



Title: An evaluation article on the potential of homeopathy in treating hemorrhoids.

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Abstract: - In their typical state, hemorrhoids assist in regular bowel control. Hemorrhoids are characterized by the downward displacement and prolapse of the hemorrhoidal cushion, as well as the expansion of the hemorrhoidal arteriovenous connections. ⁽¹⁾ Common indications of hemorrhoids include bleeding, discomfort, itching, swelling, unease, and mucus discharge. ⁽¹⁾ Conventional medicine offers limited options for management. The treatments utilized for conservative management typically include a blend of local anesthetics, corticosteroids, astringents, and antiseptics. While these may alleviate symptoms like itching and discomfort associated with hemorrhoidal conditions, prolonged usage of these treatments — especially steroid creams — is discouraged, as it can lead to permanent damage or ulceration of the surrounding skin. ⁽¹⁾ Conversely, homeopathy presents significant promise in managing hemorrhoids. Homeopathic materia medica encompasses a wide array of thoroughly proved homeopathic remedies on healthy individuals of varying ages, genders, and constitutions. This is a key advantage of homeopathic medicine over other disciplines. Homeopathic treatments are administered in a dynamic form, functioning at a dynamic



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level and avoiding side effects. These remedies help in breaking the cycle of hemorrhoid recurrence. Homeopathic treatments not only address the symptoms of hemorrhoids but also help prevent surgical interventions like hemorrhoidectomy, which is particularly advantageous for patients unfit for surgery, those with limited financial resources, and individuals who are anxious about surgical procedures. Homeopathic medicines are affordable. Furthermore, homeopathic treatments not only eliminate disease at the physical level but also enhance the patient's mental well-being and overall quality of life.

Introduction: -

The term hemorrhoid is rooted in the Greek words "haema," meaning blood, and "rhoose," meaning flowing, which refers to the blood flow from the veins surrounding the anus. Hippocrates (Buqrat) was the first to use this term to describe the bleeding from the anal veins. In everyday language, hemorrhoids are commonly referred to as piles, a term derived from the Latin word "pila," which translates to ball or mass. Throughout history, hemorrhoids have caused discomfort for humanity and may have even played a role in shaping historical events. ⁽²⁾ In their normal condition, hemorrhoids assist with the control of stool. However, they become problematic due to excessive straining during bowel movements. Factors contributing to hemorrhoid development include physical inactivity, a sedentary lifestyle, and a diet high in fats and carbohydrates. Hemorrhoids can be characterized by distal displacement, prolapsed hemorrhoidal cushions, and the distension of hemorrhoidal arteriovenous connections ⁽¹⁾. They are the most prevalent type of anorectal issue encountered in primary care clinics, emergency departments, gastroenterology units, and surgical practices. Typical symptoms associated with hemorrhoids include bleeding, pain, itching, swelling, discomfort, and mucus discharge. ⁽¹⁾ In India, the prevalence of hemorrhoids is approximately 40 million. ⁽²⁾ The male-to-female ratio of those affected by hemorrhoids is 2:1. The condition impacts 39 to 52% of the adult population. ⁽³⁾ A publication on PMC Pub Med discusses conservative management strategies for hemorrhoids through lifestyle changes, such as enhancing anal hygiene, taking sitz baths, drinking more fluids, managing constipation, and avoiding excessive straining, all of which can aid in both treatment and prevention of hemorrhoids in primary care settings. Preparations utilized for the conservative treatment of hemorrhoids consist of a mix of local anesthetics, corticosteroids, astringents, and antiseptics, which can alleviate symptoms like itching and discomfort associated with the condition, though prolonged use of these treatments, particularly steroid creams, should be



avoided as they may lead to permanent damage or ulceration of the perianal skin. Homeopathy, established as a dynamic science by Dr. Hahnemann, advocates that certain ailments do not necessitate surgical intervention and can effectively be managed with medication. In his Organon of Medicine, he categorized diseases into surgical and dynamic types, further subdividing dynamic diseases into acute and chronic conditions. Chronic diseases are then divided into those with fully developed symptoms and those with too few symptoms. Hemorrhoids fall under the category of dynamic chronic diseases with fully developed symptoms. Dr. Hahnemann demonstrated numerous homeopathic remedies through drug proving on healthy individuals across all ages, genders, and various constitutions. The findings from these drug proving is compiled in the homeopathic materia medica, which contains a wide range of medicines that can alleviate pain, swelling, and bleeding related to hemorrhoids.

Keywords: - *Hemorrhoids, Homeopathic materia medica, Chronic disease, Miasm, cures*

The causes for the development of hemorrhoids are outlined below:

Hemorrhoids arise primarily due to increased intra-abdominal pressure. This heightened pressure adversely affects the veins located in the rectal and anal areas. Consequently, the abdominal pressure is exacerbated in several situations: conditions such as chronic hyperacidity and flatulence elevate intra-abdominal pressure and lead to hemorrhoid formation. Prolonged periods of sitting, especially for those employed in sectors like IT or corporate jobs, can also raise intra-abdominal pressure, as staying seated for extended periods contributes to pressure accumulation, ultimately leading to hemorrhoids.

