, the gut microbes are fed and they start producing Butyrate again. It can be inferred in general that a closed factory opens again.¹⁻⁵

The rebuilding process shows minor improvements within a month. A meaningful and sustained restoration takes about a year. However, it all depends on the levels of the depleted microbiome and the consistency of the dietary changes. Thus, improvements in the dietary diversity will lead to long term gut, metabolic and immune health. Restoration of butyrate is not addressing a deficiency but it is a process to reclaim the wisdom and habit of consuming whole food that is traditional. One has to bring back the unprocessed dal (pulses), chawal (rice), sabzi (vegetable), a daily serving of fermented food, few servings of millets and whole grains every week to bring back butyrate. Further, everyday meal should include prebiotics, feed the gut bacteria the variety they need on a daily basis to get a healthy gut.¹⁻⁵

An optimum level butyrate means providing main fuel for colon, fortify the lining of the gut, prevent leaky gut, improve Insulin resistance (IR), reducing inflammation, stimulating satiety hormones, regulating appetite, support the gut-brain axis, improving mood and cognitive function. This can be achieved through consumption of butyrate producing foods like fruits, vegetables, legumes, fresh chutney (like mashed coriander, onions, green chilies, salt), curd and buttermilk.¹⁻⁵

LITERATURE REVIEW

The gut feeling, butterflies in the stomach before a meeting, nausea and nervousness before examinations, abdominal discomfort during stress reiterates that 'gut feeling' is rooted in biology. Gut is just not a digestive tube but it connects and communicates with the brain through a system of nerves, hormones, immune signals and trillions of micro-organisms that live inside our intestines. The gut-brain connection just tells us that digestion, mood, stress, sleep, cravings and overall well-being are deeply connected to each other.⁶⁻⁸

The gut micro-biome consists of bacteria, viruses and fungi help in digestion, production of beneficial compounds, train the immune system and connect with the nervous system. During anxiety and nervousness, the brain sends signals that alter the gut function. People get cramps, others get bloating and some others get nausea while a few have constipation or diarrhea. Here there is a settled stomach without infection or any pathology.⁶⁻⁸

Almost 95% of the serotonin comes from the gut as poor digestion, bloating and disrupted sleep affects moods and

energy levels. Gut microbe disturbances affect mood, anxiety and cognitive functions. The triad of a healthy gut is manifested through diversity, stability and resilience. A gut having a wide range of microbes living together means it is diversified. When the ecosystem of the gut remains balanced for a long time it shows that the gut is stable. When the gut recovers after illness, intake of antibiotics, irregularities during travel or dietary changes it is a resilient gut. This shows that a healthy gut is alike a healthy community.⁶⁻⁸

Regarding food cravings, the process is a combined effort. Here the brain, hormones, habits, emotions, stress levels and micro-biome participate cohesively. The gut bacteria may influence cravings but the role of the bacteria is very limited. Poor sleep, chronic stress and eating in a rush will increase cravings. This is because the gut loves rhythm through disciplined habits like regular meal timing, adequate sleep, hydration, physical activity and calmness. This means the digestive system functions optimally when the rest of the body is in action. Stress and unhealthy gut are the two sides of the coin. Stress can lead to unhealthy gut and similarly an unhealthy gut contributes to stress.⁶⁻⁸

Fiber is only helpful when it is supported by adequate hydration. Fiber feeds beneficial microbes thus helping in regular bowel movements and the overall well-being status of the gut. When it is not supported by hydration and are consumed at one go it leads to bloating, discomfort and even cramps. Therefore, fiber should be a part of the balanced diet and is to be introduced in a gradual and thoughtful manner. Same thing applies to probiotics supplements. Our nation feeds on fermented foods since ages through items like kanji (rice water), panta bhaat (cooked rice kept overnight with the water), dhokla (steamed preparation from gram flour), idli (steamed and puffed as well as soft preparation from fermented rice dough), dosa (thin crusts made with little oil from fermented rice dough) which naturally contain beneficial microbes. Such diet is rich in fermented foods, fiber and minimally processed ingredients. Hence, these are much valuable than the supplements.⁶⁻⁸

