

Role Of Sulphur In Haemorrhoids

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Abstract: Background: As there is controversy and disagreement with respect to treatment of Haemorrhoids adopted by conventional method due to inefficacy, relapse and complications are seen. It is most prevalent ailments and impacts the quality of life significantly. Haemorrhoids are enlarged, swollen veins around the anus externally or in lower rectum¹. This study aim to access Role of Sulphur in Cases of Haemorrhoids as a constitutional^{2,3}, medicine follow well^{2,3}, anti miasmatic^{5,6}. The Study showed near about 100% of cases responded to Sulphur^{4,5}, thus proving effective role of Sulphur in Haemorrhoids. The study aim role of Sulphur in Haemorrhoids. A minimum of 1 year and 15 to 70 yrs of age and six matched controls were included in the study. As there is controversy and disagreement with respect to treatment of Hamorrhoids adopted by conventional method due to inefficacy relapse and complications are seen. It is most prevalent ailments and impacts the quality of life significantly. Haemorrhoids are enlarged, swollen veins around the anus externally or in lower rectum¹. Material And Methods: Here patients were subjected on clinical presentation and examination using standard scales measuring severity and anoscopy. The entire process was done using standard case research record with a follow up of minimum 3 months period. Result: Out of 30 patients screened, it was observed that 66.6% of affected patient were in age group of 25-40, 16.7% in 41-54. Males prevalency was present and in that 26.6% were service class, driver 13.3% and mechanics 13.3%. Showing occupation played a significant role. The study should 100% of cases responded to sulphur as a constitutional medicine in 23.3% cases, as a follows well cases in 60%. Conclusion: Hence we conclude that along with Homoeopthic medication used as constitutional, follow well, Dietary corrections, correction of sedentary habits by exercise etc. Which are the predisposing factors is also mandatory. [Rao J Natl J Integr Res Med, 2021; 12(5): 51-54]

Key Words: Haemorrhoids, piles, thrombosis, rectal bleeding, rectal pain

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Introduction Over the last few decades hemorrhoids has been observed as a very common clinical condition afflicting mankind. Accurate idea of incidence of hemorrhoid is difficult to obtain. It affects nearly half of the population in age group between 30 to 50 years.

As compared to women tendency of hemorrhoid is more seen in men oftenly. Women are particularly susceptible in later stage of pregnancy and puerperium. The prevalence of hemorrhoid is greatly seen in western countries and other highly industrialized societies with millions affected worldwide. Important etiological factors include refined and civilized diet lacking in fibres, alcohol, sedentary lifestyle, obesity, depression etc, so change in lifestyle and food habit are important general management for hemorrhoids. Cardinal symptoms of hemorrhoids include bleeding, prolapsed rectum and pain leading to reduction in efficacy and quality of life of patient. Hemorrhoids are considered purely as a surgical disease as per the

concept of modern medicine. Recurrency of hemorrhoid is seen after surgical intervention.

Latest surgical procedures still cannot reduce suffering of hemorrhoids in mankind. Surgeon treats the problem in a part of a body but Homoeopathy with holistic approach consider whole human being as a diseased person and treat person not the disease. Hemorrhoids are chronic disease as per the concept of Dr Hahnemann and it was observed that maximum cases need Sulphur at least once for desired results^{5,6}.

Material & Methods: The subjects for this study had been selected from OPD of Kalidas hospital, Vyara who were suffering from hemorrhoids in the year 2008-2009.

Study Design: All the patients were subjected on the clinical presentation and examination and cases were recorded and process in standard case research record with follow up for minimum

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3 months period and selection of remedies was done with the help of Materia Medica and Repertory^{7,8}. Material used in case studies included physical examination, Homeopathic case records with follow up in chronological order, observation checklist.

Inclusion Criteria: 30 patients between ages 15 - 70 of either sex. Diagnostic criteria on clinical presentation like bleeding per rectum, lump or mass per rectum, pain or Discomfort in rectum and examination findings and 1st, 2nd and 3rd Degree were included.

Exclusion Criteria: Patients below 15 years of age. Complicated and 4th degree cases of haemorrhoids were excluded.

Results: This study was conducted in Kalidas Hospital, Vyara. Thirty patients, clinically diagnosed with Haemorrhoid in OPD of this Hospital from October 2012 onwards, were included in this study.

The patients, in whom a follow-up of minimum 3 months was available, were considered for the statistical study. So the statistical analysis done here is based on the data obtained from thirty patients.

All the cases were treated with homoeopathic medicine Sulphur as a constitutional^{2,3,4,5}, a complementary^{2,3}, an anti-miasmatic^{5,6} and as a medicine, which follows well. Various data obtained from the patients during this study were analyzed and furnished below.

Age Distribution: Patients coming in the age group of 15-70 were selected for the study. Out of 30 patients studied the maximum prevalence of haemorrhoid was noted in the age group of 25-40 (20cases, 66.6% of all). The second important age group was 41-54 (5 case 16.7%).

Sex Distribution: It shows the maximum prevalence of the disease was observed among males (19 cases). Females were only 11.

