



TANTIA UNIVERSITY JOURNAL OF HOMOEOPATHY AND MEDICAL SCIENCE

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ORIGINAL ARTICLE

A STUDY ON THE EFFECT OF HOMOEOPATHIC REMEDIES (CONSTITUTIONAL AND ORGANOPATHIC) IN THE TREATMENT OF HAEMORRHOIDS

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Abstract

Received- 12/11/2022

Revised- 20/12/2022

Accepted- 25/12/2022

Key Word- Haemorrhoids, homoeopathy, constitutional medicines, organopathic medicines

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Haemorrhoid is a prevalent anorectal disease with substantial compromise in quality of life. **Objective:** efficacy of homoeopathic medicines in the treatment of haemorrhoids in constitutional and organopathic approach. **Study design:** Observational Study. **Result:** After completing the study of 70 diagnosed cases of Haemorrhoids and observing them with administration of Constitutional and Organopathic remedies with proper follow up it is observed that 45 cases (65%) have shown marked improvement from their condition before treatment, of which 22(31%) were with Constitutional remedies and 23(33%) with Organopathic remedies. 19 cases (27%) have moderate change in their condition, of which 11(16%) are prescribed Constitutional remedies and 8(11%) are prescribed Organopathic remedies. 6 cases (9%) had shown mild response to the treatment, where 4(6%) and

2(3%) were the numbers of cases where Constitutional and Organopathic remedies were given respectively. The accuracy of the result before and after treatment has been analysed by using t test. **Conclusion:** Homoeopathic remedies both Constitutional and Organopathic remedies are equally effective in the treatment of Haemorrhoids.

INTRODUCTION

Haemorrhoid is a prevalent anorectal disease with substantial compromise in quality of life. Haemorrhoids though fairly common, many cases go unreported since many patients give trial to home remedies before visiting their doctors. Haemorrhoids affects up to one quarter of the adult. Men and women are equally affected by haemorrhoids and the condition tends to get common with the advancing age, attaining peak between 45 to 65 years of age. Numerous interventions exist for the management of this disease ranging from topical application, medical therapies and surgical interventions that aims to fix or exise them. Whatever the intervention selected for treatment, this should be tailored to the individual's choice, convenience and degree of haemorrhoids. Homoeopathic medicines can effectively help in the management of haemorrhoids and the symptoms associated with it such as pain, bleeding, itching, heaviness

sensation etc. As noted in various clinical experiences homoeopathy is found to be very effective in early stages of haemorrhoid and in advanced stages homoeopathy provides symptomatic relief to the patients. Homoeopathic medicines targets the cause and thus treats the disease from the roots thereby reducing the chances of relapse of the condition. treatment are compared statistically.

Aim and Objective: The study here aims at ascertaining the efficacy of homoeopathic medicines in the treatment of haemorrhoids in constitutional and organopathic approach.

METHOD

The study was conducted in the surgery IPD and OPD of Sri Ganganagar Homoeopathic Medical College, Hospital And Research Institute, Sri Ganganagar, Rajasthan. 100 patients were taken up for the study as per the specified disease diagnosis of haemorrhoid. 30 patients were dropout, for two reasons (2patients developed severely swollen prolapse

haemorrhoids and 28 patients had irregular followup) so the intention of observation of a population of 70 cases satisfying the pre specified eligibility criteria was analysed in the end. 37 patients were allocated constitutional medicines and 33 patients were given organopathic medicines based on the individualized prominent features of the patients.

Before treatment (at baseline), Patients independently rated their severity on five 100mm visual analog scale (VAS);

1. 0-20 = no complaint
2. 5-44 = mild
3. 45-74= moderate
- 4.-75-100= maximum severity

Measuring the intensity of the 5 cardinal symptoms of haemorrhoids- pain bleeding, itching, heaviness and discharge; and anoscopic examination on a scale of 0 to2 as follows

1. 0= no sign of inflammation
2. 0.1- 1 = rather active grad haemorrhoid without overt inflammatory finding (mild anitis)
3. 1-2= an actively or easily bleeding haemorrhoid with overt sign of inflammation and oedema (severe anitis)

