

1 revealed a significant decrease in the bleeding and pain in the trial group compared to the
2 control, but no significant difference in the extent of prolapse. The patients in the control
3 group who switched to a squatting defecation posture reported significantly less bleeding,
4 prolapse and pain .The percentage of patients with complete cessation of bleeding and
5 pain was significantly greater in the trial group and in patients who reverted to a squatting
6 defecation posture after being treated medically.

7 **Conclusion.** Changing from a sitting to a squatting defecation posture causes a
8 significant reduction in the intensity or a complete resolution of symptoms associated
9 with hemorrhoids.

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Introduction

12 The average individual strains significantly more during defecation while seated on
13 a toilet bowl of standard or low height than in a squatting posture (1). There is common
14 agreement in the literature that excessive straining during defecation is one of the major
15 factors of hemorrhoids (2). We evaluated the influence of the reduced amount of straining
16 that is required in the squatting defecation posture on the course of chronic internal
17 hemorrhoids.

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Methods

19 The current study was performed by 12 primary care physicians in the setting of
20 their practice of family medicine. Each of the physicians does work separately at his own
21 clinic. Six of the physicians followed up the patients who switched from a sitting to a
22 squatting posture during defecation (trial group) and the other six did the same for the
23 patients given standard medical treatment (control group). Each physician was asked to

1 enroll in his group only six consecutive patients, in order to include an equal number of
2 patients in the trial and control groups. The sample size calculation was based on
3 observations from a preliminary report (3). The relatively large number of the physicians
4 that took part in the trial can be explained by the aim to augment the objectivity of trial.
5 The integration of the physicians in the trial was gradual, and the pace of patient
6 recruitment varied from physician to physician. The trial lasted for one year.

7 Entry criteria included chronic internal hemorrhoid disease defined by bleeding and
8 prolapse as well as any accompanying symptoms. The other criterion for including the
9 patients into the trial was the diagnosis of hemorrhoids during at least one visit in the
10 course of their illness to proctologic or gastroenterological clinics. Exclusion criteria
11 included the inability to assume a squatting posture for any reason and less than one or
12 more than three bowel movements per day in order for the cohort to represent the
13 majority (94%) of the population at large (4). Patients who had undergone any invasive
14 proctologic procedure were excluded as well as patients with irreducible prolapse, grade
15 four according to Goligher classification (5), as this stage is associated with irreversible
16 destruction of hemorrhoid plexus.

17 . The stages of the hemorrhoids with their symptomatic equivalent were precisely
18 defined (5, page 101) enabling diagnosis and follow up of the hemorrhoids based on
19 clinical data. In addition the patients were asked to define the intensity of their symptoms
20 on a scale of 5: nonexistent (0), very mild (1), mild (2), moderate (3), and severe (4). The
21 attending physicians graded the symptoms of hemorrhoids based on the patient's
22 subjective assessment of their symptoms as well as on the conventional staging of
23 hemorrhoids (5).

1 After the patients underwent physical examination, which included the inspection of
2 the anal area and a digital examination of the ano-rectum, a standardized questionnaire on
3 the type and severity of the symptoms was filled out. The questionnaire was identical for
4 the trial and control groups and was administrated by the attending physician.

5 A signed informed consent was received from the patients of the trial group and the
6 study was conducted according to the ethical guidelines of the Declaration of Helsinki.

7 In the trial group, after informing the patients about existing conventional methods
8 of treatment of hemorrhoids they were instructed to defecate only in the squatting
9 position and only in the flat container that was provided. The patients were strongly
10 discouraged from attempting to squat over a standard toilet bowl since the typical water
11 toilet bowl does not permit a convenient squatting defecation posture. Furthermore cases
12 of standard toilet bowls breaking while people have squatted on its edges have been
13 known to occur making it dangerous to do so.

14 Patients in the control group received the standard conventional medical treatment
15 with ointments, suppositories and bulk- forming agents (conventional doses of psyllium).

16 The patients were questioned about any changes in the severity of their symptoms
17 two weeks following bowel emptying in the squatting posture (trial group) or medical
18 treatment (control group) and their subjective scores were recorded in the appropriate
19 questioner administered by the attending physician. The decision regarding the duration
20 of the trial was based on the observations from the preliminary report (3).