The modern-day problem arises when the occasional diet becomes regular. This means when the Ultra Processed Foods (UPF) replaces the staples. In the beginning, consumption of UPFs cause mild gas, heaviness after meals or irregular bowels. As these are consumed on a regular basis, the extra digestive issues emerge through weight gain, poor metabolism and thus the phenomenon of chronic inflammation. To maintain a good gut health, one does not need to be perfect but one has to be consistent. Here consistency means eating at regular time, eating simple and nourishing foods, have adequate sleep while managing stress to one's optimum level. One has to stay active, carry healthy snacks when away from home and one is busy. The bottom line is that the gut responds to patterns and not to a one day and isolated event. In nut

shell, one has to decide if someone is eating food for entertainment or nourishment.⁶⁻⁸

Besides all these food-based habits, the gut loves a non-food habit. This non-food habit is walking after meals. The habit of walking after meals is an age-old habit in India. One has to revive the habit. Medical science states that walking after meals aids digestion, reduces bloating while supporting healthy movement of the guts. One has to understand that the second brain does not need expensive supplements, complex methods of de-toxication and any solution that claims to give quick and miracle results. The triad that the gut needs are consistency, balance and care. Addressing the triad means improvements in digestion, resilience and most importantly a better mood or a healthy state of mind.⁶⁻⁸

The behavior of the gut micro-biome during fasting is interesting to note. The bacterium '*Akkermansia Muciniphila*' eats the mucus of the lining of the gut thereby renewing the gut lining. It also favors the activation of the intestinal barrier which maintains and protects the lining of the gut wall that acts as a shield while keeping toxins out of the blood stream. This process reduces internal inflammation inside the body. Another gut bacterium called '*Faecalibacterium Prausnitzii*' is a fiber loving bacterium that multiplies during eating times and produces healthy fatty acids to feed the cells of the human body.⁶⁻⁸

Reflections through recent studies

Two recent studies mention about the action of gut micro-biomes. One study mentions that plant-based foods affect levels of phenol metabolites produced by the bacterial digestion of amino acids tyrosine and phenylalanine. Phenylpropionate and hippuric acid are produced from phenylalanine and supports gut health and help maintain healthy body weight. Similarly, from amino acids tyrosine, p-cresol sulfate and phenol sulfate is produced and these have toxic effects on gut health.^{9,10}

Further the studies inform that fiber and indigestible proteins are processed by gut microbes that reshape micro-biome composition and host metabolism. The studies define fiber and indigestible proteins as Proteins Imitating Fibers (PRIF). The metabolic programs of gut bacteria are rewired in a manner that produces 'good' phenols. PRIF enhances the number of dietary proteins in reaching gut microbes and thus produces good phenols.^{9,10}

Tryptophan, the amino acid produces phenol and indole metabolites. Indoles are responsible for influencing cancer metastasis and anti-tumor immune responses. The indole metabolites that are physiologically important are indole-3-lactate and indole-3-acetate. These metabolites have implications for design of tools and strategies to manipulate the levels of therapy. The studies try to comprehend the way different foods interact with the micro-biome to modulate the production of bacterial

metabolites. Comprehension of this process will lead and help nutritionists and doctors for disease prevention and therapy. The two studies also show that host metabolism is a major contributor to circulating indole and phenol metabolite pools.^{9,10}

There is a strong link between the sciences behind fasting and thereby the micro-biome is linked to ancient practices of fasting in India. When we eat there is a stage of nutrition abundance and in this stage, the cell growth and energy storage take place. When we fast, there is a stage of nutrition scarcity and in this stage the cells pause growth and do self-repair. Inside the gut, the trillions of microbes dynamically change their populations and activities depending on nutrition abundance or scarcity. In the body, glucose breakdown during eating while fats including ketones breakdown during fasting. This metabolic switch is regulated by cellular energy sensors called as Sirtuin 1/SIRT1. Drop in cell energy leads to activation of SIRT1 which in turn increases insulin sensitivity and this sensitivity burns the stored fats in the body.^{11,12}

