AN

INAUGURAL DISSERTATION,

ON

Dyspepsia

SUBMITTED TO THE

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OF THE

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FOR THE DEGREE OF

DOCTOR OF MEDICINE.

BY

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OF

Pionos Springs

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NASHVILLE, TENN.
Gentlemen.

I am becoming a candidate for the
exalted, and honorable degree, of Doctor of Med-
icine—it is made incumbent on me, by the
rules of your institution, to write a Thesis;
or dissertation, on some subject Connected with
the Medical profession; and in the perform-
ance of this duty, I know no subject bet-
ner suited to my taste, or one on which at the
present era, more might be more appropriately
or profitably written, than the subject of
Dyspepsia, or Indigestion.

By this term is generally understood, a dis-
turbance in the natural functions of the stom-
ach, whereby the process of digestion and again-
dration is altered—This disease is not un-
commonly, confounded with chronic gastritis;
and indeed, such are the points of resemblance
at certain stages, that it is difficult to di-

distinguish between the two; so much so that

I cannot in a treatise on Condemned, as this

must necessarily be, enter into all the minu-
ties of resemblance between the two diseases.

It will be sufficient, if I succeed

in pointing out a few of the many causes

which produce Debility, together with

such remedies, as will most likely effect

a cure, or at least mitigate the symptoms

of the disease; and in order to do this

I must first pay something of—

The Physiology of Digestion.—Digestion

there is defined to be, the Commencement

of assimilation, or of that process, by which

in animals, their food is by peristaltic mu-
tations, converted into a liquid, that is to

Circulate as a living, and vitalizing agent.
through their frame." In order that the food be perfectly, and healthily de-
gested, it must be well masticated, and
mixed with the saliva, before entering into
the stomach. In the stomach it should
be reduced to a pulp, or semiliquid mass;
by the grinding, or vermicular motion of that
organ, and by mixture with the gastric juice.
This pulp, called chyme, must then be
transmitted, through the pylorus, into the
duodenum; there to be mixed with the
bile, and pancreatic juices, and with the
juices of the intestines. The whole is then
divided into two parts: the one, a fluid call-
ed the chyle, is in a proper condition to
be taken up by a set of very minute vessels
opening on the inner coat of the intes-
tinal canal, called the lacteals, and
and by them it carried into the blood to be distributed to the various tissues of the body. The other portion is the effete or refuse muf, which is conveyed along the intestinal canal to be voided for

The period required for the entire process of digestion, in the healthy stomach is usually prolonged from three to four hours. A good deal of the digestive process, however, must necessarily be hypothetical, as there never been but one opportunity offered of making direct experiments on the stomach, and this in the case so often cited by authors, of Dr. Beaumont and the young Canadian, Alexis St. Martin, who having received a gunshot wound in one part of the abdomen, puncturing the stomach, and

...
food was at various times, inserted into the stomach, I am not aware that any similar experiment has ever been made.

The symptoms of dyspepsia in its incipiency are generally of a nature so trivial, as scarcely to arrest the attention of the patient, and consequently medical aid is seldom sought, until the digestive powers are considerably impaired. One of the most common of these is the following. The patient usually experiences a sense of pinching in the epigastric region, accompanied with pain, but at times very annoying, and is generally worst when the stomach is empty, being in a great measure relieved when that organ is distended. Very frequently, and indeed, it is believed in almost every case, the
there is present when the stomach is emp-
ty, a sensation of burning or gnawing,
particularly, a short time after meals, with eruptions of an acrid, bitter, and very toxic
which are usually called sour patches.
Not infrequently, does the stomach
become so irritated from the accumulation
of this acid, that the patient is compell
ed to expel a portion of almost every meal;
and sometimes this irritation extending
to the bowels produces a most exhausting
diarrhoea. These are other symptoms
accompanying this disease: which, although
they have not their origin immediately in this
organ, are, nevertheless, connected with it
either directly or indirectly with it. These are, what are
generally denominated, the sympathetic, or re-
sponsive nervous symptoms, of which, I shall
mention the not uncommon, disorderly con-
ditions of the motor of sense, as pointed
vision, swelling of the head, and pressure or pain. Sometimes, there is a dull, heavy feeling commencing in the occiput, and gradually extending itself over the whole cranium, as if the brain were being compressed, and push in the direction in such cases, that the patient can scarce refrain from sleep. Then, I might remark, is one of the most common symptoms of dyspepsia, and one too, which unfortunately are too manifest, almost every day. A very few moments of relief, however, is usually sufficient, to remove this unpleasant feeling. There is also another very common symptom accompanying this disease—that of pain in the region of the kidneys, often very severe, particularly on awaking in the morning, and accompanied
with very highly colored discharges of urine.