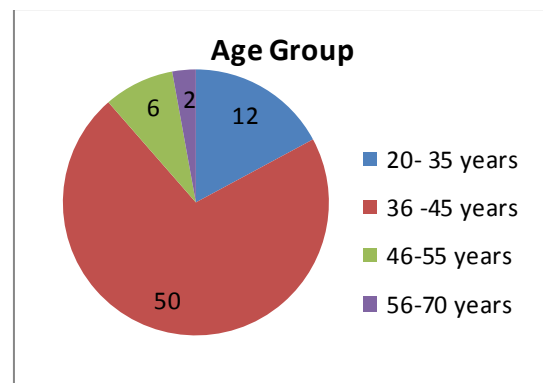
Patients were followed up every week upto 3 months where the outcome are measured at the end using the same standardized measurement scales of VAS and anoscopic scores

OBSERVATION AND OUTCOME

In this study total 100 patients were screened as per disease diagnosis i.e. haemorrhoids. 70 patients satisfied the pre specified eligibility criteria and 30 are dropped out for 2 reasons- 2 patients developed severely swollen prolapse haemorrhoid and 28 patients due to irregular follow up. Since enrolment each patients were treated and observed for a period of 3 months. Total 70 patients received treatment till the end. So the analysis is as follows:

Age incidence:

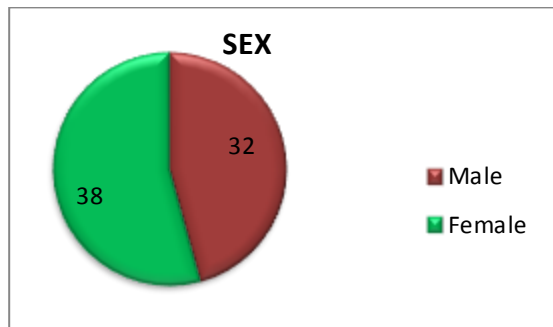
In this study sample of 70 cases of haemorrhoids 12 patients were between the age of 20- 35 years (17%), 50 cases were observed between 36-45 years (71%), between 46-55 years were 6 cases (9%), and between 56-70 years were 2 cases (3%).



Graph No. 1 - Age incidence

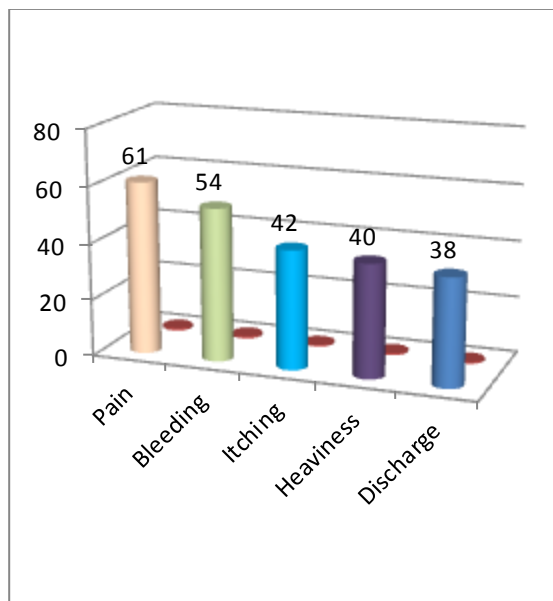
Sex incidence : Among 70 cases of haemorrhoids it was observed that maximum cases were of female patients

i.e. 38 cases (54%) and minimum cases were of male patients i.e. 32 cases (46%).



Graph No. 2 - Sex Incidence

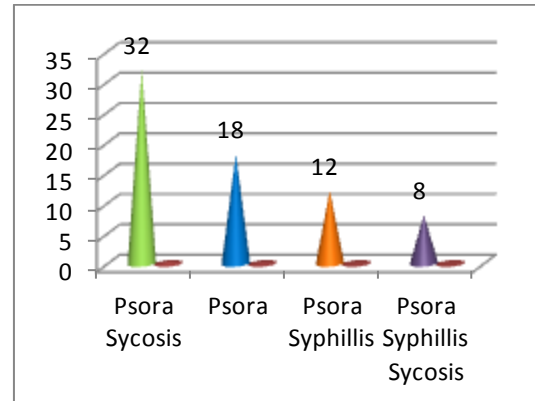
Prominent Haemorrhoid symptoms : It has been observed that the maximum number of patients were suffering from pain in anus i.e. 61 patients (87%), followed by bleeding i.e. 54 patients (77%), heaviness i.e. 40 patients (57%), itching i.e. 42 patients (60%), and minimum number of patients were suffering from discharge from anus i.e. 38 patients (54%).



