



## Efficacy of Homoeopathic Medicine in Treating Haemorrhoids with Administration of Nitric Acid

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### Abstract

Similar to piles, haemorrhoids are characterized by enlarged veins in the lower anus and rectum. These vessels may get inflamed as their walls extend. They might appear for a variety of reasons, such as constipation, pregnancy, and advanced age. Even while haemorrhoids can occasionally hurt, they usually go away on their own. Changes in lifestyle, such increasing fibre intake and exercising, can help reduce the risk of future haemorrhoids and alleviate symptoms. By the age of fifty, around half of adults have haemorrhoidal symptoms. Pain, intense itching, and trouble sitting can all be symptoms of haemorrhoids. According to Aphorism 74, this falls within the category of chronic diseases with fully established symptoms. The primary goal of our investigation is to ascertain whether nitric acid, a homeopathic remedy, is effective in treating haemorrhoids. Broad-spectrum doses are advised after side-to-side clinical examination and case taking. The aphorisms 259 to 264 of Hahnemann's Organon, which are used to analyse five cases based on the symptomatology of haemorrhoids, the totality of symptoms, and appropriate repertorization, highlight the significance of a patient adhering to their diet and regimen in order for the medication to have a full effect on their body. Consequently, this study, I hope to determine how the homeopathic remedy Nitric Acid which caboodle successfully on haemorrhoids by instigating a assortment of indicators to be comparable and, in accumulation, by fetching the humour of the warning sign to the underneath of the confrontation and dismissal.

**Keywords:** Diet; Haemorrhoids; Nitric Acid; Swollen Veins; Similimum, Symptoms

Introduction

Despite being recognized and treated for at least 4,000 years, the problem of haemorrhoids has only recently gained some understanding. “The common people call them piles, the aristocracy call them haemorrhoids, the French call them figs-what does it matter so long as you can cure them?” is reported to have been remarked by Ardene (1307–1390), a surgeon from Newark, England. [1] The Greek adjective haemorrhoids, meaning bleeding (haima = blood; rhoos = flowing), is the source of the English word haemorrhoid. The Latin word pila, which means a ball, is the root of the English word pile. Over time, the terms haemorrhoids and piles have been abused. Many of the ailments and symptoms related to the perianal area are now treated by laypeople using them. [2] Medical staff additionally employ ambiguous terminology, which has historically caused misunderstandings in the medical literature. A significant portion of the adult population suffers from haemorrhoids, a benign illness. Haemorrhoids have a significant influence on patients’ lifestyles and can be regarded as a social and financial hardship. [3] For the treatment of HD, a number of novel methods and tools have been put forth; still, preoperative evaluation is crucial, and the application of a categorization system is advised. With a prevalence of 39% in the general population, haemorrhoids are the most prevalent anorectal illnesses. [4] Generally speaking, haemorrhoids are categorized according to the location and extent of prolapse. Generally speaking, haemorrhoids are categorized according to the location and extent of prolapse. [5].

While external haemorrhoids are dilated outlets of the inferior haemorrhoidal venous plexus situated below the dentate line and coated in squamous epithelium, internal haemorrhoids are derived from this plexus above the dentate line and are covered by mucosa. Both below and above the dentate line, mixed (interno-external) haemorrhoids can develop. Goligher’s classification is a practical way to further evaluate internal haemorrhoids according to their appearance and level of prolapse [6]. Stated in table:1 about the degrees of haemorrhoids. Fourth-degree haemorrhoids also include acutely thrombosed, imprisoned internal haemorrhoids and incarcerated, thrombosed haemorrhoids including circumferential rectal mucosal prolapse. [7] Internal haemorrhoids rarely cause pain, and they are usually imperceptible, unless they prolapse.

Because they don’t exhibit any symptoms, many persons with internal haemorrhoids are unaware that they have them. Itchy anus, hard, sharp lumps in the anus, pain or ache in the anus, especially while sitting, rectal bleeding, and painful, uncomfortable prolapsed haemorrhoids are all indications of external haemorrhoids. You can gently push them back within your anus if you can feel them protruding outside of it. [8].

