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Homeopathic Management of Piles

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Abstract

The piles occurs when the pressure is induces in the rectum due to the swelling in veins. This force destroys the tissues which are underneath the anal and interns causes piles or haemorrhoids. The plies may cause tenderness, pain, and scratching around the area. The major factors which lead to Piles can be stretching throughout intestine movements, irregularity, or persisted been seated. Internal piles are normally located between 2 and 4 centimeters (cm) above the opening of the anus, and they are the more common type. External piles occur on the outside edge of the anus. In this paper we have discussed how homeopathy helps in curing the Piles.

Keywords: Piles, rectum, bowel movement, haemorrhoids, homeopathic medicines etc.

Introduction

Piles or Haemorrhoids is a syndrome of the anal passage. In this illness the veins present in the region gets disturbed. The vein in this region gets swells due to the stagnation of blood inside the veins. As the veins are in swelled conditions there is a problem in passing of stool. The person has developed piles can be predicted by the bleeding and pain while passing stool or at the time of excretion. This condition also makes the patients uncomfortable while standing and siting.

The problem of piles generally occurred due the lifestyle of the person and the eating habits. The persons eat much of carbohydrates, fats and proteins in their diet but they forget to do much physical works and exercises. Due to this the persons body weight get increased and also with the increase in the body weight their digestive system gets affected and create issues duration the passing of stool. Drinking less quantity of water can also leads to the piles.

Types of Piles

- Internal Piles
- External Piles

Lifestyle Change which can help to reduce the Chances of Piles:

- Drinking lot of water.
- Daily Physical exercise
- Eat fibrous food and fruits in daily diet.
- For getting relief from pain sit in tub of hot water.
- Avoids more fats in the eating.
- Avoid smoking and alcohol

- Do not eat junk oily, spicy food

Risk Factor Associated with Piles

- Blood Clot
- Anaemia
- Strangulated Haemorrhoids

Symptoms of Piles

- Pain while passing stool.
- Pain can be mild or severe.
- Blood in stool.
- Damage in the anal area
- Dryness and drought in the anal region

Cause of Piles

- Continuous Sitting in a same posture.
- Not having proper diet of fibrous food in diet.
- High blood pressure predominantly in the portal vein.
- Overweightness
- Stultification
- Persistent strain at stool
- Deskbound routine.
- Excess use of alcohol and caffeine.
- Not standing much in daily life.
- Hereditary trend.

Homeopathy Management of Piles

Homeopathy performs exceptionally well in handling piles and its warning sign. It extends prolonged respite and removes the threat of re-occurrence by concentrating on

sources of the trouble. Homeopathic medications are obtained from natural materials therefore safeguarding safety and heals piles from sources alongside reducing the warning sign. Well-timed homeopathic therapy can help prevent annoying methods like surgical treatment in piles.

In our Shivang Homeopathic Medical College and Hospital, Bhopal, we have treated lots of patients based on their symptom's totality.

We have treated around 47 patients of different age group as follows:

Table 1: Different age group of 47 patients

Sr. No.	Age Group	Number of Patients
1	12 to 20 years	3
2	21 to 45 years	17
4	Above 50 years	27

Following medications has been provided based on the symptom's totality:

Table 2: Provided Medicines based on symptom's

Sr. No.	Name of Medicine	Purpose
1	Nux Vomica	Provides relief from piles due to unhealthy life style and by eating lots of oily food.
2	Aesculus Hippocastanum	Relief from external and non-bleeding piles.
3	Hamamelis	Provides relief from the bleeding.
4	Collinsonia Canadensis	Relief from Dry, hard or irregular stool.
6	Ratanhia	Relief from pain.
7	Nitric Acid	Relief form inflammation.
8	Graphites	Relief from constipation.

Conclusion

Homeopathy is always one of the safest substitutes for allopathic treatment or any other type of treatment which is present for piles treatment. From the treatment done at our clinic we have found that the homeopathy can cure the piles completely.

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