Graph no. 3- symptoms of Haemorrhoids

Miasmatic background : According to the study, 32 (46%) cases have Psora

Sycosis as their dominant miasm, 18 (26%) cases have Psora, 12 (17%) cases have Psora Syphilis and 8 (11%) were Tri-miasmatic (psora-sycosis-syphilis).



Graph no. 4- Miasmatic background

Remedies prescribed : A single individualized medicine was prescribed based on the presenting symptom totality, past history, family history, personal history, severity of disease, duration, investigation, repertorisation and consultation of Materia Medica.

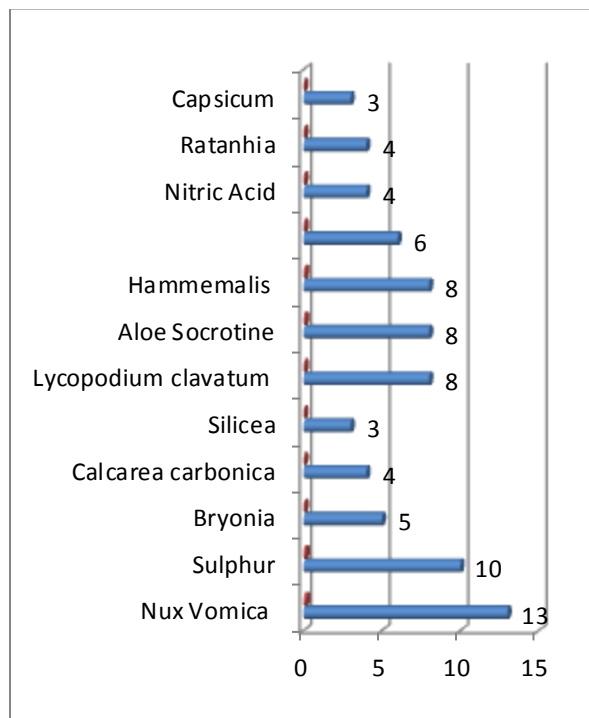
In this study out of the 70 cases 37 (53%) patients were allocated Constitutional medicines and 33 (47%) patients were given Organopathic medicines selected through syndromic approach.

Constitutional medicines Prescribed :

The constitutional medicines given are Nux vomica ranking first allocated in 13 (18%) cases, next is Sulphur with 10 cases (14%), Bryonia given in 5 cases (7%), Calcarea carbonica in 4 cases (6%), Silicea in 3 cases (5%) and lastly Lycopodium in 2 (3%) cases.

Organopathic medicines prescribed :

The Organo-Specific medicines were Aloe socrotine given in 8 cases (11%), Hammamelis verginia also given in 8 cases (11%), Aesculus hippocastinum which is given in 6 cases (8%), Nitric acid in 4 cases (6%), Ratanhia in 4 cases(6%) and lastly Capsicum in 3 cases (5%) .

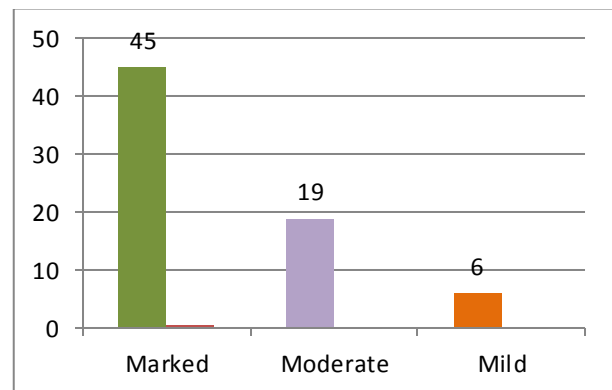


Graph 5 Medicine used

Improvement status before and after treatment :

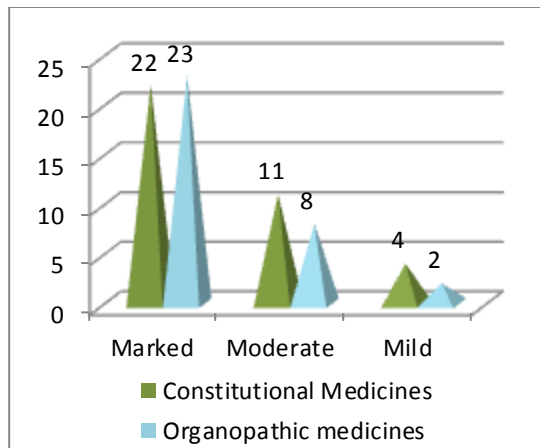
The overall response of Homoeopathic medicines after treatment and observing the diagnosed 70 cases of haemorrhoids it was found that 45(65%) patients had marked improvement in the subjective symptoms, where as 19 (275%) patients have shown moderate improvement from their condition before treatment and 6 (8%) patients have shown mild changes or response. In this study,

homoeopathic medicines shows significant reduction in the intensity scoring of various clinical presentations of haemorrhoids like pain, itching, bleeding, swelling and heaviness sensation in all the Haemorrhoids cases. The results are based on the statistical analysis of before and after treatment score.



