

EFFECTIVENESS OF INDICATED HOMOEOPATHIC MEDICINE IN CASES OF INTERNAL HEMORRHOIDS -A CASE SERIES

Dr.Rita Kundu, Dr. Shweta Patil, Dr Vishal Nimbhore, Dr. Suhail Sheikh, Dr. Varsha Dharne, Dr. Sonali Roham, Dr. Gokul Aher, Dr. Ankita Thete ,Miss Priyanka Chavan, Mr Udbhav Yadav.

Abstract:

Hemorrhoidal disease is one of the most common anorectal conditions encountered in daily practice by general practitioner, general surgeon and gastrointestinal surgeons. Homoeopathy ranks the most popular among the traditional, complementary or alternative medicines. homoeopathic literature shows anecdotal data on the usefulness of homoeopathic medicine in haemorrhoids although remarkable cure of Haemorrhoids with homoeopathic medicines in casual clinical experiences has been noted.

Objective:

The main objective of this research work was to study the effect of homeopathic medicines in reducing severity of symptoms in cases of internal Haemorrhoids. The second objective was to find out the most common homoeopathic medicines in cases of internal Haemorrhoids.

Method:

The study was based on case series study. After identification of participants we have done full case study of the patient and homoeopathic indicated medicine was prescribed to all patient.

Result:

Out of 30 cases in our sample size 1 recovered, 23 improving and 6 not improved with indicated homeopathic medicine.

Conclusion:

A study was conducted on 30 patients on the topic of internal haemorrhoids. Patients was collected from M(N)HMC OPD. We have done full case taking of the patients and homoeopathic indicated medicine was prescribed. We have symptom severity scale in our research on the basis of which we have done scoring of the patient and we have reached to the conclusion that 1 patient was recovered, 23 patients were improving and 6 not improv out of 45 patients and our null hypothesis was rejected.

Keywords: homoeopathy, haemorrhoids, symptom severity scale

Introduction:

Hemorrhoidal disease is one of the most common anorectal conditions encountered in daily practice by general practitioner, general surgeon and gastrointestinal surgeons.

Although haemorrhoids are recognized as a very common cause of rectal bleeding and anal discomfort, the true epidemiology of this disease is uncommon because patient have tendency to use self- medication rather than seek proper medical attention.

It has been projected that about 50% of the population would have haemorrhoids at same points in their life probably by the time they reach the age 50, and approximately 5% population suffer from haemorrhoids at any given point of time.

An epidemiologic study by Johnson et.al in 1990 showed that 10 million people in the United States complained of haemorrhoids, corresponding to prevalence rate of 4.4% in both sex, peak prevalence occurred between age 45-65 years and development of haemorrhoids before the age of 20 years was unusual.

Piles affecting is more and more people in India because of bad lifestyle and choices such as fast food and lack of exercise and stressful professional life. It is proven fact that haemorrhoids is more prevalent in cities than in small towns or rural areas just because of faulty food habits. eg high intake of junk food, spices, aerated drinks, Fiber rich diet.

Homoeopathy ranks the most popular among the traditional, complementary or alternative medicines. homoeopathic literature shows anecdotal data on the usefulness of homoeopathic medicine in haemorrhoids although remarkable cure of haemorrhoids with homoeopathic medicines in casual clinical experiences has been noted.

Objective:

The main objective of this research work was to study the effect of homeopathic medicines in reducing severity of symptoms in cases of internal haemorrhoids. The second objective was to find out the most common homoeopathic medicines in cases of internal haemorrhoids.

Materials and methods:

This was case series study. This study was conducted in M(N)HMC OPD, and the patient was collected from OPD itself. This study was of 6 month duration. The exclusion criteria was pregnancy, carcinoma of rectum, and grade IV haemorrhoids and inclusion criteria was patient of all ages, both sex and patient having Grade I, Grade II, Grade III Haemorrhoids.

The patient was assessed with symptom severity scale. The homoeopathic indicated medicine was prescribed to all 30 patient.

Statistical analysis:

As according to our symptom severity scale, the scoring was done between 1 to 5. We applied pair t test. Our table value was less than the calculated value, so the null hypothesis was rejected.

Discussion:

Hemorrhoidal disease is one of the most common anorectal conditions encountered in daily practice by general practitioner, general surgeon and gastrointestinal surgeons. Although haemorrhoids are recognized as a very common cause of rectal bleeding and anal discomfort, the true epidemiology of this disease is uncommon because patient have tendency to use self-medication rather than seek proper medical attention. It has been projected that about 50% of the population would have haemorrhoids at Some points in their life probably by the time they reach the age 50, and approximately 5% population suffer from haemorrhoids at any given point of time.[6] An epidemiologic study by Johnson et.al in 1990 showed that 10

million people in the United States complained of haemorrhoids, corresponding to prevalence rate of 4.4% in both sexes, peak prevalence occurred between age 45-65 years and development of haemorrhoids before the age of 20 years was unusual.

