

Review Article

Treatment of piles through Homoeopathy

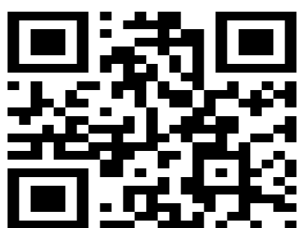
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ABSTRACT

Piles (hemorrhoids) are the swollen blood vessels around the anus. The veins can swell inside the anal canal to form internal hemorrhoids or veins can swell near the opening of the anus to form external hemorrhoids. Chronic constipation, irregularity of bowel evacuation, and prolonged sojourns on the toilet are thought to be conducive toward piles formation. Pregnancy, because of the pressure of the baby's head in the pelvis also leads toward hemorrhoid formation. Piles are the most common condition in the anal region and affects 10-15 percent of the populations at one time or another.

Keywords: Piles, homoeopathy, treatment



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INTRODUCTION

Whenever the internal piles pushes out of the anal opening the condition is known as prolapsed piles and sometimes blood gets collected in the external piles and there they form a clot, these are called as thrombosed external piles. Positions of hemorrhoids – they are usually situated in the 3, 7, 11 o' clock position, that is left lateral, right posterior and right anterior respectively.

Homeopathy is one of the most popular holistic systems of medicine. The selection of homeopathy remedy is based upon the theory of individualization and symptoms similarity by using holistic approach.

This is the only way through which a state of complete health can be regained by removing all the sign and symptoms from which the patient is suffering.

The aim of homeopathic medicine is not only to treat piles but to address its underlying cause and individual susceptibility. As far as therapeutic medication is concerned, several well-proved homeopathic medicines play an important role in treatment for internal and external piles that can be selected on the

basis of cause, sensation and modalities of the complaints.

For individualized remedy selection and homeopathy treatment for piles, the patient should consult a qualified homeopathic doctor in person. Some important homeopathic remedies are given below which are helpful in treatment for hemorrhoids: Aesculus hip.

This homeopathic medicine for piles has painful, blind, or protruding piles of purplish color which are very sore with aching, burning and itching and a sensation of sticks or splinters in the rectum, rarely bleeding.

Hard, dry stools passed with difficulty and followed by a feeling of prolapse of rectum. Pain in the back and hips; bleeding gives relief.

Other indicating symptoms are aching and weakness in the lumbar region, protruding purple piles with severe pain in lower back and fullness in the region of the liver.

Piles from chronic constipation may be cured with Aesculus.

Aloe socotrina

This homeopathic remedy is indicated when piles protrude like a bunch of grapes with great soreness and tenderness.

Constant backache, bearing down sensation in the rectum, sensation of fullness in pelvis.

Piles are mostly moist due to constant mucus secretion from the anus. Dark blood after stool, when the blood passes like water from hydrant (profuse).

Intense itching and burning in the anus preventing sleep. Better by cold water, flatus with faeces.

Sense of insecurity in rectum when passing flatus. Lumpy, watery, jelly like stool.

Arsenic album

Burning pain and restlessness relieved by hot application. Piles burn like fire and skin around the anus gets excoriated. Painful spasmodic protrusion of rectum with severe tenesmus.

Great exhaustion from least exertion with burning pains. Night aggravation of complains with restlessness and fear and fright.

Collinsonia

Homeopathy medicine for piles and constipation. Piles with backache and obstinate constipation are the chief indications of this homeopathic medicine. Prolapse of rectum. Piles bleeding or blind and protruding.

It suits pregnant women who suffer from piles, and itching may be a marked symptom. Homeopathic medicine for piles during pregnancy. The indicating symptoms are chiefly a sensation of sticks in the rectum, with constipation from inertia of the lower bowel.

Hamamalis

Painless bleeding followed by prostration, which is out of all proportion to the loss of blood is the chief indication of this effective homeopathy remedy. The blood is of dark color.

There is anemia, breathlessness and weakness notwithstanding good appetite.

Bruised soreness of affected parts. Passive hemorrhage from any part as piles.

Muriatic acid

This homeopathic medicine has piles like bunch of grapes which look purple and burn when touched.

Piles in children; protruding; reddish blue.

Tendency to involuntary evacuation of stool while urinating.

Piles most sensitive to all touches, even sheet of toilet paper is painful.

Anal itching and prolapsus ani while urinating.

Piles during pregnancy, bluish, hot, with violent stitches.

Nitric acid

In this homeopathic medicine piles are extremely painful to touch and bleed easily during stool. Sticking, pricking pains as from splinters.

Pain is so severe that patient may break in sweat and becomes anxious. Blood from piles is profuse, dark and offensive. Haemorrhages from bowels and violent cutting pains after stools lasting for an hour after stool.

Severe burning and stinging. Rectum feels torn and severe fissures in rectum. Severe exhaustion and irritability after stools.

Piles associated with diarrhoea. Stools are greenish, slimy, watery and offensive. Stool come out with great straining.

Rectum feels full but nothing comes out as expulsion is difficult. Pain as from splinters in the rectum remaining for many hours after stool. Aggravation by cold applications.

Nux vomica

One of the main homeopathic medicine for bleeding or blind piles, to be given when there is burning pain and constipation with ineffectual desire.

If the Piles be large and blind, with a burning, stinging and constricted feeling in the rectum and a bruised pain in the small of the back, and especially if excited by sedentary habits or abuse of stimulants, then Nux may be prescribed with confidence.

Itching Piles keeping the sufferer awake at night, relieved by cold water, or bleeding piles with constant urging to stool, and a feeling as if the bowel would not empty itself are further indications.

Great sensitiveness of the anus cannot make use of the softest toilet paper; the piles are so sore and sensitive that the slightest touch is unbreakable.

