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Homeopathic treatment of piles, fissure, and fistula: An observational study

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Abstract

Piles, fissures, and fistula-in-ano are common anorectal disorders that significantly impair quality of life due to pain, bleeding, constipation, and discharge. Conventional management—ointments, suppositories, or surgery—often yields temporary relief with high recurrence.

This observational study was conducted at Advanced Homoeo Health Center & Homeopathic Medical Research Pvt. Ltd., Indore, and Central Jail to evaluate the effectiveness of individualized homeopathic management in anorectal disorders.

A total of 247 patients (aged 18-65 years) were enrolled. Of these, 206 patients (83.36%) completed treatment, while 41 patients (16.64%) discontinued due to irregular follow-up. The majority of patients reported significant relief from pain, bleeding, constipation, and itching, without the need for local applications or surgical intervention. Patients with prior surgical history also experienced better long-term outcomes under homeopathy, with minimal recurrence. Supportive advice such as sitz baths, dietary regulation, and lifestyle modifications contributed to improved results.

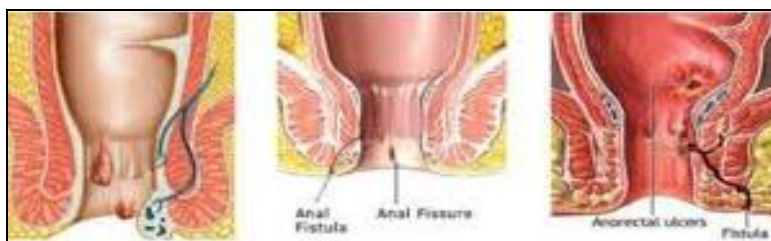
Keywords: Piles, fissures, fistula, homeopathic, treatment, anorectal disorders etc

Introduction

Anorectal disorders—piles (haemorrhoids), anal fissures, and fistula-in-ano—are prevalent worldwide, presenting with painful defecation, bleeding, itching, discharge, and constipation. These conditions reduce work efficiency, disrupt social functioning, and cause psychological distress.

Conventional management usually involves para-surgical and surgical procedures, ointments, laxatives, and analgesics. However, such approaches are often linked with complications, high recurrence rates, and patient reluctance toward invasive procedures.

Homeopathy, based on the principle of individualization, provides a holistic, safe, and non-invasive therapeutic option. This study aimed to assess the role of individualized homeopathic medicines in treating piles, fissures, and fistula.



Piles, Fissure, and Fistula

Materials and Methods

Study Design: Observational, prospective study

Study Place: Advanced Homoeo Health Center & Homeopathic Medical Research Pvt. Ltd., Indore.

Sample Size: 247 patients (male and female, aged 18-65 years)

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Inclusion Criteria

- Clinically diagnosed cases of piles, fissure, or fistula
- Patients irrespective of prior surgical or conservative treatment history

Exclusion Criteria

- Carcinoma rectum
- Crohn's disease
- Severe systemic illness requiring emergency surgery

Treatment Protocol

1. Individualized homeopathic medicines prescribed after detailed case-taking

2. Supportive advice

- Regular warm sitz baths
- High-fiber diet
- Adequate hydration
- Lifestyle modification (avoid prolonged sitting, sedentary habits)

3. Follow-up: 3-12 months depending on severity

Results

- **Total patients enrolled:** 247
- **Completed treatment:** 206 (83.36%)
- **Discontinued:** 41 (16.64%) due to irregular follow-ups

Symptom Relief Observed

- Significant reduction in pain, bleeding, constipation, and itching
- Patients with prior surgical recurrence also responded well to homeopathy
- No local ointments or invasive methods were required
- Minimal recurrence observed on follow-up (up to 12 months)

Commonly Prescribed Homeopathic Medicines & Indications

- **Aesculus hippocastanum** - Haemorrhoids with severe backache, rectal fullness, dry non-bleeding piles
- **Ratanhia** - Fissure with severe burning, cutting pain "as if passing glass," pain persisting long after stool
- **Graphites** - Fissure with dryness, hard stools, itching, and unhealthy skin
- **Silicia** - Fistula with pus discharge, induration, and recurrent abscess formation
- **Sulphur** - Haemorrhoids with burning and itching, tendency to recurrence, sedentary habits
- **Nux vomica** - Haemorrhoids in sedentary persons with ineffectual urging, painful spasmodic stools, stimulant overuse

Discussion

The study demonstrates that individualized homeopathic medicines can offer safe, long-lasting, and non-invasive management for piles, fissure, and fistula. Unlike conventional measures that provide short-term relief, homeopathy addresses constitutional tendencies and minimizes recurrence.

Patients with surgical relapse also responded favourably, highlighting homeopathy as a sustainable therapeutic option. The holistic approach—including diet, lifestyle, and constitutional therapy—improves compliance and patient

satisfaction, particularly among those hesitant for surgery. suggested them for regular sits bath with Homeopathy medicines.

Conclusion

This observational study on 247 patients highlights that individualized homeopathic treatment offers effective, sustainable, and safe management for anorectal disorders. Homeopathy provides symptomatic relief, prevents recurrence, and enhances quality of life—without the complications of surgery or chemical applications. Further multicentric, controlled clinical trials with larger sample sizes are recommended to strengthen evidence and establish standardized protocols.

Conflict of Interest

Not available

Financial Support

Not available

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