

Prime Consideration of Miasmatic Understanding in Cases of Haemorrhoids When Managed with Individualized Homeopathic Medicines: A Clinical Prospective Study

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ABSTRACT

Background: Haemorrhoids are one of the most common anorectal disorders, presenting with symptoms such as bleeding, pain, prolapse, itching and soiling, which significantly affect the quality of life and clinical presentation may vary according to its types and degrees. Haemorrhoidectomy remains the mainstay of treatment for advanced cases; however, it is frequently associated with complications, prolonged recovery and high recurrence rate. Whereas homoeopathy emphasizes an individualised approach based on the totality of symptoms and underlying miasmatic influences. The concept of miasms provides a deeper understanding of the chronic predispositions and disease tendencies in patients, thereby aiding in the selection of a constitutional remedy for long-term relief.

Objective: To understand the miasmatic aspect and its utility in homeopathic management of cases with haemorrhoids.

Materials & Methodology: A prospective clinical study was conducted on 40 patients over a period of nine months. Cases were selected using predefined inclusion and exclusion criteria, and detailed case-taking with miasmatic evaluation was carried out

as per homoeopathic principles, outcomes were assessed using the Haemorrhoid Severity Score (HSS).

Result: Out of 40 cases studied, 26 patients (65%) showed significant improvement, 10 patients (25%) demonstrated moderate improvement and 4 patients (10%) had only mild improvement, while no case remained unimproved, majority of patients thus experienced significant relief. Statistical analysis revealed that the calculated t-value exceeded the tabulated t-value at $p = 0.05$ ($df = 39$), indicating a statistically significant difference between pre-treatment and post-treatment scores. This finding substantiates the clinical utility of miasmatic understanding to select individualised homoeopathic medicines in the effective management of haemorrhoids.

Conclusion: Findings of this clinical prospective study demonstrate that individualised homoeopathic medicines, prescribed on the basis of totality of symptoms and miasmatic background, were effective in the management of haemorrhoids. A significant improvement was observed in 65% of cases, highlighting the value of miasmatic understanding in guiding remedy selection

and achieving sustained relief.

Keywords: Haemorrhoid, HSS score, dynamic disorders, miasmatic understanding, constitutional/holistic approach.

INTRODUCTION

- Haemorrhoids are a very common recto-anal medical malady characterised by the enlargement and downward displacement of the normal anal cushions, which affect millions globally and pose a significant burden on healthcare systems due to their prevalence and impact on quality of life, while social stigma often prevents individuals from openly seeking treatment. Haemorrhoids are usually not a serious medical condition and can be handled with conservative measures such as dietary changes & possible lifestyle modifications. However, some severe cases may require medication and surgical procedures. The exact cause is often unknown, but lifestyle factors in the modern era- including irregular diet, lack of exercise, excessive caffeine consumption, low water intake, and unhealthy food habits - contribute significantly to their rising prevalence. Nearly 3/4th of adults is affected by haemorrhoids at a certain period of life, making it one of the most common lifestyle-related disorders. Dissatisfaction with conventional treatments, which often provide only temporary relief or involve invasive surgical procedures, leading many patients to explore alternative systems of medicine, and this is the main reason why patients seek homeopathic management. Homeopathy, with its holistic and individualised approach, not only addresses the presenting complaints but also considers the underlying predispositions and constitutional tendencies of the patient.
- From a homeopathic perspective, miasmatic background plays a vital role

in the evolution & chronicity of hemorrhoidal disease. The study of fundamental & dominant miasms helps in understanding the pace of the disease, functional disturbances, mental disposition and pathological tendencies. This deeper understanding guides the physician in selecting the most appropriate individualised remedy, thereby ensuring long-term relief and preventing recurrence.

- Over the years, numerous research studies have been conducted to evaluate effectiveness of homeopathy in the management of haemorrhoids. However, the deeper miasmatic perspective of the disease has not been adequately explored in contemporary times. In the present study, an investigative approach was undertaken to identify predominant miasmatic influences, understand their patterns in contemporary patients and evaluate how miasmatic understanding could guide the selection of individualised homeopathic remedies for effective management.

