



# International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493  
P-ISSN: 2616-4485  
[www.homoeopathicjournal.com](http://www.homoeopathicjournal.com)  
IJHS 2022; 6(2): 223-225  
Received: 16-01-2022  
Accepted: 28-02-2022

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## Cure of hemorrhoids in homoeopathic way

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**DOI:** <https://doi.org/10.33545/26164485.2022.v6.i2d.562>

### Abstract

Hemorrhoids are one of the so common complaints among people in the recent days due to the changes in the lifestyle, food habits, and lack of exercise. It may cause problems physically and to an extent socially. Patients may not be so free to disclose the complaints since it becomes a problem to them. Often the patient may be afraid of the procedures of examination, sometimes they get stressed if surgery is advised. There are so many homoeopathic drugs for the treatment of hemorrhoids. If the treatment is on proper time and in an appropriate manner, that helps a lot to avoid surgery and gives a permanent cure.

**Keywords:** Hemorrhoids, homoeopathy, therapeutics

### Introduction

Hemorrhoids are swollen veins in the lowest part of the rectum and anus., the walls of these blood vessels stretch so thin that the veins bulge and get irritated, especially when you pass stool Hemorrhoids are also called as piles <sup>[1]</sup>.

Haemorrhoids are veins occurring in relation to the anus. Such hemorrhoids may be internal or external; that can be external or internal to the anal orifice. The veins that form internal haemorrhoids become engorged as the anal linings descend; and are gripped by the anal sphincters. Mucosal lining is gathered prominently in 3 places that can be in the areas of the three terminal branches of the superior hemorrhoidal artery, but this is exceptional. These anal cushions are necessary for full continence. Straining causes these cushions to slide downwards, and internal hemorrhoids develop in the prolapsing tissues <sup>[2]</sup>.

Hemorrhoids can be mostly asymptomatic. But can also be symptomatic of some other conditions, like

Ca rectum by compressing or causing thrombosis of superior rectal vein gives rise to hemorrhoids

During pregnancy, piles are due to compression by the pregnant uterus and also due to relaxing effect of progesterone on smooth muscle in the walls of the veins, plus an increased circulating volume <sup>[2]</sup>.

From straining at micturition. (Enlarged prostate or stricture of urethra.)

From chronic constipation.

### Aetiology of hemorrhoids

Hereditary

Morphological causes; superior rectal veins have no valves.

Other causes

- Pelvic pressure from weight gain, especially during pregnancy.
- Push hard to pass stool, because of constipation.
- Straining to lift heavy objects or weightlifting <sup>[8]</sup>.

### Classification

Primary hemorrhoids: located at 3,7,11 o clock positions related to branches of superior hemorrhoidal veins.

**Secondary:** occurs between primary sites <sup>[9]</sup>.

Based on location <sup>[9]</sup>.

External type, internal type and interno-external type.

### Internal Hemorrhoids

- Internal hemorrhoids are located inside the rectum that can't be seen or felt them. They don't generally hurt because of little pain -sensing nerves there. Symptoms of internal hemorrhoids include: <sup>[1]</sup>.
- Tissue that bulges outside the anal opening (prolapse). This may hurt, often when patient poop. That might be able to see prolapsed hemorrhoids as moist bumps that are pinker than the surrounding area. These may usually go back inside themselves. Even if they don't, they can often be gently pushed back into place <sup>[1]</sup>.
- Because of the communication between internal and external plexus if one involved; there is chance for the other too <sup>[2]</sup>.
- It usually commences at the anorectal ring and ends at the dentate line <sup>[3]</sup>.
- Internal hemorrhoids causes painless bright red bleeding <sup>[4]</sup>.

### External Hemorrhoids

- It is situated outside the anal orifice and is covered by skin. 2 peculiar conditions associated with this
- 1. dilatation of veins near anal verge and 2. peri anal hematoma <sup>[3]</sup>
- Pathology: through a proctoscope pedicle and body of internal hemorrhoids and associated external hemorrhoids can be seen. Pedicle is covered by pale pink mucosa. And through it a tributary of superior rectal vein can be seen.

### Clinical Features

- Degrees of hemorrhoid based on prolapsed <sup>[3]</sup>.
  1. 1<sup>st</sup> degree: it doesn't come out of anus.
  2. 2<sup>nd</sup> degree: it comes out during defecation and reduced spontaneously, after that
  3. 3<sup>rd</sup> degree: it comes out and do not return itself, must replace manually.
  4. 4<sup>th</sup> degree: permanently prolapsed,

### Symptoms includes

1. Bleeding that splashes (bright red, painless) during defecation <sup>[3]</sup>, anemia may be seen later.
2. Prolapse much later symptom. 4 degrees of prolapsed that advance with duration of complaint <sup>[2]</sup>.
3. Discharge is mucoid and may accompany prolapsed type. Pruritis also seen with this.
4. Pain occurs when complications occur, On digital examination internal hemorrhoids can't be felt <sup>[2]</sup>.

