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HAEMORRHOIDS AND IT'S HOMOEOPATHIC APPROACH

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Abstract:

Homoeopathic is a unique system of medicine. It is both science as well as an art. The Law of similar is simple and has proved itself in thousands of cures even in the hands of lay practitioners. But applying the similar symptoms of remedy, its selection and doses, especially in chronic cases is an art. The Hemorrhoids are more pathological and main stay of treatment is surgical but in operative Haemorrhoidectomy is usually associated with many postoperative complications like pain, bleeding anal strictures etc which can result in protracted period of convalescence. Homoeopathic medicines are extremely effective in treatment of hemorrhoids This article emphasis on incidence, evaluation, pathophysiology, clinical feature and management of Haemorrhoids with discussion of Homoeopathic medicines indicated in this clinical condition. Homoeopathic literature acknowledge many medicines for the Haemorrhoidal condition of which a simillimum can help a patient for keeping the disease far away for long period and offer a gentle and safe relief.

Keywords: Homoeopathic, Haemorrhoids, Therapeutic

Introduction:

In Homoeopathy a complete diagnosis is a dual diagnosis i.e. a Homoeopath always makes a differentiation between disease symptoms and patient symptoms from his totality of symptoms after a careful evaluation and analysis. In Homoeopathy,

Hemorrhoids are treated as not local but as derangement in the dynamic vital force that are expressed out through signs and symptoms of bleeding, pain, itching and prolapsed and are corrected only by means of dynamic medicines, which are capable of producing artificial similar diseases in healthy individuals, in a safe, gentle and effectively.

Haemorrhoids are variceal dilations of the anal anal perianal submucosal venous plexuses. It is defined as enlarged veins in the walls of anus.^[1] It is varicosity (dilated and swollen veins) around the anus.^[2] They are common after the age 50 and develop in the setting of persistently elevated venous pressure within the Haemorrhoidal plexus. Common predisposing conditions are straining at stool in the setting of chronic constipation and the venous stasis of pregnancy in younger women.

Incidence and Epidemiology:

The prevalence of haemorrhoidal disease is not selective for age or sex. However age is known to have a deleterious effect on the anal canal. The prevalence of Haemorrhoidal disease is less in underdeveloped countries. The low-fiber, high-fat diet is associated with constipation and straining and the development of symptomatic Hemorrhoid.^[3]

Evaluation:

Patients commonly present to a physician for two reasons- bleeding and protrusion. Pain is less common than with fissures and if present is described as a dull ache from engorgement of the Haemorrhoidal tissue. Severe pain may indicate a thrombosed Hemorrhoids.^[3]

Anatomy and Pathophysiology:

Haemorrhoidal cushions are a anal part of the anal canal. Engorgement and straining leads to prolapsed of the tissue into the anal canal. The exact pathophysiology of Hemorrhoids is poorly understood.^[3]

Types:

Hemorrhoids are commonly classified as internal or external.

Internal Hemorrhoids:

-Vericosities in the superior and middle Haemorrhoidal veins appear above the anorectal line and are covered by rectal mucosa. Internal piles are deep to anal sphincter covered with mucous membrane.

External Hemorrhoids:

-Below the anorectal line present dilations of the inferior Haemorrhoidal plexus and are covered by anal mucosa.⁷ External piles are deep to anal sphincter covered with mucous membrane.^[5]

- Both are thin walled, dilated vessels that commonly bleed.

Classification:

For the practical propose Internal Haemorrhoids are further graded based on their appearance and degree of prolapsed, known as **Goligher's Classification**.^[3]

First- Degree Haemorrhoids (Grade-I)

-Bleed but no prolapsed outside anal canal

Second- Degree Hemorrhoids (Grade-II)

-Slight protusion, prolapsed through the anus on straining but reduce spontaneously.

Third- Degree Hemorrhoids (Grade-III)

-Prolapse through the anus on straining or exertion and require manual replacement into

the anal canal.

