
Effectiveness of indicated homoeopathic medicine in treating hemorrhoids with enhancing quality of life – a case series study

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ABSTRACT

Background Haemorrhoid complaint is a common anorectal conditions seen in day to day practice by general physician, general surgeon and gastrointestinal surgeons. It affects significant portion of global population, with roughly 80% of individuals facing this condition **Objective-** To find out the effectiveness of homoeopathic drugs in reducing inflexibility of symptoms, to enhance the quality of life of patient suffering from hemorrhoids and to find out the generally indicated homoeopathic drugs in the treatment of hemorrhoids. **Materials and methods-** This study employed case series design, exercising simple random sampling, to prove the effectiveness of homeopathic drugs in treating hemorrhoids, with data collected through symptom questionnaires, case record formats, and the Short Health Scale(SHS- HD), and follow- up assessments conducted at 15- day intervals. **Result-**Medicines were administered on base of symptom similarity. Among them 44 cases(97.2) were bettered, 1 not bettered(2.8) and Mean of Symptom questionnaire all 45 cases before intervention was 3.8 and after intervention score 1.9, this shows significant enhancement in the case. Mean of SHS- HD of 45 cases before interventions score was 20.9 and after intervention score 8.8 shows the significant enhancement in quality of life of case. The generally indicated drugs are Sulphur(17.7) Phosphorus(15.5) Nux vomica(13.3) Lycopodium(11.1) Lachesis(11.1) **.Conclusion** -The study shows that indicated homeopathic drugs are effective in treating hemorrhoids by reducing the Symptom questionnaire score and perfecting the quality of life. **Keywords-** Haemorrhoids, Short Health Scale- HD, Homoeopathic drugs, Symptom questionnaire

INTRODUCTION:

Haemorrhoid disease is one of the most common anorectal complaint encountered in day to day practice by general physician, general surgeon and gastrointestinal surgeons^[1]The abnormal dilatation and distortion of the vascular channel, together with destructive changes in the supporting connective tissue within the anal cushion, is a finding of haemorrhoidal disease. In the veins of the haemorrhoidal plexus congestion occurs leading to varicosities in lower rectum ^[2]Globally, the prevalence ranges from 80% and in India; it affects around 75% of the population.^[3] Its prevalence can be seen at any age and in both genders ^[4]Haemorrhoids affect millions of people around the world, and represent a major medical and socioeconomic burden. Haemorrhoids are a serious anal disease affecting global population which causes significant morbidity and imposes economic burden among the patients.^[2]The goal of physical exertion for people with haemorrhoidal disease is to promote regular bowel movements, improve circulation & strengthen muscles in the pelvic area & lower back.^[5]Although haemorrhoidal cushions are

normal anatomic structures, they are rarely noticed until issues arise, and then the term hemorrhoid is meant as a pathologic process. All etiologic factors work stretching and slippage of the haemorrhoid tissue. As the supporting tissue of the anal cushions weakens, over repletion of the cushions can do, cause venous dilation and prolapse. Number of possible contributing factors leading to migration of the haemorrhoid cushions has been suggested, including lack of Salutory fibre chronic straining, spending redundant time on the commode, constipation, diarrhoea, pregnancy, sedentary lifestyle, and a family history.^[6]

The clinical features are Hemorrhoids or piles are characteristic anal cushions
More common when intra-abdominal pressure is raised. Eg. Obesity, constipation & pregnancy
Classically in 3, 7, & 11 o'clock positions with ease in lithotomy position.
Symptoms of hemorrhoids: bright red, effortless bleeding, Mucus discharge, prolapse, Pain only on prolapsed ^[7]

Haemorrhoids are classified as

1. Internal Haemorrhoids Goligher's classification:

First degree

Second degree

Third degree

Fourth degree

2. External Haemorrhoids

External hemorrhoids feel and look like small lumps just outside the anus. They can beget bleeding and itching. .