21 The patients in the control group whose symptoms were not relieved as a result of
22 the medical treatment were advised to discontinue treatment and to switch to defecating
23 in a squatting posture and thus began the trial part of their own control study. The scores

1 that were derived from their medical treatment were used as baseline values for the trial
2 part of their own control study. The trial part of their own control study was conducted
3 according to the same principles as described for the trial group.
4 Statistical analysis: The body mass index (BMI), age and baseline intensities of the
5 symptoms (before medical treatment and before switching to a squatting defecation
6 posture) of the two groups were compared based on the Mann-Whitney non-parametric
7 test, and the gender of the participants according to the Chi-Square test. The group
8 differences in the intensity of symptoms before and after medical treatment and before
9 and after changing from a sitting to a squatting defecation posture and their interactions
10 were analyzed using the Cochran –Mantel Haenszel test. The variation analysis was done
11 using a mixed model. The paired analysis of the intensities of symptoms after medical
12 treatment and after switching from a sitting to a squatting defecation posture in the own
13 control part of the study was done by Wilcoxon Signed Ranks Test. Significance was set
14 at $P < 0.05$.

15 **Results**

16 Sixty eight consecutive patients with chronic internal hemorrhoid disease lasting from
17 several months to several years were recruited for the trial (34 patients) and control (34
18 patients) groups. The patients presented with bleeding and prolapse, the principle
19 symptoms of chronic internal hemorrhoids. Most of the patients however also complained
20 of pain and some of irritation and itching during defecation. There were 19 male and 15
21 female in the trial group and 24 male and 10 female in the control group without
22 statistical differences ($P=0.21$) between the groups. There were also no statistical
23 differences between the groups regarding age (mean 41 years for the trial group and 39

1 years for the control group, $P=0.86$) and BMI (mean 24, 8 and 24, 7, respectively,
2 $P=0.87$).

3 The patients in the trial group scored the intensities of all five symptoms (bleeding,
4 prolapse, pain, irritation, itching) as having diminished significantly ($P<0.0001$) while the
5 patients who received medical treatment scored a significant ($P<0.0001$) reduction in the
6 intensity of only two symptoms, bleeding and pain.

7 The baseline intensities of the bleeding and pain parameters were not statistically
8 different ($P=0.86$) between the groups. The group comparison revealed that switching
9 from a sitting to a squatting defecation posture more significantly reduced bleeding
10 (0.0003) and pain (0.0032) than the medical treatment (Fig 1). There were group
11 differences in the baseline intensities of prolapse, irritation and itching. Switching from a
12 sitting to a squatting defecation posture did not cause a significant reduction in the
13 prolapse and irritation severity scores compared to medical treatment, but the scores for
14 the severity of itching diminished significantly (0.0121) in the trial group.

15 Some patients who failed to experience relief from medical treatment refused to
16 accept the offer to stop treatment and switch to a squatting posture during defecation,
17 mainly for esthetic reasons, and this decreased the number of patients available for the
18 own control part of the study (25 patients with bleeding, 24 with pain, 26 with prolapse
19 and 33 with itching). A paired analysis revealed that the change from a sitting to a
20 squatting defecation posture in the trial part of the own control study caused a significant
21 diminishment in bleeding ($P<0.0001$), prolapse (0.004) and pain ($P<0.0001$) compared to
22 the control part of the own control study (Fig 2). There was no significant difference in

1 the scores for severity of irritation and itching between the trial and the control parts of
2 the own control study.

3 The percentage of the patients with complete cessation of bleeding and pain was
4 significantly higher in the trial group and the trial part of the own control study than in
5 the controls; however, this difference did not apply to complete cessation of prolapse,
6 irritation and itching (Table 1). Complete cessation of the prolapse occurred mainly in
7 patients with mild or very mild prolapse.

8 Interviews of the patients during follow-up revealed that some of them whose
9 symptoms had resolved consequent to their adopting the squatting defecation posture had
10 tried to return to a sitting defecation posture-mainly due to absence of squatting toilet
11 facilities. Nonetheless, the reappearance of their symptoms motivated them to return to a
12 squatting defecation posture.

13 **Discussion**

14 The most important message of the trial is that six primary care physicians of
15 the trial group and the six others of the trial part of the own control study found that such
16 a simple act of changing from a sitting to a squatting defecation posture alleviates or
17 completely eliminates hemorrhoid symptoms. Patients who switch to a squatting
18 defecation posture early in the course of hemorrhoids experience a more distinct
19 diminishment in the intensity of symptoms. In the progressive stages of hemorrhoids,
20 such as prolapse, which is associated with anatomical changes of the hemorrhoid tissue (5)
21 the alleviation of symptoms of hemorrhoids is less with the change in posture.

