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## **An observational study to see the effectiveness of nux vomica medicine in the cases of piles**

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### **Abstract**

The pathological condition occurring at the ano-rectal region is known as piles. They consist of enlargement and distal displacement of the normal anal cushions causing venous dilatation and other troublesome symptoms. They are mostly seen in those individuals who do not follow a proper lifestyle, that is, those who indulge in excessive intake of junk, spicy food, and have less intake of water and dietary fibre resulting in altered bowel habits. The aim of this study is to see the effectiveness of Nux vomica medicine in patients suffering from piles.

**Keywords:** Haemorrhoids, homoeopathy, nux vomica

### **Introduction**

The abnormal dilatation and distortion of the vascular channel, together with destructive changes in the supporting connective tissue within the anal cushion, is a paramount finding of haemorrhoidal disease<sup>[1]</sup>. Congestion occurs in the veins of the haemorrhoidal plexus and leads to varicosities within the lower rectum and the anus. Globally, the incidence ranges from 50-80% and in India; it affects around 75% of the population<sup>[2]</sup>. Its incidence can be seen at any age and in both genders equally<sup>[3]</sup>. Haemorrhoids affect millions of people around the world, and represent a major medical and socioeconomic problem. Haemorrhoids may be internal or external, depending upon the position of the varicosity. If it is above the Hilton's line, it is called internal haemorrhoid and if it is below the Hilton's line, it is called external haemorrhoid. So, internal haemorrhoid is covered by mucous membrane whereas the external haemorrhoid is covered with skin<sup>[4]</sup>. Symptoms comprise of bleeding which is bright red and occurs during defaecation as 'splash in the pan'. Very rarely, the bleeding may be sufficient to cause anaemia. Pain may result from congestion of pile masses below a hypertonic sphincter.

Nux vomica have 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<sup>[5]</sup>.

### **Materials and Methods**

This study was conducted in the OPD of Dr. Ritesh Patil and Dr Rekha at Ramnanda clinic Jalgaon.

### **Sample size for the study was 30.**

**Material and Methods:** A study was conducted on therapeutically indicated 30 patients of Nux vomica who had piles. In the trial two groups were made containing 15 patient each.

**Group A:** In this 15 patients were given Nux vomica 200.

**Group B:** In this 15 patients were given placebo.

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Study was conducted on 30 patients of piles, both male and female age between 30years to 50 years, for a period of 3 months.

### Criteria of inclusion of patient

Patient between age group 30-50 yrs of age. Patient in whom nux vomica is indicated on the basis of sign and symptoms. Patient who are not suffering from any systemic disorder.

### Inclusion criteria

Both men and women between the age of 30-50 years, presenting with symptoms such as bleeding, pain, constipation.

### Exclusion criteria

Prolapse of rectum and other conditions with similar clinical symptoms like fissure, fistula, anorectal abscess, malignancy, rectal polyps.

Cases outside the prescribed age group, immune-compromised patients and pregnant women were also excluded.

### Observation

**Table 1:** Showing age Group A

30-35yrs	36-40yrs	41-45yrs	46-50yrs
1	3	7	4

**Table 2:** Showing age Group B

30-35yrs	36-40yrs	41-45yrs	46-50yrs
2	3	5	5

**Table 3:** Showing sex of patient in group A and B

Sex of patient	Group A	Group B
Male	9	8
Female	6	7

Complaints before treatment	Group A	Group B
Bleeding	7	10
Pain	12	10
Constipation	15	15
Complaints after treatment present in patient	Group A	Group B
Bleeding	3	10
Pain	4	10
Constipation	2	15

### Discussion

#### In group A

15 patient were given nux vomica 200, BD for 3 days and sl for 7 days, this was repeated for 3months. Patient were advised to maintain proper diet. follow up after every 7 days.

The patient in every follow up showed improvement in symptoms, after administration of medicine piles symptoms got initially reduced, and at the end of 3 months 9 patients were free from symptoms of piles.

#### In group B

15 patient were given sac lac bd for 7 days and it was repeated for 3 months in regular follow up of 7 days. Patient were advised to maintain proper diet.

In the follow ups patient had no improvement in symptoms of piles it was present off and on, The condition of the patient did not went poor but it didn't improved too.

### Result

This clinical trial proved that in the indicated cases of nux vomica, when it was given it showed improvement in the condition of the patients.

### Conclusion

Haemorrhoidal disease is the one of the causes of great discomfort to the humanity. This condition is mostly attributed to certain dietary and bowel habits and to some extent, the family history of the patient. If not treated on time, it may lead to certain complications. In this study, the findings show significant reduction in complaints of piles after homoeopathic treatment. However, larger sample size is required for further validating the result.

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