

HAEMORRHOIDS – SURGERY OR HOMOEOPATHY?**Vanija Sharma¹, Shayantan Kumar Das^{2*}, Sristi Chakraborty² and Isha Thakur²**

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Article Received on
13 October 2023,

Revised on 03 Nov. 2023,
Accepted on 23 Nov. 2023

DOI: 10.20959/wjpr202321-30419



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ABSTRACT

Haemorrhoids are benign anorectal condition resulting in inflammation/prolapse of the vascular tissue of the anal canal which is considered as surgical disease by the conventional treatment. Homoeopathy is enriched with effective remedies to avoid various complications post-surgery. This article comprises of effectiveness of homoeopathic medicines in prevalent cases or post-surgical complications related to haemorrhoids.

KEYWORDS: Surgical disease, Haemorrhoids, Complications, Homoeopathic therapeutics.

INTRODUCTION

Haemorrhoids according to modern medicine belongs to surgical disease but there are innumerable complications.^[1] To avoid post-surgical complications homoeopathy has a great scope in curing and preventing.^[2,3] As homoeopathy is based on individualization of the patient, medicines are based on symptom similarity and predominant symptoms.^[4] Incidence of males (66.7%) suffering is more than

females (33.3%). Prevalence of haemorrhoids is mostly seen in the Western countries and industrial areas like Australia (38.93%), Israel (16%) and Korea (14.4%).^[5] Predominantly 4.4% and 36.4% of the general population is affected. Prevalence in India according to recent survey is around 40 million.^[5] A study conducted, showed that 38 websites on internet mentioned recurrence of haemorrhoids post-surgery.^[6]

Post surgical complications

1. **Infection** – Post-surgery the wound gets colonized by different bacteria like *E. coli*, *Staphylococcus aureus*, *Staphylococcus epidermidis* causing inflammation and pain.^[7]
2. **Chronic pain** – Pain related to residual underline pathology new or ongoing fissures and/or thrombosed haemorrhoids or subtle anal infection. Chronic proctalgia is mainly reported during post-defecation or accompanied by urgency. Chronic proctitis possibly seen due to ischaemia.^[7]
3. **Bleeding** – Secondary haemorrhage occurs after 7th or 8th day post operation.^[8,9]
4. **Anal fissure and submucous abscess.**^[8]
5. **Urinary retention** – In haemorrhoidectomy the procedure involves the use of general and spinal anaesthesia, damaging internal sphincter leading to urinary retention.^[8,9]
6. **Anal stricture/stenosis** – Too much excision of haemorrhoidal and anal tissue. When healing takes place it leads to scar formation, reducing the anal aperture and ending in stricture.^[8,9]
7. **Faecal incontinence** – Damage of anal sphincter leading to incontinence.^[8,9]
8. **Skin tag** – Most commonly seen after stapled haemorrhoidectomy.^[9]
9. **Ectropion** – It is rarely seen after haemorrhoidectomy. Complaints of pruritus, soilage and mucosal weeping is found.^[9]
10. **Recurrence** - Even after haemorrhoidectomy, recurrence of anal mucosal prolapse or haemorrhoids are commonly seen.^[10]

A number of recent surgical procedure has led to reappearance of haemorrhoidal disease over the last few decades, despite a range of various treatment the options are limited in their effectiveness leading to various complications. Post-surgical complications can be easily avoided by treating haemorrhoids through indicated homoeopathic medicines either by constitutional, therapeutic or pathological specific remedies according to the symptom similarity.

