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Importance of homoeopathic therapeutics in management of haemorrhoids including its repertorial approach

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Abstract

Haemorrhoids is one of the common anorectal conditions seen in society but least revealed. But this condition is manageable either conservatively that is with medicines, changing life style & diet or by surgical interventions depending on the degree of haemorrhoids and severity of complaints. Homoeopathic medicines serve wonderful results for the above condition & can also avoid or prolong the surgical interventions because of its holistic approach. It has a high impact on quality of life and daily routine of the person. Haemorrhoids can be managed by conservative and surgical management. Treating the cases with the homoeopathy having the holistic approach and the treating the disease condition that is individualization. Treating the diseased person in his all expression that characterized the person as well as the disease symptom should be taken into the consideration to find out the similimum.

Keywords: Hemorrhoids, repertorial approach, aloes socotrina, nux vomica

Introduction ^[1]

The haemorrhoids is derived from the word Greek word Haima (Bleed) + Rhoos (Flowering) means bleeding and piles is derived from Latin word pila means Ball. It is defined as a dilated veins within anal canal there are 2 types of haemorrhoids internal haemorrhoids, External haemorrhoids and interno-external haemorrhoids that occurs together.

Etiologically it can be hereditary, and the natural consequence of adaptation of the erect posture by the mankind.

Another etiological factor is fiber deficient diet resulting in prolonged gut transit time which in turn result in harder stool which require more straining to expel. The presence of hard faecal mass in the rectum could obstruct venous return, resulting in engorgement of anal vein ^[13].

Pathology

Varicosities of the haemorrhoidal vein are called as haemorrhoids. These are 2 types in that one is internal haemorrhoids – if the dilatation is of superior haemorrhoidal plexus covered over by mucus membrane and second one is external haemorrhoids – if they involve inferior haemorrhoidal plexus covered over by the skin ^[18].

Basically, haemorrhoids are two types, Internal haemorrhoids visualized through proctoscope and can be divided into 3 parts 1 pedicle, 2 body of the internal haemorrhoids, 3 associated external haemorrhoids. The pedicle in the rectum just above the anorectal ring the pedicle is covered with pink mucosa and through it is large tributaries of the superior rectal vein can be seen. External haemorrhoids lies between the dentate line and the anal margin and covered by skin ^[2].

Usually, haemorrhoids develop where venous pressure within the haemorrhoidal plexus is persistently raised, such as constipation, with straining at stool, pregnancy, prostatism, strenuous muscular work.

In portal hypertension haemorrhoids occurs due the development of portal systemic anastomosis ^[17].

Degrees of Haemorrhoids ^[1]

Frist degree piles that may bleed but does not come out.

Second degree piles that prolapse during defecation can and go automatically goes up

Third degree piles that prolapse during defecation can be replace back only manual help.

Fourth degree piles that are permanently prolapse.

Clinical Features ^[1]

It is common in both genders and middle age people are usually affected with the condition

Bleeding is the first symptom which is characterised by 'Splash in the pan' bright red fresh painless blood oozes along with defecation.

Prolapse is the later symptom pain may be due to prolapse infection or spasm

Mucous discharge is particular symptom of prolapse haemorrhoids and pruritus ani will be caused by the mucous discharge.

Anaemia will be secondary caused by bleeding.

Digital examination.

Haemorrhoids cannot be felt by rectal examination unless they are thrombosed or fibrosed.

Investigations ^[19]

Haematocrit

Proctoscopy – It reveals the internal haemorrhoid. As the obturator is removed, piles prolapse into the lumen of proctoscope as cherry red masses.

Sigmoidoscopy & proctoscopy are done to evaluate proximal cancer.

Complication ^[2]

Bleeding is the commonest complication in 1- & 2-degree haemorrhoids.

Secondly thrombosis is the main complication in external haemorrhoid.

Thirdly strangulation is more often seen in the second-degree haemorrhoids.

Fourthly fibrosis occurs when there is thrombosis of the internal haemorrhoids.

Treatment ^[1]

Treatment includes preventive, Para surgical and surgical management.

The preventive – includes diet more on fiber, more liquid.

Para surgical – Sclerotherapy, Banding, Cryotherapy, Infrared coagulation, Laser therapy.

Surgical-Open Hemorrhoidectomy, Closed Hemorrhoidectomy, Stapled hemorrhoidectomy.

Homoeopathic approach towards the Haemorrhoids

In homoeopathy we are giving the importance to individualisation of the person and select the remedy which covers the person as a whole and the pathology of the disease condition. In chronic cases homoeopathic individualized approach is the best, with no recurrence of symptoms. In reliving symptoms of haemorrhoids such as constipation and straining on defecation. Homoeopathy gives good results in patients with dietary regularities and change of eating habits due to occupation like sedentary working.

Homoeopathy is effective in surgical cases in patients with 2nd degree and 3-degree haemorrhoids.

