

A Systematic Review of Homoeopathic Drugs in the Treatment of Haemorrhoids

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ABSTRACT

Due to modern civilized life style, eating habits and ignorance towards own health, many people facing many health problems. One of these health problem that the physician face in their day to day practice is haemorrhoids. It is a condition characterised by prolapsed of an anal cushion that may results in bleeding and pain from rectum. It is considered fourth leading OPD gastrointestinal diagnosis. Then modern medical science has treatment alternative such as diet, life style modifications, sclera therapy, banding, laser, etc. But no one satisfied with modern treatment of haemorrhoids, because of its recurrence after treatment. Homoeopathy, a system of medicine is based on one fixed principle that is 'similiasimilibuscurentur' with the help of this basic principle in this study, sign and symptoms of haemorrhoids is compared with sign and symptoms present in individual medicine mentioned in Homoeopathic materiamedica and conclusion is carried out.

KEYWORDS: Haemorrhoids, Modern aspects of haemorrhoids, and Homoeopathy

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INTRODUCTION

Sedentary lifestyle, stressful life, junk food makes people more prone to many gastrointestinal diseases. Use of western commode, competitive lifestyle gives rise to ano-rectal diseases such as haemorrhoids, fissure. The dilatation of veins of the internal rectal plexus constitute the condition of the internal haemorrhage which are covered by the mucus membrane.¹Haemorrhoids is most common in 40-60 of age but it affects all age groups. In India, 1 million new cases are reported annually.⁴⁷ people per 100 people around the world have haemorrhoids. Male are more prone than female for haemorrhoids. Due to site of disease, many of the patients feel hesitation to go doctor and they delay the examination and treatment which ultimately leads to worsen the condition of disease. In modern medicine, there are many procedures for haemorrhoids, but due to recurrence of haemorrhoids after procedure, no one is satisfy with the modern treatment².In contrast Homoeopathy does not advocate any procedures and it's medicine are very much palliative. So in this study, aetiology, pathogenesis, clinical manifestations of haemorrhoids and its various treatment alternatives from modern surgery and homoeopathy are dealt with detail.

Methodology:

In this review article, information form modern surgery takes in review of definition, etiology, pathophysiology, sign

and symptoms and gist of contemporary text of homoeopathy, related to the signs and symptoms of hemorrhoids have been documented to understand holistic approach towards hemorrhoids management.

Modern Perspective:

Definition of hemorrhoids:

Hemorrhoids also called as piles are the masses or the clumps of tissues which consist of muscle and elastic fiber with enlarge bulging blood vessels and surrounding supporting tissue present in anal canal of an individual. It is condition characterized by prolapse of anal cushion that may result bleeding and pain.³

Pathogenesis:

The development of hemorrhoids begins from dilatation within the cavernous bodies of anal cushion primarily due to passing hard stool or straining at defecation, leading to browsing of engorged venous cushion and rupture of arterio-venous shunts resulting in bleeding(Spontaneous during defecation)³

Etiology:

The common etiological factor seen are congenital, anatomical, sedentary life style, alcohol, constipation, enlargement of prostate, asthma/weight lifting which causes

increase intra-abdominal pressure and over feeling of blood vessels similarly few distinct factors responsible in female are pregnancy, labor phase and uterine fibroids causing increase in intra abdomen pressure.

Classification:

It is classify into internal and external hemorrhoids on the basis of their location that is above or below the dentate line. Further internal hemorrhoids are classified into four degrees
 1st degree – project into anal canal and cause bleeding.
 2nd degree – hemorrhoids prolapse but spontaneously reduce back into canal.
 3rd degree – Must be reduce manually.
 4th degree –Irreducible hemorrhoids.

On physical examination they are critically located on right anterior, right posterior or left lateral position (3, 7, 11 O'clock position respectively)

Clinical manifestation:

External Hemorrhoids : patients usually present with perianal hematoma due to sever straining and per rectum bleeding due to rupture of dilated arterio-venous shunts (anal cushion). It has sudden onset of painful lump/swelling at the anus bluish in color, covered with smooth shining skin.