Fourth-Degree Hemorrhoids (Grade-IV)

The prolapsed stays out at all times and is irreducible.

Clinical Feature: ^[5]

-Symptoms- Majority asymptomatic, when symptomatic there is bleeding per rectum, intermittent, bright red blood

-Sign-On per rectal examination there is round, tense and may be tender,

-On proctoscope there is bulge into lumen of proctoscope, position-3, 7, 11 o'clock

Common Causes of piles:

- Continues severe type of constipation,
- Irregular food eating habits,
- Excessive spicy and chili food,
- Modern allopathic drugs

Complication: [5]

- Profuse haemorrhage,
- Strangulation,
- Thrombosis

Investigation and Diagnosis:

The diagnosis of Haemorrhoids disease is made on physical examination. Inspection of the perianal region for evidence of thrombosis or excoriation is performed, followed by a careful digital examination. Anoscopy is performed paying particular attention to the known position size, severity of inflammation etc of Haemorrhoidal disease.

Prognosis –Good with treatment

Management of Haemorrhoidal Disease:

General Management: [5]

- Correct cause,
- Avoid constipation,
- Avoid straining during defecation,
- Local Lubrication,
- Cold compresses,
- Sitz bath.

Dietary and lifestyle modification:

Increase intake of fiber in diet might be help to eliminate straining during defecation. In clinical studies of Haemorrhoids, fiber supplements reduces the risk of persisting symptoms and bleeding by approximately 50%, but did not improve the symptoms of

prolapsed, itching, pain .As fiber supplement are safe and cheap also important part for both initial treatment and of a regimen following other therapeutic modalities of Haemorrhoids. Life style modification should also be advised to any patients with any degree of Haemorrhoids as a part of treatment and as preventive measure.^[6]

Homoeopathic Treatment:^[5]

Bleeding Haemorrhoids	Blind Haemorrhoids	Intercurrent
Aloes, Ammonium carbonica, Arsenicum album, Capsicum, Collinsonia, Ficus religiosa, Hamamelis, Lachesis, Millefolium, Muriatic acid, Nitric acid, Phosphorous, Sabina, Paeonia.	Aesculus, Caccarea carbonica, Calcaria fluorica, Graphite, Hydrastis, Lycopodium, Nux Vomica, Pulsatilla, Sepia	Sulphur, Thuja

Some important Homoeopathic medicine for HAEMORRHOIDS:

Aesculus, Agaricus, Aloes, Arsenicum album, Carbo animalis, Carbo veg, Causticum, Collinsonia, Graphitis, Hamamelis, kali arsenicum, kali carbonicum, kali sulphuricum, Lachesis, Lycopodium, Muriatic acid, Nitric acidum, Nux vomica, Paeonia, Phosphorus, Pulsatilla, Sepia , Sulphur.

Some Homoeopathic drugs by Specific Symptom:

HEMORRHAGE:

Aconite, Arsenicum album, Baryta carbonicum, Cactus, Calcarea carbonica, Collinsonia, Crotalus horridus, Hamamelis, Lachesis, Lycopodium, Natrum muriaticum, Nitric acidum, Nux vomica, Phosphorus, Psorinum, Sulphur.

PAIN:

Graphitis, Ignatia, Kali carbonica, Lycopodium, Paeonia, Pulsatilla, Sulphur, Thuja.

ITCHING:

Aesculus, Agaricus, Aloes, Ammonium carbonica, Calcarea carbonica, Calcarea sulphuricum, Carbo vegetabilis, Causticum, fluoric acidum, Graphitis, Kali carbonicum, Kali sulphuricum, Lycopodium, Natrum carbonicum, Nitric acidum, Nux vomica, Pulsatilla, Sulphur.

PROLAPSUS:

Apis mellifica, Calcarea carbonica, Ignatia, Mercurius, Muriatic acid, Nux vomica, Podophyllum, Sepia.