MATERIALS AND METHODOLOGY

- 40 cases were selected on basis of random sampling method from out-patient department (O.P.D) and in-patient department (I.P.D) of Sainath Homoeopathic Hospital attached with Rajkot Homoeopathic Medical College, Rajkot. Study was carried out over a period of 9 months.
- **Types of study** - clinical prospective study
- **Assessment tool** - Haemorrhoid Severity Score (HSS); In this scoring system, different symptoms of haemorrhoids are graded from 0 to 4 according to their frequency and severity. All symptoms included in a domain are scored between 0 and 19 (0 indicating better and 3-4 worst health status). A total score is obtained by summing the answers to each item.
- **Exclusion criteria** - Cases of age below 18 and above 65 years, Patients

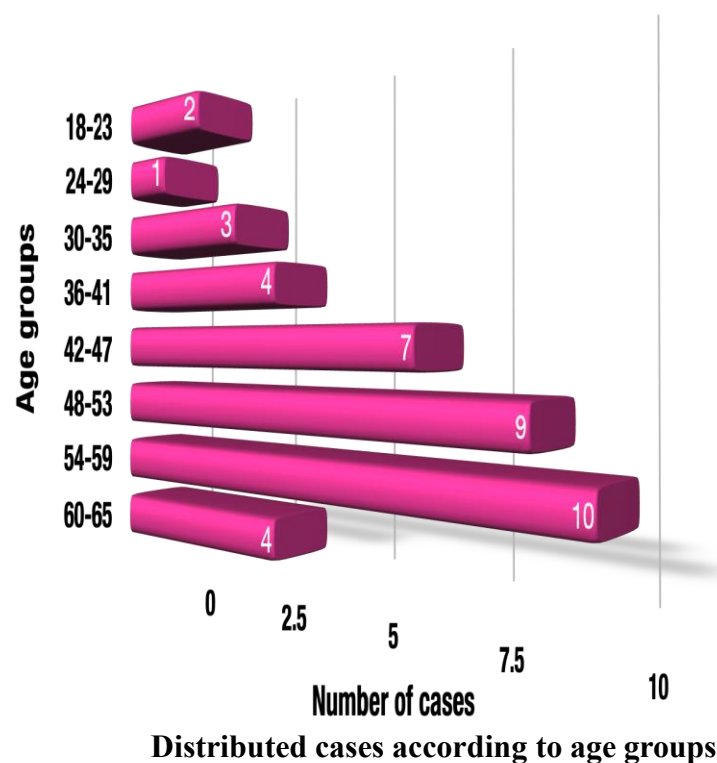
with other severe

- systemic disorders include colon cancer, Crohn's disease, ulcerative colitis, liver cirrhosis, Patient having severe haemorrhage, with HB level below 9 g/dl, 3rd and 4th degree haemorrhoids, Patients having fissure in ano, fistula in ano, anorectal abscess, rectal carcinoma, rectal prolapse and other diseases having rectal complaint as secondary phenomena.
- **Ethical clearance** - Ethical clearance to this research study was taken from institutional
- ethical committee
- **Method** - it was ensured that patients were made aware of the study in their own language, and informed consent

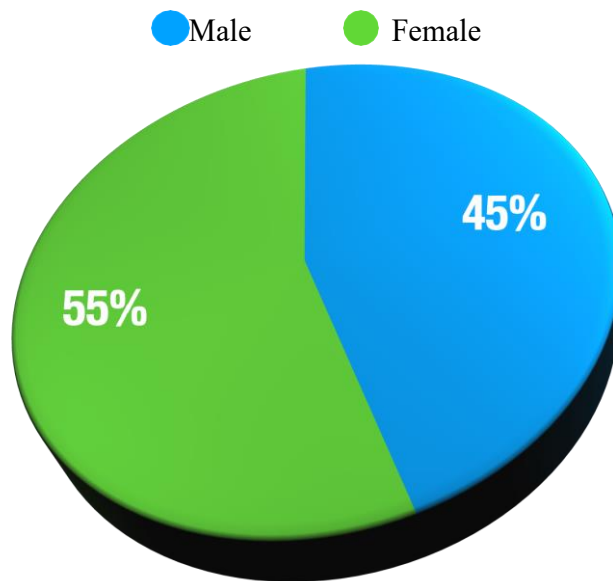
was obtained from every individual. All patient details were kept confidential. A detailed case history was taken through a holistic approach. Data were collected and processed in a clinical case sheet format and constitutional treatment was administered after consideration of miasmatic background. All cases were evaluated using HSS score for assessments both before and after treatment. Total scores were calculated and statistical significance was demonstrated through paired t-test.