According to the 6th edition of Organon of Medicine aphorism no 5 useful to the physician in assisting him to cure are the particulars of the most probable exciting cause of the acute disease and also the most significant point in the whole history of the chronic diseases to enable him to discover its fundamental cause which is generally due to the chronic miasm the ascertainable physical constitution of the patients his moral and intellectual character his occupation mode of living and habits his social and domestic relation his age sexual functions are taken into the consideration ^[20]. So, while treating the haemorrhoids cases with homoeopathic treatment we should consider the mental, physical general and particulars characteristics of the patient.

While selecting the particular characteristic symptoms from the patient physician use different materia medica for therapeutic view as well as the differential keynote from each remedy with help of repertory which gives us a clear indication for remedy and their importance of using these remedies in our day today practice.

Reportorial approach towards rare rubrics with different repertories

1. J. T. Kent Repertory ^[5]

Rectum – Haemorrhoids – beer aggravation – Nux vomica, sulphur

Milk aggravation – sepia

Riding amelioration – kali carb

Thinking of their aggravation- Causticum

Warmth external amelioration – arsenic, muriaticum acid

2. Oscar E Boericke Repertory ^[4]

Abdomen – Haemorrhoids – Bleeding – Ferrum phos millefolium

Bleeding dark venous blood- hamamelis, kali Mur

Blind – ignatia, wyethea

Bluish Purplish – Aloes Lachesis, Muriatic acid

Burning Smarting – Ratanhia, fluorica acid

Inflamed – Belladonna, Verbascum

Itching – Petroselinum, Aloes

Mucous piles continued oozing – Antimonium crud, Aloes

Protruding grapes like swollen – Aloes, Nux vomica

Protruding when urinating – Baryta carb, Muriatic acid

3. Robin Murphy Repertory ^[3]

Rectum- haemorrhoids – Abdominal plethora with – Aloes, Sulphur

Childbirth since – kali carb, podophyllum,

Diarrhoea with – Lachesis, merc sol

Pelvic congestion with – collinsonia, podophyllum

Pregnancy during – collinsonia, sepia.

4. John Henry Clarke ^[6]

Clinical repertory – haemorrhoids

Strangulated – Aconite

5. BBCR ^[7]

Anus and rectum – Haemorrhoids

Bladder symptom with – digitalis, Nux vomica

Ulcerated with – Chamomilla, sulphur

Crawling – Antimonium crud

Strangulated constricted – Capsicum, merc sol

Bleeding vicarious – hamamelis, Nux vomica

6. Dr. S R Phatak ^[8]

Piles, haemorrhoids – Bunch of cherries like - aloes, Dioscorea

Cough aggravation – kali carb, Causticum

Menses aggravation – ammonium carb, Lachesis

Operation after aggravation – collinsonia, crocus

Urinating aggravation – kali carb

7. C M Boger ^[12]

Anus and Rectum - Haemorrhoids – aesculus, aloes muriatic-ac. Nit-ac. Nux vomica, Sul

Blind - Nux vomica

Painful - muriatic acid. Nit-ac. Stap

Protruding - aloes, Sul, calc c, muriatic acid.

8. BTPB ^[12]

Anus – Haemorrhoids – Aloes, carbo veg Graphites kali carb Muriatic acid Nux vomica

Pulsatilla, sepia.

9. Calvin B. Knerr ^[16]

Haemorrhoids – Back lameness and aching- Aesc

Pain as if it would break – Ham

Shooting shock in loin- Nux vomica

Bleeding – Dark blood Sulp

Every eight to fourteen days, bright blood, great weakness – mur.ac.

Chronic – Coll, Ham, Sulp

Haemorrhoid- Burning – like fire, from inflammation – phos

- Better from heat – Arsenic
- Particularly at night preventing sleep – Arsenic
- Pain in tolerable – Nux vomica
- Or stitching in rectum – Nux vomica
- During stool – Sulp
- Haemorrhoid – Pain – with haemorrhage after stool- Nit. Acid
- Rarely bleed – Aesc
- Worse standing or walking – Aesc
- After miscarriage, painful not bleeding – Ham
- After parturition – Nux vomica
- Constant bearing down – Aloes
- Bearing down on standing – Nit acid
- Haemorrhoid – Suppressed – bad effect – Nux vomica, sulp
- Colic – Nux vomica, sulp
- Headache – coll
- Weak memory – Calc
- Nephritis – Nux vomica
- Palpitation sulp.

Homoeopathic therapeutics approach towards haemorrhoids with comparative study

Aloes socotrina ^[4]/Muriatic acid ^[9]

Aloes is a good remedy for haemorrhoids and has keynote that constant bearing down in the rectum with bleeding, soreness, hot and relieved by cold water.

Both the remedies having blue haemorrhoids but in aloes there is intense itching and in the muriatic acid very sore and sensitive to touch even bed cloths.

Keystone feature in aloes relived by the application of cold while Muriatic acid is by hot application.

In aloes lot of mucus is passed after stool with proctalgia. Haemorrhoids protrude like grapes very sore and tender

with a sense of insecurity of the rectum when passing the flatus ^[4].

In aloes itching and burning in anus, preventing sleep ^[15]

Muriatic acid is good remedy for haemorrhoids during pregnancy, bluish, hot, with violent stitches. The typical keynotes are tendency to involuntary evacuation while micturating.

