



Effectiveness of *Aesculus hippocastanum* in the Management of External Haemorrhoids: A Case Report

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Abstract

Haemorrhoids, commonly known as piles, are one of the most frequent ano-rectal disorders encountered in clinical practice. They are characterized by dilated veins of the haemorrhoidal plexus causing pain, itching, and discomfort during defecation.

This case study presents the management of external haemorrhoids in a 35-year-old male using *Aesculus hippocastanum*, based on the totality of symptoms derived from the Synthesis Repertory. The patient exhibited marked improvement in pain, fullness, and constipation, demonstrating the efficacy of individualized homoeopathic treatment.

Keywords: External haemorrhoids, *Aesculus hippocastanum*, homoeopathy, repertorial analysis, constipation.

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Introduction

Haemorrhoids are vascular structures in the anal canal that help with stool control. They become pathological when swollen or inflamed. External haemorrhoids present with pain, burning, and discomfort after stool and are often aggravated by sitting or standing.

In homoeopathy, the treatment is individualized based on totality and miasmatic background rather than pathological diagnosis. The following case illustrates the application of *Aesculus hippocastanum* in a patient with external haemorrhoids, demonstrating significant clinical improvement through repertorial approach using Synthesis Repertory.

Case Presentation

A 35-year-old male from Sri Ganganagar presented with complaints of pain and burning during defecation for the last few months. He also reported a sensation of fullness in the rectum and constipation with hard, dry stool. His father had a history of piles. The patient was thermally hot, with aggravation from standing or sitting and relief from cold applications. He also experienced mild anxiety and sensitivity about criticism.

Clinical Findings

On examination, external piles were visible with mild tenderness. No bleeding was observed. Vital parameters were within normal limits: BP 118/78

mmHg, pulse 78/min, afebrile. Systemic examinations were unremarkable.

Investigations:

- Hb: 14 gm%
- Stool examination: No blood or parasites detected.

Miasmatic Evaluation

Predominantly Psoric miasm with minor sycotic influence based on the following observations:

- Constipation and dryness of mucosa (Psora)
- Sensation of fullness and pain after stool (Psora + Sycosis)
- Absence of destructive pathology (Psora)

Totality of Symptoms

1. Constipation with hard stool
2. Sensation of fullness and pain after stool
3. External piles, worse from sitting and standing
4. Ameliorated by cold applications
5. Mild anxiety and sensitive temperament
6. Hot patient

Repertorial Analysis (Synthesis Repertory)

Rubrics Considered:

1. Mind – Anxiety – trifles, about
2. Generalities – Heat – patient, hot
3. Rectum – Constipation – hard stool
4. Rectum – Fullness, sensation of

5. Rectum – Pain – after stool
6. Rectum – Haemorrhoids – external
7. Rectum – Haemorrhoids – sitting aggravates
8. Rectum – Haemorrhoids – ameliorated by cold application

Remedies Found:

- 1) *Aesculus hipp.* 21/7
- 2) *Aloe socotrina* – 20/6
- 3) *Nux vomica* – 20/5
- 4) *Sulphur* – 18/5
- 5) *Ratanhia* – 16/5
- 6) *acid nit.* 16/5
- 7) *Collin.* 15/5
- 8) *Lyc.* 14/4
- 9) *Sil.* 13/4
- 10) *Alumina* 13/4

Remedy Selection and Prescription

The characteristic features of *Aesculus hippocastanum* — sensation of fullness and dryness in rectum, pain after stool, aggravation from standing/sitting, and relief from cold — closely matched the patient's presentation.

Prescription: *Aesculus hippocastanum* 30C, TDS × 7 days.

Diet & Regimen:

- Pt. is advised to take less spicy and fiber rich diet.
- He advised to increase water intake.

FOLLOW-UP SHEET

Patient's Name: XYZ

OPD/IPD No: 2031/ 24

Date	Symptoms	Prescription
15/10/24	• Mild anxiety and sensitivity • Constipation with hard stool • Pain and fullness after stool • External piles, worse from standing/sitting • General condition- same as before	Rx <i>Aesculus h.</i> 30/tds X 7 days
22/10/24	HDSS = 10 Stool softer, pain reduced General condition- better	Rx P. L. 30/ tds X 7 days
29/10/24	HDSS = 8	Rx P. L. 30/ tds X 7 days
05/11/24	General condition- better HDSS = 7	Rx P. L. 30/ tds X 7 days
12/11/24	Burning and fullness decreased General condition- better HDSS = 4	Rx P. L. 30/ tds X 7 days
19/11/24	Burning and fullness decreased General condition- better HDSS = 3 General condition- better HDSS = 02	Rx P. L. 30/ tds X 7 days

Before treatment Scores

Haemorrhoid Disease Symptom Scale (HDSS)

Symptom	0 (Never)	1 (Rarely)	2 (Sometim)	3 (Often)	4 (Always)
Pain during defecation					✓
Bleeding during or after defecation					
Itching/irritation in the anal region			✓		
Prolapse of haemorrhoidal tissue					✓
Soiling or mucus discharge	✓				
Total score before treatment= 10					

After treatment Scores

Haemorrhoid Disease Symptom Scale (HDSS)

Symptom	0 (Never)	1 (Rarely)	2 (Sometime)	3 (Often)	4 (Always)
Pain during defecation	✓				
Bleeding during or after defecation					
Itching/irritation in the anal region	✓				
Prolapse of haemorrhoidal tissue			✓		
Soiling or mucus discharge	✓				
Total score after treatment= 02					

Result

The patient showed moderate to marked improvement in all symptoms within six weeks. Pain, constipation, and rectal fullness resolved significantly. The Haemorrhoid Symptom Severity Score (HDSS) improved from 10 to 2.

Discussion

This case highlights the importance of individualization and repertorial analysis in homoeopathic case management. *Aesculus hippocastanum* acts chiefly on the venous system, especially the rectal veins, producing a sensation of congestion and fullness. The absence of bleeding and marked relief from cold applications helped in differentiating it from Aloe, Nux vomica, and Sulphur. The patient's psoric background and symptom similarity justified the choice and potency. Continued follow-up confirmed a sustained response and overall well-being.

Conclusion

The case demonstrates that individualized homoeopathic treatment using *Aesculus hippocastanum*, selected through the Synthesis Repertory, can effectively manage external haemorrhoids without recurrence. Repertorial analysis aids in precise remedy selection and enhances clinical outcomes.

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