Patients affected with hypochondria are usually very excitable, and inclined to be irritable and fretful, with an inclination to physical exercise, and very often found to be affected with various invariable disorders, and to regard the future with the most gloomy forebodings. Not unfrequently, these are delusions of the heart, at variable periods, accompanied with a dry, hacking, Cough, and then tend to confirm their most melancholy impressions. The sleep is usually broken, and unrefreshing. The patient is seized withNightmare, or is dis-tinguished by distorted visions. Occasionally, how-
The appetite is very capricious; often changing from a state of anorexia to the most voracious; as soon as food is taken into the mouth, the hands are generally冰冷, the feet and hands cold, sometimes however hot and burning at night.

The surface is usually dry, except in very debilitated conditions; when night sweats are frequently very obvious. Neither the tongue, nor the pulse, can afford us any certain signs by which to diagnose this disease.

The tongue is covered only slightly, and at variable periods, but is more commonly red at the edge and tip. The pulse is also very variable, but is more frequently weak and quick than otherwise. Thence being some of the most prominent symptoms of this disease, we are not to expect to find all of
from present, in every case; for perhaps in two
of them will be precisely the same in any two
individuals. — *The Causes of this di-

ease are push, that it has been very appro-

priately termed, the disease of civilization.

Some of the most obvious, are the following
— A want of proper exercise, combined with
an excess of diet; or with improper articles of diet.

In order that the Stomachs digest food,
only, a certain amount of exercise is neces-
sary, for it, like the other organs of the body,
acts only, in proportion to the exercise they receive.

But, if instead of this exercise, many chang-
ing from active to sedentary habits, either
from ignorance, or myalgia, continue the same
amount and quality of food; the result is:
habitual dilatations of the stomach, accom-
panied by an alteration in the function of
the gastric functions, which produce a toxic, and debilitating condition of the bowels, which continues in the same disproportions with the intestines, ultimately terminating in permanent gastric discomfort, and debility.

The use of stimulating articles of diet, such as the spices, result in lowering food, and articles difficult of digestion, exercise the same influence on the stomach, as overindulgence by too much food — Others.

Common causes of indigestion are the use of alcoholic beverages. Coffee, tea, and beer.

But by no means the least, is the habit, so much indulged by so vast majority of our citizens — the use of tobacco. These all act as nervous stimulants and by exciting the nervous energy to an inordinate degree, produce secondary discomfort; thus destroying —
gradually the energy of this organ—In
states mental emotions: as anger, grief, and
fear, also protracted study, or excessive muscu-
lar exertion; by calling off the nervous ener-
gy from the stomach, serve to retard this
digestive process.

The Pathology of this
disease having already been partially given
it will be unnecessary, to say but little more
than to recapitulate what has been stated,
in order that we may better understand
the application of the remedies. This
disease thus, consists, essentially, in a depri-
ved condition of the stomach, either from
the withdrawal of its accustomed stimulus,
or by a relative influence, exercised upon
it, by the life of excitability, consequent
upon specific stimulation or distention.
In either of these conditions, it is obvious, that it must be more truly in the per-
formance of its functions. In the pro-
cess of digestion, the stomach as we have 
seen, exercises two functions,—first 
the reception of a proper fluid, where-
with to dilute the food; and second 
ly, by its pyritative, or grinding motions, 
to mix that fluid with the food.

Hence, we see, that in ability of 
this organ, it is not only incapable of 
furnishing the requisite amount of di-
duction fluid, but also of exercising the me-
chanical force necessary, for the success 
of Chymolysis. Consequently, the in-
egestes being taken into the stomach, in 
quantities too large, or of a quality comfor-
tively indigestible (for digestibility is only
a comparatively pure) must remain undigested
until decomposition takes place, and gases are formed, which produce those
flatulent distensions of the stomach, and
acid eruptions, of which mention has
been made when speaking of the symptoms
of the disease. The fluid secreted in
this irritable condition of the stomach
is of a putrid nature, usually of a quanti-

ty sufficient, for the digestive process, but
of an acid and corroding quality; the pro-

cess properties of which, have given rise to a

diversity of opinion among physiologists.