3. Interno-external ^{[7][8]}

1. Non-operative treatment – grade 1 & grade 2

Fiber supplementation

Increase fluid intake

Bulk purgative

Ready in toilet to be discouraged

Encourage to lose weight

2. Operative treatment -
Haemorrhoidectomy ^[9]

Generally piles is treated by Exercise is helps in relieving constipation. Minimizing constipation along with prolonged straining may affect both lifestyle and medicines used as treatments for symptomatic hamorrhoids.^[10]

Symptomatic treatment: Stool softeners, sitz baths, analgesics.

Occasionally excision for thrombosed external haemorrhoids.

Injection sclerotherapy, rubber band ligation, or infrared photocoagulation for internal haemorrhoids.^[11]

Most common homeopathic medicines are

Aesculus hippocastinum

Collinsonia Canadensis

Ratanhia Perviana

Aloe socotrina
Nitric acid
Paeonia officinalis
Nux vomica
Sulphur ^{[12][13][14]}

SCALE FOR HAEMORRHOIDS:

Symptom questionnaire
Short health scale- HD^{[15][16]}

AIMS AND OBJECTIVES:

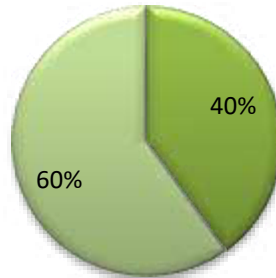
The aim of study is to assess the effectiveness of indicated homoeopathic medicine in reducing severity of symptoms through Symptom questionnaire and improving quality of life of patient with help of SHS-HD. The primary objectives are to find out the effectiveness of homoeopathic medicines in reducing severity of symptoms and to enhance the quality of life of the patient suffering from hemorrhoids. The Secondary objective is to find out the commonly indicated homoeopathic medicines in treatment of hemorrhoids

MATERIALS AND METHOD: A case series study conducted at college OPD & peripheral OPD over a period of 6 months. Patients of both sex, of all age groups, diagnosed cases of grade 1 and 2 haemorrhoids along with given consent were included. Patients unwilling to participate, pregnant women, patients with CA rectum were excluded. This study employed a case series design, utilizing simple random sampling, to investigate the effectiveness of homeopathic medicines in treating hemorrhoids, with data collected through symptom questionnaires, case record formats, and the Short Health Scale (SHS-HD), and follow-up assessments conducted at 15-day intervals.

RESULT: Medicines were administered on basis of symptom similarity. Among them 44 patients (97.2%) were improved, 1 not improved (2.8%) and Mean of Symptom questionnaire all 45 patients before intervention was 3.8 and after intervention score 1.9, this shows significant improvement in the patient. Mean of SHS-HD: of 45 patients before interventions score was 20.9 and after intervention score 8.8 shows the significant improvement in quality of life of patient. The commonly indicated medicines Sulphur (17.7%) Phosphorus (15.5%) Nux vomica (13.3%) Lycopodium (11.1%) Lachesis (11.1%)

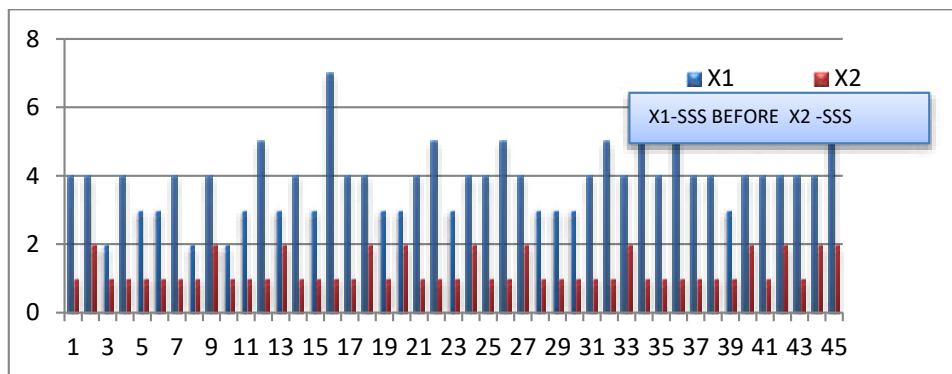
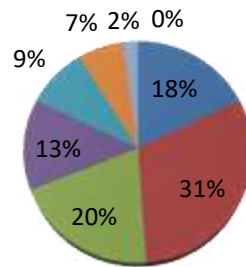
PERCENTAGE WISE SEX DISTRIBUTION

