

1st and 2nd Degree Piles and its Homoeopathic Management

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ABSTRACT

The condition affects 39-52% of adults. The prevalence of piles is extremely high in Western and other industrialized societies, with millions affected worldwide. However, the true burden of disease is difficult to capture as many patients are reluctant to seek medical suggestions for various personal, cultural, and socio-economic reasons. The prevalence of piles in India according to new surveys is around 40 million. Treatment for piles depend on the type and severity of piles, patient's preference, and the expertise of doctor. The current therapies can be classified into conservative management, office-based procedures, and surgical treatment. The main aim of medical treatment is to control acute symptoms of piles rather than to cure the underlying piles. ^[1]

KEYWORDS: 1st and 2nd degree piles, Haemorrhoids, Management, Homoeopathic medicine

INTRODUCTION

The word haemorrhoids (Piles) is derived from Greek word 'Haima' (bleed) + "Rhoos" (Flowering) means bleeding. The piles are derived from Latin word pila means ball. ^[2]

It is sliding downward of anal cushions abnormally due to staining or other causes. ^[2]

TYPE:

Internal: Above the dentate line, covered with mucous membrane. ^[3]

External: Below the dentate line, covered with skin. ^[3]

Intero- External: Together occurs. ^[3]

CLASSIFICATION I:

Primary Piles: Located at 3,7,11 o' clock position. Related to branches of superior haemorrhoidal vessels which divided in the right side into two, left side it continues as one ^[2]

Secondary Piles: One which occurs in primary sites. ^[2]

CLASSIFICATION II:

First Degree Piles: Piles with in that may bleed but not come out. ^[2]

Second Degree Piles: Piles that prolapse during Defecation but that return back spontaneously. ^[2]

Third Degree Piles: Piles prolapse during Defecation can be replace by manual help. ^[2]

AETIOLOGY:

- Hereditary ^[2]
- Morphological: Venous Congestion, Straining, Constipation, Diarrhea, Rectal Cancer, Portal Hypertension, Pregnancy. ^[2]

CLINICAL FEATURE:

- Painless bleeding – fresh bleeding occurs after defecation -Splash in the pan. This causes chronic anemia. Piles which bleed are called Grade I Piles. ^[3]
- The capillaries of the lamina propria are only protected by a single layer of epithelial cells, hence minor trauma precipitates bleeding. ^[3]
- As the straining increase, the Piles partly prolapse outside. After defecation, it returns back (Grade-II) or can be digitally replaced (Grade-III Piles). ^[3]

How to cite this paper: Dr. Anjali Gupta | Dr. Sarita Patel "1st and 2nd Degree Piles and its Homoeopathic Management" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-7 | Issue-4, August 2023, pp.92-94, URL: www.ijtsrd.com/papers/ijtsrd59622.pdf



IJTSRD59622

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- Permanently prolapsed pile outside. Patient complains of pain or discomfort. ^[3]
- Most of the patients complain of constipation. ^[3]
- Discharge of mucous and irritation of perianal skin pruritus is a common feature. ^[3]

INVESTIGATION:

- Hematocrit ^[2]
- Per rectal examination (Proctoscopy) ^[2]
- Colonoscopy to evaluate for any cause ^[2]
- Barium enema x ray ^[2]

Differential diagnosis:

Condition which may be confused with Piles are given below ^[6]

Condition	Position
Anal skin tags	Anal margin
Fibrous anal polyps	Line of the anal valves
Prolapse of rectum	Similar to haemorrhoids but circumferential
Thrombosis in perianal skin (perianal haematoma)	Distal to mucocutaneous junction
Fissure	Primarily at the mucocutaneous junction but may have a distal skin tag
Benign tumours of the rectum	Within the rectum at sigmoidoscopy
Varies	Rare but almost impossible to distinguish
Haemangioma	Rare congenital abnormality

COMPLICATION: ^[4]

Profuse hemorrhage, Strangulation, Thrombosis, Ulceration, Gangrene, Fibrosis.

