

# VISCEROSOMATIC REFLEX AND GERD: A SYSTEMATIC REVIEW

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The aim of the study is to provide an overview of the gastroesophageal reflux through a literature review.

After a first introductory part which examines what an osteopathic dysfunction is, the relationship between the gastroesophageal reflux and the neurovegetative system and the consequent interaction that develops with the structure is outlined.

The traditional medical approach of the pathology is then illustrated with the main treatment protocols based mainly on pharmacological treatments. Following, the osteopathic approach is outlined, making a historical excursus on how this problem has been faced over time by osteopaths and illustrating what techniques and evidences are used today on patients with gastroesophageal reflux.

The final part of the study illustrates the comparison between the two types of treatment, medical and osteopathic.

By drawing the conclusions, osteopathic approach is supported by numerous articles and scientific studies. They demonstrate how it improves the patient's health both in the immediate post-treatment, and in the medium and long term, although numerous studies in their conclusions call for increasing research on gastroesophageal reflux in order to make the indications towards an osteopathic approach even more exhaustive. The review of the literature has been based on observational (both analytical and descriptive) and experimental (both control and non-randomized and non-randomized control) studies that have respected a high quality of clinical research through internal validity, clinical relevance, external validity and consistency.