Indications of some important drugs for Haemorrhoids:

Aesculus- Piles when they may or may not bleed. Splinter or sensation of stick in rectum. Aching in the lumber region. Piles protrude, purple piles with severe pains in the sacrum and small of the back and fullness in the region of the liver. History of chronic constipation.^[5]

Aloes-

Piles protrude like a bunch of grapes, bleeding often and profusely and are greatly relieved by the application of cold water. Marked burning in the anus, the bowels feel as if scraped. There is a tendency to diarrhea, with insecurity of rectum.

Arsenicum album-

Bluish piles with burning pain, prostration and debility.^[5]

Calcarea carbonica-

Crawling and constriction in rectum. Stools large and hard, whitish, watery, sour. Prolapsed ani with burning , stinging Haemorrhoids. Constipation; stool at first hard, then pasty , then liquid.[4]

Calcarea Fluorica-

Itching in anus as from pin-worms. Bleeding Haemorrhoids. Internal or blind piles frequently, with pain in the back, generally far down the sacrum and constipation. Marked wind in the bowels.[4]

Collinsonia-

Obstinate cases of Haemorrhoids, which bleed almost incessantly. It suits pregnant women who suffer from piles and pruritus. A sensation of sticks in the rectum with constipation from inertia of the lower bowel.[5]

Graphites-

Haemorrhoids which burn and sting, anus sore, worse sitting. The rectum seems to have lost its contractile power and the varices protrude.[5]

Hamamelis-

Bleed profusely with burning soreness, fullness, heaviness, as if the back would break, urging to stool.[5]

Muriatic acid-

Great sensitiveness of the anus, cannot make use of the softest toilet paper, the piles are so sore and sensitive that the slightest touch is unbearable.[5]

Nux Vomica-

Haemorrhoids large and blind with a burning, stinging and constructed feeling in the rectum and a burnished pain in the small of the back. Worse by sedentary habits or abuse of stimulants. Itching Haemorrhoids keeping the sufferer awake at night, relieved by cold water or bleeding piles with constant urging to stool.[5]

Hydratis-

Prolapsed; anus fissured. Constipation, with a sinking feeling in the stomach, dull headache. During stool, smarting pain in the rectum. After stool, long lasting pain. Haemorrhoids; even a light flow exhausts. Contraction and spasm.^[7]

Paeonia Officinalis-

Itching and burning in the anus after stool; followed by internal chilliness. Haemorrhoids, fissures, ulceration of the anus and perineum, purple covered with crusted. Atrocious pains with and after each stool.^[7]

Phosphorous-

Great weakness after stool. Discharge of blood from rectum, during stool. Hite hard stools. Bleeding hemorrhoids.

Ratanhia-

Burning in the anus and protrusion of piles after a hard stool . Burning and fissure of the anus, great painfulness and sensitiveness of rectum.^[5]

Sepia-

Piles especially in females when occurring during pregnancy from retarded portal circulation, bleeding Hemorrhoids with fullness in the rectum with great soreness.^[5]

Sulphur-

Persons of nerves temperament, quick motioned, quick tempered, plethoric predisposed to venous congestion, especially of portal system. Haemorrhoids that have been treated with ointments. Piles associated with constipation and itching about the anus worse at night.^[5]

Thuja Occidentalis-

Constipation with violent rectal pain, causing the stool to recede. Piles swollen; pain worse sitting with stitching, burning pains in the anus. Anus fissured; painful to touch with warts.^[7]

Conclusion:

Homoeopathic medicines are very helpful who suffer from painful and painless piles. Haemorrhoid is one of the common conditions in general population. In some cases only conservative treatment such as diet modification and change of life style is enough to get rid of Haemorrhoids. Homoeopathic medicines are not only help to relive pain, bleeding and suffering and all over health effectively cure the problem and thus avoiding the possibility of surgery.

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