



## TREATMENT OF HEMORRHOIDS WITH HOMEOPATHY- A CASE REPORT

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### ABSTRACT

A hemorrhoid is a disease which belongs to the category chronic diseases thus very difficult to cure. Therefore the persons who get these diseases they are compelled to suffer through out their life time. The prevalence of this disease is worldwide. Worldwide approximately 4.4% population suffers from this disease. Traditional treatment provides symptomatic relief and in advance cases patients have to opt for surgery. In these situations, Homeopathy can provide alternative treatment option. Here is a case of hemorrhoids of man of 31 years, who got treated with homeopathy and is completely satisfied.

**Keywords-** Hemorrhoids, Psora, Individualization, Cure, Chronic

### INTRODUCTION

Hemorrhoids are disease of lower part of Alimentary canal i.e. rectum and anus. Hemorrhoids is the abnormal dilatation of the internal or external hemorrhoidal plexuses. Hemorrhoids occur in 3, 7, and 11 o'clock positions.<sup>1</sup> Hemorrhoids are often associated with pain, burning, itching, bleeding, soiling, and prolapse. Haemorrhoids are classified in four groups as per the presentation of pathology as follows, 1st degree - Anal cushions bleed, but no prolapse, 2nd degree - Anal cushions prolapse, but reduces spontaneously, 3rd degree - Anal cushions prolapse on straining but require manual replacement and 4th degree - Permanently prolapsed and irreducible.<sup>3</sup>

### ETIOLOGY

Hemorrhoids are the basically life style diseases. The following are the predisposing factors for the hemorrhoids such as chronic constipation, fiber-deficient diet, repeated infection of anal lining, straining at the time defecation and porta hypertension.

### CLINICAL FEATURE

Clinical presentation of hemorrhoids mainly includes pain in anus, bleeding per rectum, pruritus ani, prolapse of rectum etc. all the complains generally increase at the time of defecation.

### DIAGNOSIS

Diagnosis of hemorrhoids is generally based on physical examination. Rectal digital examination, proctoscopy along with patients' disease history.

**PROGNOSIS-**

Hemorrhoids belong to chronic and incurable category of diseases therefore in initial cases full recovery is possible. In advance pathological conditions it becomes difficult to manage only with medicines. But if the hemorrhoids are managed along with life style correction, diet correction and proper treatment then the prognosis of disease is promising.

**CASE REPORT**

A male patient XYZ age about 31 years reported in the OPD on the 20/05/25. He was suffering for 3 years from hemorrhoids, constipation, pain and burning in anus during and after defecation.

**K/C/O: H/O-** General Spondylitis, TBW Right Patella after RTA, Anal bleeding

**2. CHIEF COMPLAINT WITH ODP:** Hard & knotty stool with burning pain in rectum, after stool aching pain in rectum, prolapse of the rectum during stool, pain persist for a long time. aggravated when passing stool, standing, spicy foods

**ANY CAUSATIVE FACTOR /AILMENTS-** Spicy food, Sedentary life

**MODALITIES- Aggravation** < standing, rest, spicy food

**Amelioration-** >walking, open air.

**IMPACT ON EVERYDAY LIFE-** Aversion to do mental of physical work and Irritability.

**ASSOCIATED COMPLAINT** – Acidity

**FAMILY HISTORY- Father-** Death due to Brain Hemorrhage

**Mother-** CLD

**PREVIOUSLY DIAGNOSTIC TESTS/THERAPY-** Knee Surgery (Right) TBW (tension Band Wiring) done after compound fracture of Patella following RTA.

**Thermal:** Chilly patient

**Thirst:** Thirsty

**Desire:** Sweets, spicy food

**Aversion/Aggravation:** Milk, Spicy food

**Bowel:** Constipated, hard stool

**Urine:** 5D/3N duration

**Perspiration:** Scanty

**Sleep:** Sleep disturbed, wakes easily

**Dream:** Vivid dreams, Daily routine

**MENSTRUAL HISTORY:** NAD

**OBSTETRIC HISTORY-** NAD

**MIND:**

**Origin of cause / any triggering factor:**

**Childhood history/ impression:** Lived separated from children, living alone

**Family issue:** Conflict with Father

**Company:** Desire

**Extrovert/introvert:** Introvert

**Anger:** Easily

**Memory:** Forgetful

**Weeping:** NAD

**Fear:** Nothing specific

**Others:** Contradiction-intolerance, Aversion to work, Reasonable, Philosophy ability for

**Height-** 160 cm

**Weight-** 75 kg

**Temperature** - Afebrile

**Pulse rate** – 75-80/min

**Blood pressure** –130/86 mmHg

**Respiratory Rate-** 18/ min

**Lymphadenopathy-** Absent

**Others-pallor, icterus, cyanosis, clubbing, oedema, - Absent**

**SYSTEMIC EXAMINATION:**

**CNS-** Conscious, oriented

**CVS** -normal

**RS** – B/L chest clear

**Genito-urinary System-** Swelling in rectum region

**GIT-** Soft, non-tender

**LOCAL EXAMINATION-**

**DIAGNOSIS-** Hemorrhoids

**REPERTORIAL TOTALITY:**

Forgetful

Aversion to work

Consolation aggravation

Irritable

Desire company

Introverted

Stool hard, knotty

Burning pain in rectum

Thermal chilly

Desire sweets

Dreams vivid

< standing, sitting, spicy food

>walking, open air.

**MIASMATIC DIAGNOSIS-** Psoric

**PSORIC SYMPTOM'S TOTALITY-**

194- Constipation; delayed stools sometimes for several days, not infrequently with repeated ineffective urging to stool.

195- Stools hard, as if burnt, in small knots, like sheep dung, often covered with mucus, sometimes also enveloped by veinlets of blood.

**FINAL REMEDY:** Bryonia Alb 30, 1 dose

SL 30 4pills TDS For 15 days

**PRESCRIPTION-** Byonia 200, 1 dose

SL 30 4pills TDS For 15 days

**FOLLOW -UP**

S.NO	DATE	Symptoms presented	Prescription	Remark
1.	20/05/23	Hard & knotty stool with burning pain in rectum, Pain anus, HD external	Bryonia Alb 30/SOS Placebo 30 TDS	Diet management explained
2.	05/06/23	Hard stool improved Burning present HD external	Bryonia Alb 30/SOS Placebo 30 TDS	improving
3.	19/06/23	Constipation better Burning improved but present, HD persisting	Bryonia Alb 30/SOS Placebo 30 TDS	improving
4.	04/07/23	Constipation better Burning improved but present, HD persisting	Bryonia Alb 200/SOS Placebo 30 TDS	improving
5.	19/07/23	Constipation & burning improved, HD present	Sulphur30/ 1 dose Placebo 30 TDS	improving
6.	24/07/23	HD external improving No complain	Placebo 30 TDS	Improved

**DISCUSSION AND CONCLUSION**

The improvement in this case shows that the Homoeopathy has the potential to improve, manage and cure the cases of hemorrhoids. In this case the criteria for the selection of medicine is used is individualization of case by using the psoric symptoms given by our master Hahnemann in the chronic diseases. These psoric symptoms not only helps in selection of medicine but also plays important role in finishing the case by helping to understand that patients have become psora free i.e. cure.

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