Haemorrhoids are defined as swollen and inflamed veins in the rectum and symptomatic enlargement and distal displacement of normal anal cushion the most common symptoms pain, bleeding, discomfort and discharges of mucous. Haemorrhoids are usually cause by the straining during bowel movement.

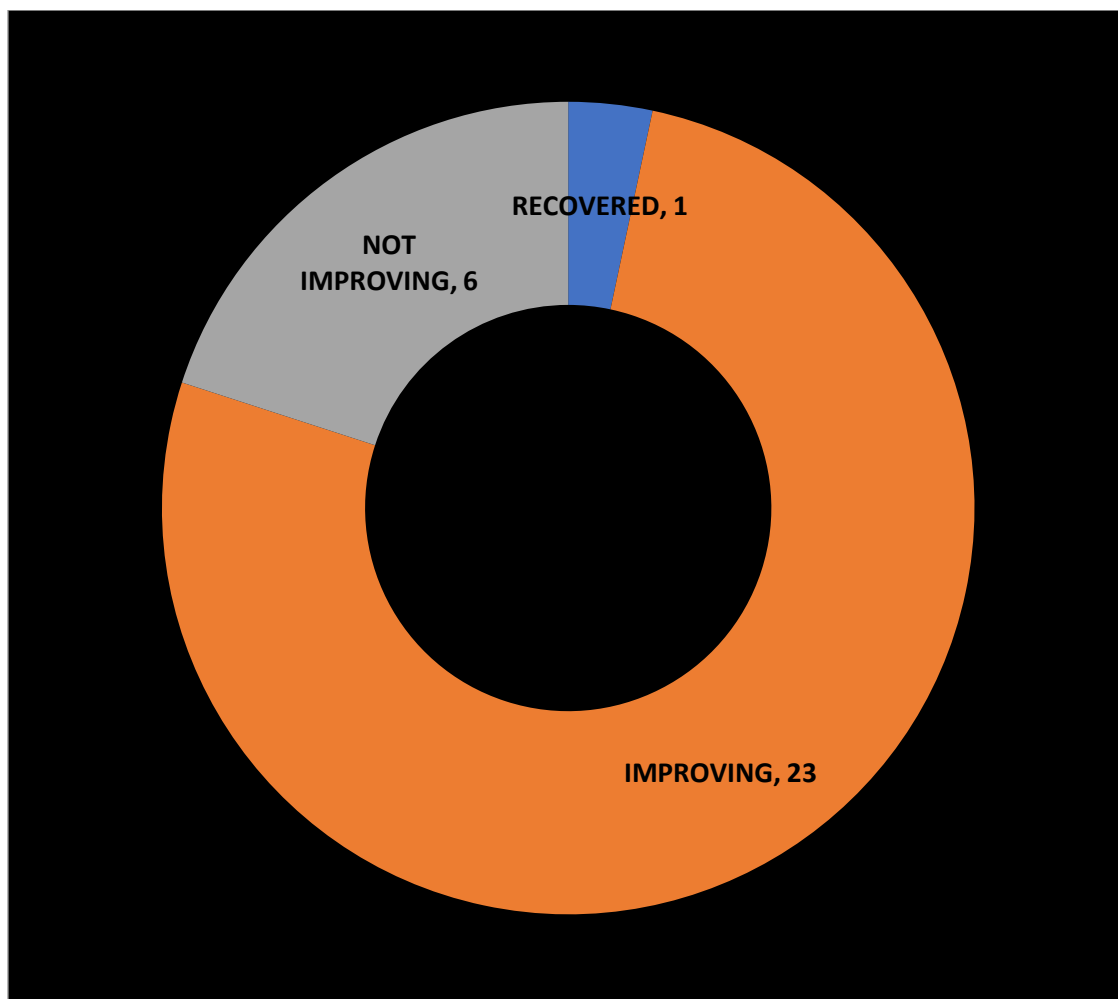
Considering all this we decided to conduct a case series study to find out effectiveness of indicated homoeopathic medicine in cases of internal Hemorrhoids. Our inclusion criteria was both sex of all age group and we excluded patients with carcinoma of rectum, pregnant women, grade IV Haemorrhoids. In this study we enrolled total 40 cases eventually dropping out 10 cases due to inconsistency in follow up and some cases didn't follow our inclusion criteria.

sample size was of 30 cases. All these cases were collected at M(N)HMC OPD, with complaints of internal haemorrhoids and simillimum was given to each patient. Symptoms were measure with symptom severity scale Mohamed A Thaha, TY-JOURAU- Thaha, MohamedAU- Campbell, Kenneth AU- Kazmi, Syed. Pre and Post symptom severity score was noted. Out of all these patients 1 patient recovered, 23 improved, 6 not improved. Like wise we studied our 30 cases and we saw significant improvements in our patient in complaints of internal haemorrhoids along with other complaints.