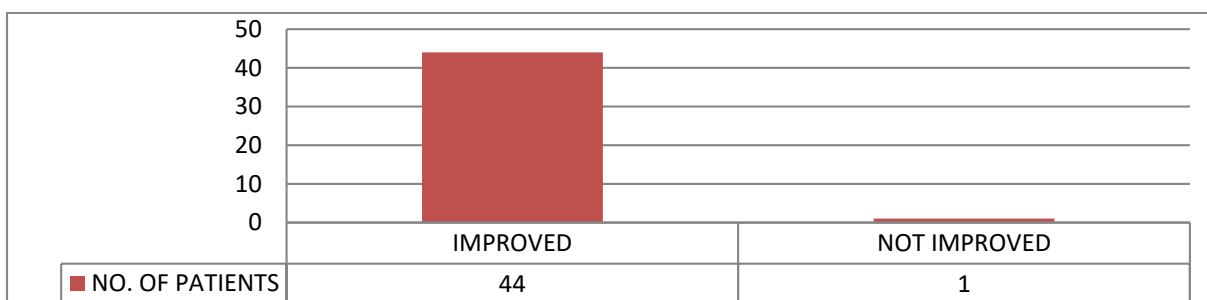
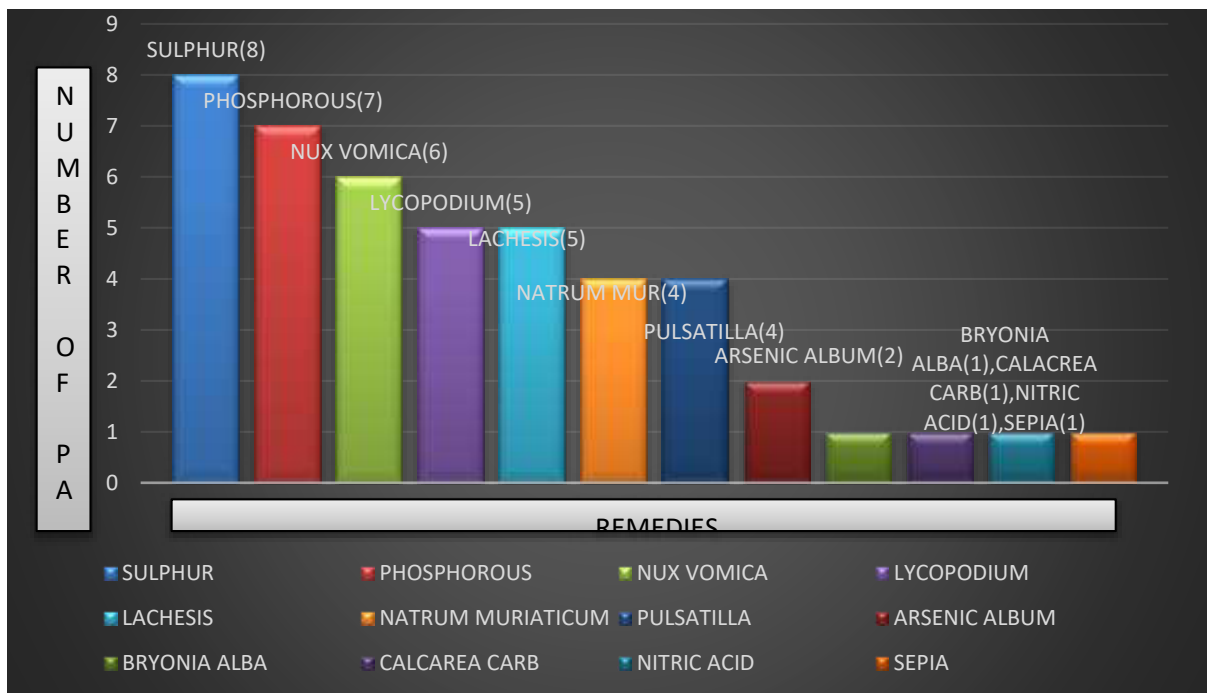
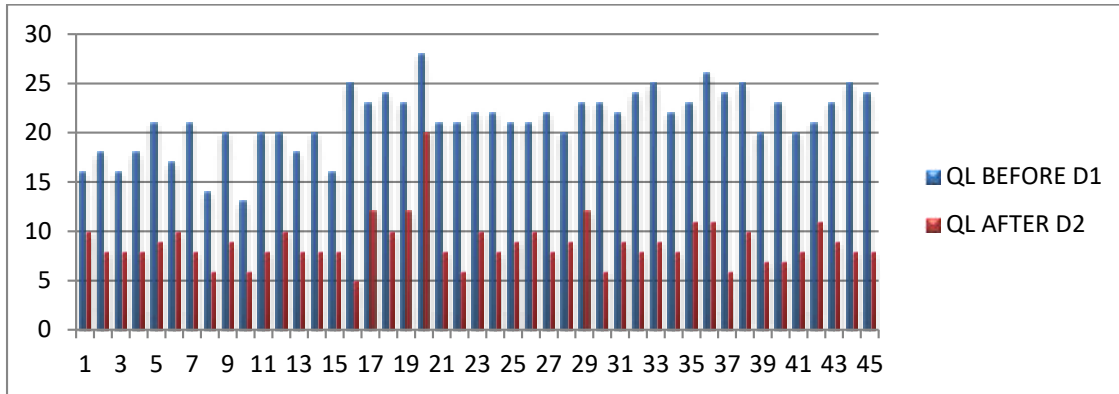
MALE FEMALE