Paenoia

Piles with ulceration, the anus and

surrounding parts are purple and covered with crusts, ulcers within the anus are very painful. The whole mucus membrane studded with ulcers and cracks. Biting, itching in anus that provokes scratching.

Anal orifice swollen and burning in anus after stool then internal chilliness. Fistula ani with painful ulcers. Purple Piles covered with crusts and severe atrocious pains with and after each stool.

Ratanhia

The rectal symptoms are most important for this homeopathic medicine. Homeopathic medicine for piles and fissures.

Aching in rectum as if full of broken glass. Anus burns for hours after stool and feels constricted. Dry heat at anus with sudden knife like stitches.

Stools must be forced with great effort and thus Piles too protrude out. Fissures of anus with great constriction and burning like fire. Piles too burn and get relieved by cold water.

Sulphur

This remedy helps in permanent cure of piles which have been suppressed. Troubles resulting from piles which have stopped bleeding, and as a result fullness in the head and uneasiness in the liver; constipation is present; a desire for stool and itching of the anus.

Itching and burning of anus and piles dependent upon abdominal plethora. Frequent unsuccessful desire to go to closet. Stool hard, knotty and insufficient. Redness around anus with Piles oozing and belching. Violent bearing-down pains from small of back towards the anus; lancinating pain from the anus upward, especially after stool.

Ammonium carb

Protrusion of piles after stools with long lasting pains cannot walk. Piles also protrude independent of stool.

Burning and itching in anus which prevents sleep. Piles worse at the times of menses.

Kali carbonicum

This homeopathic medicine for piles has painful piles, burning like fire and bleed copiously. Great distension and swelling inside.

Fistula of the anus. Burning temporarily relieved by sitting in cold water or by cold application.

Carbo veg

Protruding piles, blue, even suppurating, offensive, swelling, burning in the rectum, oozing of fluid from rectum, flatulence; Itching, gnawing and burning in rectum.

Soreness, moisture around anus at night. Discharge of blood with stool. White Piles with excoriation of anus. Bluish burning piles and paining after stool.

Millifolium

Hemorrhage from bowels. Bleeding piles and stool as well as urine is bloody. Blood is bright red in color.

Ficus religiosa

Hemorrhage and Piles. Bloody Piles with bright red blood and pain, soreness, burning, itching and aching in rectum.

Phosphorus

Homeopathic medicine for bleeding Piles and great weakness after stool. White, hard stool with discharge of blood from rectum each time with and after stool.

Painless copious debilitating stools with very fetid stool as well as flatus. Green mucus with long, narrow, hard stool like a dog's.

Seems as if anus is open at all times. Blood from Piles is bright red in color and great debility co-exists.

Thuja

Piles swollen and painful while sitting with burning pains in anus. Anus is fissured and painful to touch with many painful warts.

Constipation with violent rectal pains causing stool to recede. Distended, indurations in abdomen and chronic diarrhea.

Ignatia

Prolapse of piles with every stool, have to be replaced, sharp stitches shoot up the rectum. Aggravation for hours after stool. Stitches in hemorrhoids during cough.

Hemorrhage and pain aggravate when stool is loose.

Pressure as of a sharp instrument from within outwards. Sometimes no pain after a constipated stool.

Kali carb

Large, difficult stools, with stitching pain an hour before is the characteristic symptom for this homeopathy remedy.

Piles, large, swollen, painful. Itching, ulcerated pimples around anus.

Large discharge of blood with natural stool.

Pain in hemorrhoids when coughing; burning in rectum and anus; easy prolapse.

Silicea

Piles are intensely painful, boring, cramping from anus to rectum and testicles; protrude during stool, become incarcerated and suppurate.

Homeopathic medicine for piles that protrude with the stool and discharge bloody mucus; can only be returned with difficulty; Fistula in anus with chest symptoms; aching, beating, throbbing in lumbo-sacral region; anus is constantly damp

Causes of Piles

Piles symptoms probably result from increased intravenous pressure in the hemorrhoidal plexus (the veins in rectum).

Predisposing factors include heart failure, alcoholism, anorectal infections, pregnancy, anal intercourse, and occupations that require prolonged standing or sitting.

Other factors include hepatic disease, such as cirrhosis, amoebic abscesses, or hepatitis; loss of muscle tone due to old age, rectal surgery, or episiotomy; and straining due to constipation, diarrhea, coughing, sneezing, or vomiting.

Primary causes mainly include:

- Prolonged Standing position
- Anatomical factors – exerting during act of defecation
- Congenital weakness of vein wall
- Constipation
- Gravity
- Straining
- Irregular bowel habits

Secondary causes mainly include

- Carcinoma of rectum
- Portal hypertension
- Pregnancy

Sign and symptoms of Piles

- Painless bleeding
- Minor trauma causes bleeding
- External piles are painful
- Patient gives history of constipation
- Pruritus is common factor
- Discharge of mucus
- Irritation of perianal skin

Rectal bleeding should be attributed to hemorrhoids only after other more serious conditions have been excluded. Hemorrhoidal bleeding, which typically

occurs following defecation and is noted on toilet tissue, rarely leads to anemia; they are painful; only when they are ulcerated or thrombosed.

General Treatment for Piles

- Warm sitz bath
- Increase fluid intake
- Increase dietary fibre
- Stool softness
- Person should not sit for a long duration
- Exercise is helpful in relieving constipation

A high-fiber diet to keep soft is usually all that is needed for treatment of painless bleeding from grade I or II hemorrhoids. Some patients experience local problems with itching or burning, secondary to poor hygiene or edema associated with the hemorrhoids. This often improves with local measures such as diaper wipes, witch hazel pads, and sitz baths.

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