Homoeopathic therapeutics

1. *Abrotanum* – Protruding haemorrhoids burning from touch. Frequent urging, bloody stool. Rheumatism alternating haemorrhoids. Alternating diarrhoea and constipation.^[11,14,15,17,23]
2. *Aconitum napellus* – Pain with nightly itching and stitching in anus, bleeding haemorrhoids.^[11,15]

3. *Aegle folia* – Constipation, loose, hard bowels with mucous; pain in rectum with bleeding piles. Blind piles. Burning and itching of rectum >cold application.^[20,19]
4. *Aegle marmelos* – Piles bleeding with dark red blood, with itching and burning in anus. Alternate constipation and diarrhoea. Constipation with scanty, dry, hard, unsatisfactory stool. Watery stool mixed with blood and mucous followed by weakness.^[16,20,22,19]
5. *Aesculus glabra* – Very painful, dark purple external haemorrhoids with constipation, vertigo and portal congestion. Hard, knotty stool with lame back and lower limbs.^[11,17]
6. *Aesculus hippocastanum* – Persons with haemorrhoidal tendencies. Predominantly on the lower bowel producing engorged haemorrhoidal pain with characteristic backache and giving out sensation. Feels as if full of small sticks; knife-like pain shoots up the rectum. Less bleeding with intense pain and obstinate constipation. Throat symptoms accompanying haemorrhoids. Anus raw sore, burning with chills up and down the back as a bug crawling in anus. Constipation hard, dry, knotty white stool. Blind/bleeding piles <standing, walking during menopause.^[11,14,15,17,24,25]
7. *Allium sativum* – Constipation with dull pain in bowels. Haemorrhoids with prolapse and with worm complications.^[11,17,22]
8. *Aloe socotrina* – Mucoid stool with pain in rectum <after stool. Very sore, tender protruding, blue, bunch of grapes like haemorrhoids bleed often, profusely >cold water application. Burning and itching in anus and rectum preventing sleep.^[11,14,15,17,24,25]
9. *Ammoniacum carbonicum* – Stool hard difficult knotty itching at anus, bleeding piles <during menses. Protruding piles worse after stool >lying down.^[11,17]
10. *Ammoniacum muriaticum* – Itching haemorrhoids sore with pustules. Green mucoid stool alternates with constipation. Burning and smarting in rectum during and after stool. Haemorrhoids after suppressed leucorrhoea.^[11,14,15,17,23,24]
11. *Amoora rohituka* – Bleeding piles with bright red blood, with soreness in anus. Constipation stool dry, hard, with flatulence and stool loose, watery mixed with mucus.^[20]
12. *Ancistrodon piscivorus* – Constipation, first part of stool is hard and lacerating end part is soft. Haemorrhoids, soreness after stool <sitting.^[16]
13. *Antimonium crudum* – Anal itching with mucous piles with continued oozing of mucous. Abuse of laxatives.^[11,14,17,24]
14. *Apis mellifica* – Bloody, painless stool, anus feels raw. Haemorrhoids with stinging pain after confinement. Constipation feels as if something will break on straining. Prolapse of anus.^[11,15,17]

15. *Arsenicum album* – Stitching pain in haemorrhoids when walking or sitting, not at stool; preventing sitting or sleep; burning pain < by heat.^[11,14,15,17,24,25]
16. *Azadirachta indica* – Bowel movement insufficient, constipated stool hard, knotty alternating diarrhoea. Blind, external piles.^[11,17,22,19]
17. *Baryta carbonicum* – Constipation with hard, knotty stool. Haemorrhoids protrude during micturition. Crawling in rectum, oozing from the anus.^[15]
18. *Blumia odorata* – Constipation. Bleeding piles.^[19]
19. *Calcarea phosphorica* – Painful piles <thinking of ailment, >hot application.^[11,17]
20. *Calotropis gigantea* – Constipation, hard stool with great strain, passes flatus instead of stool. Stool hard, scanty in small balls, dry passes after great straining followed by soreness of rectum. External piles.^[11,17]
21. *Capsicum annum* – Soreness of anus with bloody mucous from piles, burning and tenesmus drawing along with pain in back after stool. Stinging pain during stool.^[11,17,24]
22. *Carbo vegetabilis* – Protruding, blue, burning itching piles in rectum. White haemorrhoids.^[11,15,17,24]
23. *Causticum* – Anus impeded by haemorrhoids, itching with constipation causing obstruction in the passage of stool, pain in piles <walking, thinking.^[11,14,15,17,23,24,25]
24. *Collinsonia canadensis* – Pelvic and portal congestion resulting in haemorrhoids and constipation especially in females during pregnancy of later months, following labour, with membranous dysmenorrhoea. Piles accompanying pruritus in pregnancy unable to lie down. Protruding, bleeding, painful haemorrhoids with constipation. Return of piles or menses after relief of heart symptoms. Haemorrhoidal dysentery with tenesmus.^[11,14,17,23,25]
25. *Cynodon dactylon* – Constipation with frequent urging for stool. Bleeding and swollen piles. Painless bleeding after passing stool.^[22,19]
26. *Dioscorea* – Haemorrhoids with darting pain to liver, looks like bunches of grapes or red cherries, protrude after stool with pain in anus.^[11,15,17]
27. *Graphites* – Burning haemorrhoids aching for hours, <sitting down, constipation large, difficult, knotty stool united by mucoid threads. Smarting sore anus itching.^[11,15,17,24]
28. *Hamamelis virginica* – Venous congestion, haemorrhoids with bluish soreness of affected part, as if back would break; urging for stool bleeding profusely. Pulsation of anus.^[11,14,15,17,24]
29. *Hepar sulphuris* – Slight bleeding cause exhaustion, obstinate constipation of pregnancy after purgatives. Raw smarting pain in rectum remaining stool long afterwards.^[11,17]

