

# A Comprehensive Approach to Hemorrhoid Treatment: A Successful Case Study

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**Abstract:** Haemorrhoids also called piles, swollen vein or group of veins in the region of the anus. There are 2 types of piles, depend upon their location internal & external Symptoms also depends upon the type of piles. Medical application of creams 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. Homoeopathy is the science, which treats on the basis of “likes cures likes”, having the law of “similia similibus curentur”. Here, Individual is studied as a whole. Here patient is treated and not the disease. Thus, the most indicated medicine which is the similitimum by method of individualization is selected and administered to the patient.

**Keyword:** Hemorrhoids, Piles, Holistic Approach, Homoeopathy, Repertorization.

## INTRODUCTION

Throughout our history, diseases have haunted humanity. Many were most likely the same as we see today, but most of them were poorly understood and their names are often hard to interpret. But piles are one of the best described diseases in medical history.

Every general practitioner sees a large number of patients who suffer from problems associated with “Insufficiency”. Two of the most common manifestations of venous insufficiency are varicose veins and piles. Piles are also known as piles. The word “Haemorrhoid” is an old one. The origin of the word comes from the Greek ‘Haima’ or blood and ‘Rhoos’ or flowing.<sup>(1)</sup>

Piles are very common in both men and women. About half of the populations have piles by age 40 to 50. They are also common among pregnant women. The pressure of the fetus in the abdomen, as well as hormonal changes, causes the haemorrhoidal vessels to enlarge. These vessels are also placed under severe pressure during childbirth.

Piles have become a very common problem of modern era because of irregular life style, consumption of unhealthy food and lack of physical exercise. Its ratio has increased in the last few years, understand the disease, its impact and controlling are need of hours. Timely administered homoeopathic medicines take care of acute and chronic piles gently, effectively and without producing any side effects.

Hemorrhoid disease is the fourth leading outpatient gastrointestinal diagnosis, accounting for ~3.3 million ambulatory care visits in the United States. Self-reported incidence of hemorrhoids in the United States is 10 million per year, corresponding to 4.4% of the population. Both genders report peak incidence from age 45 to 65 years. Notably, Caucasians are affected more frequently than African Americans, and higher socioeconomic status is associated with increased prevalence. Contributing factors for increased incidence of symptomatic hemorrhoids include conditions that elevate intra-abdominal pressure such as pregnancy and straining, or those that weaken supporting tissue.<sup>(2)</sup>

Homeopathy stands the most popular among alternative medicines. Homeopathy, according to its principle “let likes be cured by likes” treats patients with a remedy that, in a healthy human, causes similar symptoms. So, the same diagnosis can be treated with different remedies in different patients, According to “totality of symptoms,” and consideration of different complex issues.

Literature of Homeopathy shows anecdotal data on the effectiveness of homeopathic medicines in piles. But noticeable cure of piles with homeopathic medicines in casual clinical experiences has been noted, research evidence remains seriously compromised. Only until there is a randomized, single-blind, placebo-controlled trial of the

homeopathic have been published the efficacy of individualized homeopathic treatment. <sup>(3)</sup>

A Case report of non-bleeding piles

A 36-year male Muslim married businessmen a diploma holder with non-vegetarian diet with family size of 4 suffering from piles since 1 month with sever constipation stool pass in 2 to 3 days, no desire for stool in days.

Hard stool as if burnt, Burning and stitching pain, Dryness of rectum, straining in stool. Headache, dry tongue with thirst for cold water. << during and after stool, spicy and oily food.

**ASSOCIATED COMPLAINTS:**

Headache with constipation. Dry tongue with thirst of large quantity of water.

**PAST HISTORY:** Not specific.

**FAMILY HISTORY:** Not specific.

**PATIENT AS A PERSON:**

Skin- Dryness of skin

Head- Headache with constipation

Mouth- Dryness of mouth

Thirst- Increase for large quantity of cold water

Desire- Coffee, sweets

Aversion- Milk, fatty and oily food

Stool- Hard, no desire for stool

Perspiration- Scanty

Sleep and dreams- Sound

Thermals- Hot patient

**Diagnostic Characteristics of Piles**

Proctoscopy examination: Site- Anal canal, Size- 5 mm to 10 mm in size, Position- 7 O 'clock, Consistency- Soft & compressible

**Diagnosis:** 1<sup>st</sup> degree piles

**Miasmatic Diagnosis:** Psora

**MENTALS LIFESPACE:** I am living in a joint family; I was the younger one and has less study compared to other child members of the family, so they don't believe that I can do anything in my life.

They think I am a failure in my life. I hold a diploma degree, and my other three brothers were holding master degrees. After some conflict, I started living separately from them with my wife and child. Then I started my business, which is out of cities; for that, I had to travel for hours to reach the place. That gives me some hard time. I am doing well in my business, but there is fear that remains constant in my mind to sustain myself and my business, so I have to work hard. I have no time for family and friends, and I don't have many friends. And I know I have this piles problem. I always think or have anxiety about what it can be turned into if it declines more or I am able to cope with my other family.

**Emotions:**

Sadness / sorrow / morose	+ Sadness
Anger	Anger on family
Guilt / grief / remorse	Grief
Fear / fright / nervousness	Fear about his business failure
Anxiety ( anticipatory / agitation / depressive)	Anxiety about health and family
Worry	His work and health

**INTELLECT:**

Perception	Positivity
Memory	Good
Confidence	Decrease
Decision	Decision making person
Motivation, Will, Drive	To prove him self

**BEHAVIOUR:**

A businessman, who is talking about business, worried for his health and family.

