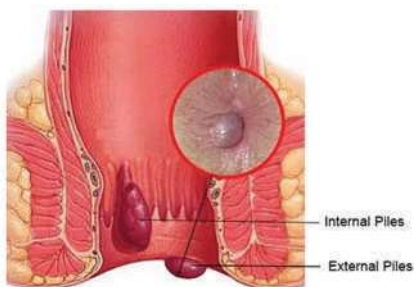


# Piles – A Painful Concern!!!

**Homoeopathic medicines are very effective in the management of piles, in an absolutely harmless gentle manner.**

COMMONLY REFERRED to as “**PILES**”, haemorrhoids are distended veins in the lining of the anus. This condition is common and is often attributed to a low-fiber diet and an inadequate intake of fluid. Straining to pass small, hard stools increases the pressure in the abdomen, which slows the flow of blood in the veins around the anus. Repeated straining produces the distended veins known as piles.



## Symptoms

- Bleeding with bowel passage is the most common symptom of piles. Bleeding may be little as seen on the toilet paper or as a blood streak on stool.
- Mucus discharge may be seen in some cases.
- The patient may be anaemic due to frequent blood loss.
- There may be feeling of fullness or incomplete passage of bowel movements.
- Pain, irritation and itching may be present in some cases.
- The patient may feel the piles/haemorrhoids hanging outside the anus.

## Grades of Piles

The severity of internal piles can be accessed in the following grades according to the degree of their prolapse into the anal canal.

- Grade I – Grade I piles manifest as small swellings inside the anal canal and may bleed sometimes.
- Grade II – Grade II piles may protrude outside the anus during straining at stool but may return to its original position after the abdominal pressure becomes normal.
- Grade III – Grade III piles may protrude outside the anus without any straining at stool and patient will have to manually push them back in place.
- Grade IV – Grade IV piles always remain protruded outside the anus.

## Cause

- Lack of fiber diet – Dietary fibers help in retaining water in the stools. Lack of fiber in diet may lead to less water retention causing the stools to become hard and dry.
- Constipation - Hard stools and long straining for stools can cause pressure over veins around and can cause them to enlarge.
- Ageing – Ageing increases the risk of piles as the muscle and their supporting tissue become weak.
- Pregnancy – As the growing foetus needs space and puts

pressure on the abdominal and pelvic organs, piles can be seen as one of the common problems developing during pregnancy.



## Steps to be taken if you are having any symptom related to Piles:

- See a physician – Do not ignore!
- Treat constipation
  - Increase fiber intake in your diet. Few fiber rich foods are: Apple, Barley, Oats, Carrot, Brown rice. Take 2 helpings of salad every day
  - Eat two seasonal fruits every day, one can be a banana
  - Do not strain for long while passing stools
- Correct your diet
  - Increase fiber intake in your diet
  - Increase water intake to 3-4 liters per day
- Increase physical exercise
  - Walk as much as you can
  - If you are still doing exercise, increase the time/number of steps each day.
- Do not sit for long hours in one place
  - Keep on the move

- Get up every 45 minutes and take a walk
- Take home remedies
  - Radish is one of the beneficial home remedy. Take half cup radish juices twice a day.
  - Taking 2-3 bananas each day helps you in pain relief.
  - Figs soaked in water one day before and consumed in the morning with water it gives you positive result.
  - Mango Seed is one of the best remedy solutions. Take powder twice a day to help swelling pain and sensitive itching.
  - Coconut oil for local application in affected area, but should be done after thoroughly cleaning the part with water.
- Keep the area clean. Bath daily. Don't use soap on the area as it may cause irritation.
- Use moist toilet paper to dab the area after a bowel movement to lessen friction from wiping.
- Try alternative medicine. Try homeopathy, Ayurveda or Unani but under proper guidance.

### Dietary advice

- Wholegrain breads and pasta, brown rice, oats, pulses, and apples are rich in fiber, which bulks the stools and helps to prevent constipation.
- Citrus fruits, figs, prunes, berries, and pulses should be eaten regularly if hemorrhoids are associated with bleeding.
- Meats and oily fish are good suppliers of "haem" iron which improves the absorption of iron from pulses and vegetables.