30. *Hypericum perforatum* – Burning, painful feeling with dryness in rectum, bleeding tender haemorrhoids.^[11,17,23]
31. *Ignatia amara* – Haemorrhoids prolapse with every stool, have to be replaced. Itching and sharp stitching pain shoot up the rectum, < hours after stool, during cough, >sitting, when walking. Haemorrhage, prolapse ani, painful, <when stool is loose.^[12,14,15,17,23]
32. *Kali carbonicum* – Constipation, large, difficult, stitching colic pains an hour or two before, < after or during menses, haemorrhoids large swollen painful burn like fire extremely sensitive to touch, inflamed and bleeding. Pain in haemorrhoids when coughing.^[12,15,17,24]
33. *Lachesis mutus* – Constipated, offensive stool. Haemorrhage from bowels like charred straw black particles. Haemorrhoids with scanty menses, at climaxes, protrudes become constricted, purplish, strangulated. Stitching when sneezing or coughing.^[12,14,15,17,24,25]
34. *Lamium album* – Hard stool with blood, external haemorrhoids.^[12,15]
35. *Luffa bindal* – Controls piles successfully and can be used externally.^[19]
36. *Lycopodium clavatum* – Constipation since puberty, last confinement, when away from home, of infants. Ineffectual urging, stool hard, difficult, small, incomplete, rectum contracts and protrudes during stool developing piles, painful to touch, aching, <sitting >hot bathing.^[12,14,15,17,23,24]
37. *Millefolium* – Painless, bright red haemorrhage from haemorrhoids.^[12,14,17]
38. *Mucuna urens* – Haemorrhoidal diathesis. Constipation. Haemorrhoids with burning sensation.^[12,15,17]
39. *Muriatic acid* – Haemorrhoids swollen, blue, sensitive, painful to all touch, even seat of toilet paper is painful. Anal itching and prolapse ani while urinating, bluish hot haemorrhoids during pregnancy, appearing suddenly in children with violent stitches >heat. Protruding like bunch of grapes. Patient becomes so weak she slides down the bed.^[12,14,15,17,24,25]
40. *Natrum muriaticum* – Bleeding and painful piles with stitching pain after stool. Stool dry, hard, crumbling, anus seems contracted.^[12,17]
41. *Negundium americana* – Engorgement of rectum and piles with great pain.^[15]
42. *Nitric acid* – Sticking, pricking pain as from splinter in rectum, as if torn, bowel constipated with fissures in rectum. Violent cutting pain after stool walks in agony. Profuse, bright red haemorrhage from bowels with easily bleeding, after miscarriage, post-partum, from over-exertion of body. Irritable and exhausted after stool. Sensation of band around affected part.^[12,15,17,24,25]