OBSERVATIONS AND RESULTS

1. DISTRIBUTED CASES ACCORDING TO AGE

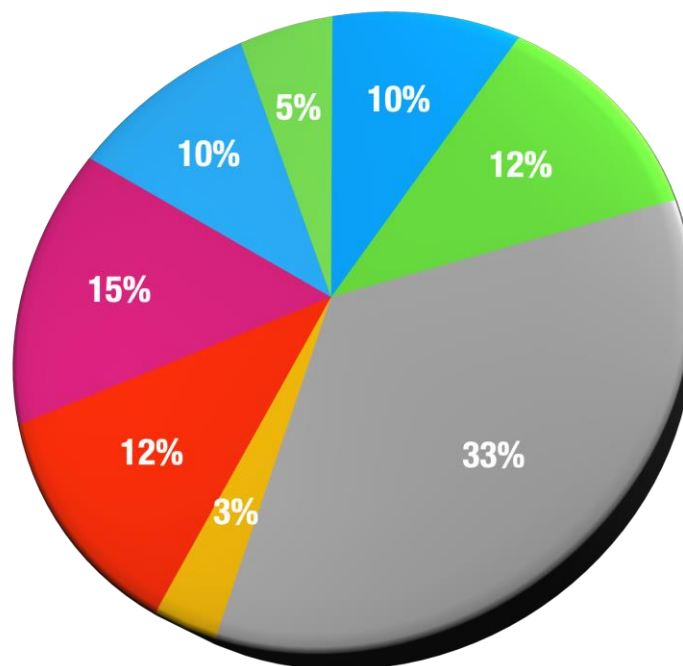
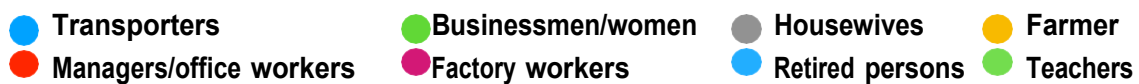