Internal Hemorrhoids:

They are usually present with bleeding per rectum associated with defecation and sense of fullness from prolapse tissue which may require manual reduction. Bleeding is spontaneous and painless.

Acute haemorrhoidal prolapse can be very much tender, producing irreducible edematous tissue, pressure necrosis, ulceration and secondary infection can occur.³

Differential Diagnosis:

Anal fissure, anal prolapse and ca rectum

Homoeopathic Perspective:

Homoeopathy is a holistic science as it is based on 'similia similibus curentur' means like cures like. The aim of homoeopathy is to stimulate the inner self mechanism or vital force. So homoeopathy offers better chance to cure the disease because treatment is best on individual constitution. Homoeopathic understanding of health is connected to understanding of mind. Dr. Kent says that affection first in man's mind and proceeding from mind to physical economy. Homoeopathy gives concept of remedies for individual constitution rather than for disease. As Homoeopathy treat the man not the disease.⁴

The point to be emphasized is that the relief of symptom is obtained with absolute gentleness and without invasion or surgery of any kind. Homoeopathic medicine works at the root level and can modify genetic tendencies reducing chances of relapse and recurrence of the condition significantly.

Miasmatic Background

Accordingly Dr. Hahnemann, there are three basic miasmas responsible for the cause of various suffering of mankind and this are

- Psora (Mother cause of all diseases - Functional disturbances)**

- Sycosis (constructive structural changes)**
- Syphilis (Destructive Structural changes)**

The selection of remedy depends on miasmatic Background of patient to cure.

Psoric Presentation of Piles

- Obstruction of venous out flow secondary to pregnancy or pelvic mass
- Prolonged force full pressure during defecation
- Venous congestion

PsoricoSycotic Presentation of Piles

- Itching with sensitiveness
- Increased size of vessel of anal wall
- Increased intra abdominal pressure

Tubercular Presentation of Piles

- Bleeding leads to asthma
- Suppression

Sycotic Presentation of Piles

- Painful
- Hereditry
- Thrombosis

Sycosyphilitic Presentation of Piles

- Bulgiing

Syphilitic Presentation of Piles

- Cushion deterioration
- Weakness of Blood vessels wall

Uncommon reportorial rubric presentation form Murphy's repertory

Haemorrhoids abdominal plethora with – aloe, sulph.

Children in – mur ac

Irritability with –apis, NUX V.

Itching – calc, calc p, CAUST, coll, ferr, ham, lilt, mur ac, petr, petros.

Mental exertion- caust

Morning agg – DIOS

Night agg – merc, uls, SULPH

Pendulous – nit ac

Pregnancy during – aesc, am-m, caps, COLL, lach, lyco, nat-m, nux-v, SEP,

Purple – aesc

Standing agg- aesc, am-c, caust, sulph

Thinking of them agg – caust

Touch agg – BELL, carbn-s, CAUST, hep, kali-c, MUR-AC, RAT, SULPH, THUJ

Various remedies for piles in Homoeopathy are

1. Aloe Socotrina

Is a medicine used to treat for external piles that are sore and tender. Sharp or burning pain in the rectum and a constant feeling of bearing down in the rectum may be felt. Application of a cold compress may help relieve the pain or burning sensation. This medicine is also used to treat anal fistula.

2. **Muriatic Acid**

Is a medicine used to treat conditions of piles that are intensely painful, sore and protrude outside the anus. The hemorrhoids are very swollen and look bluish. The pain may get worse while passing stools. Stitching pain that gets worse on touch is present, and it gets better from warm-washing. This medicine is also used to treat cases where the soreness in the hemorrhoids worsens during menses in females.

3. **RatanhiaPeruviana**

Is a medicine used to treat piles where a burning sensation after defecation is present in the rectum. The person may have to strain to pass stool. Knife like stitching pains in the anus or the feeling of a sharp splinter of glass in the rectum may be present.

4. **HamamelisVirginiana**

Is a medicine used to treat piles with profuse bleeding. Weakness due to bleeding, soreness at the anus, hard stool and anal itching are other symptoms that indicate the need for this medicine.