Classification	Description
1 <sup>st</sup> Degree	Remain in the rectum
2 <sup>nd</sup> Degree	Prolapse through the anus on defecation but spontaneously reduce
3 <sup>rd</sup> Degree	Prolapse through the anus on defecation but require digital reduction
4 <sup>th</sup> Degree	Remain persistently prolapsed

Table 1: Classification of Haemorrhoids [9].

According to the Hahnemann illness classification, haemorrhoids are a long-lasting disorder. Lingering infections twitch sluggishly, ensue leisurely, and disrupt living things in inimitable habits, which primes to a progressive deterioration in health. Unlimited lifetime agony and more derangement could continue until the living being is completely annihilated. Psora, syphilis, and sycosis are the chronic miasm that produce the chronic diseases. Diseases with completely developed symptoms and diseases with minimally developed symptoms are two more classifications for chronic diseases. Conditions exhibiting fully formed symptoms: This type shows the watching physician a good amount of symptoms. Because there are useful symptoms to choose from, these are good instances to treat. They are further divided into two categories: Miasmatic and Non Miasmatic. Miasmatic chronic diseases are real illnesses that, if left untreated, will follow a patient for the rest of his life. They have deep roots, have a destructive nature, are passed down from generation to generation, and are therefore very challenging to eradicate. The three main miasm are syphilis, psora, and sycosis. Once more, the two main categories of Miasmatic disorders are simple and complex. The predominance of any one of the miasma is the cause of the simple Miasmatic disorders. Two or more factors predominate in complicated microbial illnesses. Characteristics of two, three, or all four miasm are present in this form of sickness.

Methodology

The investigation was carried out as a retrospective cohort study, and five cases with haemorrhoids were chosen from unit 2-B OPD of Sarada Krishna Homeopathic Medical College. A simple random sample is a subset of people (a sample) selected from a larger group (a population) using the simple random sampling approach. Every individual is selected at random and completely by chance, so that every group of individuals has the same chance of being selected for the sample as every other subset of individuals, and every individual has the same chance of being selected at any point during the sampling process. Both sexes were chosen for this study based on their primary complaint.

The patients were diagnosed with haemorrhoids after a physical examination revealed all of their symptoms, including pain during bowel movements, hard, constipated stools, itching in the anus, bleeding from the anus, and protrusion of a mass from the anus. The patients were treated with medication nitric acid, which improved their condition, and they were also given dietary and regimen recommendations based on Hahnemann’s perspective on diet in the Organon of Medicine. Cases were collected, and appropriate dosage and potency of homoeopathic similimum were administered depending on the concepts of homeopathy. Pregnant ladies, chronic disease patients, and patients with other systemic illnesses are circumvented.

Result and Discussion

Here are the results of the study that was done on five different cases. These cases appear for at least six months, and table 2 details the pre- and post-symptomatology findings. The findings were analysed in light of the medical condition’s symptoms, which were charted and documented for the study. The selection of nitric acid is lawfully mandated and based on chronic totality [10]. Psora, syphilis, and sycosis are the conditions that induce haemorrhoids. “The accumulation of blood in the veins of the rectum and the anus, and discharge blood from the same (blind or flowing piles)” is what Hahnemann describes in his chronic sickness concerning piles under Psoric miasm. In the aphorisms 259 to 264, Hahnemann also discusses the significance of diet and routine, stressing the need for a patient to stick to their diet and routine in order for the medication to fully affect their being. Regarding food, any human modules that ask to be kept alive due to a chronic sickness may suffer from a few restrictions.

Nature of symptoms	Before treatment	After treatment
Constipation - hard stools	5	1
Itching in anus	5	2
Burning in anus	5	2
Dryness of rectum	5	1
Bleeding from anus	5	1
Pain while passing stool	5	1
Prolapsed mass	5	2
Pain while sitting	5	1
Anal fissures	5	0

Table 2: Showing the distribution of symptoms score.