2. DISTRIBUTED CASES ACCORDING TO GENDER



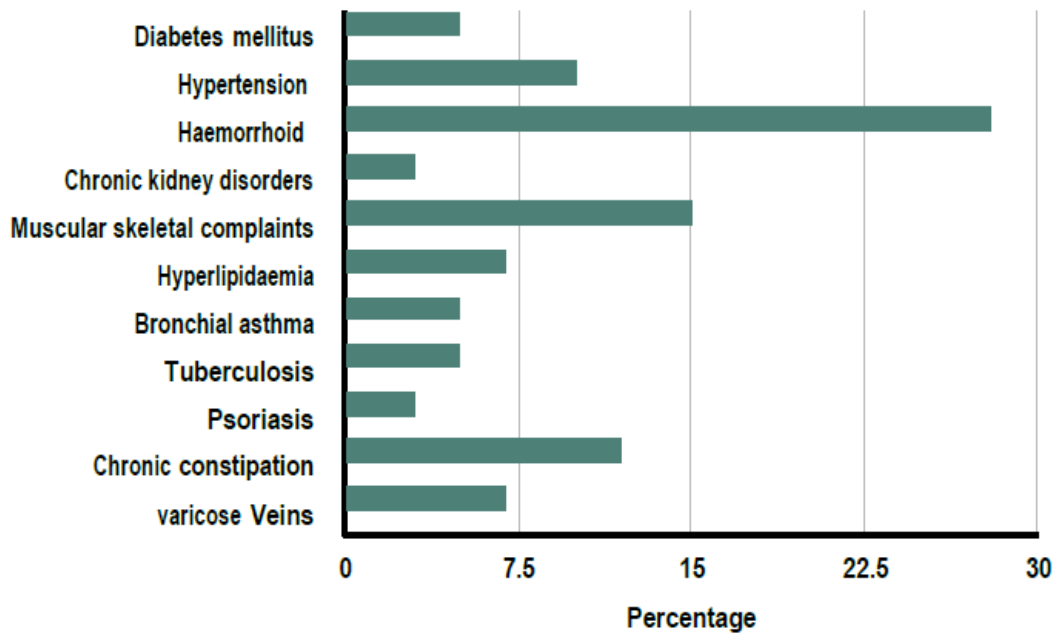
Gender-wise distribution of cases

3. DISTRIBUTED CASES ACCORDING TO OCCUPATION



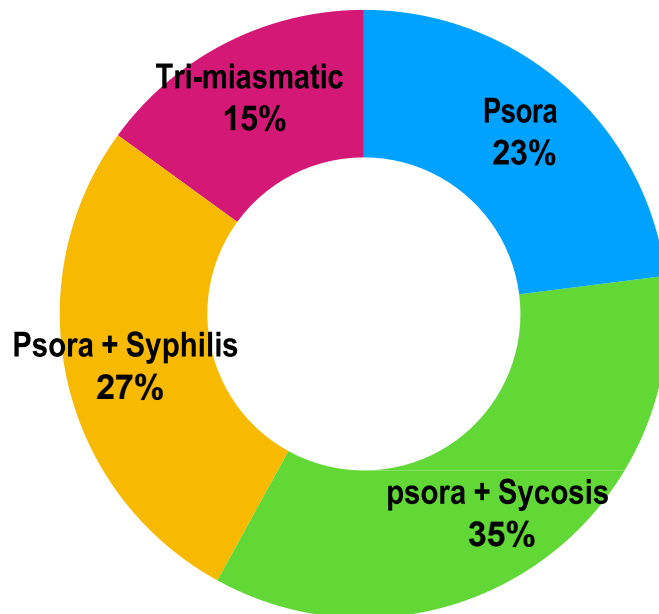
Occupation-wise distribution of cases

4. DISTRIBUTED CASES ACCORDING TO FAMILY HISTORY



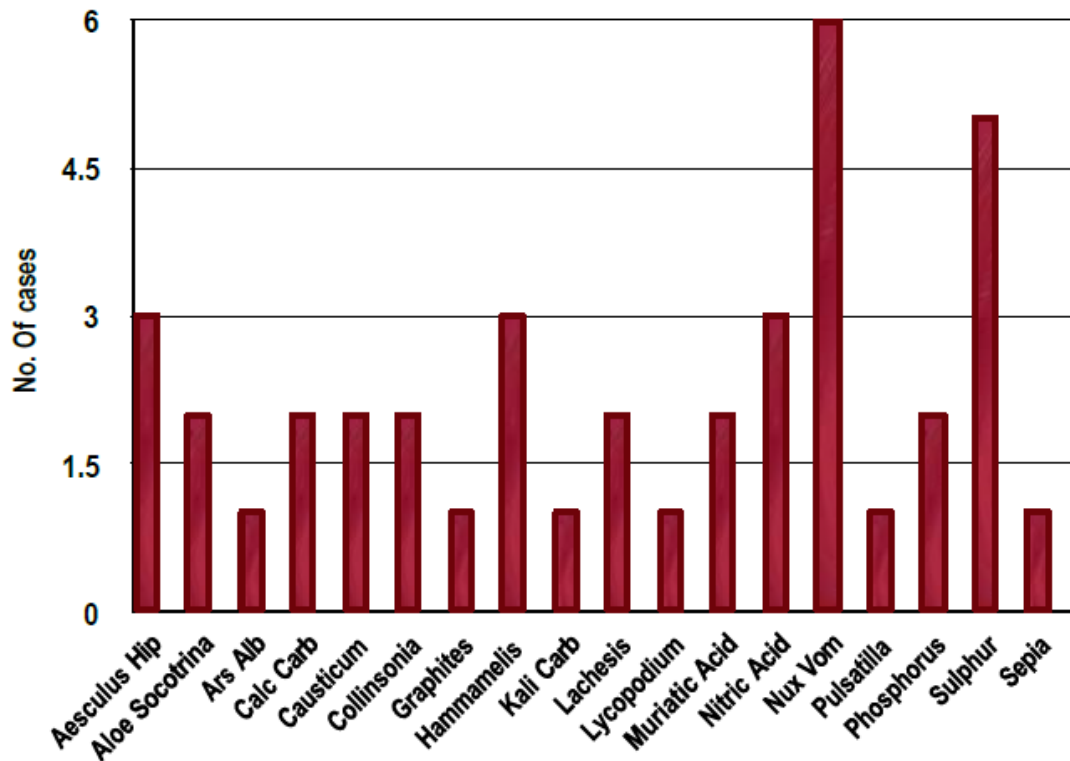
Cases distributed according to family history

