



**Department of Medical Education**  
**Himalayan Institute of Medical Sciences**  
**Swami Rama Himalayan University**  
 Swami Ram Nagar, P.O. Jolly Grant, Dehradun- 248016



Swami Rama Himalayan University

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HIMS/DME/2026/081

Date: 11.06.2026

**Clinical Grand Round**

Date : 13.06.2026  
 Day : Saturday

Time: 08:30 AM – 09:30 AM  
 Venue: Adi-Kailash Auditorium  
 (Near - Emergency Building)

**First 10-minute Topic:** “Yoga for Medical Professionals”

**Presenter:** Dr Y S Bisht, Professor of Dermatology

**Topic:** Advances in Management of Hemorrhoids: The role of Laser therapy

**Presenter:** Dr. Sneha Sinha (JR3), General Surgery

**Moderator:** - Dr. Hemant Kumar Nautiyal, Professor & Head, General Surgery

**Abstract:** Hemorrhoidal disease is one of the most common anorectal conditions encountered in surgical practice and a frequent cause of rectal bleeding, prolapse, pain, and discomfort. In India, hemorrhoids are estimated to affect up to 30% of the population, accounting for a substantial proportion of proctology consultations. Several treatment modalities are available, ranging from conservative management and office-based procedures such as rubber band ligation and sclerotherapy to surgical interventions including conventional hemorrhoidectomy, stapled hemorrhoidopexy, and Doppler-guided hemorrhoidal artery ligation.

In recent years, Laser Hemorrhoidoplasty (LHP) has emerged as a minimally invasive, sphincter-preserving alternative for selected patients with Grade II–IV hemorrhoids. By delivering controlled diode laser energy (980/1470 nm) to the hemorrhoidal plexus, LHP achieves tissue shrinkage with minimal collateral damage. Current evidence suggests reduced postoperative pain, faster recovery, shorter hospital stay, and high patient satisfaction while maintaining acceptable recurrence rates.

The Department of General Surgery, HIMS/SRHU, has recently introduced laser-based treatment for hemorrhoids and other benign anorectal disorders, expanding the spectrum of minimally invasive proctological services available to patients.

This CME reviews the epidemiology and pathophysiology of hemorrhoidal disease, current treatment options, principles of Laser Hemorrhoidoplasty, patient selection, operative technique, outcomes, and the evolving role of laser therapy in modern proctology.

**Programme for Clinical Grand Round:**

| Presentation              | Speaker                                                                 | Time      |
|---------------------------|-------------------------------------------------------------------------|-----------|
| Introduction to the topic | Dr. Lakshmi S. Rao (Assist. Professor)                                  | 05 Minute |
| Presentation              | Dr. Sneha Sinha (JR3), G. Surgery                                       | 20 Minute |
| Discussion                | Dr. Lakshmi S. Rao, G. Surgery                                          | 10 Minute |
| Questions and Answers     | Dr. Lakshmi S. Rao, G. Surgery<br>Dr. Hemant Kumar Nautiyal, G. Surgery | 10 Minute |

All Faculty & Post Graduate Residents are required to attend the Clinical Grand Round.

**Department:** General Surgery

**Convenor**  
**NMC Regional Centre**  
 Himalayan Institute of Medical Sciences  
 Swami Rama Himalayan University  
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