A sedentary lifestyle can increase the likelihood of developing hemorrhoids.

Pregnancy can also be a contributing factor.

Chronic diarrhea further raises the risk of hemorrhoid development.

The underlying mechanism of hemorrhoids can be explained as follows:

The gross pathophysiology of hemorrhoids involves swollen blood vessels. Hemorrhoidal cushions are a normal aspect of human anatomy and only become a pathological condition when they undergo abnormal changes. Three primary cushions are found in the normal anal canal, typically located at the left lateral, right anterior, and right posterior positions. These cushions consist of blood vessels



known as sinusoids, connective tissue, and smooth muscle, rather than arteries or veins. Sinusoids lack the muscular tissue that is present in veins. This group of blood vessels is referred to as the hemorrhoidal plexus. Hemorrhoid cushions play a crucial role in maintaining continence, as they contribute to 15 to 20% of the anal closure pressure at rest, thus protecting both the internal and external anal sphincter muscles during stool passage. When an individual exerts pressure, it increases the intra-abdominal pressure, causing the hemorrhoid cushions to enlarge and assist in maintaining anal closure. Symptoms associated with hemorrhoids are thought to occur when these vascular structures protrude or when there is a significant increase in venous pressure. An increase in pressure within the internal and external anal sphincters may also contribute to hemorrhoid symptoms. Hemorrhoids are classified into two types: internal hemorrhoids, which originate from the superior hemorrhoidal plexus, and external hemorrhoids, which arise from the inferior hemorrhoidal plexus. The pectinate line serves as the divider between these two regions.

Complications associated with hemorrhoids include the following: ⁽⁴⁾

- Hemorrhage
- Thrombosis
- Strangulation
- Gangrene
- Fibrosis

Goligher's Classification of Hemorrhoids:

First-degree hemorrhoids: The anal cushion bleeds but does not protrude;

Second-degree hemorrhoids: The anal cushion protrudes through the anus during straining but returns on its own; ⁽⁵⁾

Third-degree hemorrhoids: The anal cushion protrudes through the anus due to straining or exertion and needs to be manually pushed back into the anal canal.

Fourth-degree hemorrhoids: The protruded tissue remains outside at all times and cannot be reduced. Acutely thrombosed or incarcerated internal hemorrhoids, as well as thrombosed hemorrhoids causing circumferential rectal mucosal prolapse, are classified as fourth-degree.



Diagnosis:

Proctoscopy: This procedure will identify internal hemorrhoids. The proctoscope is inserted to its full extent. The obturator is then removed, allowing illumination to visualize the interior of the anal canal. As the proctoscope is gradually pulled out, internal hemorrhoids can be observed bulging into it. ⁽⁵⁾

The role of conventional medicine in dealing with hemorrhoids:

In conventional medicine, the management of hemorrhoids involves a comprehensive approach that utilizes medications to alleviate inflammation, pain, control bleeding, constrict smooth muscle vasculature, and address underlying factors ^(1,2). Besides medications, other treatment options in conventional medicine encompass rubber band ligation, injection sclerotherapy, laser photocoagulation, and hemorrhoidal artery ligation; however, these methods may not be appropriate for all hemorrhoid stages ^(3,4). While conventional medicine lacks a definitive cure for hemorrhoids, it primarily aims to alleviate symptoms temporarily. Surgical interventions performed by conventional medicine for hemorrhoid management can also lead to numerous post-operative complications, including bleeding, rectal strictures, and pain in the rectum.

Homeopathic perspective:

Homeopathy is a dynamic science based on the principle of symptom similarity. According to Dr. Hahnemann, all chronic diseases arise due to chronic miasm. He defined miasm as a primary cause of chronic illness. The three primary chronic miasms are psora, sycosis, and syphilis. ⁽⁶⁾ Dr. Hahnemann classified hemorrhoids as a true natural chronic disease characterized by fully developed symptoms stemming from the chronic miasm sycosis. Homeopathy offers remarkable potential in treating hemorrhoids. Dr. Hahnemann firmly believed that certain diseases do not necessitate surgical intervention. Surgery can lead to significant suffering for individuals. There are many downsides to surgeries, including post-operative pain, bleeding, and sepsis, among others. Dr. Hahnemann was keenly aware of all the possible complications following surgery, which led him to establish a rational approach to healing. He proved various remedies on healthy individuals across all ages, genders, and constitutions. The homeopathic materia medica serves as a comprehensive reference for symptoms of remedies proved on healthy individuals of all ages, genders, and constitutions. The homeopathic materia medica includes a wide range of remedies that can alleviate symptoms of hemorrhoids. Dr. Hahnemann emphasized the importance of diet and lifestyle modifications in



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managing chronic diseases. Changes in diet and regimen, in conjunction with homeopathic treatments, can significantly impact the management of hemorrhoids. ⁽⁶⁾ Homeopathy provides a lasting solution for hemorrhoids as it not only treats the condition but also enhances patients' quality of life, avoids the need for surgeries, and reduces the chances of hemorrhoid recurrence.