Distribution of Occupation: Most of the patients were service men (26.6%). Housewife (16.7%), driver (13.3%) & mechanics (13.3%) were also significantly affected.

Distribution Of Signs And Symptoms Of Hemorrhoids: The Study Shows: Bleeding (83.3%) was the most common symptom seen among all

the patients. Prolapse & pain (73.3%) were the next common sign & symptom observed in the patients of haemorrhoids. Mucous discharge (16.7%) & pruritus ani (23.3%) were seen in 5 and 7 cases respectively. It also shows that many patients were suffering from more than one sign & symptom.

Discussion: The main purpose of this study was to find out the role of Sulphur in treatment of hemorrhoids. Hemorrhoid is one of the commonest element affecting man kinds with cardinal symptoms like bleeding per rectum, prolapse of rectum pain and swelling¹. Other symptoms are discharge and pruritus ani.

The subjects for study were selected from OPD of Kalidas hospital, Vyara as per the inclusion criteria. The study was conducted on total 30 cases of age group between 15 to 70 years based on clinical history and clinical examination presented in standard research case record with follow up for minimum 3 months period.

Out of 30 cases majority of the cases 66.6% were belonging to the group of 25 to 40 years of age. As per the literature incidence of hemorrhoids increase with the age and that is about half of the population over 50 years of age.

Probable prevalence of hemorrhoid proportionate to increasing age was not found. The prevalence of hemorrhoid in age below 50 is because of the modern civilized lifestyle and diet. More prevalent group in the study was Men about 63.4% which was twice as frequent as women.

On the basis of occupation servicemen and housewife were in majority of sufferers. Sedentary habits may be Predisposing factor for this higher incidence. On the basis of diet majority of the patients where vegetarian with modern civilized refine diet leading to constipation exciting hemorrhoids which is confirming the literary data.

While considering the signs and symptoms most of the patient presented with bleeding pain and swelling , some with prolapse and few with pruritus ani¹ which is confirming the literary data.

As per the diagnosis majority of the patients were suffering from second degree hemorrhoids, some with first-degree and few with the third degree¹.

As per the fundamental miasm is concerned Psora and Sycosis were seen in majority of the patients^{5, 6}. Psora was the most dominant miasm as compared to in Sycosis majority cases.

All the patients were advised to drink plenty of water and to have diet rich in fibres like green leafy vegetables fruits etc to avoid constipation and also advised to do simple exercise and daily walk as a general management of haemorrhoids.

As the homoeopathic management is concerned Sulphur was used as constitutional^{2,3,4,5} medicine and along with other acute remedy for few cases Sulphur was given as inter-current medicine^{5, 6}. In all the cases Sulphur was prescribed. From the miasmatic analysis it is observed that Psora was the fundamental and dominant (70%) miasm^{5, 6} in the cases and hence the administration of king of antipsoric medicine i.e. Sulphur confirm the literature and substantiate the theme of the research project.

Sulphur alone was prescribed in 7 cases (23.3%) as constitutional^{1,2}, as complementary in 5 cases (16.7%), as a medicine which follows well^{1,3} in 16 cases (60%) and as an intercurrent^{5,6} in 2 cases (6.7%). In few cases constitutional medicines also could not bring the desired result, so Sulphur was introduced to achieve the expected improvement.

When considering the potency of Sulphur 30th was used in majority of cases (14 cases, 46.6%) Sulphur was prescribed in ascending potency in different cases up to 1M. The most frequently used acute medicine was, Hammelis in 5 cases (16.7%) and in 3 cases (10%) each Aesculus and Nux. V. were prescribed⁹.

On evaluation of cases after the study, it shows majority of them (63.4%) got marked improvement and 36.6% were cured.

A disease intensity scoring was done to evaluate improvement taking the symptoms and signs as parameter before & after treatment.

All the patients showed improvement in general health and the accompanied complaints, were also relieved.

Conclusion: The findings of this study are: Majority of the patients was belonging to the age group of 21-40 years. They together constitute

43%. Males (63.4%) showed more prevalence than females. Most of the victims were service men (26.6%) & House-wife. Higher prevalence rate was seen among vegetarians with diet poor in fibres (73.4%).

Sedentary habits and lack of exercise (36.6%) was found to be the major predisposing factor. Bleeding (83.3%), prolapse and pain (73.4%) were the predominant complaints by the patients.

Most of the patients were suffering from 2nd degree haemorrhoids. The fundamental miasm of majority of the patients, was psora and sycosis.

The dominant miasm of most of the patients was psora (70%). The cure rate was 36.6% and the 63.4% cases showed the remarkable improvement being a surgical disease.

Sulphur only as constitutional medicine^{1,2,6,7} was used in 23.3% cases & in majority of cases (18 cases -60%); Sulphur was used as a medicine which follows well^{1, 2}. It can be inferred that Sulphur is needed to complete the cure or to enhance the desired result in case of haemorrhoid by using this remedy as a constitutional medicine^{1,2,6}, as a complementary^{1,2} one or as a medicine, which follows well the other related drugs.

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