Graph No. 6 Improvement Status

Outcome: At the end of the study, it is found that treatment response were equally effective with Constitutional medicines and Organopathic medicines. Out of 37 cases(53%) prescribed with Constitutional medicines 22 cases(31%) showed marked improvement, 11 cases (16%) showed moderate improvement and 4 cases (6%) showed mild improvement in the intensity of their disease condition. And out of 33 cases (47%) prescribed with Organopathic medicines, 23 patients (33%) showed marked improvement, 8 (11%) showed moderate improvement and 2 no. of cases (3%) had mild improvement in their conditions.



Graph No. 7 - Constitutional and Organopathic Remedies

DISCUSSION

The study on the effect of Homoeopathic remedies (Constitutional and Organopathic) in the treatment of Haemorrhoids was done on 70 diagnosed cases of haemorrhoids coming in the OPD and IPD of Sri Ganganagar Homoeopathic Medical College, Hospital and Research Institute, Sri Ganganagar, Rajasthan.

All cases were recorded, analysed, totality of symptoms evaluated, clinical assessment before and after treatment were done using the VAS scale and Anoscopic score. Paired ‘t’ test was applied to test the significance.

The discussion on various aspects observed in the study has been given below -

Locality : According to this study 46 cases (68%) were from rural areas and 24 cases (34%) were from urban areas.

Occupation: Out of 70 diagnosed cases of haemorrhoids, it was observed that

maximum incidence of haemorrhoids were found in Housewife i.e. 30 cases (43%), followed by Manual labourer i.e. 16 cases (23%) and patients doing self business 14 cases (20%), patients under government services were 7 in number (10%), minimum cases were students with 3 cases (5%).

Dietary Habits: Among 70 cases 65 (93%) patients were found to be vegetarian and 5 (7%) were on vegetarian.

Family History: With respect to family history out of 70 cases, 32 (46%) had a family history of Haemorrhoids, 10 (15%) patients had history of Diabetes Mellitus, 15 (21%) had history of hypertension, 8 (11%) of asthma, 3 (4%) of Tuberculosis and 2 (3%) of chronic kidney disease.

Degree of Haemorrhoids : In this study of 70 cases of haemorrhoids, the most number of cases 40 were seen in I Degree with 57% ,26 case were seen in II Degree with 37% and 4 cases in III Degree with 6%.

Potency : Out of 70 cases in this study 35 (50%) patients were prescribed with 200 potency. 33 cases (47%) were prescribed with 30 potency and 2 patients (3%) were prescribed with 1 M potency. Selection of potency was done according to nature of case and patients susceptibility following the homoeopathic principle.

Statistical Analysis and result

In the study 70 diagnosed cases of haemorrhoids fulfilling the eligibility criteria were taken consideration (n=70). Degree of freedom (n-1) is 69 and level of significance is 0.05%. The calculated value of t-statistic using the VAS score is 20.6 which is > than tabulated value i.e. 1.98. Again the calculated value of t-statistic using the Anoscopic score is 18.25 which is > than tabulated value i.e. 1.98. So in both cases the null hypothesis stands rejected while the alternative hypothesis is accepted. Hence homoeopathic medicines are found significantly effective in the treatment of haemorrhoids.

CONCLUSION

Nux vomica was the most frequently prescribed medicine from among the constitutional remedies and Aloe Socotrine was the most frequently prescribed medicine among the Organopathic remedies. Both Constitutional and Organopathic remedies are almost equally effective in the treatment of Haemorrhoids.

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How to Cite this Article- Sophia K., Singh C., Juneja R., A Study On The Effect Of Homoeopathic Remedies (Constitutional And Organopathic) In The Treatment Of Haemorrhoids. *TUJ. Homo & Medi. Sci.* 2022;5(4):17-24.