

Efficacy of Homoeopathy in Hemorrhoids

Dr. Bhagwan Singh Bairwa

B. H. M. S, PG Scholar, Organon of Medicine and Homoeopathic Philosophy
vernadrveeru[at]gmail.com

Abstract: Hemorrhoids is one of the most prevalent ailments associated with significant impact on quality of life. Hemorrhoids are enlarged and swollen veins (also called varicose) around the outside of the anus or in the lower rectum. The rectum is the last part of the bowel and leads to the anus, the opening at the end of the bowel where fecal matter leaves the body. An exploratory study with simple random sampling technique was carried out at Sri Guru Nanak Dev Homoeopathic Medical College, Ludhiana. Cases were followed up to six months and assessment was done once in a month. **Objective:** this study aims to access efficacy of Homoeopathic medicines in cases of Hemorrhoids. **Result:** the use of constitutional homoeopathic remedy has a beneficial effect in cases of Hemorrhoids. **Conclusion:** The findings of the above study concluded that 94% of the cases responded well to the indicated Homoeopathic similimum. This study proved the Efficacy of Homoeopathy in the Cases of Hemorrhoids.

Keywords: Hemorrhoids, Rectal bleeding, Thrombosis, Piles

1. Introduction

Hemorrhoids is one of the most prevalent ailments associated with significant impact on quality of life. Hemorrhoids are enlarged and swollen veins (also called varicose) around the outside of the anus or in the lower rectum. The rectum is the last part of the bowel and leads to the anus, the opening at the end of the bowel where fecal matter leaves the body.

Types of Hemorrhoids:

Internal Hemorrhoids These hemorrhoids develop inside the rectum (the part of the large bowel leading to the anus) and are not usually visible to the naked eye. Internal hemorrhoids generally don't hurt, but they often bleed painlessly.

External Hemorrhoids These hemorrhoids develop under the skin around the outside of the anus. These are the most uncomfortable hemorrhoids and can be itchy or painful, and may feel lumpy. When a blood clot forms within an external hemorrhoid, this is known as a thrombosed hemorrhoid, which can result in severe, ongoing pain.

Causes of hemorrhoids

- Straining on the toilet because of constipation
- Pregnancy, because of the extra weight and pressure on the bowels
- Hereditary factors
- Heavy manual labour.

Signs and Symptoms of Hemorrhoids

- Bright red blood on toilet paper or in stool after a bowel movement
- Itching in the anal area
- Pain in the anal area, especially when sitting
- Pain during bowel movements
- One or more hard, painful lumps around the anus

2. Material and Methodology

Study setup: It is an exploratory study, with a sample size of 50 patients.

Subject: The subjects for the study were selected from patients attending OPD, IPD, and Peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College & Hospital.

Inclusion criteria: Patient of both sexes and age between 20-60 years with clinical symptoms of Hemorrhoids.

Exclusion criteria: Complicated cases with severe bleeding.

Intervention: Proper case taking of patient was conducted according to Homoeopathic principles and was recorded. After complete case taking, repertorization was done based on the totality of symptoms. Final prescription was based on the individualization of the patient, after consulting MateriaMedica. The initial prescription of the selected medicine was done in a single dose (4 pills of globule no. 30) followed by placebo (4 pills of undedicated globules no. 30). The follow-up was done monthly for up to 6 months through scheduled visits, to monitor the condition of the patient.

Study parameter: Observations were made according to the changes in the symptoms of patients.

3. Outcome of the Study

Out of 50 cases in the study 47 cases i.e. 94% showed improvement whereas 3 cases i.e. 6% did not showed any improvement.

Most of the patients involved in the study were found to be in the age group of 30-40 years which was 32%, followed by the age groups of 40-45 years, 45-50 years & the least in 50-60 years which was 28%, 22% & 18% respectively.

In most of the cases the main cause behind Hemorrhoids is straining in 22% of the cases. Hereditary are the second

common cause heaving 16% of the cases in each. Other causes of Hemorrhoids seen in the cases were Pregnancy, Heavy work.

On analyzing 50 cases of Hemorrhoids, it was seen that Ruta has been prescribed to 9 cases, Calcarea carb to 8 cases, Pulsatilla in 6 cases & Hamamelis in 4 cases. Bovista, Calcarea phosph., Kreosote, Natriummur., Nitric acid & Sabina were prescribed to 3 cases each Alumina & Graphites shares 2 cases each & Collinsonium was prescribed in only 1 case.

4. Conclusion

A total of 13 medicines were found to be useful in the treatment of Hemorrhoids in peoples of age group 20-60 years. The study proved the efficacy of Homoeopathy in the cases of Hemorrhoids.

5. Acknowledgement

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6. Conflict of Interest

The author declares that there is no conflict of interest.

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