Result:

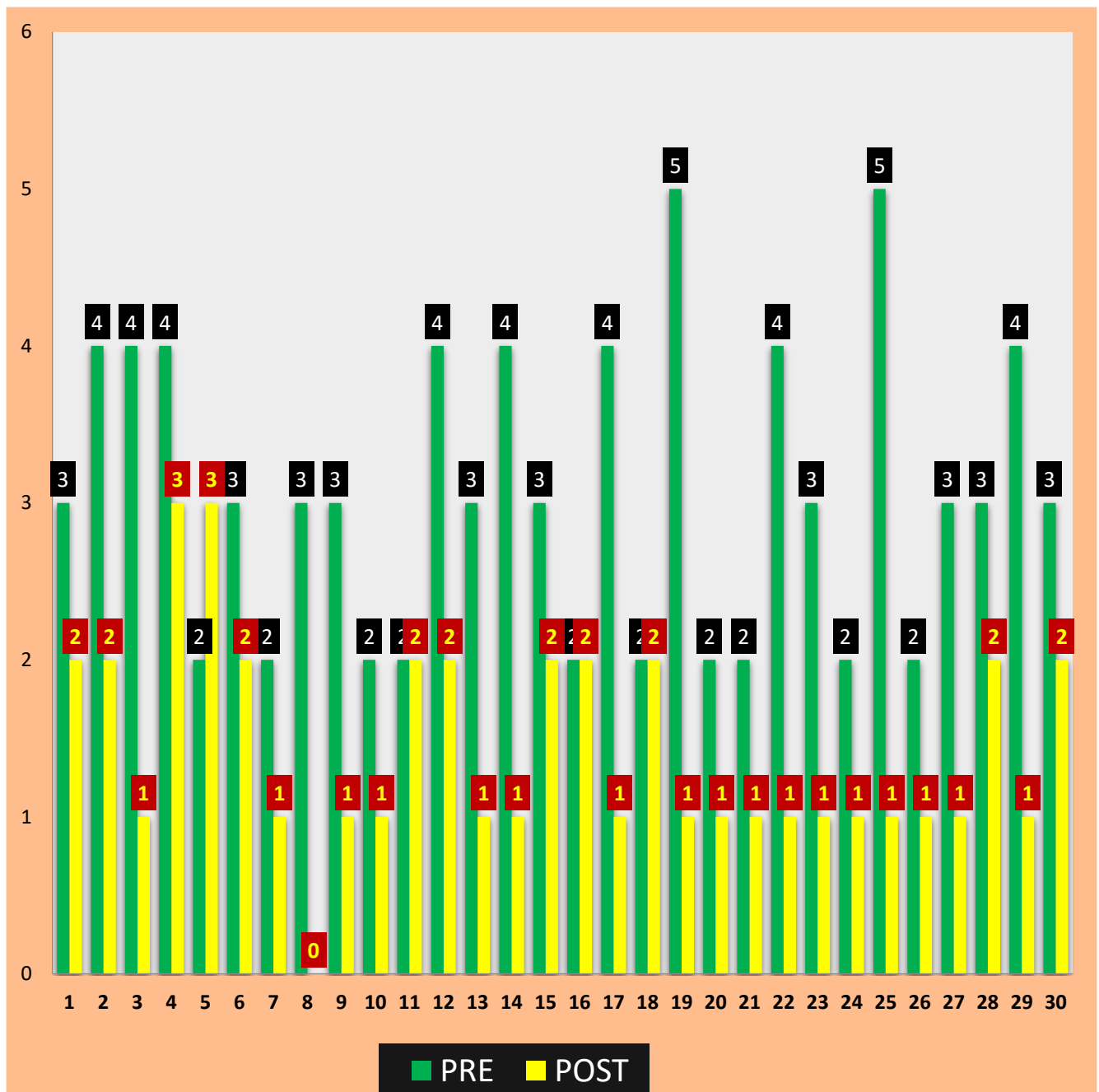
Out of 30 cases in our sample size 1 was recovered, 23 was improving and 6 were not improved with indicated homeopathic medicine. The most common remedies used were Sulphur-12 cases, Nux vom- 7cases, Lachesis- 2cases, Nat.mur- 2cases, lycopodium- 2cases, Cina- 1case, Gelsemium- 1case, Hamemalis- 1case, Nitric acid- 1 case, Phosphorus- 1case.

