



National Campaign
on Homoeopathy
for Mother and Child Care

Homoeopathic Management of Constipation and Piles during Pregnancy



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Naturopathy, Unani, Siddha
and Homoeopathy (AYUSH)
Ministry of Health and Family Welfare
Government of India



Central Council for
Research in Homoeopathy
(An Autonomous Organization of the
Department of AYUSH,
Ministry of Health and Family Welfare)

Constipation and Piles during Pregnancy

Constipation

- Constipation occurs when passing stool becomes difficult or less frequent.
- A pregnant woman may not pass stool daily but the stool should not be hard and require straining.

Causes

- Slowing down of the intestinal movements due to excess female hormones.
- Compression of intestines by the enlarged uterus in later part of pregnancy.

Piles (Hemorrhoids)



- Piles are swollen veins at the end of the large intestine or rectum.
- Piles can be either 'external' (protruding from anus) or 'internal' (situated inside the rectum).
- They may appear for the first time or may get worse during pregnancy.

Causes:

- Laxity of the rectal veins due to effect of female hormones
- Pressure by the enlarged uterus on the large vein (Inferior vena cava) that drains the veins of the large intestine
- Prolonged constipation

Signs and symptoms:

- Itching around the anus
- Soreness and pain while passing stool
- Painful lump or swelling around the anus
- Bleeding through the anus may occur during or after the stools
- Feeling as if rectum has not been emptied completely

How to treat constipation and prevent piles?

- Drink plenty of fluids, especially water.
- Eat a high-fiber diet including lots of fruits, vegetables, bran and whole grains.
- Don't strain (push hard) while passing stool.
- Increase physical activity.
- Avoid sitting for long periods, especially on hard chairs.
- Take warm soaks or a 'Sitz bath'. Take comfortably warm water in a



tub, just enough to soak hips and buttocks. Sit into it for about 20-30 minutes. It may shrink piles.

How can Homoeopathy help in Constipation and Piles during pregnancy?

Following are some of the commonly used homoeopathic medicines for 'Constipation and piles during pregnancy'. **It is advised that a qualified homoeopathic doctor should be consulted.**



Constipation :

Symptoms	Medicine
<ul style="list-style-type: none"> • No urge for stool • Even soft stool requires great straining • Painful urging long before stools 	<i>Alumina 30</i>
<ul style="list-style-type: none"> • Indicated after overdosing of laxatives • Frequent ineffectual urge for stool • Passes small quantity of stool at a time • After passing stool, sensation as if some stool is left behind 	<i>Nux vomica 30</i>
<ul style="list-style-type: none"> • Frequent, unsuccessful urging for stool • Stool sticky, adheres to anus like soft clay 	<i>Platina 30</i>
<ul style="list-style-type: none"> • Sensation of ball in the rectum • Cannot strain at stool • Stool hard and large • Pain in rectum shooting upward during and long after stool 	<i>Sepia 30</i>

Piles :

Symptoms	Medicine
<ul style="list-style-type: none"> • Piles protrude like bunch of grapes • Bleed profusely • Burning and soreness in rectum relieved by application of cold water 	<i>Aloe socotrina 30</i>
<ul style="list-style-type: none"> • Obstinate constipation with protruding piles • Hard and dry stool with pain and great flatulence • Painful, bleeding piles • Sensation of sharp sticks in the rectum 	<i>Collinsonia 30</i>

Follow the instructions overleaf.



General Instructions while taking Homoeopathic Treatment:

- Medicines as indicated in this handout should be taken if the symptoms mentioned against each medicine match those of the patient.
- Medicine to be taken - 3 globules of size 40 every 3 hours dry on the tongue or in plain drinking water.
- Medicine should be taken after cleaning the mouth and preferably on an empty stomach.
- If improvement occurs within 24 hours, then medicine should be stopped.
- While taking the medicine, if the patient does not get any relief within 24 hours or becomes worse at any time, then consult the nearest homoeopathic doctor.
- Medicines must be kept away from strong smelling substances like camphor, menthol etc.
- Medicines should be kept in a cool, dry place away from direct exposure to sunlight.
- Medicines should be kept away from the reach of children.



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