22 Pain is not usually considered to be a symptom of chronic internal hemorrhoids
23 (5) however as in our trial, Bennet et al. found some pain in 86% of 138 hemorrhoid

1 patients (6) and Murie et al. in 54% of 82 patients (7). Anal irritation may accompany
2 hemorrhoids (5, page 102) while a local skin condition in the perianal area can explain
3 the itching.

4 Partial or complete resolution of hemorrhoid symptoms among patients who
5 switched from a sitting to a squatting defecation posture may be explained by the less
6 expulsive effort needed to defecate in a squatting posture (1) thus preventing injury to the
7 hemorrhoid plexus. The explanation for the diminished expulsive defecation effort in a
8 squatting posture relates to the dynamics of the recto anal canal forming an approximate
9 right angle (8, 9), which straightens with fully flexed hips-- corresponding to the
10 squatting position assumed for defecation--and converts the recto anal outlet into a
11 straight canal , thereby facilitating rectal emptying (10). For this reason, patients with less
12 than one bowel movement per day were excluded from the trial since some of them suffer
13 from constipation accompanied by an immobile perineum and an adynamic recto-anal
14 angle (11).

15 Burkitt D.P. found a very low prevalence of hemorrhoids in rural Africa and
16 hypothesized that the high fiber diet which is typical for rural African populations is
17 responsible for this phenomenon (12), ignoring the fact that people in these regions
18 empty their bowels in a squatting posture in pit latrines (13). High fiber diets cause large
19 rectal volumes (14) and evoke the recto anal inhibitory reflex (15) thus somewhat
20 reducing the expulsive defecation effort (16).The major factor in the control of the
21 passage of solid rectal content, however is not the anal sphincters but the angle between
22 the rectum and that of the anal canal (17,18). Indeed, bulk-forming agents were tested in
23 the treatment of hemorrhoids and were found to relieve the symptoms only slightly better

1 (P< 0.025) than placebo after six weeks in one study (19), and no better than placebo
2 after three months of treatment in another study (20).

3 Numerous explanations have been offered to account for the development of
4 hemorrhoids, such as hard stool, pregnancy, labor, violent exercise and others (5). We
5 contend that these are only the triggers: the major factor that maintains and perpetuates
6 the disease is the excessive expulsive defecation effort that is needed in the sitting posture.
7 This explains why events common to all mankind, such as pregnancy, labor, occasional
8 hard stool, violent exercise and others only rarely cause hemorrhoids in third world
9 countries (12) in which squatting toilets are used, while the frequency of hemorrhoids
10 has reached epidemic dimensions in the western world (21) in which the sitting
11 defecation posture is commonplace. The occurrence of hemorrhoids can be traced back to
12 antiquity (5), but so can sit toilet commodes for mostly the old, weak and handicapped,
13 with the great majority of people habitually emptying their bowels in a squatting posture
14 (22). Indeed, the widespread use of the sitting toilets in the Western world began only
15 during the 19th century when sewage systems were developed to improve sanitation, as
16 cities grew (22).

17 Conclusion. The results of the present trial together with epidemiological data in the
18 medical literature indicate that the prevalence of hemorrhoids in the Western World will
19 sharply diminish by having people in the Western World switch to a squatting defecation
20 posture.

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1 **Table 1 The percents of patients with complete cessation of symptoms.**

Symptoms	Patients (N)	Trial	Control	The own control study		P-value
				Trial part	Control part	
Bleeding^f	34	50%	8.8%			0.001
Bleeding [#]	25			68%	4%	<0.0001
Pain^f	34	38.2%	8.8%			0.004
Pain [#]	24			62.5%	8.3%	<0.0001
Prolapse^f	34	17.6%	2.9%			NS
Prolapse [#]	26			15.4%	0%	NS
Irritation^f	34	29.4%	0%			NS
Irritation [#]	34			11.8%	0%	NS
Itching^f	34	14.7%	0%			NS
Itching [#]	33			3%	0%	NS