RESULT AFTER HOMOEOPATHIC SIMILLIMUM TREATMENT

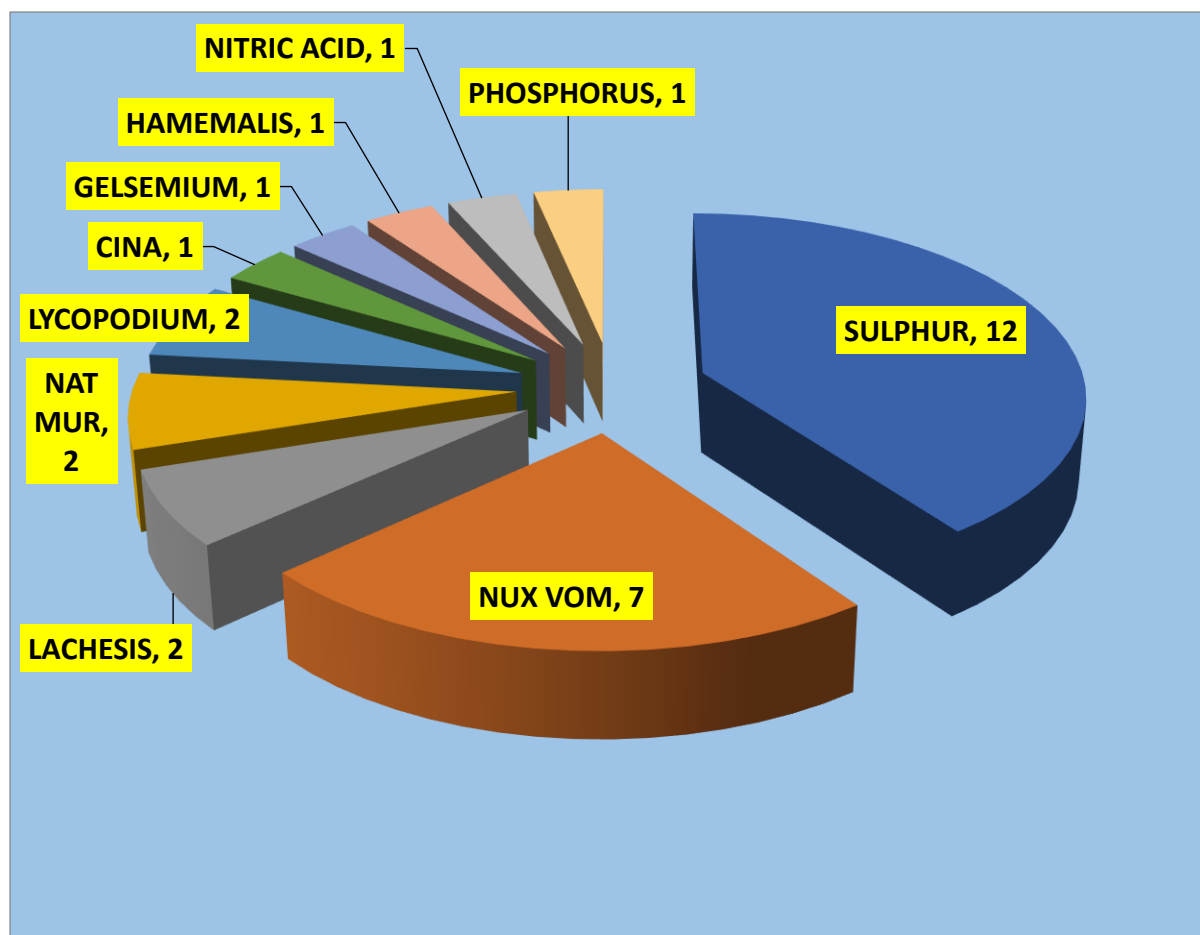


RESULT	HOMOEOPATHIC SIMILLIMUM
IMPROVED	1
IMPROVING	23
NOT IMPROVING	6

PRE AND POST HOMOEOPATHIC SIMILLIMUM TREATMENT



I.COMMONLY PRESCRIBED HOMOEOPATHIC MEDICINES



HOMOEOPATHIC MEDICINE	NO. OF CASES
SULPHUR	12
NUX VOM	7
LACHESIS	2
NAT MUR	2
LYCOPODIUM	2
CINA	1
GELSEMIUM	1
HAMEMALIS	1
NITRIC ACID	1
PHOSPHORUS	1

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