**PHYSICAL EXAMINATION**

**GENERAL:** NAD

**SYSTEMIC EXAMINATION:** NAD

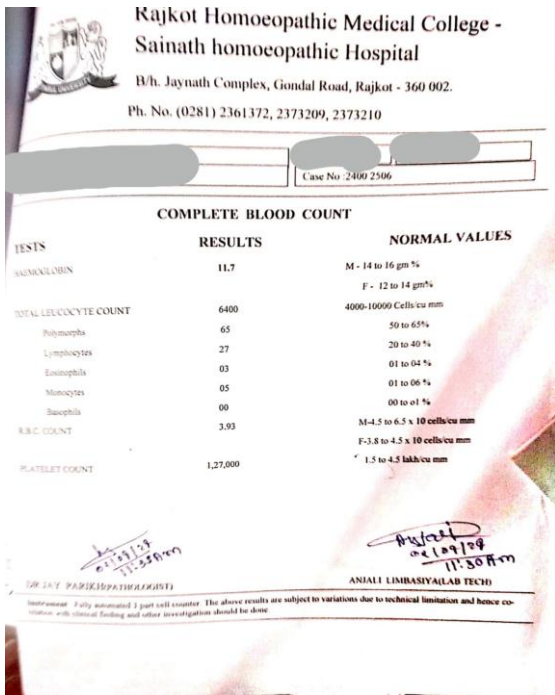
**LOCAL EXAMINATION:**

**Inspection:** Redness and dryness of anal region

**Palpation:** hot & tender anal mucousa.

**Proctoscopy examination:** soft small growth in anal region.

**INVESTIGATIONS**



Intolerance of milk.

Dry tongue, thirst for cold water.

P/P: Dry hard stool as if burnt.

No desire for defecation.

Burning pain.

**TOTALITY OF SYMPTOMS:**

Ailments from indignation.

Anxiety about health.

Anxiety about business.

Fear of failure in business.

Delusion busy he is.

Stool hard burnt as if.

Dryness of rectum.

Burning pain.

**REPERTORIAL TOTALITY:**

Mind - Ailments from - Indignation.

Mind - Anxiety - business: about.

Mind - Anxiety - Health: about.

Mind - Delirium - busy.

Mind - Fear - business failure; of.

Rectum - Dryness.

Rectum - pain - burning.

Stool - Hard – burnt; as if.

**ANALYSIS OF THE CASE:** A 36-year male suffering from piles since 1 month with sever constipation, hard stool as if burnt, no desire for passing stool. Headache, dry tongue with thirst for cold water. Fear of failure in business and anger for his family who treat him unfair, Anxiety about business, Anxiety about health. Thing he is very busy person. Ailments from indignation.

**EVALUATION OF SYMPTOMS:**

M/G: Ailments from unfair treatment of his family member, Anger (indignation).

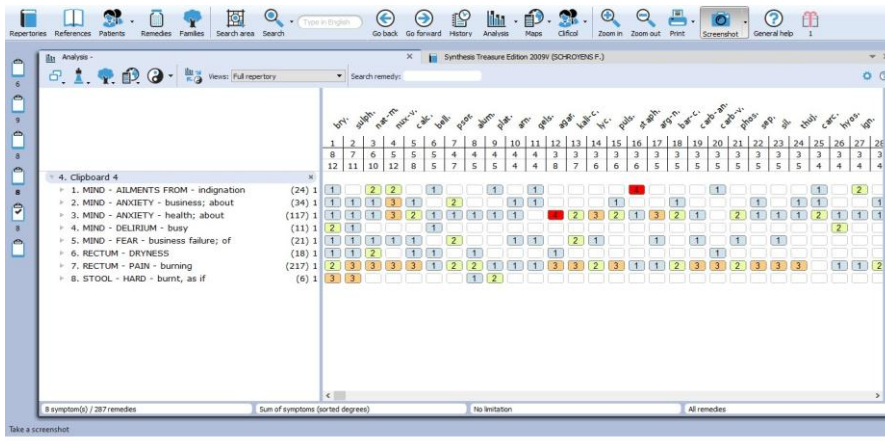
Anxiety about health and business.

Fear of failure in business.

Thing he is busy in his work.

P/G: Desire for coffee and sweets.

**Repertorization:**



REPERTORIAL RESULT ANALYSIS:

Bryonia alba 12/8  
 Sulph 11/7  
 Nat-mur 10/6

REMEDY SELECTION: Bryonia alba

PRESCRIPTION:

Rx  
 1) Bryonia alba 30, 4 pills OD for 3 days.  
 2) Sac lac 30, 4 pills BD for 7 days

FOLLOW UP SHEET

DAYS	SYMPTOMS	PRESCRIPTION
After 7 days	Burning and stitching pain. Dryness of rectum, straining in stool decrease.	Rx Sac lac 30 4 pills BD-15 days
After-15 days	Pain & burning 60% better. Constipation present but not as hard as prior.	Rx Sac lac 30 4 pills BD-15 days
After 15 days	Pain and burning as it is. constipation present	Rx 1) Bryonia alba 200 pills OD for 3 nights 2) Sac lac 30,4 pills BD-1 month
After 1 month	Constipation 70% better. Pain and burning 10-15% remain. Dryness decrease.	Rx 1) Bryonia alba 200 4 pills OD -3 nights 2) Sac lac 30 4 pills BD-1 month
After 1 month	No pain & burning. Stool soft occasionally hard but not as if burnt.	Rx 1) Bryonia alba 1M 4 pills OD for-3 nights 2) Sac lac 30,4 pills BD-1 month
After 15 days	No dry tongue. Thirst improved, regular desire for defecation.	Rx Sac lac 30 4 pills BD-15 days
After 15 days	Pt is well	Rx Sac lac 30 4 pills BD-15 days

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