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HEMORRHOIDS AND HOMOEOPATHY: AN OVERVIEW OF THERAPEUTIC APPROACH AND MANAGEMENT

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ABSTRACT

Hemorrhoids are common anorectal condition with great impact on quality of life of the population. It is characterized by rectal bleeding, pain, itching and discomfort. Homeopathic literature provides detailed description of medicines for hemorrhoids to prescribe on the basis individual approach. This article discusses the selected homoeopathic medicines and their indication. Medicines frequently described in classical literature are Aesculus hippocastanum, Hamamelis virginiana, Nux vomica, Aloe socotrina, Ratanhia, Collinsonia canadensis, Nitric acidum and Sulphur. Randomized controlled trials published in 2024 and 2026 have investigated individualized homeopathic intervention and reported favourable outcomes. This review highlights the difference among the indications of the homeopathic medicines in cases of hemorrhoids.

KEYWORDS: Hemorrhoids, Homoeopathy, Materia Medica, management, clinical evidence.

INTRODUCTION

Hemorrhoids are very frequently encountered anorectal condition in modern life affecting the quality of life. It is defined by the symptomatic enlargement and distal displacement of normal anal cushions.[1] There are multiple etiological factors of hemorrhoids development such as constipation and prolonged straining. Pregnancy, low dietary fibre spicy food and alcohol can predispose to congestion of anal cushion. Abnormal dilatation and distortion of vascular channels with destructive changes in the supportive connective tissue within the anal cushion are chief findings of the disease.[2] Very commonly present complains in the condition are bleeding per rectum, itching, pain, discomfort and prolapse.[3] Internal hemorrhoids are covered by mucosa and originate from inferior haemorrhoidal venous plexus above the dentate line, while external hemorrhoids are dilated venules of this plexus located below the dentate line and are covered with squamous epithelium. Mixed hemorrhoids also known as interno-external hemorrhoids arise both above and below dentate line. Further classification of internal hemorrhoids also known as Goligher's classification.

- First degree –bleed only no prolapse
- Second degree – prolapse, but reduce spontaneously
- Third degree – prolapse and have to be manually reduced
- Fourth degree – permanently prolapsed

Management of the condition is determined by the severity and degree of the symptoms. It ranges from dietary and lifestyle modification to radical surgery.[4]

Homoeopathic Approach in Hemorrhoids: Homoeopathy is a mode of treatment that facilitates rapid and gentle restoration of health. The holistic treatment is based on individualized approach of the patient, which is by considering the characteristic symptoms of an individual rather than relying solely on diagnosis and common symptoms of the disease. In homeopathic case taking the individual is assessed as a whole including presenting complaints, medical history, characteristic physical general symptoms and mental general symptoms. For this, Homoeopathic Materia Medica describe medicines in association with location, characteristic sensations, pattern of bleeding, type of pain, modalities and concomitant symptoms.

Important Homoeopathic Medicines for Hemorrhoids

Aesculus hippocastanum: The action of this drug is most marked on the lower bowel, producing engorged hemorrhoidal veins, with characteristic backache, with absence of actual

constipation. Fullness in various parts, dry, swollen mucous membranes. Rectum is dry, aching and feels full of small sticks. Hemorrhoids, with sharp shooting pains up the back; blind and bleeding; worse during climacteric. Burning in anus with chills up and down back.[5]

Aloe socotrina: Hemorrhoids protrude like grapes; very sore and tender; better cold- water application. Burning in anus and rectum. Constant bearing down in rectum; bleeding, sore, and hot; relieved by cold water. Feeling of weakness and loss of power of sphincter ani. Sense of insecurity in rectum. when passing flatus.[5]

Collinsonia canadensis: Pelvic and portal congestion, resulting hemorrhoids and constipation, especially in females. Sensation of sharp sticks in rectum. Sense of constriction. Vascular engorgement of rectum. Dry faeces. Most obstinate constipation, with protruding hemorrhoids. Itching of anus.[5]

Hamamelis virginiana: Acts upon the coats of the veins causing relaxation with consequent engorgement. Passive venous hemorrhages from any part. Anus feels sore and raw. Hemorrhoids, bleeding profusely, with soreness. Dysentery. Pulsation in rectum.[5]

Nitric acidum: Special seat of action the outlets of the body where the mucous membrane and skin meet; these pain as from splinters. Sticking pains**.** Great straining, but little passes, Rectum feels torn. Violent cutting pains after stools, lasting for hours. Haemorrhages from bowels, profuse, bright. Prolapsus ani. Haemorrhoids bleed easily. After stools, irritable and exhausted.[5]

Nux vomica: Constipation, with frequent ineffectual urging, incomplete and unsatisfactory; feeling as if part remained unexpelled. Constriction of rectum.

- Irregular, peristaltic action; hence frequent ineffectual desire, or passing but small quantities at each attempt. Absence of all desire for defecation is a contra-indication. Itching, blind haemorrhoids, with ineffectual urging to stool; very painful; fater drastic drugs.[5]

Ratanhia peruviana: The rectal symptoms are most important, and have received much clinical confirmation. Rectum Aches, as if full of broken glass. Anus aches and burns for hours after stool. Feels constricted. Dry heat at anus, with sudden knife-like stitches. Stools must be forced with great effort; protrusion of haemorrhoids.[5]

Sulphur: Haemorrhoids, oozing and belching. Itching and burning of anus; piles dependent upon abdominal plethora. Frequent, unsuccessful desire; hard, knotty, insufficient. Child afraid on account of pain. Redness around the anus, with itching. Morning diarrhoea, painless, drives out of bed, with prolapsus recti.[5]

General Management

Dr. Hahnemann in his magnus opus Organon of Medicine aphorism 259 to 263 mentions the importance of diet and regimen in treatment of an individual. This includes recommending proper diet, water intake, exercise, meditation as per requirement.[6] The American Society of Colon and Rectal Surgeons recommends dietary and behavioral modifications such as adequate dietary fiber intake and bowel habits, as first line of treatment.[2]

DISCUSSION

Homoeopathy emphasizes on the individualized approach of treatment based on peculiar, characteristic symptoms. Homoeopathic Materia medica facilitates by giving detail of these characteristics for medicines such as Aesculus hippocastanum, Hamamelis virginiana, Nux vomica, Aloe socotrina, Ratanhia, Collinsonia canadensis, Nitric acidum and Sulphur. This makes it easier for homoeopaths to understand the root of the disease and treat it in each individual holistically. The action of Homoeopathic medicines and effect of individualization in treatment. The randomized controlled trials published in 2024 and 2026 by Koley et al. and Saha et al.[7,8] further bring to light that individualized approach and homoeopathic medicines along with necessary co-interventions such as lifestyle modification. This review highlights some homoeopathic remedies; it does not constitute an extensive systematic search of all the literature available.

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