Haemorrhoids extremely sensitive to any touch even a sheet of toilet paper is painful ^[14].

It is also indicated in haemorrhoids with soreness in anus especially during menses ^[15].

Aesculus Hippocastanum ^[4]/Nux Vomica ^[4]

Aesculus is a remedy for haemorrhoids with sharp shooting pain up the back with blind and bleeding worse during climacteric. Anus raw sore. Severe pain after stool, with prolapse.

The keynote is the burning in the anus with chills up and down the back. Mucus membrane seems swollen and obstructed the passage.

It is also indicated in haemorrhoids with dryness and heat of rectum, feels as if full of small sticks, knife like pain shoot up the rectum ^[15].

Its sphere of action on haemorrhoidal vessels becomes intensely congested, rectum and anus violently inflamed producing piles ^[10].

One on the most important key in Aesculus is Dreadful pain in the anus even patient unable to stand sit or lie down the pain was alike a Kinfe sawing backward and forward, almost martyrdom for agony ^[10].

Backache associated with haemorrhoids present both in aesculus and Nux vomica but in aesculus backache aggravated walking and stooping while in Nux vomica aggravated after masturbation ^[9].

Nux vomica indicated in person who debauchers of a thin irritable nervous disposition prone to indigestion and haemorrhoids ^[15].

Nux vomica good remedy for itching blind haemorrhoids with ineffectual urging to stool very painful after drastic drugs. The typical keynotes are frequent small evacuations of scanty stool with marked urging, constant uneasiness in rectum ^[4].

Collinsonia Canadensis ^[4]/Podophyllum ^[11]

Collinsonia is a good remedy for haemorrhoids and constipation during pregnancy with depressed arterial tension, and general tony of muscular fiber.

The typical sensation of sharp sticks in the rectum is, sense of constriction. Vascular engorgement of rectum. Very obstinate constipation with protruding haemorrhoids, painful bleeding piles. Itching in anus ^[4].

Collinsonia indicated in chronic painful bleeding plies sensation as if sticks, sand or gravel had lodged in rectum. It is also indicted in haemorrhoidal dysentery with tenesmus ^[15].

Collinsonia is useful in prolapse of uteri which is complicated with haemorrhoids where as in podophyllum it is complicated with diarrhoea and prolapses recti ^[11].

Both Collinsonia and podophyllum indicated in when haemorrhoids occurs due to congestion of portal venous system.

Modalities of the both remedies are having aggravation from cold and amelioration from warmth.

Nitric Acid ^[9]/**Ratanhia** ^[4]

The keynote of nitric acid characteristic symptom is great pain after passage of stool, even soft stool patient walks the floor in agony of the pain for an hour or two after a stool ^[9]. The haemorrhage from all outlet of the body and blood is generally bright red. There is great straining, but little passes, rectum feels torn. Bowels constipated, with fissures in rectum, tearing pains during stools⁴ Colic relieved from tightening clothes.

The keynote characteristic symptom of Ratanhia is also anus aches and burns for hours after stool which is temporarily relieved by cold water. Aches, as if full of broken glass. There is dry heat at anus, with sudden knife-like stitches. Stools must be forced with great effort; protrusion of Hæmorrhoids with oozing of anus and itching at anus ^[4].

Hamamelis virginica ^[4]/**Melilotus alba** ^[9]

The keynote characteristic of the hamamelis is venous haemorrhages which is very dark and clotted veins full, enlarged and sore to touch ^[9].

The anus feels sore and raw with haemorrhoids, bleeding profusely, with soreness ^[4].

The keynote characteristic of the *Melilotus alba* is the haemorrhages with congestion is the marked symptom ^[4]. There is difficult, painful, constipated stool.

The anus feels constricted, full, throbs. Patient having no desire for stool until there is a large accumulation.

Aggravation during rainy approach of storm, motion.

Sulphur ^[10]/**Arsenic album** ^[9]

Its sphere of action on portal venous system leads to congestion and produces haemorrhoid.

It is characterised by chronic constipation the stools are hard dark dry expelled with great staining until the blood the is discharges with itching and burning of the anus and frequently accompanied with piles ^[10].

Sulphur has itching and urging in rectum holds stool back from pain ^[12].

The main keynote symptom of *Arsenic album* is burning sensation especially acute as well as chronic condition and this burning is greatly ameliorated by heat ^[9].

There is burning pain in the rectum and anus, haemorrhoids burn like fire; relieved by heat. And skin around the anus is excoriated ^[4].

In *Arsenic album* haemorrhoids with stitching pain when walking or sitting prevents sitting or sleep ^[15].

Aggravation after midnight, from cold

Amelioration by heat, warm drink.

Conclusion

Homoeopathic materia medica has a great scope in Haemorrhoids giving importance to the keynote symptoms and fine differential characteristics symptoms of the remedy used for the same clinical condition. Repertorial approach gives us again more fine differential characteristics of the rubric. It helps to reduce pain and bleeding in the acute as well as chronic cases haemorrhoids. It helps to reduce the suffering of the patients and removes the tendency of haemorrhoids, even we can prevent complication of haemorrhoids alone with suitable diet and regimen to patient.

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