Hemorrhoids

En Español (Spanish Version)

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**Studied Homeopathic Remedies**

- *Nitricum acidum*
- *Aesculus*
- *Collinsonia*
- *Hamamelis*

Hemorrhoids are swollen, inflamed veins in the rectum that can ache and bleed. They are very common and are usually caused by constipation, a low-fiber diet, a sedentary lifestyle, or pregnancy. They may be accompanied by a tear in the anus called an “anal fissure.”

**Scientific Evaluations of Homeopathic Remedies for Hemorrhoids**

One study evaluated the effectiveness of the homeopathic remedy *Nitricum acidum* for the treatment of anal fissures, a possible complication of hemorrhoids. This 15-day, double-blind, placebo-controlled trial of 31 people tested *Nitricum acidum* 9c given over a period of 15 days. The results showed that the burning sensation was significantly improved in the homeopathic group as compared to the placebo group. However, scores for other symptoms such as itching, lesions, and pain during and after defecation were not significantly improved.

**Traditional Homeopathic Treatments for Hemorrhoids**

In classical homeopathy, there are many possible homeopathic treatments for hemorrhoids, to be chosen based on various specific details of the person seeking treatment.

The homeopathy remedy *Aesculus* is frequently used for hemorrhoids. Aspects of the symptom picture for this remedy include external hemorrhoids that feel better when they are bleeding, sensations like small poking sticks in the rectum, symptoms made worse by urination or passing stool, and reduction of symptoms in cool, open air.

*Collinsonia* is often used when hemorrhoidal pain is associated with alternating diarrhea and constipation, as well as heart palpitations and swelling of the lips.

*Hamamelis* may be traditionally indicated when there is throbbing, raw, aching pain in the anus, made worse for many hours after passing stool, and accompanied by significant bleeding. Back pain may be present as well.

For a thorough explanation of homeopathy, including dilution of therapies, see the [Homeopathy Overview](#).

**References [+]**
