

Management Of Haemorrhoids With Individualised Homoeopathic Medicine – A Case Report

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Cite this paper as: Dr. Chayanika Dhar, Dr. Vishnukant Sharma, Dr.Rinku Bishwas , Dr.Ruchi Biswas (2024). Management Of Haemorrhoids With Individualised Homoeopathic Medicine – A Case Report. *Frontiers in Health Informatics*, 13 (8) 3018-3022

ABSTRACT:

The word Haemorrhoid is derived from the Greek word *haem* meaning blood and *rhoos* meaning flowing. Haemorrhoid commonly known as Piles is a swollen and inflamed vascular structure in the rectal and anal regions. They are a prevalent condition affecting individuals of all ages, with a higher incidence among adults. Classified as internal or external based on their location, haemorrhoid can cause symptoms such as pain, itching, bleeding, and discomfort during bowel movements. Risk factors include chronic constipation, prolonged sitting, obesity, and pregnancy, all of which contribute to increased pressure in the rectal veins. Whereas homoeopathic literature enlists many medicines for this condition, there is a paucity of evidence-based published studies

KEY WORDS:

Homoeopathy, Haemorrhoids, Rectum, Thuja occidentalis.

ABBREVIATION:

O.P.D. – Out Patient Department, PR –Pulse Rate, RR – Respiratory Rate, Temp.- Temperature, Ht. – Height, Wt. – Weight, B.P – Blood Pressure, CVS – Cardiovascular system, CNS – Central Nervous System, RESP. – Respiratory System, GIT – Gastro Intestinal System

INTRODUCTION

Haemorrhoids, also known as piles, are swollen and inflamed veins in the rectum and anus that cause discomfort and bleeding. They are a common condition that affects millions of people worldwide, especially adults over the age of 45 years. While haemorrhoids are rarely dangerous, they can significantly affect the quality of life if left untreated.

Types of Haemorrhoids

Haemorrhoids are classified into two main types:

1. Internal haemorrhoids: Located inside the rectum, these are usually painless but may cause bleeding during bowel movements.
2. External haemorrhoids: Found under the skin around the anus, these are more likely to cause pain, swelling, and itching.

Causes of Haemorrhoids

The primary cause of haemorrhoids is increased pressure in the lower rectum, which can result from:

- Straining during bowel movements.
- Chronic constipation or diarrhoea.
- Prolonged sitting, especially on the toilet.
- Obesity.
- Pregnancy, due to increased pressure on the pelvic veins.
- Low-fiber diets that lead to hard stools.

Symptoms

The symptoms of haemorrhoids vary depending on their type and severity. Common signs include:

- Painless bleeding during bowel movements.
- Itching or irritation around the anus.
- Pain or discomfort, especially with external haemorrhoids.
- Swelling or a lump near the anus, which may be sensitive or painful.
- Leakage of stool.

Diagnosis

A doctor can diagnose haemorrhoids through a physical examination and, if necessary, additional procedures such as:

- Digital rectal examination: To feel for abnormalities.
- Anoscopy: A device used to inspect the anal canal.
- Sigmoidoscopy or colonoscopy: To rule out other conditions like colorectal cancer.

Treatment Options

Treatment depends on the severity of haemorrhoids:

Home Remedies:

- Increase fiber intake through fruits

Key Homeopathic Remedies for Piles

Homeopathy provides a natural and effective option for managing piles, offering relief without side effects. Each remedy is chosen based on the patient's overall constitution, including physical, mental, and emotional health. Homeopathic medicines aim to reduce symptoms gradually without invasive procedures. It addresses chronic issues like constipation and poor circulation, which often lead to piles.

However, individuals with severe symptoms or complications, such as persistent bleeding, should consult a healthcare provider promptly.

Here are some commonly prescribed remedies, tailored to specific symptoms:

1. Aesculus hippocastanum
 - Best for: Painful, dry piles with a burning sensation and backache.
 - Symptoms: Difficulty sitting or standing due to soreness and a sensation of fullness in the rectum.
2. Nux vomica
 - Best for: Piles associated with constipation and sedentary lifestyles.
 - Symptoms: Irritability, straining during bowel movements, and incomplete evacuation.
3. Hamamelis virginiana
 - Best for: Bleeding piles with soreness and a raw feeling.

- Symptoms: Profuse bleeding, burning pain, and varicose veins.
- 4. Sulphur
 - Best for: Itching and irritation around the anus, with worsening symptoms at night.
 - Symptoms: A burning sensation that feels relieved by warmth.
- 5. Aloe socotrina
 - Best for: Large, protruding piles with mucus discharge.
 - Symptoms: A constant urge to pass stool, even after bowel evacuation.
- 6. Calcarea fluorica
 - Best for: Long-standing, hard, and painful piles.
 - Symptoms: Fissures and soreness around the anal region.

Lifestyle and Dietary Recommendations

Alongside homeopathic remedies, lifestyle changes are crucial to prevent and manage piles:

- High-Fiber Diet: Incorporate fruits, vegetables, and whole grains to prevent constipation.
- Adequate Hydration: Drink at least 8 glasses of water daily.
- Regular Exercise: Promote better digestion and reduce pressure on rectal veins.
- Avoid Straining: Spend less time on the toilet and avoid forcing bowel movements.