5. DISTRIBUTION ACCORDING TO THEIR DOMINANT MIASM



Distributed cases according to its dominant miasm

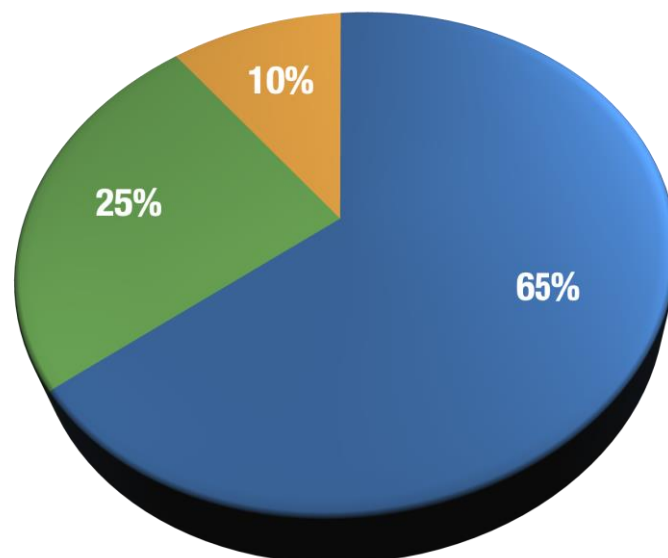
6. DISTRIBUTED CASES ACCORDING TO THE USE OF MEDICINES



distribution according to medicines used for its treatment

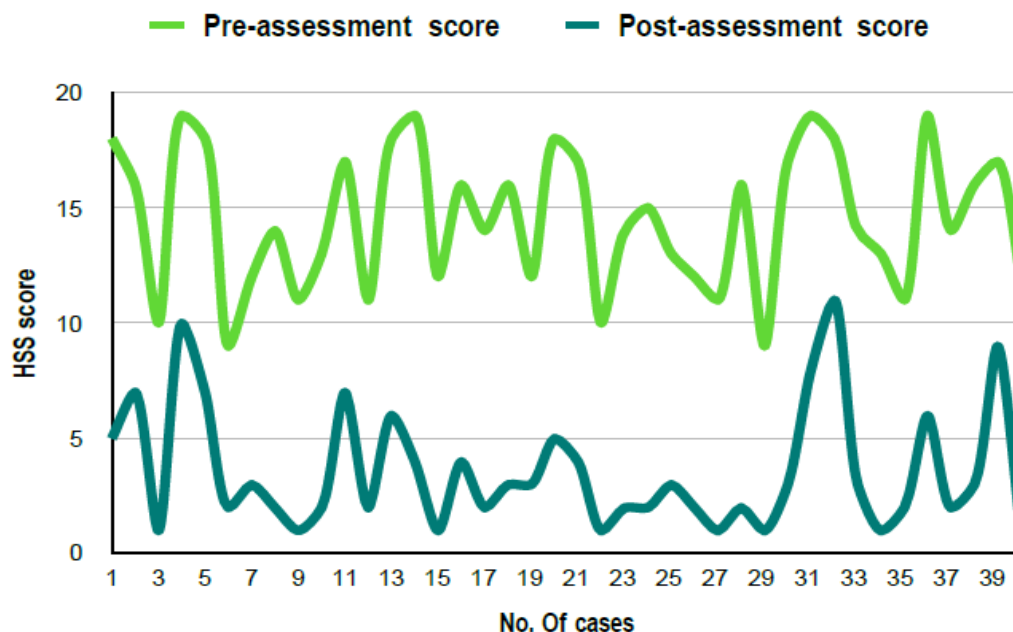
7. DISTRIBUTED CASES ACCORDING TO IMPROVEMENT STATUS

- Significant improvement
- Moderate improvement
- Mild improvement
- No improvement



