

HEALING FROM WITHIN: A CASE STUDY OF ANAL FISSURE IN HOMOEOPATHY

DR. MOHAMMED NIZAMUDDIN KALIMODDIN SHAIKH^{1*}, DR. PARTH APHALE²

¹PhD Scholar, Dr. D.Y Patil Homoeopathic Medical College & Research Center, Pimpri, Pune, Dr. D.Y Patil Vidyapeeth (Deemed to be University), Pune, Email: drnizamuddinshaikh84@gmail.com

²M.D Hom., PhD Hom. PhD Guide, H.O.D & Professor Dept. Of Homoeopathic Pharmacy, Dr. D.Y Patil Homoeopathic Medical College & Research Center, Pimpri, Pune, Dr. D.Y Patil Vidyapeeth (Deemed to be University), Pune, Email: parth.aphale@dpu.edu.in

*Corresponding Author

Email: drnizamuddinshaikh84@gmail.com

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ABSTRACT

Anal fissure is a painful anorectal condition that commonly presents with severe pain and bleeding during defecation, often causing considerable discomfort and fear of passing stools. This case report describes a 38-year-old male with a anal fissure who visited our Homoeopathic outpatient department. His main complaints were intense burning after passing stool, fresh bleeding, a sensation as if broken glass was present in the rectum, and relief on applying cold water to the anal area. After detailed case taking, Ratanhia Peruviana mother tincture 10 drops 3 times a day was prescribed based on the characteristic symptoms, along with guidance on maintaining a high fiber diet, adequate hydration, and regular bowel habits. The patient was reviewed exactly after 1 month. Clinical improvement was observed from the first visit, with gradual reduction in burning, pain, and bleeding. After 1 month, he was completely free from symptoms and was able to pass the stools comfortably without fear. Video Proctoscopic examination confirmed complete healing of the fissure. Although this is a single case but it suggests that Ratanhia Peruviana mother tincture may be a useful therapeutic option for selected patients with anal fissure.

KEYWORDS – Anal Fissure, Chronic anal fissure, Homoeopathy, Ratanhia Peruviana, Mother tincture, Anorectal disorders, Proctoscopic Examination, Rectal bleeding, Burning pain, Individualized Homoeopathic treatment, Conservative management, Quality of life, Defecation

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INTRODUCTION

Anal fissure is one of the most common benign anorectal disorders encountered in clinical practice. It is defined as a longitudinal tear in the anoderm distal to the dentate line and is commonly associated with severe pain during and after defecation, burning sensation, and bright red bleeding per rectum. The condition is most often caused by the passage of hard stools, constipation, prolonged straining during defecation, chronic diarrhoea, childbirth, or local trauma.¹ Because of the severe pain experienced during bowel movements, many individual develop fear of defecation and tend to delay passing stools. This further aggravates constipation, resulting in repeated trauma to the fissure and delayed healing.

Anal fissure can be classified as acute or chronic depending on the duration and clinical findings. Acute fissures usually heal with conservative measures, whereas chronic fissures persist for more than six weeks and are often associated with persistent

sphincter spasm and poor local blood supply.¹ Patients with chronic anal fissure often experience considerable physical discomfort and psychological

distress and this interfere with their daily activities and reduce their quality of life. Early diagnosis and appropriate management are important to relieve symptoms and prevent complications.

Conventional management of anal fissure includes dietary modification, increased fiber intake, adequate hydration, stool softeners, warm sitz baths, topical nitrates, calcium channel blockers, and analgesics. Surgical procedures such as lateral internal sphincterotomy are generally reserved for patients who do not respond to conservative treatment.¹ Although these treatment options are effective in many cases, some patients continue to experience persistent symptoms, adverse effects by using medications, or hesitate to undergo surgery. This has led many individuals to seek complementary and alternative treatment options.