CASE STUDY

Summary: A male aged 46 years, in O.P.D. with complaints of stitching pain bleeding during stool for 10 days along with hard stool. pain < during stool and passing sitting.

Identification Details

OPD Regn: 54378

Name: Sohan Lal Sex: Male Age: 46 years Address: Adarsh Nagar, Lane II, Sidhpur Gujarat.
Religion: Hindu Occupation: Self-employed, (Cloth, has to sit long)

History of presenting complaints:

- Patient was well 1 year back
- Mode of onset – rapid, 10 days ago
- Most probable cause – not known to the patient
- He has undergone allopathic treatment for the same without any remarkable improvement and the doctor advised for surgery.

Past History

- Chicken pox – 10 years ago, Typhoid – 3 years ago
- Family History
- Father – Haemorrhoids undergone surgery.
- Mother – Diabetes mellitus.
- Physical generals: His appetite was good. He has a desire for sweets, thirst is a moderate amount. Bowel movement is a regular, hard stool and not satisfactory, and has to go in early in the morning, Thermal reaction of the patient is chilly patient.
- General modality: pain < during passing stool; > by pressure and passing urine
- General Physical Examination:
- He was obese with fair complexion and all the vitals were normal. There were signs of anemia, jaundice, cyanosis and lymph nodes that were not palpable PR. - 80/min., RR.: 18/min., TEMP: 97.6°F, Ht.-168 cm., Wt.-80 Kg.; B.P.-134/82 mm Hg.

SYSTEMIC EXAMINATION:

- C.V.S. - No abnormal sound during auscultation, C.N.S. - Sensory and motor functions are normal, RESP.-Chest clear, G.I.T.-Abdomen soft, no tenderness.

MENTAL GENERALS:

- Anxiety about health, very miser & of fixed thought.
- His behaviour was calculated and balanced.

DIAGNOSIS:

- The case diagnosis was made based on the symptomatology and rectal examination.

PRESCRIPTION:

After Case taking, based on the totality of symptoms & with the consultation of Homoeopathic Materia medica⁶ Thuja occidentalis 1M, 2 doses, OD for two days was prescribed on 12/09/2024. Medicine should be taken at night time for 2 days, after food.

SELECTION OF REMEDY WITH JUSTIFICATION^{5,6}

The symptomatology, *Thuja* covers the totality of symptoms that guided us to select the remedy (fixed thought, calculated behaviour). Based on keynote symptoms & due consultation of textbooks of Materia Medica Thuja seems to be the most suitable drug in this case and thus prescribed in 1M, four doses followed by placebo for 7 days .

SELECTION OF POTENCY WITH JUSTIFICATION⁷:

The potency selection and repetition were done based on the Homoeopathic principles, susceptibility of the patient, and homoeopathic philosophy.

GENERAL MANAGEMENT:

- Take low protein and rich fiber diet.
- Drink a large amount of water.
- Avoid spicy and meat products.
- Take regular exercise in morning

FOLLOW UP:

Date of visit	Change in Symptoms	Prescribed Medicine/Potency/Dose	Justification
20/09/2024	Slight improvement. The pain diminished, no bleeding	Rubrum/BD/15 Days	To wait and allow the medicine to act
06/10/2024	Mild improvement. Pain markedly diminished. But stitching and burning sensation present.	Phytum /BD/15 Days	No new complaints; mild improvement occurs
22/10/2024	Improvement remains stan-still, no any symptoms are present	Thuja occ 10M / 1 dose Rubrum / BD / 15 Days	No new complaints
25/11/2024	Improvement noticed. The patient comes with sweets and satisfied homoeopathic treatment.	NS	The bowel became regular after the medicine .

DISCUSSION:

In current era, Haemorrhoids is a case of high society. Lots of people come across this condition due to improper diet and regimen. Homeopathy treats the person as a whole. It means that homeopathic treatment focuses on the patient as a person, as well as his pathological condition. The homeopathic medicines are selected after a full individualizing examination and case-analysis, which includes the medical history of the patient, physical and mental constitution, family history, presenting symptoms, underlying pathology, possible causative factors etc. A Miasmatic tendency is also often taken into account for the treatment of chronic condition. In this case Thuja occ. was selected because it covers the totality of symptoms thus known as keynote symptom. According to Dr. Hahnemann in his Organon of Medicine⁸, § 164 & § 178. Disease Originates at a dynamic level and Homoeopathic medicines also act on deeper and dynamic level. Dr. Hahnemann also mention in § 191 'Internal administration of a remedy causes important changes in general health and particularly in the affected external parts'.⁸ Homoeopathic medicines, i.e. medicines selected on basis of patient's Totality of Symptoms or on some peculiar keynote symptoms when prepared & administered according to the Homoeopathic Principles acts curatively, removing the stone from the Excretory pathway.

CONCLUSION:

This case report shows the positive role of homoeopathic medicine in the treatment of haemorrhoids within a short period. This single case report cannot draw any certain conclusion, more documented cases and scientific research could help to generate evidence on the usefulness of homoeopathic medicines in managing haemorrhoids with lifestyle modification too.

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