— I might have entered into a descrip-
tion of the various pathological conditions
of the liver, and this organ, &c. &c. &c.
when this irritable condition of the stomach
and often producing jaundice &c. &c. but time
and space, forbid that I should say any
thing more, than to glance hastily over
— The treatment, preying in
these affections, — First, then, we must
endeavor to remove the Cause, which can
be done, only by the observance of a few
general rules; and these relate Chiefly to
to diet and exercise — a neglect of these
being the chief cause of the disease.
— Such are the peculiary idiosyncrasies
of patients, that to fix any certain rule
for the regulation of diet, would be almost
impossible — I believe, it is conceded
by physiologists, of the present day, that
animal food, is more readily digested than
vegetables; on account of its nearer afimlu-
tion to the textures, which it is designed
to build up or repair. But on account of
in stimulating properties, and the difficulty of
restricting patients, to this diet, it is found practicable to raise vegetable diets, in conjunction with it. Of the fish, most easily digested, I will mention that of salmon, mackerel, haddock, haddock, haddock, and most wild fish, generally used in the culinary operations of our country. A small quantity of this lean section of any of these, may be taken during the day, carefully avoiding meats or any stimulating diet for supper. On this principle, the curd, or stale, meats as beery sausages, fish both fresh, and preserved, pickled oysters, cheese or stale butter, indeed all meat, and any substances, containing large quantities of animal oil, should be ripe.
for this purpose, we can pay but little.
While some recommend that, mixing
this Indian Commissary, thus complaining of
its readily fermenting in the stomach, so
that we must be governed entirely by the
judgments of the patient. The best mode
of cooking this bread, I would say is by
taking in ashes, thus imbibing at the same
time a portion of alkali, which will act
as an antacid in the stomach,
The bread made of rye meal, or wheat,
called, commonly called brown bread,
ike, both on account of its agreeable flavor, and
by the mechanical influence, it exercises
on the bowels; a most excellent article of
diet. Neither of these however, should be
eaten, unless perfectly cooked, otherwise they
form a doughy mass, not readily separable.
by the gastric fluids, consequently, producing unpleasant symptoms. — Fruits of all
kinds, are found to disagree with most
patients; and the kinds of apples, plums,
grapes or being almost entirely indigestible,
should never be taken into the stomachs,
Nor should the fruits only in small quan-
tities and when well cooked. — They,
should in no case, constitute an important
article of diet. Hence pie, custards, jellies
should be rejected by the patient.
Eggs slightly cooked, have been much
esteemed as an article of diet; but even these,
can form to disagree with some patients.
Sweet milk might also be mentioned
in the same category. These two however,
will probably be found to disagree, less frequent.
ly then most any other articles of diet,
They answer a very Palatable purpose as an article of lunch, or when it is found necessary to take a few mouthfuls of food between the regular meals, to allay the growing sensations of the empty stomacks.

One or two eggs slightly cooked, or even raw, may be thrown in a gloop, with a little sugar, to which may be added a small quantity of rich milk; is sufficient for this purpose. — The meals should be taken at regular periods of about six hours.

The breakfast should be light, for should this be too heavy, be overloaded in the morning, unpleasant symptoms are apt to set in during the day — Dinner, should be the most generous meal, but the dinner should always be very light; seeing no meat, — Many physicians recommend,
a little brandy, or a glass of generous wine, immediately after the dinner, I have never known any beneficial results to follow this course, and would therefore object to the use of wines or fermented liquors of any description. Coffee and tea, as we have seen, must be efficient agents in the pre-evolution of the disease, hence they should be rejected, especially, by patients of highly nervous tempers. Tobacco also, in any form, exercises a very un
ful influence on such patients, and should by all means, be rejected.

The patient then, will mutu-
ally inquire, what shall I drink, or what shall I eat? My reply would be that, a glass of good milk, or of scenic cold water, is rarely found to
diagree with any one; and as regards
select food, — eat sparingly of whatever you
find to agree best with your stomach;
reaching your palate of one dish, or of
as far as circumstances will permit;
for in a variety of dishes, you multiply
the temptation to indulge your appetite;
which in no case, should be carried
to satiety — Eat there just such a quan-
tity, as you find digestible, and no
more; and that you may stop at this,
it will be well for you, to take just
what you intend to eat, on your plate
and for born as you have consumed it's
retire from the influence of further
temptation.

Spare also, should be a part
two of no little consideration, with thes
who have become much enfeebled by long continued indigestion, but like other habits, when injudiciously indulged, is attended with very injurious consequences. The habit, often indulged in, of lying immediately after dinner, certain by exercise a very deleterious influence on the digestive process; for the stomach, as has been observed, like the other organs of the economy, requires, for the healthful performance of its functions, a certain amount of continued exercise. Consequently whilst the body is in a state of repose, the digestive process, must be comparatively suspended. But if from debility, or fatigue it become necessary, that the patient rest during the day, a half hour, or an hour, may be devoted to repose, immediately before
dinner, but never within two or three
hours after a meal,—unless more fa-
vable circumstances; sleep should only
be indulged in at night; and then, for
six to eight hours of uninterrupted re-
covery is generally sufficiently
More than this, should not be coun-
tined in bed; for while this is necessary
to refresh and invigorate the systems, may
desire to relax and enjoy it,

Likewise The Bath is an excel-
 lent promoter of health, and should
be applied, directly after rising in the
morning. For this purpose, the linen
should be taken off, or turned down from
the neck, and shoulders, and these
parts, together with the arms, should be
rubbed well with cold water, or what,
perhaps, would be still better if the sober—i.e., rather—to be followed by friction with a coarse towel; until the parts are perfectly dry—This is a powerful agent in giving tone and energy to the nervous system. The feet also may be plunged in cold water, every morning, and imme-

cinctly dried, as the parts just mentioned,

Thus by its reactionary agency, invades the blood to the extremities, and thereby, prevents
the coldness of feet, complaint of dryness. Should the system be too fa-

ble, after the shock produced by cold water, it may be made while at first, so affixed only to a small surface, increasing the area at each successive

bath.