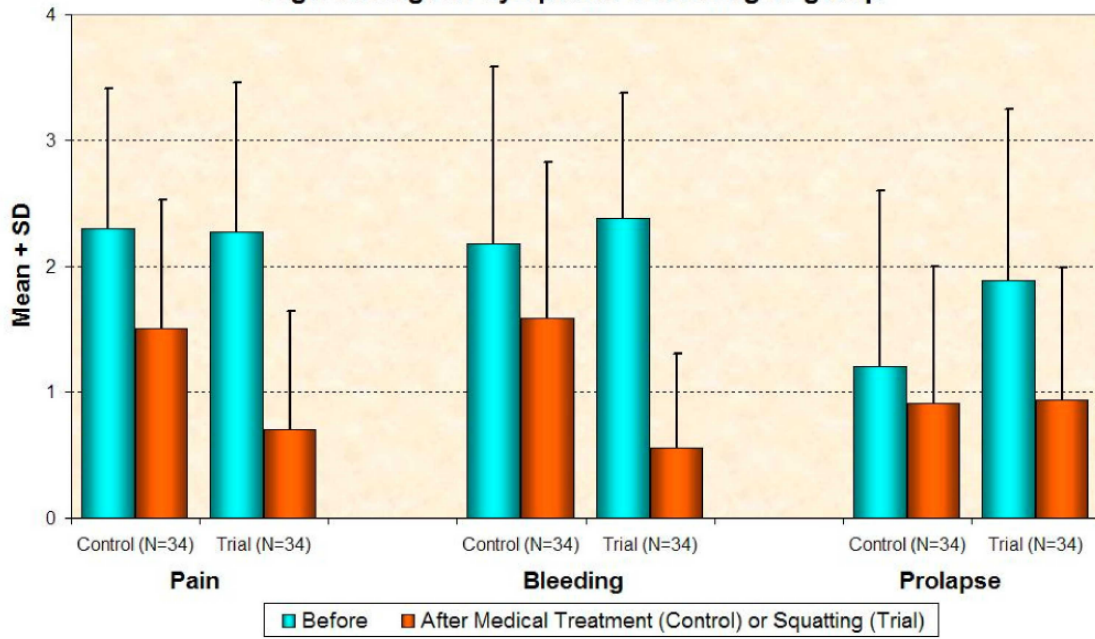
2 ^f After switching from a sitting to a squatting defecation posture (trial), or

3 completion of medical treatment (control).

4 [#] After switching from a sitting to a squatting defecation posture (trial part of own
5 control study) or after completion of medical treatment (control part of own control
6 study).

7 (N)-number of patients for each group. NS-non significant.

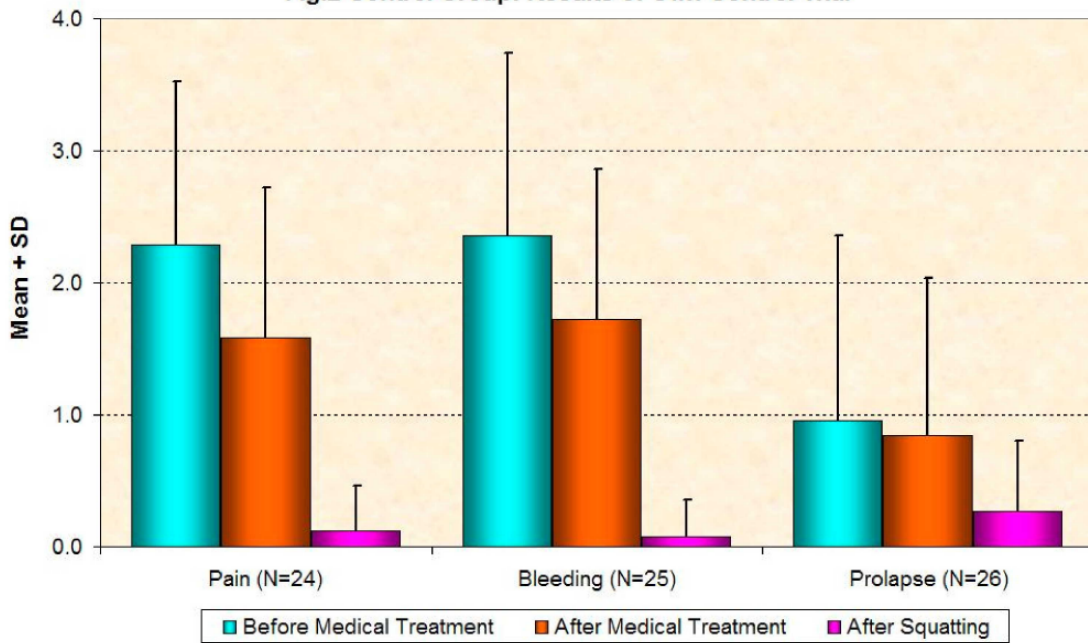
Fig.1 Change in Symptoms according to group



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Fig.2 Control Group: Results of Own-Control Trial



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