AGE WISE DISTRIBUTION

11-20 yrs 21-30 yrs 31-40yrs 41-50yrs 51-60yrs 61-70yrs 71-80yrs 81 - 90yrs





DISCUSSION:

Haemorrhoids is a common ano-rectal complaint affecting people across various age groups, often leading to symptoms such as bleeding, burning, prolapse, itching, etc. There is abnormal dilatation of vascular channels, congestion of haemorrhoidal plexus leading to varicosities in the lower rectum. It may be external or internal haemorrhoids depending on the varicosities. The study aims to assess the effectiveness of indicated homoeopathic medicines in treating

haemorrhoids, reducing symptom severity and upgrading the quality of life. In this study we considered a heterogenous population of 45 diagnosed cases selected randomly including both gender and all age groups. Thorough case taking was done, SSS and QOL index was applied. Indicated homoeopathic medicines were prescribed as and when needed. After homoeopathic treatment there was improvement in Symptom questionnaire and Quality of Life was improved. Patient complaints were decreased as they were prescribed with indicated medicine we observed the changes as a whole, Patient got relived mentally and physically. Patient from age group of 11-20 (08), 21-30(14) cases, 31-40 (09)cases ,41-50cases (06) 51-60 (04) cases , 61-70 cases (03), 71-80(01) ,81-90 (00). Sex ratio in 45 cases male (18) and female (27). In our study hemorrhoids were mostly found in patients in age group of (21-30) and females were more prone to suffer from hemorrhoids than males During our study we observed that out of 45 patients 13 patients who were suffering from haemorrhoids since 5 years or more responded well to indicated homoeopathic medicines and experienced satisfactory relief. The probable cause found in patients suffering from hemorrhoids was constipation, dietary factors and hereditary. To validate this findings a paired t test was applied. The calculated t values of both the scales exceeds the table t value and the null hypothesis is rejected. The results indicated a improvement in Symptom questionnaire and Quality of Life. Difficulty faced were patients were not regular in follow ups and we had to convince the patients to allow us to do rectal examination.

CONCLUSION:

Our study shows that indicated homeopathic medicines are effective in treating hemorrhoids by reducing the symptom severity and upgrading the quality of life.

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