This symptom, which includes mass protrusion and constipation, is indicative of a true chronic condition of sycosis, according to symptomatic analysis under the miasm. Hahnemann’s explanation of the peculiarities of chronic miasm. Hahnemann provided an explanation of how to treat sycosis in Organon of Aphorisms 79 and 204–209. In his book “Principles and Art of Cure by Homoeopathy,” H.A. Roberts described the Sycotic symptoms of haemorrhoids. He stated that all intestinal and bowel problems of Sycotic origin have the consistent symptoms of colic, whether they manifest as diarrhoea, haemorrhoids, or other digestive manifestations with noticeable irritability. [11] High-fibre foods and enough non-alcoholic, non-caffeinated fluids can help soften and facilitate the passage of faces. This can aid in the prevention and treatment of haemorrhoids. Fiber supplementation has been proven in studies to reduce haemorrhoid bleeding mentioned in table:2 and 3, by 50%, but it does not seem to assist with prolapse (haemorrhoids that protrude outside the anus), pain, or itching. Soluble fibre slows down digestion by attracting water and turning into emollient.

Both of these types of fibre can assist with haemorrhoids. In addition to psyllium (a popular fibre supplement), it can be found in oat bran, barley, nuts, seeds, beans, lentils, peas, and certain fruits and vegetables. Insoluble fibre gives stool more volume and may speed up the passage of food. In addition to giving faces more volume, insoluble fibre may speed up the digestive process. Whole grains, veggies, and wheat bran all contain it. Avoid foods that are heavy in fat and sugar, dairy products, meat, chips, fast food, and foods with little to no fibre as these can cause constipation. Avoid-

ing all meats is not necessary. Despite their low fibre content, lean meats like turkey, chicken, or fish won't exacerbate constipation. Evidence of a homeopathic approach to the activity of nitric acid on bodily outlets where the skin and mucous membranes meet, Splinters that hurt and ulcers that bleed easily. a severe, cutting

pain following bowel movements; diarrhoea with a lot of straining but few passes, as if pieces were stuck and could not be thrown out; and agony that felt like the rectum or anus were ripped or cracked. Rectal fissures, ripping, spasmodic discomfort, and lancinating, even soft, faces. bleeding heavily, brightly, and with an anus prolapse that bleeds keenly.

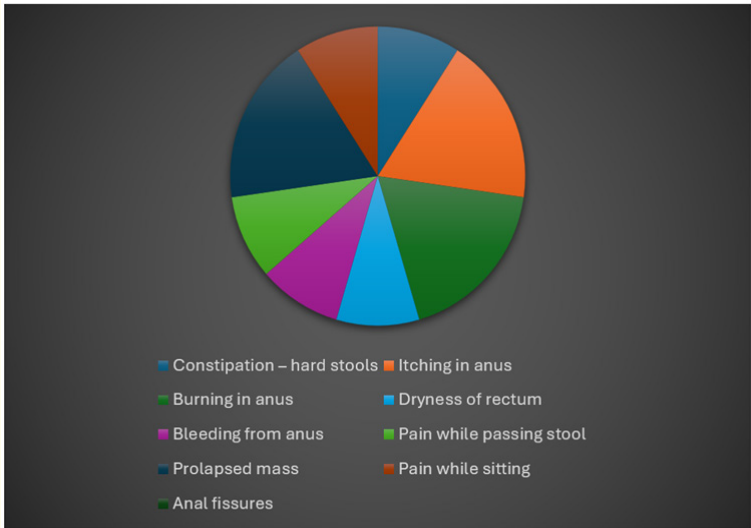


Figure 1: Symptoms covered by Nitric acid.