Homoeopathy follows an individualized approach in which the medicine is selected according to the totality of characteristic symptoms and not on the disease diagnosis only. Ratanhia Peruviana is a well known Homoeopathic medicine described in standard Materia Medica for anorectal complaints, especially anal fissure associated with intense burning pain after defecation, a sensation as if broken glass or sharp splinters were present in the rectum, painful constriction of the anus, and relief from the application of cold water.²⁻⁴ These characteristic symptoms closely guide the selection of the remedy.

Although Ratanhia Peruviana has been widely described in Homoeopathic literature. Reporting individual cases with objective clinical findings can contribute to the available evidence and encourage further research in Homoeopathy. This case report describes the successful management of a patient with anal fissure using Ratanhia Peruviana mother tincture along with dietary and lifestyle advice. Complete healing of the fissure was confirmed by video Proctoscopic examination after 1 month of Homoeopathic treatment, adding objective clinical documentation to the observed improvement.

DIAGNOSIS:

Clinical history and characteristic symptoms suggested the diagnosis, which was confirmed by video Proctoscopic examination.

CASE

A 38 year male, working as a clerk in a college, visited the Homoeopathic Outpatient Department with complaints of intense burning in the anal region during and after passing stools, which continued for several hours. He also reported fresh bleeding with defecation, fear of passing stools because of severe pain, and a peculiar sensation as if broken glass was present in the rectum. He experienced relief after applying cold water to the anal area. These problems had been present for about two months and had started following an episode of severe constipation. Initially, he used laxatives on his own, but the relief was only temporary. There was no history of any major medical illness, previous surgery, Hemorrhoids, or other anorectal disorders. His appetite was normal, thirst was moderate, bowel movements were irregular with hard stools, sleep was disturbed due to persistent discomfort and pain, and his routine activities were affected because of anxiety associated with defecation. As the symptoms continued without significant improvement, he sought Homoeopathic treatment for further management.

ANALYSIS OF CASE

Characteristic Symptoms:

- Severe burning pain in the anal region during and after defecation.
- Burning pain persists for 2-3 hours after passing stool.
- Fresh bright red bleeding during defecation.
- Sensation as if broken glass were present in the rectum.
- Painful constriction of the anus after stool.
- Relief by applying cold water to the anal area.

General Symptoms:

- Constipation with hard stools.
- Bowel habits - Irregular.
- Thirst - Moderate.
- Appetite - Moderate.
- Sleep – Disturbed due to anal pain.
- Generalized weakness.

Mental and Emotional State

- Fear of passing stools due to anticipation of pain and bleeding.
- Anxiety associated with defecation.
- Daily activities affected because of persistent discomfort.

LIFE SPACE

The patient is a 38 year male working as a clerk in a college. His job requires long hours of sitting. He has a sedentary lifestyle and a history of constipation. Because of severe pain and bleeding while passing stools, he became afraid of going to the toilet and started avoiding passing stools. This made his constipation worse. The continuous discomfort affected his sleep, daily routine, and work. Despite taking Laxatives for about 1 month, he did not get satisfactory relief. As his condition continued to interfere with his normal life, he decided to seek Homoeopathic treatment.

PRESCRIPTION

The patient was prescribed Ratanhia Peruviana mother tincture, 10 drops three times daily, 30 minutes before meals. He was also advised to follow a high fiber diet, drink adequate water, maintain regular bowel habits, avoid straining during defecation, and keep the anal area clean.

RATIONALE FOR REMEDY SELECTION

Ratanhia Peruviana mother tincture was selected based on the following characteristic symptoms:

- Severe burning pain in the anus during and after defecation.²⁻⁴
- Burning pain persisted for several hours after passing stool.²⁻⁴
- Sensation as if broken glass were present in the rectum.²⁻⁴
- Painful constriction of the anus after stool.²⁻⁴

- Fresh bleeding during defecation associated with burning pain.²⁻⁴
- Marked relief by applying cold water to the anal region.²⁻⁴
- Constipation with hard stools requiring straining.²⁻⁴

The above characteristic symptoms showed a close

similarity with the symptom picture of *Ratanhia Peruviana* described in different Homoeopathic Materia Medica. Therefore, *Ratanhia Peruviana* mother tincture was selected as the indicated remedy in this case.



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