Simultaneously, Sirtuin3/SIRT3 is turned on inside the mitochondria to boost energy efficiency. These two enzymes protect cells against stress. Periodic metabolic reset through fasts and subsequent re-feeding through complex traditional foods keeps the energy system flexible and prevents sluggishness caused by modern diets. The human body naturally collaborates with our resident microbes to keep the entire system safe and functional. Fasting establishes itself as a clock setter that aligns the body's circadian rhythm with the gut microbes. Restricting eating time restores the cyclical functions of the gut microbes. This process synchronizes our outer actions with the inner bacterial schedules thus protecting us from various metabolic syndromes or Non-Communicable Diseases (NCD).^{11,12}

Homoeopathy and bowel/gut

The first aspect of this article is on the SCFA, Butyrate. Homoeopathy has a medicine called 'Butyricum Acidum' obtained from butter and prepared as per the homoeopathic pharmacopeia. This medicine is in use for more than a century now. During Human Clinical Trials (HCT), it was found that the medicine acts on the mind and removes disposition to worries from trifles. The other symptoms are anxiety, fear, suicidal thoughts, brooding and nervousness. Currently the modern medicine certifies that the butyrate of the gut acts on the brain and improves mood and cognition. As the medicine was given internally during HCT, it acted on the gut and produced butyrate that acted on the brain and brought out the symptom of constant worries in the human participants. The same medicine removes the symptom in the sick when prescribed. This is the principle of homoeopathy. Butyrate triggers the production of Brain Derived Neurotrophic Factor (BDNF), a protein that protects our brain. However, it is important

to note that the drug is used for many other purposes in homoeopathy.^{11,12}

The other aspect is the hippuric acid produced in the gut and it favors the gut. Homoeopathy has been using hippuric acid as a drug since 1950s. Mentally it is used for concealed anxiety and irritability. Physically it is used in arthritis, eyes, throat, liver, abdomen, menstrual issues, migraine and angina. As it is a by-product of the gut, it produced so many physical symptoms as these conditions are also associated with the dysbiosis of the gut microbiome.^{11,12} Another gut byproduct was 'indole'. Homoeopathy has been using 'Indolum' as a drug since more than a century. It is used for 'sleepiness' that indicates low energy. Mentally it is used for dullness, discontented mental state, delusions and nervousness. It is also used for intestinal putrefaction and bloated feeling. All these conditions are also associated with the dysbiosis of the gut microbiome.^{11,12}

From the gut microbes, homoeopathy has a list of medicines that are in use for a century now. These medicines are called Bowel Nosodes. Nosodes (BN) means those medicines that are prepared homeopathically from the disease organisms, products or pathological secretions. Dr. Edward Bach (1886-1933) initiated the Bowel Nosodes into the homoeopathic therapeutics in 1930. Dr. John Paterson (1890-1955) followed Dr. Bach and initiated his work on BN in 1929. Dr. Paterson developed the detailed list of the following non lactose fermenting organisms as BN in homoeopathy. These are prescribed as homoeopathic medicine only in ultra dilutions or potencies. Dr. Paterson presented the following list for the Rhodanienne Homoeopathic Society at the meeting of the International Homoeopathic League Council held in August, 1949 in the city of Lyons in France. That is exactly 77 years ago. Prior to that, he presented a paper on 'Sycotic Compound' a medicine as a BN in 1933. Following the meeting in France, he published his summary of experiences on BN in 1950. After his death in 1955, his wife Dr. Elizabeth Paterson continued the work on BN. It is because of these two individuals' contribution in BN the names of the BN medicines include Bach and Paterson as the prefixes. The following table gives the details of the BN (Table 1).¹¹⁻²¹

Besides the use of BN in all the above-mentioned conditions attributed to the unhealthy gut, it is to be noted that the use of the BN in homoeopathy is related to the 'Gut-Brain Axis' as well. In practice, Bacillus No.7 is prescribed for mental and physical fatigue. Dysentery compound is prescribed for nervous tension and apprehension. Bacillus morgan is prescribed for congestion of the brain and explosiveness. Bacillus Proteus is prescribed for brain storm and suddenness. It is also known in homoeopathy as angry adrenaline. Sycotic compound is used as an antipsychotic and for irritability.¹¹⁻²¹ Hence, it is seen here that homoeopathy has a full range

of medicines as BN to deal with the physical and mental issues related to unhealthy gut. A homoeopath can use

her/his intuition and experience to choose the right BN medicine suggested above.¹¹⁻²¹

