



# EFFECTS OF HOMOEOPATHIC MEDICINES IN THE CASES OF CREVICE IN ANO BY USING PEARSON'S LINEAR CORRELATION TEST SCORE & NUMERIC PAIN RATING SCALE

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## ABSTRACT

**Background and objectives-** to study the efficacy of Homoeopathic remedies in the management of crevice in ano & providing relief in pain, constipation & bleeding to brief about the treatment facilities available for crevice in ano by giving treatment to 10 patients. Pearson's Linear Correlation Test Score for Constipation and Numeric Pain Rating Scale for Pain and its analysis.

**Material and Methods-** By using Pearson's Linear Correlation Test Score and Numeric Pain Rating Scale at Nirmala Holistic Healthcare & Research institute, patients who presented with diagnosed crevice in ano with the symptoms as frank bleeding, cracks, constipation, Pains were included.

Patients were given individual Homoeopathic medicines and placebo for a period of 70 days. Changes in crevice in ano symptoms were the main outcome measures.

**Results-** 10 patients were analysed. After 70 days in total with 4-7 follow up of each and every patient, a significant difference was found in constipation, bleeding and pain.

We get to know the efficacy of many Homoeopathic remedies like *Sepia*, *Arsenic Album*, *Nux Vomica*, *Lycopodium*, *Sulphur* & *Natrum Muriaticum* on patients on the basis of totality of symptoms. We wanted to see the reoccurrence of the diseases and it is absent when the patient came for follow up.

**Keywords-** Crevice in ano, Homoeopathy, Pearson's Linear Correlation Test Score, Numeric Pain Rating Scale.

## INTRODUCTION

Crevice in ano is the most common condition in INDIA. According to the article published by WHO, there are approximately 17 – 20% of population in India suffered from crevice in ano. According to the recent study conducted on prevalence on crevice in ano in India by Indian proctology society in a defined population of some state. In London approximately 10% of population suffered from anal crevice in ano and among the anorectal disorders 4% of new patients are suffer from crevice in ano. This disease is seen in all age group but mostly seen in adults. The prevalence of crevice in ano in female is 58% and in male it is 42% & 12% of cases occurred in children.

Crevice in ano caused due to tendency of Chronic constipation, incorrect operation of haemorrhoids, Crohn's disease, anal sex, irritable bowel disease etc. Dietary habits such as non-veg, spicy food, low fibre diet are the risk factors for crevice in ano. It presents with pain & bleeding at anal region along with stool.

In Homoeopathy the duration of treatment varies from patient to patient, depending upon the duration and extent of the crevices. Most patients show significant improvement in about 4 to 7 weeks. Some patients may need longer course of medication.

## MATERIALS AND METHODS

### Trial design

Study Crevice in ano is done from various authentic books, of short practice of surgery by bailey & love's, A manual on clinical surgery by S. Das and also homoeopathic books. We also referred various research articles & journals.

10 cases of crevice in ano were selected after the screening which fitted in criteria of case definition inclusion detailed case taking, physical examinations and P/R Examinations. Pearson's Linear Correlation Test Score is used to assess constipation & Numeric Pain Rating Scale to assess pain was done while case taking & follow ups.

### Patients and settings

10 cases of crevice in ano were selected after the screening which fitted in the criteria of case of, case definition. Detailed case taking, physical examination, P/R examination, Pearson's Linear Correlation Test Score & Numeric Pain Rating Scale.

Inclusion criteria of patients were above 20 years irrespective of any gender & socio-economic status. Presenting case with sign & symptom such as fissure/ulcers, constipation, bleeding through anus before, during and after stool, pains that are burning, pricking or cutting, itching on anal region, straining to pass stool are also eligible for the study.

Patients with following conditions were excluded: - patient below 20 years, pregnant woman, lactating mother, venereal diseases & HIV, patients who had not completed the 5 follow up, patients with psychiatric diseases and inability to comply with the study protocol.

Study was conducted at Nirmala Holistic Healthcare and Research Institute situated in Gorakhpur, UP. The study was carried out with detailed case study and their follow up in the health Centre.

## Result

After completion of this study we had seen males are more prone to Crevice in ano than females. The patients who are 30 years or above are more prone to crevice in ano. In rural area People are more affected, aggravating factors & predisposing factors for crevice in ano are alcohol, tobacco, Chicken, spicy food, night watching, eating Non vegetarian & spicy food. The common symptoms observed study are pain after stool, bleeding during stool, & constipation. At the end of this study we come to know the effectiveness of homoeopathic medicines and also the effect of calendula mother tincture Sitz bath.

## DISCUSSION –

- 1) We studied 21 cases of P/R Bleeding & pain at anal region .
- 2) We included 10 patients out of 21 patients who are fulfill our case definition & Inclusion criteria.
- 3) We excluded 11 patients-
  - Prolapse of rectum – 1pt.
  - 3<sup>rd</sup> grade perineal tear with recto-vaginal fistula – 1pt.
  - Heart complaint but no Crevice – 1pt.
  - Perianal abscess -1pt.
  - Drop out – 7pt.
- 4) Age wise distribution –
  - 1 = 20 – 30 yr. Age group.
  - 3 = 31 – 40 yr. Age group.
  - 3 = 41 – 50 yr. Age group.
  - 3 = 51 yr. above Age group
- 5) Sex wise distribution –
  - 7 = Male.
  - 3 = Female.
- 6) Place wise distribution –
  - 4 = Urban.
  - 6 = Rural
- 7) By considering an occupation, out of 10 patient –
  - 4 = Farmer.
  - 1 = Housemaid.
  - 1 = Security guard.
  - 4 = Other occupation.
- 8) By considering risk factors –
  - 2 = Alcohol.
  - 2 = Tobacco.
  - 5 = Chicken.
  - 8 = Spicy food.
  - 1 = Night watching.

## 9) Pain relief –

- 10 = relief.
- 0 = no relief.

## 10) Bleeding relief –

- Out of 10 patient, 7 patient are with bleeding.
- 7 = Bleeding nil.
- 0 = No relief.

## 11) Constipation relief –

- 8 = Relief.
- 2 = No relief.

## 12) Remedy used –

- 3 = Nux Vomica.
- 2 = Lycopodium.
- 2 = Arsenic Album.
- 1 = Sulphur.
- 1 = Natrum Muraticum.
- 1 = Sepia.

## 13) Fissure healed –

- 4 = fully healed.
- 4 = partial healed.
- 2 = no healed.

We can give relief to anal pain, bleeding & constipation in cases of Crevice in ano.

## CONCLUSION

We studied 21 cases of P/R bleeding out of which 10 cases of crevice in ano were assessed in terms of constipation using Pearson's linear correlation test score, assessment of pain by NPRS and assessment of bleeding. By providing Homoeopathic management regular follow up was done and we observed cases of crevice in ano in which patients had relief from constipation, pain and bleeding by Homoeopathic treatment. And we come to know about the role of *Calendula* mother tincture in sitz bath for crevice in ano patient to relief pain.

In this study Homoeopathic interventions relieved crevice in ano symptoms and along with it there is no reoccurrence of any symptoms.

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### Conflict of Interest

Not declared.

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