

Homeopathic Healthcare
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Hemorrhoids

A 69 year-old woman called one day complaining of a severe case of hemorrhoids. The hemorrhoids (both internal and external) would prolapse (or protrude) with each bowel movement and bleed. They were very sore to touch. Her discomfort would be rather better while sitting on the toilet; she could not, however, sit on a chair because of pain. After stool she would push her prolapsed hemorrhoids back in; subsequently she would be visited with prolonged burning and soreness in the area, with a profound sense of rectal fullness and pressure radiating outward to her back, thighs, and pelvis. This would require her to lie down while pulling her buttocks apart to reduce the sensation of pressure.

This graphic presentation reflects the agony some hemorrhoid sufferers experience. This woman, rejecting the cortisone salves, banding procedures, or surgery that orthodox medicine employs in the treatment of hemorrhoids, sought homeopathic treatment. She was prescribed one dose of the remedy Phosphorus 200C, which corresponded closely with her particular symptoms. She reported two months later that the remedy had acted immediately. All hemorrhoid symptoms vanished within a few days; additionally, her long-term problem with rectal prolapse disappeared and has not returned to date — one year.

The above case reflects the dramatic relief homeopathic medicine can frequently provide acute and chronic hemorrhoid sufferers. As with all things homeopathic, though, case individualization is required. Below are a few of the more common homeopathic remedies for hemorrhoids and their prescribing indications. One dose of 30C potency of the indicated remedy should be taken every 8-12 hours until evidence of relief is obtained. Then the remedy should be stopped as long as progress continues, repeating only should symptoms relapse.

Homeopathic Remedies

Aesculus: Hemorrhoid pains associated with low back pain. Sensation as if the rectum were full of small sticks; rectal dryness. Hemorrhoids are congested and blue. Pain for hours after stool. Pains are worse from standing, walking, sitting, after stool, after wiping; better from kneeling and warm bathing.

Aloe socotrina: Congested hemorrhoids protrude like a “bunch of grapes.” There may be a dragging sensation associated with the large hemorrhoids. Loose or open sensation in the rectum; involuntary stool. Burning from flatus. Heat, itching of the rectum. Better: cold compresses, cold bathing.

Nux vomica: Painful hemorrhoids (and fissures) associated with chronic constipation (with ineffectual urging). Worse from alcohol, overuse of laxatives, motion. Pains are better after bowel movements.

Ignatia: Cutting pains in the rectum, extending upward. Hemorrhoids with terrible rectal spasms. Rectal prolapse. Worse: emotional upsets, standing, after stool. Better: walking, sitting.

Sulphur: Large, congested hemorrhoids with great itching. Excoriated, moist rectum. Worse: at night, beer, standing, scratching, walking, touch. Better: cold applications.

Ratanhia: Horrible pain after stool for up to hours in some cases — burning, cutting; sensation as of broken glass in the rectum. Worse: after stool, touch. Better: warm bathing, lying down, walking.

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