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## Harmonizing healing: Homoeopathic strategies for postpartum hemorrhoid relief

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### Abstract

Postpartum hemorrhoids are a common occurrence following childbirth, causing discomfort and pain for many women. Homoeopathy offers a gentle yet effective alternative for managing postpartum hemorrhoids, addressing the physical and emotional aspects of the condition.

This article provides an overview of homoeopathic management strategies for postpartum hemorrhoids, including the use of individualized remedies along with dietary and lifestyle modifications. Additionally, it discusses the potential benefits of homoeopathy in addressing the holistic needs of postpartum women, emphasizing the importance of personalized care. This article aims to broaden the understanding of homeopathy as a viable option for individuals seeking relief from postpartum hemorrhoids.

**Keywords:** Postpartum hemorrhoids, homoeopathy, lifestyle management, gentle treatment, homoeopathic remedies, postnatal care, holistic approach

### Introduction

Hemorrhoids refers to swollen, dilated, inflamed veins around the anus and/or in the lower rectum. In many women, they tend to appear for the very first-time during pregnancy or after delivery. It is quite a common problem and has been estimated that around 40 per cent of pregnant women, and women after childbirth tend to develop hemorrhoids. This development after delivery, is known as postpartum hemorrhoids. Its signs and symptoms include swelling or lump around the anus, pain with passing of stool and/or after stool, anal burning, rectal bleeding and anal itching [4].

### Etiology [2]

1. Straining during bowel movements
2. Straining from carrying extra pregnancy weight
3. Sitting or standing for long periods of time
4. Increase in the hormone progesterone during pregnancy
5. Increase in the size of pelvis leading to pressure on veins

### Symptoms of hemorrhoids after pregnancy include [1]

1. Bright red bleeding from the anus
2. Bright red bleeding during and after passing stools<sup>3</sup>
3. Feeling pressure around the anus
4. Itching and burning around the anus
5. Protruding veins from the anus

### Clinical examination / Investigations [3]

1. On inspection-prolapsed piles can be visualized
2. On proctoscopy – exact position of piles can be seen as cherry red mass
3. Sigmoidoscopy, Colonoscopy or barium enema should be done if there is any suspicion of associated malignancy.

### Complications [3]

- Chronic Anemia

- Strangulation
- Ulceration
- Secondary infections.

### General Management of Hemorrhoids

1. Correct cause.
2. Avoid constipation.
3. Avoid straining during defecation.
4. Local Lubrication.
5. Cold compresses.
6. Sitz bath.

### Dietary and lifestyle modifications

Managing postpartum hemorrhoids can be challenging, but making dietary and lifestyle changes can help alleviate symptoms and minimize discomfort. Here are some recommendations for dietary and lifestyle changes for the management of hemorrhoids in partum women:

1. **Increase fiber intake:** Aim for at least 25-30 grams of fiber per day.
2. **Stay hydrated:** Drinking plenty of water helps keep stools soft and facilitates easier bowel movements. It's recommended for pregnant women to drink at least 8-10 cups.
3. **Exercise regularly:** Engaging in regular physical activity, such as walking, swimming, or prenatal yoga, can help improve bowel function and reduce the risk of constipation, a common trigger for hemorrhoids.
4. **Avoid prolonged sitting or standing:** Sitting or standing for long periods can exacerbate hemorrhoid symptoms.
5. **Practice good bathroom habits:** Avoid straining during bowel movements and try not to linger on the toilet for extended periods. When you feel the urge to have a bowel movement, respond promptly to avoid constipation.
6. **Manage weight gain:** Pregnancy-related weight gain can contribute to increased pressure on the rectal area, potentially worsening hemorrhoid symptoms. Maintaining a healthy weight through a balanced diet and regular exercise may help alleviate this pressure.
7. **Wear loose, comfortable clothing:** Tight clothing, especially around the waist and abdomen, can exacerbate hemorrhoid discomfort.

### Homoeopathic approach

Homoeopathy is a holistic system of medicine developed in Germany more than 200 years ago by Dr. Christian Friedrich Samuel Hahnemann Based on two unconventional theories:

“Like cures like”—the notion that a disease can be cured by a substance that produces similar symptoms in healthy people.

“Law of minimum dose”—the notion that the lower the dose of the medication, the greater its effectiveness.

Homoeopathy treats the patient as a whole. In Homoeopathic system, medicines are selected based on Individualizing the case by analysis and examination which includes the medical history of the patient, physical and mental constitution, family history, presenting symptoms, underlying pathology, possible causative factors are often considered for the treatment <sup>[10]</sup>.

### Homoeopathic management for Postpartum hemorrhoid

#### 1. *Aesculus*

It is used for painful pile when piles pain is felt during or after stool. Pain is sharp shooting in nature. The pain can even be felt for many hours after passing stool.

#### 2. *Collinsonia*

It can be given for bleeding or non-bleeding piles, external piles located on the skin around the anus. The piles are painful Constipated With Dry, Hard Stool. The sensation of sand or sticks in rectum can be quite prominent.

#### 3. *Hamamelis* <sup>[7]</sup>

It is very effective in controlling bleeding from piles. The bleeding may be slight or profuse in cases needing it. The bleeding is attended with weakness. Burning sensation and soreness around anus is felt.

#### 4. *Nux Vomica* <sup>[7]</sup>

It is the most important medicine for piles in which a person has constipation with an ineffectual urge to pass stool. It is recommended for women who have a constant urge to pass stool. Each time they go to pass stool, only little is evacuated at a time and there is a feeling of dissatisfaction and it feels as if some more feces will be passed.

#### 5. *Pulsatilla* <sup>[6]</sup>

It works magnificently in cases of non – bleeding piles (means blind piles). In cases needing it, there is burning or cutting pain in the rectum when passing stool. Stitching pain may be felt at times. Protrusion of internal piles may be noted. Itching is felt, especially on lying down and in the evening.

#### 6. *Aloes* <sup>[7]</sup>

Aloe is highly suitable to treat protruding piles. In cases needing Aloe, the piles at anus look like a bunch of bluish-colored grapes. The piles are painful, sore and tender. Cold water application over piles gives relief.

#### 7. *Ignatia* <sup>[8]</sup>

It works wonderfully in cases where sharp stitching pain in anus and rectum is felt. Pain occurs even if the stool is soft, pain gets worse while standing or sitting. Sometimes slight anal bleeding can occur.

#### 8. *Lilium tigrinum* <sup>[8]</sup>

It is indicated for painful, sore piles. Piles are highly sore to touch. These are itchy too. Besides, there is severe constipation. When bearing down while passing stool, it feels as if all the pelvic organs would protrude through the vagina.

#### 9. *Sepia* <sup>[5]</sup>

It is helpful almost in treating every case of piles after delivery. It can be used when there is swelling at anus along with marked pain. Pain is worse when passing stool. A stitching pain from the anus to rectum is felt. Anus is sore to touch.

### Conflict of Interest

Not available

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Not available

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