



HAEMORRHOIDS & IT'S HOMOEOPATHIC MANAGEMENT-A REVIEW

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Abstract:

Haemorrhoids are distal displacement and prolapse of the haemorrhoidal cushions, distention of the haemorrhoidal arterio-venous plexus resulting from deterioration of anchoring connective tissue. The prevalence of haemorrhoids is extremely high in western and other industrialized societies. The male to female ratio was 2.2:1. Many women get haemorrhoids during pregnancy and childbirth. Patients with higher socioeconomic status were most commonly affected group. Risk factors include low fibre diet, chronic constipation, pregnancy, sedentary lifestyle, obesity and spinal cord injuries. Homoeopathy, therefore does not consider any one part as being ill, but considered the manifestation of illness in one part in its relation to the whole man. Homoeopathy accepts surgical measures when directed towards the removal of mechanical impediments to cure or of the morbid end products of disease when they interfere with recovery. On the contrary Homoeopathy has played a pivotal role in avoiding surgeries and curing many such diseases where surgery was recommended. The main objective of the review is to see the efficacy of homoeopathy in the treatment of haemorrhoids.

Keywords: Haemorrhoids, Complications of haemorrhoids, Homoeopathic management.

Introduction:

Haemorrhoids are varicosities in anus in relation to the venous plexuses formed by radicles of superior, middle inferior rectal veins. ⁽¹⁾ The prevalence of haemorrhoids in India according to recent surveys is around 40million ⁽⁴⁾ Such haemorrhoids may be internal or external to the anal orifice. ⁽²⁾ Several risk factors have been claimed to be aetiologies haemorrhoidal development including aging, obesity, depression, pregnancy, chronic constipation, diarrhoea, low fibre diet and alcohol intake. Haemorrhoidal disease occurs when there are symptoms such as bleeding, prolapse, pain, thrombosis, mucus discharge and pruritis. ⁽⁴⁾

Types:

Internal haemorrhoids

It lies above the dentate line, covered with mucous membrane. ⁽⁶⁾ Dilatation of the internal venous plexus with an enlarged displaced anal cushion. ⁽²⁾ The internal haemorrhoids drain via the superior haemorrhoidal veins and the portal vein ⁽⁵⁾

External haemorrhoids

Dilated vein of the inferior haemorrhoidal plexus located below the dentate line and covered squamous epithelium. External haemorrhoids drain into the systemic circulation ⁽⁵⁾.

Causes:

Anatomical factor- the veins passing through the submucosa of the rectum, get constricted during the act of defecation

Constipation causes excessive straining

Familial/ genetic- absence of valves or congenital weakness of vein wall. ⁽⁶⁾

Lifting heavy weights

Persistent cough or repeated vomiting

Being overweight ⁽⁷⁾

During pregnancy factors causing haemorrhoids – raised progesterone relaxes the venous wall and reduced its tone, enlarged uterus compresses the pelvic pain, and constipation is common problem. ⁽²⁰⁾

Other causes include Low fibre diet, hard stool, diarrhoea, over purgation, carcinoma rectum, portal hypertension. ⁽³⁾

Pathology:

There are three major cushions, located in right anterior, right posterior and left lateral aspect of anal canal ⁽⁸⁾, located at 3,7, 11o' clock position when patient lying in lithotomy position ⁽⁹⁾. patients with haemorrhoids shows pathological changes include abnormal venous dilatation, vascular thrombosis, degenerative process in the collagen fibres and fibroelastic tissues. ⁽⁸⁾

The internal haemorrhoid, commences just below the anorectal ring. It is bright-red or purple and covered with mucous membrane. ⁽²⁾

External haemorrhoid, extent from dentate line to anal orifice and covered by skin appears blue ⁽¹⁾.

Classification of internal haemorrhoids:

Grade 1: (First degree) - Haemorrhoids project into the anal canal with minimal bleeding or may be a symptomatic but do not prolapse. ⁽¹⁰⁾

Grade 2: (Second degree) - Prolapse under pressure such as straining during bowel movement, but return on their own. ⁽¹¹⁾

Grade 3: (Third degree) -Haemorrhoid protrudes through the anus during straining or evacuation but needs to be manually returned to position. ⁽¹²⁾

Grade 4: (Fourth degree) – Haemorrhoids are irreducible and constantly prolapsed. ⁽¹³⁾

Clinical features:

Bleeding “splash in the pan” bright red and fresh blood occur during defecation. ⁽²⁰⁾

Prolapse of rectum

Mucous discharge and pruritis ani ⁽¹⁾

Painful hard lump in rectum

Pain during bowel movements

Swelling in anal region ⁽³⁵⁾

Complications of haemorrhoids:

Acute complications associate with treatment of haemorrhoids include pain, infection, recurrent bleeding and urinary retention. ⁽¹⁵⁾

Strangulated haemorrhoids- Prolapsed haemorrhoids becomes trapped outside the anus, it can cut off the blood supply, causing to become strangulated. ⁽¹⁴⁾

Ulceration- Superficial ulceration of the exposed mucous membrane often accompanies strangulation with thrombosis. ⁽²⁾

Anaemia- Chronic blood loss from haemorrhoids leads to anaemia ⁽¹⁶⁾

Thrombosed haemorrhoids- A blood clot develops within a haemorrhoid, as the swelling increases, pressure from surrounding tissues or stool can cause the haemorrhoid to rupture and bleed, often at the end of bowel movement. ⁽¹⁷⁾

General management

Eat more high-fibre foods it helps to soften stools and increase its bulk, allowing easier bowel movement and prevents constipation. ⁽¹⁸⁾

Avoid straining. Straining and holding breath when trying to pass a stool creates great pressure in veins ⁽¹⁹⁾

Exercise- Moderate aerobic exercise, brisk walking 20- 30 minutes a day can stimulate bowel function ⁽²⁰⁾

Losing weight reduce the incidence and severity of piles. ⁽³⁴⁾

A 20 minutes sitz bath after each bowel movement and two-three times a day can relieve itching, irritation and spasms of sphincter muscle. ⁽³⁸⁾

Homoeopathy

Homoeopathy (from Greek omeos, meaning similar, and pathos, meaning suffering (is a system of medicine whose first tenet is the principle of similars;⁽³⁹⁾ Homoeopathy was discovered by a German Physician, Dr. Christian Friedrich Samuel Hahnemann (1755-1843) It is a therapeutic system premised on the principle, "Similia Similibus Curentur" or let likes be treated by likes'. It is a method of treatment for curing the patient by medicines that possess the power of producing similar symptoms in a healthy human being stimulating the natural disease, which it can cure in the diseased person. ⁽⁴⁰⁾ There is a quick, uneventful convalescence with an absence of relapse and recovery with an absence of relapse and debility.

Homoeopathic management:

Aesculus hippocastanum:

A portion of the anus protrudes and with it a bunch of piles looking like a bunch of grapes. ⁽²¹⁾ Pain like knife sawing backwards and forwards through anus. Several large piles which seem to block up the rectum, little or no bleeding. ⁽²²⁾ Stools hard & black, backache after a difficult large & hard stool. Piles develop & particularly troublesome in climacteric years ⁽³³⁾

Aloes socotrina:

Sensation of heat & burning in the rectum and anus. ⁽²¹⁾ Haemorrhoids Blue, like a bunch of grapes; constant bearing down in rectum; bleeding, sore, tender, hot, relieved by cold water; intense itching. Itching and burning in anus preventing sleep. ⁽³⁰⁾

Arsenicum album:

Haemorrhoids with stitching pain, when walking or sitting but not at stool, preventing sitting or sleep. Burning pain relieved by heat. ⁽²⁷⁾ Constipation with frequent, but ineffectual inclination to evacuate. Tenesmus with burning in the anus. Involuntary and unperceived evacuations. Itching, pain as from excoriation, and burning in the rectum and in the anus. ⁽²²⁾

Carbo vegetabilis

Acrid, corrosive moisture from rectum. A musty glutinous moisture exudes. White haemorrhoids; excoriation of anus. Bluish, burning piles pain after stool. ⁽²⁹⁾ Stools of foul blood and mucous. Stools tough, scanty; not properly cohering; breaks off; afterwards difficulty of expulsion. ⁽²⁶⁾

Capsicum:

Blind haemorrhoids, with pain during evacuation. Haemorrhoidal tumour with burning. ⁽²²⁾ Haemorrhoids protrudes with smarting and burning pain, smarting like pepper. Piles sting and burn as if pepper had been sprinkled on them. ⁽²⁷⁾

Causticum:

Stool may be soft or hard, but of small quantity, tough and covered with mucous, shining like grease expelled with much straining. Stool passes better while standing. There is soreness and rawness of rectum with frequent and ineffectual desire. ⁽²⁷⁾ Piles unbearable by walking, thinking of them, by touch. ⁽²²⁾

Collinsonia canadensis:

Chronic, painful, bleeding piles, sensation as if sticks, sand or gravel had lodged in rectum. Haemorrhoidal dysentery with tenesmus. ⁽³⁰⁾ Obstinate cases of haemorrhoids which bleed incessantly. ⁽³⁾ Stools of mucus or mucus and blood or pure blood with more or less tenesmus. ⁽³⁶⁾

Graphites:

Obstinate constipation with hard faeces, lumps being united by mucous threads and hardness in hepatic region. ⁽³³⁾ Smarting sore pain in anus on wiping it, Haemorrhoids with burning rhagades at anus. Sticking in anus with hard stool and much urging. ⁽³¹⁾ Cracks & fissures of anus with bleeding and ulceration. ⁽³²⁾

Hamamelis virginica:

Bleeding haemorrhoids with burning soreness and at times, rawness of anus from portal congestion. ⁽²⁶⁾ Urging to stool, bluish colour. Prostration is out of proportion to amount of blood lost. ⁽²⁷⁾

Ignatia:

Over sensitiveness to pain on a small spot which can be covered with tip of finger, sharp stitch from anus deep into rectum. Pain changes their locality, appear gradually & disappear suddenly. ⁽²⁵⁾ Prolapsus ani from moderate straining at stool, stooping or lifting; when the stool is loose. ⁽³⁰⁾ Neuralgia of rectum pain in anus returning regularly everyday ⁽²³⁾

Lachesis mutus:

Sensation in the anus and rectum as if several little hammers were beating there. tormenting constant urging in the rectum, without a stool; wanting to pass a stool, but the constant pain is increased by urging, and the patient is obliged to desist. ⁽²⁶⁾ Pain darting up to the rectum every time he sneezes or coughs, Haemorrhoids protrude become constricted, purplish. Constant urging in rectum, not for stool. ⁽²⁹⁾

Lycopodium:

Stools hard, difficult, small, incomplete. ⁽²⁹⁾ Stool contains sand, difficult, first part is hard, difficult to expel, last parts soft or thin & gushing. Haemorrhoids aching, painful to touch > hot bathing. ⁽³⁷⁾

Muriatic acid:

Haemorrhoids most sensitive to all touch; even sheet of toilet paper is painful. Anal itching and prolapsus ani while urinating. Haemorrhoids during pregnancy, bluish, hot, with violent stitches. ⁽²⁹⁾

Nitric acid:

Great desire for stool, but passes little at a time. Bleeding piles, protruding with every stool. Blood may be bright red and profuse. Stool stained with blood or mucous or undigested food particles. ⁽²⁷⁾ Stool tear the anus, even though, soft prolonged pain after stool. Walking in agony. Rectum feels torn, fissures in return. ⁽³⁷⁾

Nux vomica:

Blind piles in persons of sedentary life, spare of costive habits. ⁽²⁸⁾ Frequent small evacuations with much urging. Itching blind haemorrhoids with ineffectual urging to stool, very painful- after abuse of purgatives. ⁽²⁹⁾ Haemorrhoidal colic with hard, tearing, pressing pain in the small of the back and lower bowels frequent, ineffectual urging to stool. ⁽³⁶⁾

Paeonia:

Biting, itching in anus; orifice swollen. Burning in anus after stool; then internal chilliness. Haemorrhoids, fissures, ulceration of anus and perineum, purple covered with crusts. Atrocious pain with and after each stool. ⁽²⁹⁾

Phosphorous:

Sensation as if anus remained wide open. Stool is slender, long, dry, tough, hard voided with great difficult & straining. ⁽²⁷⁾ Darting & shaking in rectum & anus may occur in children, causing them to cry out evening or night. ⁽³³⁾

Sulphur:

Anus is red & sore. Piles are very painful; the blood is venous with itch & burning in anus. ⁽²⁷⁾ Suppression of piles with haemorrhoidal colic, congestions, rigidity of the small of the back as if it had been bruised. ⁽²⁶⁾ Haemorrhoidal habitus, during pregnancy. Piles external and internal, great bunches that are sore, tender, raw, burn, bleed and smart. ⁽³⁷⁾

Thuja:

Condylomata at anus, haemorrhoidal tumour swollen, worse sitting. Burning in haemorrhoidal vessels with dragging. ⁽³³⁾ Passage of stool produced violent rectal pain which compel the patient to cease the effort. ⁽²⁷⁾

Ratanhia:

Aches, as if full of broken glass. Anus aches and burns for hours after stool. Dry heat at anus, with sudden knife-like stitches. Feels constricted. Stools must be forced with great effort; protrusion of haemorrhoids. ⁽²⁹⁾

Conclusion:

Homoeopathic medicines are selected after a full individualizing examination and case analysis, which includes the medical history of a patient, physical and mental constitution. The relief of symptoms is achieved with gentleness without surgery. Haemorrhoids has high relapse rate following surgical treatment, since surgery does not target the root cause like genetic tendencies, habitual constipation. Homoeopathic medicines can modify these genetic tendencies and there is a quick, uneventful convalescence with an absence of relapse and debility. These are highlights of recovery that ensures after the administration of Similimum.

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