CONSERVATIVE MANAGEMENT:

A recent meta-analysis confirmed that fiber supplements moderately improve overall symptoms and bleeding and should be recommended at an early stage. ^[5]

Other lifestyle modifications such as improving anal hygiene, taking sits baths, increasing fluid intake, relieving constipation, and avoiding straining are used in primary care and may help in the treatment and prevention of piles. ^[5]

HOMOEOPATHIC MANAGEMENT:

Some homoeopathic medicine was given below which are having same symptom in material medica which is known as disease symptom of Piles.

- Aesculus hippocastanum: Dry, aching feels full of small sticks. Anus raw, sore, much pain after stool, with prolapse. Piles with sharp shooting pain up the back; blind and bleeding; worse during climacteric. Large, hard, dry stools. Mucous membrane seems swollen and obstructs the passage. ^[7]
- Aloe socotrina: Constant bearing down in rectum; bleeding, sore, and hot; relieved by cold water. Feeling of weakness and loss of power of sphincter ani. Sense of insecurity in rectum. When passing flatus. Stool passes without effort, almost unnoticed. Lumpy, watery stool. Jelly-like stools with soreness in rectum after stool. A lot of mucus, with pain in rectum after stool. Piles protrude like grapes; very sore and tender; better cold water application. Burning in anus and

rectum. Constipation, with heavy pressure in lower part of abdomen. ^[7]

- Collinsonia canadensis: Sensation of sharp sticks in rectum. Sense of constriction. Vascular engorgement of rectum. Dry faces. Most obstinate constipation, with protruding Piles. Aching in anus and hypogastrium. ^[7]
- Constipation during pregnancy; with membranous dysmenorrhea, following labor. Painful bleeding piles. Dysentery, with tenesmus. Alternate constipation and diarrhea, and great flatulence. Itching of anus. ^[7]
- Nitric Acid: The pain keeps her in bed for hours after every stool. Itching and burning in anus. Constant acrid moisture about the anus. ^[9]
- Periodical bleeding of rectum and pain in sacrum. Fissures of anus. Painful prolapses of rectum.
- Piles that are exquisitely painful to touch and at stool; that bleed, external or internal, with burning and sticking during stool. Piles that ulcerate and discharge copiously of blood and pus.
- When piles are so painful that she breaks out in sweat, becomes anxious, and pulsates all over, on the slightest touch or at stool, this remedy has been useful. Foetid moisture at the anus. ^[9]
- Nux vomica: Contractive pain in rectum during evacuations, and at other times. Discharge of bright-red blood with faces with constriction and spasmodic contraction of rectum. Painful, spasmodically closed anus. Swelling and closing of anus. -Painful blind haemorrhoidal tumors. Blind piles; with sticking beating or pressive pain in rectum and anus; after a stool and after a meal.

Piles, with pain as from excoriation, shooting, burning pain, and pressure in anus and rectum, < during meditation and intellectual labour. Bloodless piles in hysterical women. - Discharge of blood from anus. -Jerking in anus when not at stool. ^[8]

- *Paeonia Officinalis*: Biting, itching in anus, orifice swollen. Burning in anus after stool; then internal chilliness. Fistula ani, diarrhea, with anal burning and internal chilliness. Painful ulcer, oozing offensive moisture on perineum. ^[7]
- Piles, fissures, ulceration of anus and perineum, purple, covered with crusts. Atrocious pains with and after each stool. Sudden, pasty diarrhea, with faintness in abdomen. ^[7]
- *Ratanhia*: Aches, as if full of broken glass. Anus aches and burns for hours after stool. Feels constricted. Dry heat at anus, with sudden knife-like stitches. Stools must be forced with great effort; protrusion of piles. Fissures of anus, with great constriction, burning like fire, as do the piles; temporarily relieved by cold water. Fetid, thin diarrhea; stools burn; burning pains before and after stools. Oozing at anus. Pin-worms. Itching of anus. ^[7]

Some other remedies are *Agaricus muscarius*, *Arsenicum Album*, *Carbo animalis*, *Graphites*, *Hamamelis Virginica*, *Kalium Arsenicosum*, *Kali-Carbonicum*, *Kali Sulphuricum*, *lachesis mutus*, *Lycopodium Clavatum*, *Mercurius iodatus ruber*, *Millefolium*, *Muriatic Acid*, *Phosphorus*, *Pratensis*, *Pulsatilla*, *sepia officinalis*.

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