### Complications

- Bleeding is mostly seen in first degree. In 4<sup>th</sup> degree not that profuse <sup>[3]</sup>. Rectum may contain blood <sup>[2]</sup>.
- Fibrosis: usually follows thrombosis of internal type. Fibrosis of external is more common. Fibrosis in an external type favors prolapsed of an internal type <sup>[2]</sup>.
- Thrombosis: external anal thrombosis common in external type. an acute painful swelling may be seen. Dark purple or black appearance <sup>[2]</sup>.
- Strangulation: in 2<sup>nd</sup> degree mostly strangulation seen. Severe pain occurs. unless the internal type reduced spontaneously thrombosis occurs <sup>[3]</sup>.
- Gangrene: if arterial supply constricted this may happen <sup>[3]</sup>.
- Suppuration: rare, happens if infected the thrombosed

hemorrhoids <sup>[3]</sup>

- Pyelophlebitis is very rare <sup>[3]</sup>.

### General Management <sup>[10]</sup>

- Fibre supplementation
- Increased fluid intake
- Laxatives
- Sitz bath

### Homoeopathic remedies used in hemorrhoids management

1. **Aesculus Hippocastanum:** Hemorrhoids are blind, painful, burning and, purplish, rarely bleeds; feels as if rectum is full of small sticks, knife like pains shoot up the rectum. Aesculus often cures; after collinsonia has improved piles. Lumbosacral backache with absence of actual constipation <sup>[5, 6]</sup>.
2. **Aloe Socotrina:** Piles are blue, like bunch of grapes; there is constant bearing down in rectum; bleeding, sore, tender, hot, ameliorated by cold water; there is intense itching <sup>[5]</sup>.
3. **Anacardium Orientalis:** Hypochondriac persons with painful haemorrhoids with constipation; plug like sensation in various parts. <sup>[5, 6]</sup>.
4. **Antimonium Crudum:** Ichorous, oozing from anus, staining yellow; mucous piles <sup>[5]</sup>.
5. **Arsenic Album:** Piles with stitching pain when walking or sitting, not during stool; prevents sitting or sleep; heat aggravates burning pain <sup>[5]</sup>.
6. **Capsicum Annum:** bleeding and soreness of anus, bloody mucus associated with burning <sup>[6]</sup>.
7. **Carbo Vegetabilis:** Haemorrhoids are white; excoriation of anus. Bluish and, burning piles, pain aggregated after stool <sup>[6]</sup>.
8. **Collinsonia Canadensis:** Chronic painful bleeding hemorrhoids, with sensation as if sticks, sand or gravel were lodged in rectum; haemorrhoidal dysentery with tenesmus; after heart symptoms are relieved old piles reappear; in heart diseases complicated with haemorrhoids when other remedies fails <sup>[5]</sup>
9. **Hamamelis Virginiana:** Piles bleed profusely; with burning, soreness, fullness, heaviness; sensation as if back would break; urge to stool; anus is sore and raw <sup>[5]</sup>
10. **Ignatia Amara:** Prolapsed of Haemorrhoids with every stool, must be replaced, sharp stitches shoot up the rectum, worse for hours after stool. Stitches in haemorrhoids worse during cough <sup>[5, 6]</sup>.
11. **Lachesis Mutans:** Bluishness may accompany. Piles with scanty menses; at menopause, strangulated; with stitches shooting upwards <sup>[5]</sup>.
12. **Lycopodium Clavatum:** Haemorrhoids very painful and sensitive to touch <sup>[5]</sup>.
13. **Muriaticum Acidum:** Piles are swollen, blue, very sensitive and painful to touch; appear suddenly, in children; too sore to bear least touch, even the sheet causes discomfort. Prolapses while urinating <sup>[5]</sup>.
14. **Nitricum Acidum:** Haemorrhoids that bleeds easily, pain in anus as if the anus is open; violent cutting pains after stool, lasts for hours <sup>[5, 6]</sup>.
15. **Nux Vomica:** Blind haemorrhoids with ineffectual urge to stool; itching, very painful <sup>[6]</sup>.
16. **Paeonia Officinalis:** Rectal and anal symptoms predominant; haemorrhoids, fissures, ulceration of anus, purple, covered with crusts; atrocious pains worse

- with and after each stool <sup>[6]</sup>
17. **Phosphorus:** Bleeding haemorrhoids <sup>[6]</sup> burning sensation
  18. **Ratanhia Peruviana:** Protrusion of haemorrhoids followed by long-lasting aching and burning in anus; bowels inactive; pain after stool feels as if splinters of glass were sticking in the anus and rectum <sup>[5]</sup>
  19. **Sepia Officinalis:** Sensation of weight or as if a ball in anus not ameliorated by stool; haemorrhoids; stool hard, knotty, like balls with pain in rectum during and after stool <sup>[5]</sup>
  20. **Silicea Terra:** Haemorrhoids that are painful with spasm of sphincter; shy stool; stool comes down with great difficulty, and then recedes again after being partly expelled <sup>[6]</sup>
  21. **Sulphur:** Piles with Sensation of burning in rectum; in anus, and itching piles; Haemorrhoids oozing <sup>[5, 6]</sup>
  22. **Sulphuric Acid:** The piles burn and fill up the rectum <sup>[7]</sup>
  23. **Thuja Occidentalis:** Piles are swollen, pain more severe when sitting <sup>[5]</sup>
  24. **Graphitis:** Hemorrhoids that burn and sting, anus is sore, worse on sitting. Rectum seems as if lost its contractile power, and the varices protrude <sup>[7]</sup>
  25. **Verbascum Thapsus:** Inflamed and very painful, scanty evacuation of faeces in small, Hard bits, like sheep dung, with pressing; frequent or copious micturation. <sup>[7]</sup>
  26. **Petroselinium Sativum:** Indicated in hemorrhoids when intense itching is present. <sup>[7]</sup>

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