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## Advanced homeopathy treatment is effective in piles, fissure & fistula

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### Abstract

Piles (haemorrhoids), fissure-in-ano, and fistula-in-ano are commonly encountered anorectal disorders that cause significant discomfort and impact the quality of life. Conventional management often involves invasive procedures, which carry risks of recurrence and complications. Homeopathy, with its holistic approach, offers effective, safe, and non-invasive alternatives. This article discusses the role of advanced homeopathy, particularly the 50 millesimal potency method, in the management of piles, fissure, and fistula, along with indications of important medicines.

**Keywords:** Piles (haemorrhoids), fissure-in-ano, and fistula-in-ano, advanced homeopathy, 50 millesimal potency, Pus discharge, Sinus etc.

### Introduction

In modern times, irregular lifestyles, sedentary habits, and wrong dietary practices have led to a surge in gastrointestinal and anorectal disorders. Among these, piles, fissure, and fistula are particularly prevalent. These conditions often start with constipation and acidity, and when neglected, progress into chronic and painful states.

Comorbidities such as diabetes mellitus, hypertension, and thyroid disorders complicate the scenario, as their treatment regimens may worsen constipation, further aggravating anorectal conditions.

### Role of Homeopathy

Homeopathy provides safe, gentle, and effective treatment by addressing not only the local pathology but also the underlying constitutional tendencies. The 50 millesimal potency (LM potencies) has been particularly useful in chronic and recurrent cases, ensuring faster relief with minimal aggravation.

According to clinical experiences at the Advanced Homeo Health Center, Indore, patients treated with individualized homeopathic medicines in LM potencies have reported significant relief from:

- Burning pain during and after defecation
- Excessive bleeding
- Itching and discomfort
- Swelling and prolapse
- Recurrent abscesses and fistulous discharges/ pus discharge

Additionally, secondary anaemia due to chronic blood loss is effectively managed through suitable homeopathic remedies.

### General Understanding

- **Piles (Haemorrhoids):** Swollen veins in rectum/anus causing bleeding, pain, or prolapse.
- **Anal Fissure:** Painful tear in anal mucosa, causing sharp pain & bleeding during stool.
- **Fistula-in-Ano:** Abnormal tract between anal canal and skin around anus; usually chronic, discharging pus/blood.

All three are often interlinked due to chronic constipation, sedentary lifestyle, or post-

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infectious/inflammatory conditions.

### Advanced Homeopathic Approach

#### 1. Individualization (Miasmatic Prescription)

- Piles often belong to *psora-sycotic* background (venous stasis, varicosity).
- Fissure may indicate *psoric-syphilitic* diathesis (painful ulceration).
- Fistula is mostly *syphilitic* (chronic suppurative tendency, induration).  
☞ Advanced homeopathy works not just on local symptoms but corrects the miasmatic predisposition.

### Indicated Homeopathic Medicines

#### For Piles (Haemorrhoids)

- **Aesculus hippocastanum**: Dry piles with severe backache and fullness in rectum.
- **Collinsonia Canadensis**: Piles with constipation and cardiac symptoms.
- **Nux vomica**: Sedentary lifestyle, irregular eating, piles with ineffectual urge.
- **Hamamelis virginica**: Bleeding piles with soreness, venous congestion, and anaemia.
- **Sulphur**: Long-standing piles with itching, burning, and offensive discharge.

#### For Fissure-in-ano

- **Nitric acid**: Fissures with sharp, splinter-like pain and bleeding.
- **Ratanhia**: Severe burning and tearing pain after stool, lasting for hours.
- **Graphites**: Constipation with fissures, hard stool, and itching.
- **Thuja occidentalis**: Chronic fissures with wart-like growths around anus.

#### For Fistula-in-ano

- **Silicea**: Fistula with thin, offensive pus; tendency for recurrence.
- **Calcarea sulphurica**: Yellow pus, delayed healing of fistula.
- **Hepar sulphuris**: Painful fistula with abscess formation and sensitivity.
- **Myristica sebifera**: Known as “homeopathic knife,” promotes expulsion of pus.
- **Tuberculinum**: Recurrent, non-healing fistula with constitutional weakness.

### Clinical Observations

At the Advanced Homeo Health Center, treatment with LM potencies has demonstrated:

- Rapid relief from acute pain and burning.
- Reduced frequency and intensity of bleeding episodes.
- Improved bowel regularity and reduction of constipation-related strain.
- Enhanced healing in fistula cases, with reduced recurrence.
- Improvement in haemoglobin levels among patients with bleeding piles/fissure.

### 3. Advanced Integrative Measures

- **Intercurrent Remedies**: Sulphur, Thuja, Psorinum,

Tuberculinum — to clear miasmatic block.

- **Biochemic Support**: Calc. Fluor, Ferr. Phos, Silicea (in low potency) for tissue healing.

### Mother Tinctures (External Use)

- *Calendula Q* - for fissure & fistula wound healing.
- *Hamamelis Q* - Sitz bath for bleeding piles.

### 4. Lifestyle & Diet (Supportive Care)

- High-fiber diet, hydration, avoiding straining at stool.
- Regular physical activity, avoiding prolonged sitting.
- Sitz baths (lukewarm water + few drops of Hamamelis/Calendula).

### 5. When to Combine with Surgery?

- Homeopathy can manage most early-moderate cases without surgery.
- For complex or multiple fistula tracts, surgery may be needed, but homeopathy helps:
  - Prevent recurrence.
  - Improve wound healing post-surgery.
  - Correct underlying predisposition

### Conclusion

Homeopathy, particularly with individualized remedies in LM potencies, provides a holistic, safe, and effective alternative for the management of piles, fissure, and fistula. It not only relieves acute symptoms but also addresses underlying predispositions, thereby reducing recurrence. Furthermore, by managing complications such as anaemia, homeopathy significantly improves the patient's quality of life.

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### Conflict of Interest

Not available.

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