No clothing should at all
tions, he prudently to this purpose. Care being taken, that it may be so light, as to subject the patient, to the injuri-
ous effects of sudden changes in the
atmosphere. This subject has excited
the expression of various opinions, among
professional men, touching the propriety
of wearing flannel next to the skin.
On this point, we shall not venture
our opinion, further than to suggest, that
if worn at all, in order to insure its
full benefit, it should be removed every
night on retiring to bed, otherwise by
becoming habitually accustomed to its use,
we lose in a great measure, the salu-
tary influence, it was designed to exert
by its friction upon the skin, as well
as, its protective to that membrane,
Exercise—as has been observed, should be an object of paramount importance to the deposits patient, and should therefore be employed with the greatest prudence; otherwise, instead of imparting vigor to the frame, it may deplete it. It should be used moderately, and in the open air. The most appropriate time for which is directly after meals. Such is the influence of the mind upon the body, that to obtain the most palatable effects of exercise, the mind should be clear, and free from all cares. Other exercise, the result will be that, which was designed to impart vigor, and animation, becomes useless and laborious.

For this reason, we would advise such recreations, as while they give ex-
Exercise to the body affords, also, recreation to the mind. Such as hunting with a gun, or spending a few hours in the field with dogs; or if the patient be sufficiently strong, light manual labor by affording employment for the mind, would would be a very palatable mode of exercising, — For ladies, riding on horseback, or in an open carriage, or when circumstances will permit, a stroll into the fields, or frequent walking among the flowers in the garden, will have a very salutary tendency.

The hygienic treatment being now given, I will now point out, as briefly as possible, what remains to be said in regard to, The Medical,
Treatment, that they may become more
agreeable in the course of the disease.

First, then, we should endeavor to
Correct the toxic conditions of the bow-
ed, so as to produce regular albumin evac-
uations. For this purpose, we should
see such laxatives, as combine with their
laxative properties, a tonic, vermifuge also.

A combination of Chiliub and Aloes
will be found to subserve this purpose
admirably. The aloes, however, should not
be given, where there is tendency to hemo-
poison, or ulcerous irritation.

To relieve the unpleasant symptoms of
heart burn, and the growing hematina about
the stomach, decompositions must be had to-
Antacid,—the selection of which, will
defered, in a great measure, on the idiosyncra
The generally used, are the preparations of Ammonia, podae, Magnesia, and limewater. Of these Ammonia and podae are preferable, but should never be administered where the stomach is empty; for besides their neutralizing properties, they appear to some extent excitant properties, which should never be done on the empty stomach. Small portions of Ephine phyllis, combined with equal quantities of Carb. pulvis, is almost a certain remedy for the sick headache, with which dyspeptics are so frequently annoyed.

In regard to Dinics, I have but to say, that they should be used with the greatest caution, or instead of relieving this organ, to which they are directed,
they may wear out its irritability, and thereby prolong the dulness, that they give to relieve. In cases, however, when the biliary organs have been involved to any considerable extent, it will often be found necessary to employ a tonic, in combination with a choleagogue. For this purpose we may use an infusion, or tincture of will cherry, yellow poplar, or dogwood, in which is incorporated a few grains of the Coronic Chloride of Mercury. The infusion or tincture, in usually made of two or more of the above articles, in equal proportions, in a pint of which is dissolved if only get Cor. Chlo. Mercury. It be given in doses of a table spoonful, after each meal; for two, three, or four days. Sec, never硕士。

[Signature: Anon]
Thus gentlemen, do I submit, for your consideration, several imperfect pages on a subject; the treatment of which was summed up, by the learned Dr. Dudley in these few comprehensive words, "Live on a piece, a day; and earn that; and, anxiously do I await the fearful event, when by the imperfections of this treatise; and by my own demerit; I shall return to my relations, and friends, with wherein soiled, defiled, or filled with the most ecstatic joy. I shall be permitted to extend the hand of fellowship to that noble brotherhood, to which I have so long, and ardently aspired.

Happy, thrice happy; if I but find accept

ance, in thy sight." C.W.B.