Cases distributed according to improvement status

8. CASES ACCORDING TO PRE & POST ASSESSMENT SCORE (HSS)



Case distribution according to pre & post assessment score

Statistical Analysis

	BEFORE	AFTER
Mean	14.5	3.6
Variance	9.44	7.17
Observations	40	40
Pearson correlation	0.767	
Hypothesized Mean Difference	0	
Df	39	
t stat	34.51	
P one-tail	3.81×10^{-31}	
t Critical one-tail	1.685	
P two-tail	7.62×10^{-31}	
t Critical two-tail	2.023	

INTERPRETATION

The statistical analysis of 40 cases revealed that mean pre-treatment score was 14.5, while mean post-treatment score reduced significantly to 3.6. Variances before and after treatment were 9.44 and 7.17 respectively, with a Pearson correlation of 0.767, indicating a **strong positive relationship** between the two sets of scores. A paired t-test was conducted with a hypothesized mean difference of 0 and 39 degrees of freedom. The calculated t statistic (34.51) was much greater than the critical values (t one-tail = 1.685; t two-tail = 2.023), shows the difference in scores of before and after treatment is **highly significant** and not due to chance. P-values

obtained were extremely small (p one-tail = 3.81×10^{-31} ; p two-tail = 7.62×10^{-31}), far below the 0.05 significance level. These results strongly reject the null hypothesis and confirm that there is a highly significant improvement in haemorrhoidal cases after homeopathic treatment prescribed on the basis of miasmatic understanding.

INFERENCE

All information from the statistical analysis shows that the p-values ($p < 0.001$) are extremely small, this leads us to reject null hypothesis as result supports another alternate hypothesis. This indicates that difference between pre-treatment and post-treatment scores, taken with the help of HSS

assessment tool, is highly significant.

DISCUSSION

This clinical study of 40 cases of haemorrhoids was undertaken to evaluate the utility of individualised homeopathic medicines prescribed on the basis of miasmatic understanding. The highest prevalence was observed in the 54–59 years age group, with a slight female predominance (55%). Housewives constituted the largest occupational group affected, and 28% of patients had a positive family history, suggesting hereditary and lifestyle influences. Bleeding piles (57%) were slightly more common than non-bleeding piles (43%). Miasmatic analysis revealed a predominance of mixed miasms, particularly Psora + Sycosis in most cases. Remedies were selected individually, with Nux Vomica and Sulphur most frequently prescribed, commonly in 200th potency. Therapeutic outcomes were encouraging, with 65% showing significant improvement and a statistically highly significant reduction in mean symptom scores ($p < 0.001$). The findings support the effectiveness of miasmatically guided, individualised homeopathic treatment in the management of haemorrhoids.

CONCLUSION

The findings of this prospective clinical study indicate that individualised homeopathic medicines, prescribed on the basis of totality of symptoms and miasmatic background, were effective in the management of haemorrhoids. Significant improvement was observed in 65% of cases, demonstrating the value of miasmatic understanding in remedy selection and sustained relief. Statistical analysis of pre- and post-treatment HSS scores showed marked improvement, supporting the evidence-based and patient-centred outcomes of the study. These results suggest that miasmatically guided homeopathic treatment may serve as a safe, holistic, and non-invasive therapeutic approach in haemorrhoids.

Limitations

Generalization of results and conclusions may be limited because of the relatively small sample size of 40 cases.

A proper study would require long-term observation to assess sustained outcomes

Study was restricted to cases of 1st and 2nd degree haemorrhoids and the results were not compared with other grades of the disease.

It was difficult to evaluate changes in miasmatic influences within such a short study period, as this requires longer follow-up for proper assessment.

Declaration by Authors

Ethical Approval: Approved

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Conflict of Interest: No conflicts of interest declared.

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