Below are some leading homeopathic remedies for hemorrhoids are mentioned: -

1) Aloe socotrina:

This remedy is indicated for hemorrhoids that appear bluish and resemble clusters of grapes.

It is associated with a persistent bearing-down sensation in the rectum. ⁽⁷⁾

It is suitable for bleeding hemorrhoids. ⁽⁷⁾

Hemorrhoids are painful, sensitive, and warm, which can be soothed by cold water application.

The itching and burning in the rectum can disrupt sleep. ⁽⁸⁾

It is indicated for hemorrhoids in individuals who have an aversion to both mental and physical exertion.

2) Aesculus hippocastanum:

This remedy is indicated for hemorrhoids that are not external.

The hemorrhoids are painful, purplish, and produce a burning pain in the rectum. ⁽⁸⁾

It is indicated for hemorrhoids where the rectal pain feels like a knife, as if filled with small sticks. ⁽⁷⁾

It is suitable for cases of constipation where the stool is dry, hard, and challenging to pass, accompanied by a sensation of dryness and heat in the rectum. ⁽⁸⁾

It is indicated for hemorrhoids in which there is a significant dull backache in the lumbosacral region. ⁽⁹⁾

3) Nux vomica:

This remedy is indicated for external hemorrhoids.

It is suitable for painful hemorrhoids accompanied by an ineffective urge to have a bowel movement. ⁽⁷⁾

There can be episodes of diarrhea alternating with constipation. ⁽⁸⁾

It is indicated for hemorrhoids where there is constant discomfort in the rectum along with itching. ⁽⁹⁾



It is indicated for those with a sedentary lifestyle, lacking physical activity.

This remedy is indicated for digestive tract issues in individuals who frequently consume coffee, tobacco, alcoholic beverages, and highly spicy or seasoned foods. ⁽¹⁰⁾

4)Sulphur:

This remedy is indicated for hemorrhoids with intense itching and burning sensations in the rectum.

It is suitable for hemorrhoids characterized by severe constipation, where the stools are dry, hard, and knotted as if burned. ⁽⁸⁾

It is indicated for hemorrhoids in individuals with scrofulous or psoric conditions stemming from suppressed emotions.

It is applicable for hemorrhoids occurring during pregnancy. ⁽⁹⁾

It is indicated for hemorrhoids in individuals who crave sweets.

Diarrhea alternating with constipation is a characteristic symptom of this remedy. ⁽¹⁰⁾

5)Colinsonia Canadensis:-

This remedy is recommended for hemorrhoids occurring later in pregnancy.

It is suitable for individuals who experience hemorrhoids along with palpitations and digestive issues. ⁽⁸⁾

This remedy can also be used for chronic, painful, and bleeding hemorrhoids.

Patients may feel as though sticks, sand, or gravel are lodged in the rectum.

Symptoms may worsen due to mental stress or emotional excitement. ⁽⁹⁾

When heart-related symptoms improve, previously existing hemorrhoids may return. ⁽⁹⁾

6)Millefolium:-

This remedy is indicated for bleeding from the lungs, uterus, and bowels.

It is particularly useful in cases where the rectal bleeding is bright red and severe, accompanied by rectal congestion. ⁽⁸⁾

Patients may experience sharp, piercing pains in the rectum, coupled with a bruised soreness, especially when bleeding is linked to congestion in the head and chest. ⁽⁹⁾



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It is appropriate for older adults, women, and children, who may feel dull and confused, especially in the evening, and may have increased symptoms after consuming coffee.

This remedy is also indicated for incarcerated hernias.

Abdominal pain can occur due to trapped gas. ⁽¹⁰⁾

There may be intense abdominal cramps accompanied by bloody diarrhea, with the stools initially appearing chocolate-colored and eventually turning very offensive and black. ⁽¹⁰⁾

7)Muriatic acid: -

Muriatic acid is suitable for cases involving severe, stabbing pain in the rectum.

It is indicated when there is significant bleeding from the rectum. ⁽⁹⁾

Hemorrhoids are characterized as large, purple, and extremely tender to the touch.

Symptoms improve with warmth or heat applications. ⁽⁹⁾

The hemorrhoids may protrude, resembling a cluster of grapes, with symptoms exacerbated by touch, walking, or sitting.

Muriatic acid is useful for hemorrhoids accompanied by itching in the rectum.

This remedy is also indicated for external hemorrhoids that cause excoriation and a burning sensation. ⁽¹⁰⁾

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