5. **Collinsonia Canadensis**

Is a medicine used to treat piles accompanied by constipation. The stool in such cases is lumpy, dry and is passed with a lot of strain. Other symptoms include aching and burning at the anus, a sensation of sharp sticks in the rectum, anal itching and a constricted sensation in the anus.

6. **AesculusHippocastanum**

Is a medicine used to treat piles with sharp, shooting pains where the stools are knotty, dry and hard. This medicine is used to treat external, blind and bleeding piles.

7. **Nux Vomica**

Is a medicine used to treat piles where there is pronounced burning and itching around the anus. A constant desire to pass stools may be there, but constipation and passing of scanty stool is the main symptom.

8. **PulsatillaNigricans**

Is a medicine used to treat blind piles with a cutting, sticking or burning pain. The pain gets worse during lying down. Itching in piles and constipation with a backache and pressure in the rectum is another symptom.

9. **Sepia Succus**

Is the medicine used to treat piles that develop after the delivery of a child. It is also used in cases of constipation where the stools are very hard.

10. **Kali Carb**

Is a medicine used to treat piles in females that develop post childbirth. The piles are extremely tender to touch. There may be stitching, smarting, pricking and tingling sensation at the anus along with sharp pain. Constipation lasting for days along with hard stool, and white mucus after bleeding from piles may also be present.

11. **Silicea**

Is a medicine used to treat piles and anal fistula. The piles tend to protrude during the passage of stool. The stool is hard and tends to recede into rectum several times during defecation. Burning in anus after passing hard stools, and a

foul smelling discharge of pus or serum from the anal fistula may also be present.

12. **Merc sol**

Is a medicine used to treat piles in people suffering from diarrhoea. There is an urge to pass stool, more frequently during the night. The stools in most cases smell and are undigested bits of food. Burning at the anus while passing stools, protrusion of piles during defecation, exhaustion, and chilliness with shivering and a feeling of nausea is also present.

13. **Baryta Carb**

Is a medicine used to treat piles which protrude during urination. Other symptoms that indicate the need for this medicine include an urgent need to pass stools, and an itching, burning, soreness and shooting pain in piles.

14. **LachesisMuta**

Is a medicine used to treat piles that protrude during a cough or sneeze. In most cases, a stitching pain and a throbbing sensation in the piles is present. Piles in females during menopause are also treated with this medicine.

15. **Sepia Succus**

Is a medicine used to treat piles that develop during pregnancy in females. The piles may be bleeding or non bleeding and a protrusion of piles during stool occurs. Itching at the anus and rectum, constipation and the presence of hard and large stools also indicate the need for this medicine.

16. **Ammonium Carb**

Is a medicine used to treat piles that get worse during the menses in a female. The piles tend to bleed during menses, and the affected person feels better upon lying down.

17. **LycopodiumClavatum**

Is a medicine used to treat piles in cases where there is a rectal prolapse. The piles may be swollen and painful, and the pain gets worse upon touching and sitting. Chronic constipation with a scanty stool, painful constriction at the anus and excessive flatulence and bloating in the abdomen may also be present.

18. **Phosphorus**

Is a medicine used to treat internal piles where there is bleeding during stool. Excessive exhaustion, an urgent need to empty bowels and rectal tenesmus (desire to evacuate the bowels) are some other symptoms.

19. **Causticum**

Is a medicine used to treat large, swollen piles that hinder the passage of stool from the anus. The person needs to pass stool by straining hard in a standing position. The piles are hard, painful and constant and get worse upon sitting, standing and walking. There may be a pressing and sticking pain in the anus along with a burning, stinging sensation.

20. **NitricumAcidum**

Is a medicine used to treat piles and anal fissure when there are tearing pains in the anus while passing stools. The stool can be hard or soft but is passed with difficulty and may also bleed. There may be splinter-like pains in the anus.

21. Sulphur

Is a medicine used to treat piles when there is soreness and tenderness at the anus along with a hard, knotty stool. Weakness after passing stool, excessive rectal pain, and a biting sensation at the anus that gets better upon lying down are some other symptoms that indicate the need for this medicine.