Homeopathic perspective on haemorrhoids and nitric acid (Nitricum Acidum)

Nitricum Acidum, or nitric acid, is a well-known homeopathic treatment for a number of ailments, including haemorrhoids. Its function, however, is very different from what is known about Nitric Acidum and nitric oxide in biomedicine. A thorough examination of homeopathy's perspective on nitric acid and haemorrhoids may be found below. The foundation of homeopathy, according to Homeopathic Principles and Haemorrhoids, is the idea that "like cures like," meaning that a chemical that produces symptoms in a healthy person may be used in extremely diluted levels to treat comparable symptoms in a sick person. Instead of focusing solely on the disease term, the selection of remedies takes into account the entirety of the symptoms. Homeopaths take into account the existence of bleeding, (prolapse, constipation, anal fissures, etc.) and other emotional characteristics that have a constitutional component. As a homeopathic remedy for haemorrhoids, Nitri-

cum Acidum (Nitric Acid) is used to treat painful, bleeding haemorrhoids, particularly when there is splinter-like pain (like that of broken glass), fissures with haemorrhoids, offensive discharges, and foul-smelling secretions from the rectum. The pain can last for hours after passing stool.

Key Indications for Nitricum Acidum in Haemorrhoids are burning, itching, and soreness in the anal area; fissures and ulceration; deep cracks around the anus; stabbing, sharp, or cutting pain that gets worse after stools; bleeding, bright red blood, frequently abundant; and painful defecation. The homeopathic approach to treating haemorrhoids involves harmonizing the body's vital energy to restore health rather than directly targeting biochemical processes like nitric oxide production. Treatments that control inflammation, blood vessel tone, and tissue healing may help lessen the intensity of haemorrhoidal symptoms if excessive Nitric oxide is a contribut-

ing factor. It is safe since it is administered in potentized dilutions rather than in its unprocessed form (nitric acid). and efficient. Homeopathy places more emphasis on treating individual symptoms and general health than conventional medicine does on nitric oxide regulation, which is thought to play a role in the development of haemorrhoids.

## Conclusion

When we started this study, we found that nitric acid, a homeopathic remedy, mentioned in fig:1, controlled well for giving haemorrhoids. The majority of victims are male, and the most common potency utilized is 0/1. Following a thorough study of the cases' overall symptoms, which were then connected to the symptoms of the drugs, the cases were prescribed. Accordingly, using the homeopathic philosophy [12]. Hahnemann states in his chronic disease about piles under Psoric miasm that "the accumulation blood in the veins of the rectum and the anus, and discharge blood from same (blind or flowing piles)" is a symptom of true chronic disease of sycosis. His explanation of the peculiarity of chronic miasm includes mass protrusion, constipated stool, and ulcers. [13] Hahnemann had provided an explanation regarding of treatment of sycosis in Organon of aphorism 79 and 204 - 209.

In aphorisms 259 to 264, Hahnemann also discusses the significance of diet and routine, stressing the need for a patient to stick to their diet and routine in order for the medication to fully affect their being [14]. Regarding food, any human modules that ask to be kept alive due to a chronic sickness may suffer from a few restrictions [15]. According to the majority of research, diet and routine are key factors in controlling haemorrhoids. Since hard stool can damage anal cushions and result in symptomatic haemorrhoids, increasing fibre intake or adding bulk to the diet may help reduce straining during defecation. [16] Fiber supplements decreased the likelihood of bleeding and recurrent symptoms by around 50% in clinical tests with haemorrhoids, but they had no effect on prolapse, discomfort, or itching sensations. Therefore, fibre supplements are thought to be a good treatment for non-prolapsing haemorrhoids, albeit it may take up to six weeks before there is a noticeable improvement. Fiber supplements continue to be a crucial component of both the initial treatment and a routine

that follows other haemorrhoid therapeutic techniques since they are inexpensive and safe. As fragment of treatment and as a preventive stratagem, people with haemorrhoids of any sternness would be admonished to adapt their existence [17]. These amendments embrace consuming extra oral fluids and dietary fibre, acerbic fat, exercising regularly especially pelvic floor muscles, enhancing anal spotlessness, avoiding medications that induce constipation or diarrhoea, and refraining from straining and interpreting. A momentous diminution in indicators was pragmatic in consequent follow-up. Rendering to this study's construal valour by consuming a Homeopathic Medication Nitric Acid may benefit and succeed the decline of harshness of indicators and the ailment for of haemorrhoids.

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