### Foods to avoid

- **White rice, pasta, and breads** need to be replaced with

wholegrain versions of these foods.

- **Cakes, biscuits, pastries, sweets,** and chocolate provide very little fiber and are best avoided.

## Homeopathy Treatment of Piles

Grade 1 and Grade 2 piles can be treated very well by homeopathy, but Grade 3 needs surgical intervention. Homeopathy is a very individualistic based treatment, each ailment can have many remedies and final selection depends on patients individualistic symptoms.

### Some of the medicines useful in cases of piles are

#### Acidum Muriaticum



It's a valuable remedy in cases of most sensitive piles. The area is so sensitive that even the touch of toilet paper is painful.

#### Aesculus hippocastinum



Is an excellent remedy for people suffering from piles attended with much soreness and pain? Soreness of rectum with fullness, burning and itching. For cases of constipation

with hard, dry stool, which is difficult to pass and is accompanied with much dryness and heat of rectum? There is intense pain in anus for hours after passing stool. Very useful for cases of piles with severe backaches causing patient unfit to carry on the regular day to day activities.

#### Aloe Socotrina



A very good medicine for protruding piles, with constant bearing down sensation. Piles protrude like grapes and are very sore and tender to touch, better by cold water application. Stool passes with a lot of mucus with pain in rectum after stool.

#### Collinsonia Canadensis



Collinsonia root suppositories may improve blood flow between your gut and liver, thus alleviating hemorrhoids.

#### Hamamelis Virginia



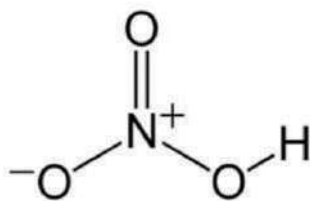
Is a very valuable remedy especially cases of piles bleeding profusely with much burning, soreness, fullness and heaviness and sensation as if the back will break. There is bruised soreness of the affected parts.

## Muriatic acid



Treatment in extreme cases of piles where the person cannot bear touch, here muriatic acid is used to get relief. It is used in case of large, swollen, purple or blue hemorrhoids.

## Nitricum Acidum



Great straining, but little passes, Rectum feels torn. Bowels constipated, with fissures in rectum. Tearing pains during stools. Violent cutting pains after stools, lasting for hours (Ratanh). Haemorrhages from bowels, profuse, bright. Prolapsus ani. Haemorrhoids bleed easily. Diarrhea, slimy and offensive. After stools, irritable and exhausted. Colic relieved from tightening clothes. Jaundice, aching in liver.

## Nux Vomica

Constipation, with frequent ineffectual urging, incomplete and unsatisfactory; feeling as if part remained unexpelled. Constriction of rectum. Irregular, peristaltic action; hence frequent ineffectual desire, or passing but small quantities at each attempt. Absence of all desire for



defecation is a contra-indication. Alternate constipation and diarrhoea after abuse of purgatives. Urging to stool felt throughout abdomen. Itching, blind haemorrhoids, with ineffectual urging to stool; very painful; after drastic drugs. Diarrhoea after a debauch; worse, morning. Frequent small evacuations. Scanty stool, with much urging. Dysentery; stools relieve pains for a time. Constant uneasiness in rectum. Diarrhoea, with jaundice (Dig).

## Paeonia Officinalis



Biting, itching in anus; orifice swollen. Burning in anus after stool; then internal chilliness. Fistula ani, diarrhoea, with anal burning and internal chilliness. Painful ulcer, oozing offensive moisture on perineum. Haemorrhoids, fissures, ulceration of anus and perineum, purple, covered with crusts. Atrocious pains with and after each stool. Sudden, pasty diarrhoea, with faintness in abdomen.

## Ratanhia Peruviana

Aches, as if full of broken glass.



Anus aches and burns for hours after stool. Feels constricted. Dry heat at anus, with sudden knife-like stitches. Stools must be forced with great effort; protrusion of haemorrhoids. Fissures of anus, with great constriction, burning like fire, as do the haemorrhoids; temporarily relieved by cold water. Fetid, thin diarrhoea; stools burn; burning pains before and after stools. Oozing at anus. Pin-worms (Sant; Teuc; Spig). Itching of anus.

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