43. *Nux vomica* – Itching, blind haemorrhoids, very painful with frequent ineffectual urging, incomplete and unsatisfactory, feeling as if part remained un-expelled. Constriction of rectum. Absence of all desire from defecation is contradictory. Alternate constipation and diarrhoea due to purgatives. Haemorrhoids during pregnancy or child birth.^[12,14,15,17,24,25]
44. *Paeonia officinalis* – Biting, itching in anus with swollen orifice. Atrocious burning pain in anus after stool followed by internal chilliness. Haemorrhoids, fissures, ulceration of anus and perineum, purple covered with crust.^[12,15,17]
45. *Petroselinum* – Piles with much itching.^[13,15,17]
46. *Pituitary glandula anterior* – Haemorrhoids constipation bowel movement every 2/3 days. Stool large dry and hard like sheep dunk.^[17]
47. *Placenta humana* – Sharp shooting pain <sitting as if sword up inside. Sudden urging for stool, constipated, >standing to pass stool. Constipation alternates diarrhoea.^[17]
48. *Plantago major* – Blind piles; haemorrhoidal tumours inflamed and exceedingly painful, interfering with work.^[13,17,22]
49. *Podophyllum* – Internal and external haemorrhoids during pregnancy or childbirth.^[15,18]
50. *Polygonum* – Interior of anus studded with itching eminence, haemorrhoids. Straining at stool with mucoid jelly like discharge and smarting at anus.^[13,15,17,23]
51. *Ratanhia* – Aches as if full of broken glass, burning and itching long after stool >cold water. Feels constricted, dry heat at anus with sudden knife-like stitches. Stool must be forced with great effort, protrusion of haemorrhoids.^[13,14,15,17]
52. *Rauwolfia serpentina* – Haemorrhage from anus while straining at stool, bleeding haemorrhoids.^[21,22]
53. *Sabina* – Bright red blood, copious bleeding from haemorrhoids with pain from back to pubis. Constipation and sense of fullness.^[13,15,17,23,24]
54. *Scrofularia nodosa* – Painful bleeding protruding piles.^[13,17]
55. *Sedum acre* – Constrictive haemorrhoidal pain hours after stool.^[15]
56. *Sepia succus* – Bleeding at stool, while walking and fulness at rectum, constipation large hard stool, feeling of ball in rectum, cannot strain with great tenesmus and pain shooting upwards not > by passing stool. Haemorrhoids during pregnancy.^[13,14,17,24]
57. *Silicea terra* – Fissures and haemorrhoids painful with spasms of sphincter. Stool comes down with difficulty when partly expelled and recedes again. Constipation always before and during menses with irritable sphincter ani.^[13,15,17,23]

58. *Sulphur* – Itching and burning of anus. Piles dependent on abdominal plethora. Frequent unsuccessful desire, hard, knotty stool. Redness around the anus with itching.^[13,14,15,17,24,25]
59. *Terminalia chebula* – Painful, burning bleeding piles >during defecation with protrusion of anus. Constipation, stool hard scanty, ineffectual desire with much straining.^[20,22,19]
60. *Thuja occidentalis* – Piles swollen <sitting with stitching burning pain at anus, painful to touch filled with warts.^[13,17]
61. *Tylophora indica* – Swelling around anus with burning sensation, pus like discharge, > by cold water. Intense burning around anus while passing stool <by cycling. Itching in anus, <washing.^[21,22]
62. *Zingiber officinalis* – Haemorrhoids hot, painful sore during pregnancy. Anus red and inflamed.^[13,17]

DISCUSSION AND CONCLUSION

Hahnemann mentioned in Organon of Medicine that practitioners of old school, in order to give relief, applied leeches, did venesections, for outlet of blood from veins of rectum/anus, thus weakened the body, aggravating the original disease and gave disastrous result.^[26] For the relief of the original chronic disease, the only efficacious remedy-the homoeopathic medicine chosen on account of its similarity of action, only relieves the patient. Previous researches showed that homoeopathic medicines play a significant role in improving symptoms.^[5] This article explains the effective remedies which help in treating haemorrhoids, as well as post-surgical complications.

Financial Support and Sponsorship: NIL.

Conflict of interest: None.

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