22. Sedum Acre

Is a medicine used to treat painful piles that feel worse after a few hours of passing stool. In a majority of cases, the pain is constricting. Sedum acre is also useful for treatment of anal fissure with pain that worsens a few hours after passing stool.

23. Graphites Naturalis

Is a medicine used to treat painful piles that get worse during sitting. Cutting pains and swelling with cracks at the anus are present. The stool tends to be hard, knotty and scanty.

Discussion:

Conventional treatment for piles involves use of medicines that make the conditions more manageable but do not help to treat it. Homoeopathy offers comprehensive treatment option that helps to treat the conditions and ease the symptoms of piles.

Some benefits of Homoeopathic treatment includes

1. No side effects

Homoeopathic treatment does not cause any side effect because these are made from natural substances and are in very low quantity.

2. Natural remedies to treat the Piles

Homoeopathic follows Nature's law of cure. Homeopathic treatment for piles involve the comprehensive treatment plan that works in harmony with the system.

3. Holistic approach to treat Piles

Homoeopathy aims to treat the problem internally by understanding the cause of different symptoms instead of suppressing. Out of ten people at least one person is recommended for Piles related surgery. It may cause complications like rectal prolapse and haemorrhoid recurrence.

4. Simple and Effective

A single dose of the correct medicine can help to relieve the symptoms and also treat the piles by restoring the internal process of the body, these medications helps to great extend Invasive procedure can be held off with the help of Homoeopathy.

5. This are safe

Medicines for piles to treat the problems by reducing the engorgement of blood in rectal veins and also including blood circulation. As these medicines are prepared form natural substances, these are the very safe on long term basis without any complication.

From above literature we can say that Homoeopathy works by analyzing individual symptom of the disease in a person. Depending on grade, severity and symptom of piles, different

medicine are there to decrease the severity of the symptom and treat the condition on long term basis.

Aloe socotriana is a medicine used to treat external piles with psoric manifestation. **Muriatic acid** used to treat condition that are worsen during the menses in the female with psoric manifestation. **Hamamelisvirginiana** is a medicine used to treat bleeding piles with syphilitic manifestation. **Nux vomica** is used to treat blind piles with psora is in background. **Sepia** is used to treat piles that develop after delivery of the child with psoric manifestation. **Kali Carb** is a used to treat piles in a females that develop post child birth with psoric manifestation, **Silicea** is used to treat the piles with anal fistula with all three miasms. **Murc Sol** is used to treat piles in a people who suffer from diarrhea with syctic manifestation,

Baryta Carb is used to treat piles which protrude during urination with psoric manifestation. **Lycopodium** is used to treat the piles in cases where there is bleeding during stool with all three miasms. **Causticum** is used to treat large, swollen piles that hinder the passage of stool from that anus with psoric manifestation. **Nitricum Acidum** is used to treat the piles and anal fissure with all three miasms. **Sulphor** is used to treat the piles with psoric predominance. **Graphites** is used to treat the painful piles with psoric manifestation.

In this way one can say that natural medicine work to stimulate the internal healing process of the body with long term use. They can manage piles without surgery depending upon the severity of the problem.

Homoeopathy offers comprehensive treatment option that help to treat the condition and ease the symptom of the piles. There is definitely significant benefit of homoeopathy in the treatment of the piles on long term basis without any complication and recurrence with some exception where surgery is must.

Conclusion:

The homoeopathic constitutional treatment of hemorrhoids take care of underline medical and psychological causes of hemorrhoids and can help in preventing the complication of the same. Homoeopathic medicine on piles improve your digestion, formatting appropriate consistency of stool and defecation makes easy.

Thus we conclude that homoeopathy is effective in cure of first and second degree hemorrhoids provided they follow auxiliary line of treatment (Diet and regimen) advised. Grade 3 piles can find some relief of symptoms with homoeopathy but may not be completely cured. Grade 4 piles can get symptomatic relief with medicine.

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