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To evaluate the role of individualized homeopathic treatment in haemorrhoids: An observational study

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Abstract

Background: Haemorrhoids is a very common condition that a physician would encounter in day to day practice. Therefore, the present study was conducted to evaluate the role of individualized homeopathic treatment in hemorrhoids.

Material and methods: The present study was conducted among 50 patients of age group 20-60 years over the period of 6 months. Before commencement of the study, written informed consent and approval by institutional ethics committees were obtained. Statistical analysis was done using SPSS software for Windows, Version 21.0. Chicago: SPSS. The data was recorded after 3rd and 6th month. The significance level was set at $P < 0.05$.

Results: In the present study, hemorrhoids were more prevalent in age group 41-50 years. Hemorrhoids were more common in males. Homeopathy was the treatment of choice for Hemorrhoids. Sulphur after 3 months cure reduction of bleeding in 34(68%) patients, reduction of pain in 24(48%) patients, reduction of heaviness in 18(36%) patients, reduction of heaviness in 22(44%) patients and reduction of itching in 25(50%) patients. Sulphur after 6 months cure reduction of bleeding in 38(76%) patients, reduction of pain in 26(52%) patients, reduction of heaviness in 18(36%) patients, reduction of heaviness in 23(46%) patients and reduction of itching in 28(56%) patients. Nux vomica after 3 months cure reduction of bleeding in 29(58%) patients, reduction of pain in 25(50%) patients, reduction of heaviness in 25(50%) patients, reduction of heaviness in 20(40%) patients and reduction of itching in 25(50%) patients. Nux vomica after 6 months cure reduction of bleeding in 31(62%) patients, reduction of pain in 28(56%) patients, reduction of heaviness in 26(52%) patients, reduction of heaviness in 20(40%) patients and reduction of itching in 28(56%) patients.

Conclusion: Our study concluded that homeopathic medicines can reduce the symptoms of hemorrhoids.

Keywords: Homeopathy, Nux vomica, sulphur

Introduction

Haemorrhoids are enlarged veins located in the lower part of the rectum and the anus. External haemorrhoids originate below the dentate line, while internal haemorrhoids are above the line and are classified according to their degree of prolapse from the anal canal [1]. Common symptoms include pain, itching, swelling, anal discomfort, and rectal bleeding; all of which severely affect patient quality of life [2]. The condition affects 39-52% of adults.^{3,4} Haemorrhoids is most common among adults aged 45-65 [5]. The prevalence of hemorrhoids in India is around 40 million [6]. Haemorrhoids Grade I - are visualised on anoscopy, bulge into the lumen but do not extend below the dentate line, Grade II- prolapse out of the anal canal with defecation or with straining but reduce spontaneously, Grade III - prolapse out of the anal canal with defecation or straining, and require reduction, Grade IV haemorrhoids - are irreducible and may strangulate [7, 8] It is important to differentiate a haemorrhoids from other growths like anal papillae or polyps. Polyps are usually asymptomatic but occasionally grow large enough to be felt by the patient or are likely to prolapse. Hypertrophied anal papilla, composed of a smooth mass located near the anal verge, is also considered a differential diagnosis especially in a patient with a history of chronic anal irritation or infection [9] The present study was conducted to evaluate the role of individualized homeopathic treatment in hemorrhoids.

Material and methods

The present study was conducted among 50 patients of age group 20-60 years over the period of 6 months i.e from December 2018 to May 2019. Before commencement of the study, written informed consent and approval by institutional ethics committees were obtained.

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Chakraborty *et al.*, noticed drop of VAS intensity measures of pain, bleeding, heaviness, itching, and anosopic score; however, there was no significant reduction of discharge, a similar finding of the earlier study^[11].

Das KD *et al* concluded that under classical homeopathic treatment, hemorrhoids patients improved considerably in symptoms severity and anosopic scores^[12].

Conclusion

Hemorrhoid disease is a common but complex disease. Patients who present with signs and symptoms of hemorrhoids should be carefully evaluated. The management of hemorrhoid disease and specific treatment choice should be based on individual patient and clinical factors. Our study concluded that homeopathic medicines can reduce the symptoms of hemorrhoids.

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