Table 1: Detailed list of the bowel nosodes.¹¹⁻²¹

S. no.	Name of the non-lactose fermenting organism	Name of the homoeopathic medicine prepared from the organism	Biochemistry of the homoeopathic medicine	Name of the constitutional homoeopathic medicine that is in relation with the bowel nosode
1.	<i>Proteus morganii</i> and <i>Enterobacteriaceae Morganella morganni</i>	Morgan (Bach) and Morgan Pure (Paterson) from <i>P. Morganii</i> and Morgan Gartner (Paterson) from <i>Morganella morgagnii</i>	Sulphur and Carbon are the two outstanding elements	Sulphur
2.	<i>Proteus vulgaris</i> and <i>Proteus mirabilis</i>	Proteus (Bach)	Chlorine is the outstanding element	Natrium Mur
3.	<i>Bacillus asiaticus</i> , <i>Bacillus cloacae</i> and <i>Bacillus freundii</i>	Bacillus Number 7, it is named as such since it was the 7 th non lactose fermenting type of bacillus as observed in the laboratory	Outstanding elements are Bromine and Iodine in combination with Potassium	Iodium, Kalium Carb
4.	<i>Salmonella enteritidis</i>	Bacillus Gartner (Bach)	Outstanding elements are Silicea, Phosphorus and Fluorine	Phosphorus, Silicea
5.	<i>Shigella dysenteriae</i>	Dysentery Compound (Bach)	NA	Arsenic Album
6.	<i>B. coli</i> - intermediary form	Mutabile (Bach)	NA	Pulsatilla
7.	<i>Streptococcus faecalis</i>	Sycotic Compound (Paterson)	NA	Thuja
8.	<i>Enterococcus faecalis</i>	Faecalis (Bach)	NA	Sepia
9.	<i>Bacillus fsiaticus</i> , <i>Bacillus cloacae</i> and <i>Bacillus freundii</i>	Bacillus Number 10 (Paterson) – it is named as such since it was the 10 th non lactose fermenting type of bacillus as observed in the laboratory	NA	Calc Carb- as it is prescribed for patients who cannot digest eggs, fat, Lipoma, warts on hands and Leucorrhoea that smells like fish. As bacillus Number 7 is related to thyroid gland, fat metabolism comes in the domain of the nosode.
10.	Pyogenic Bacteria or Bacteria causing Septic State	CocalCo (Paterson)	NA	Pyrogen- Since this is prepared from infected and putrid meat
11.	<i>Escherichia coli</i> / <i>Bacillus coli</i>	Colibacillinum	NA	Medorrhinum- since this is a anti-sycotic that prevents Urinary Tract Infections (UTI) and E.Coli is a leading cause of UTI

CONCLUSION

India knew the importance of stool only through infections and infestations for a long time. Infections were mainly through the oro-fecal route and infestations through the Soil Borne Diseases (SBD). The noticeable oro-fecal route infections were polio, typhoid, hepatitis, jaundice, amoebiasis, shigellosis, giardiasis. Infestations were mainly through worms and parasites. Thereafter, the talk of poop therapy came where the saline washed stool was fed to the patient to get a healthy gut through a healthy stool. The healthy stool means that stool which had a diversified gut microbiome. This is happening on the frontline only in the first quarter of the 21st century.

Homoeopathy has been using Bowel Nosodes (BN) as medicines since a century and these are made from the gut micro-biome. Dr. Edward Bach started the work on BN in 1929. All homoeopathic drugs are obtained through Human Clinical Trials (HCT) only. Therefore, all these BN medicines have mental symptoms as well as physical symptoms. There are studies where it is cited that mental disorders are not exclusively psychological but these are also gut related. Multiple studies have also shown that cancer, arthritis, auto immune diseases and cancer are also related to a dysbiosis of the gut microbiome. The other aspect is that these BN medicines have stood the test of time as these are in use for a century now. The mental conditions are now under the 'Gut-Brain Axis' concept. Earlier, these were exclusively under the purview of psychology. The BN medicines of Homoeopathy have an armor now in its support. The essential medicine properties of homoeopathy will benefit the masses if these BN medicines become a part of the NCD interventions in our nation.

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