

Table 1: Therapeutic interventions and follow-up

Date	Observation and result	Medicine and potency	Administration of medicine
July 27, 2018		Calcarea Phos 200, 3 doses, followed by placebo for 30 days	1 globule no. 20 of medicine is mixed with 15 ml of distilled water, and few drops of alcohol and 5 ml will be taken at morning in empty stomach for 3 days Distilled water of 60 ml mixed with few drops of alcohol and asked to take 5 ml every morning
September 03, 2018	Pain was completely subsided, and discharge was also disappeared but again reappeared in very little amount found on examination	Calcarea Phos 1M, 1 dose followed by placebo in the form of distilled water was given for 30 days	As before
October 10, 2018	Pain was not present and discharge subsided O/E-the fistulous opening not observed	Only placebo in the form of distilled water was given for 30 days	The distilled water of 60 ml mixed with few drops of alcohol and asked to take 5 ml every morning
December 05, 2018	No residual symptoms present and generally patient was better	The only placebo in the form of distilled water was given for 30 days	Same as before

follow-up, all the complaints subsided with a resolution of the fistulous opening [Table 1].

DISCUSSION AND CONCLUSION

Cases of anal fistulae are not very rare in clinical settings, and often we have to deal with such cases. As per conventional treatment, surgery is the most common way of intervention. However, following proper case taking and forming, the totality of symptoms and final selection of remedy constitute a proper homeopathic approach. To deal with such cases a constitutional homeopathic treatment is the only option. In this case, after first prescription patient was better for a time, but then again some trace of symptoms reappeared, so that in subsequent follow-up again the case was indicating Calcarea phos and was prescribed in 1M potency. Successful treatment of this case demonstrates the importance of homeopathic treatment in anal fistula cases although a thorough study requires to prove it beyond doubt.

CONFLICTS OF INTEREST

There are no conflicts of interest.

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