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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 3^{rd} and 6^{th} 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 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 20(40%) patients.

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

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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Inclusion criteria

Patients suffering from internal idiopathic/primary hemorrhoids presenting with any of the symptoms, namely, bleeding, pain (including discomfort and tenesmus during defecation or any other time), heaviness, pruritus, and mucus discharge with or without anitis were included in the study. Patients using topical agents for hemorrhoids were included after a washout period of 1-week, subject to persistence of symptoms and signs of hemorrhoids.

Exclusion criteria

Patients with Grade IV piles, anal fissure and fistula, hereditary piles, inflammatory bowel disease, enlarged prostate, chronic alcoholism, recreational drug abuse, coagulation disorders, external hemorrhoids, previous history of surgery for hemorrhoids, hypertrophic anal papillae, rectal malignancies, history of leukemic disorders, patients with obstruction of portal circulation, pregnancy leading to obstruction of the portal circulation, lactating mothers, patients with psychiatric diseases were excluded from the study.

Statistical analysis

Statistical analysis was done using SPSS software for Windows, Version 21.0. Chicago: SPSS. The data was recorded after 3^{rd} and 6^{th} month. The significance level was set at P<0.05.

Results

In the present study, total sample size was 50 in which hemorrhoids were more prevalent in age group 41-50 years. Hemorrhoids were more common in males. Homeopathy was the treatment of choice for Hemorrhoids. Sulfur 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. Sulfur 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%)

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Table 1: prevalence according to age group

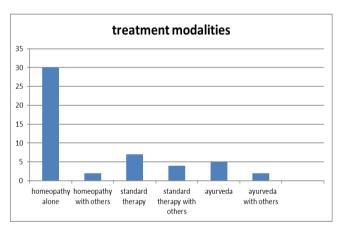
Age group	Number n (%)	
20-30	8(16%)	
31-40	9(18%)	
41-50	14(28%)	
51-60	19(38%)	

Table 2: prevalence according to gender

Gender	Number n (%)		
Male	34(68%)		
Female	16(32%)		

 Table 3: treatment already taken

Treatment modalities	Number n(%)	
Homeopathy alone	30(60%)	
Homeopathy with others	2(4%)	
Standard therapy	7(14%)	
Standard therapy with others	4(8%)	
Ayurveda	5(10%)	
Ayurveda with others	2(4%)	



Graph 1: treatment already taken

Table 4: Treatment effects by medicines

Medications	Reduction of bleeding n (%)	Reduction of pain n (%)	Reduction of Heaviness n (%)	Reduction of discharge n (%)	Reduction of itching n (%)
Sulphur (3months)	34(68%)	24(48%)	18(36%)	22(44%)	25(50%)
Sulphur (6months)	38(76%)	26(52%)	18(36%)	23(46%)	28(56%)
Nux vomica (3months)	29(58%)	25(50%)	25(50%)	20(40%)	26(52%)
Nux vomica (6 months)	31(62%)	28(56%)	26(52%)	20(40%)	28(56%)

Discussion

The disease, once established, get worse over time. Medical application of creams and suppositories can relieve irritation and pain but rarely provide long-term benefit. A high fibre diet and bulk laxatives prevent constipation and worsening of the disease without achieving a cure. The main treatment option is surgical. But, operative haemorrhoidectomy is usually associated with significant postoperative complications, including pain, bleeding and anal strictures, which can result in protracted period of convalescence.

Homoeopathic medicines can modify these tendencies, thus reducing chances of recurrence significantly. Besides, in a study on 78 patients between age group 25-60 years, homoeopathic medicines in LM potencies was found to be effective (P=0.0001) in treatment of internal haemorrhoids. This invites for further studies for evaluating the efficacy of the medicines in LM potencies in treating the condition ^[10]. In the present study, total sample size was 50 in which hemorrhoids were more prevalent in age group 41-50 years. Hemorrhoids were more common in males. Homeopathy

was the treatment of choice for Hemorrhoids. Sulfur 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. Sulfur 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%)

Chakraborty *et al.*, noticed drop of VAS intensity measures of pain, bleeding, heaviness, itching, and anoscopic 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 anoscopic 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 hemmorrhoids.

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