



CASE STUDY: EFFECT OF UNANI MEDICINE ON BAWASEER (HAEMORRHOIDS)

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ABSTRACT A single case study of 45 years old women who suffered from Bawaseer with Anal fissure. A case representation of pain while sitting, walking or going to toilet to pass stool, itching around the anus, bleeding following defecation, swelling around the anus; subsequent management by unani system of medicine discussed. Such cases are frequently found in high socio economic areas and hemorrhoid, managed well by unani system of medicine. Prunes (*Prunes domestics linn*) a natural laxative contains a natural sugar called sorbital, dihydroxyphenylisatin helps in regular bowel movements Fig-(Anjeer) (*ficus carica linn*) fabulous source of fiber and significant source of potassium as good source to eliminate waste products and help in prevent constipation.

KEYWORDS : Bawaseer, fig & Prunes, Aabzan (Illaj-Bit-Tadbeer)

INTRODUCTION

Hemorrhoids is a Greek word (haime-Blood, rross flowing) syn piles (latin pila-a-ball) is dilated veins within anal canal in the subepithelial region formed by radicles of superior, middle and internal rectal veins. (1,2) {Bailey and Love & S.N Das}

Sometimes the call of nature feels anything but natural. You have to go but it takes more effort then you had like. So you strain and strain. This puts a lot of stress on tiny veins in the anus and rectum, which can cause them to swell and stretch out of shape and result in potentially painful common condition known as Hemorrhoids (*Bawaseer*). (3) {Sclene Yeager}

PATHOPHYSIOLOGY

Hemorrhoids cushions are a normal part of the anal canal. Three main hemorrhoidal complex traverse the anal canal –the left lateral, the right anterior and the right posterior.

Hemorrhoids are classified as external and internal. External Hemorrhoids originate below the dentate line and are covered with squamous epithelium and are associated with internal component. External Hemorrhoids are painful when thrombosed.

Internal Hemorrhoids originate above the dentate line and are covered with mucosa and transitional zone epithelium and represent majority of hemorrhoids.(4) {Harrison Principal of Internal Medicine}.

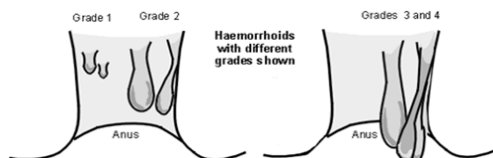
According to degree of Hemorrhoids

I. I degree :-

Rectal Bleeding and discomfort or irritation, bleeding is bright red in color

ii. II degree:- hypertrophy and of mucosal suspensory ligament become lax & formation of skin tag

III degree:- prolapse often defecation (5) {manual of clinical surgery}



Etology

The Etology of hemorrhoid is unknown It is associated with constipation and straining May develop for first trimester during pregnancy Typical low fiber diet High fat western diet (6)

Unani concept of Bawaseer (according to Hipocrate 460-377 BC)

Bawaseer is a unani term described by Unani scholar for Hemorrhoid: According to Bukraat, Bawaseer is defined as varicosity of vein (uraaq rasoli) in the Anus.

According to Samarkandi, Bawaseer is derangement of Saudaa (Black bile).(7) {Bayaz Kabeer}

According to Unani perspective Bawaseer is divided into two more categories

- i. Khooni Bawaseer
- ii. Rehee Bawaseer

As per Unani conventional and literal explanation, Bawaseer is described according to shape and is of three types-

- i. Soulali (shape of lentil or channa)
- ii. Anabie (shape of grapes)
- iii. Tooti (Shape of Mulberry) .

According to bleeding with stool

- i. Bawaseer Ammayah I.e; bawaseer which does not bleed during defecation
- ii. Bawaseer Damewa i.e; Bawaseer which bleed with defecation (8) {Sharya Asbaab}

CASE REPORT

A 45 years old female came to OPD non hypertensive, non diabetic with chief complaint of pain while sitting, walking or going to toilet to pass stool, itching around the anus, bleeding following defecation, swelling around the anus, since 1 ½ month; Such episodes including recurrency after 3 months, as patient has done hemorrhoidectomy 2 years back. She gives family history of diabetes and hypertension.

Clinical Findings

Inspection :- using gloved hands – inspect buttocks, there was no fistulous tract seen. External skin tag sentinel pile, excoriation and fissure seen.

Palpation:- By digital examination (DRE) - On gloved finger with lubricant used Index finger inserted gently into the rectum circumference of rectum is systematically palpated upto about 6-7 cm, there was no presence of mass, tenderness ++ presence of stool as mobile putty like substance

On proctoscopy- no ulcers

Investigations:

CBC HB- 9 grms; TLC – 7500/cumm; DLC – N-45, L-24, M.8, E-1.0 and B- 1.0 PLT count -1.60 lac CT- 5'3" BT- 1' 10"
Blood Sugar fasting- 86mg/dl
Stool for occult blood - traces

Treatment

Treatment given to the patient both local and systemic Locally stiz bath (Aabzan) is prescribed.

Aabzen is a therapy in which patient is allowed to sit in medicated luke warm water for 15 – 30 minutes .Here Stizbath consists of powder of mazu (galls- quercus Infectoria)and powder of Phatkari (Alum) in equal quantity with Gul Tasu (*Buteafrondosa linn*) flower of Dahak & Namak Lahore once a day for one month (9) {Unani Advia Mufridat}

After Stiz bath patient is advised to apply Zamad Bawaseer Orally, Sh.

Anjeer 2 tsf in morning with water for 1 ½ months

Anjeer, Alu Bukhara each with same quantity (one each) badiyan (7gms) as decoction once in a day for 7 consecutive days

-Hub-e-Rasoot 2 tab -BD for 1 ½ months

Duration of study: Patient was put on unani medicine and study was conducted over a period of one and half month with follow up after every seven days.

Diet advised to be avoided

1. Drinking coffee cause the intestines to contract which can irritate an already tender hemorrhoid. Also coffee is diuretic meaning that it causes constipation.
2. The body to lose valuable water and need more, not less, water when hemorrhoid flate.
3. Take a break from alcohol- like coffee, alcohol is a diuretic and can cause constipation.
4. Put away from peppers and stick with blander foods.

Diet to be taken

1. Bulk for bowels more fruits and vegetables.
2. Increase fluids at least six to eight glass of water a day.
3. Berry such as Cherries, blackberries and blue berries have compounds called proanthocyanidins which help strength the wall of capillaries veins in the anus making then them less likely to stretch under pressure.
4. Prunes (alu Bukhara) nature's laxative, are high insoluble fibre which is perhaps the key to prevent constipation. Since insoluble fibre is not absorbent, it soaks up large amounts of water, making stool larger and easier to pass. Prunes contains 15% a natural sugar called sorbital that are bulking agent and are often recommended for relieving constipation. Prunes contains a compound called dihydroxyphenylisatin which stimulates the intestine causing it to contract and is essential for heavy regular bowel movements. (10) {Sclene Yeager}
5. Fig

Fibre is so good for so many things as fig is fabulous source of fibres and significant source of potassium because fiber builds heavier stool, it helps eliminate waste more quickly and efficiently and hence prevent constipation and colon cancer.

In Islamic about fig Prophet Muhammad (PBUH) said, "if a fruit ever descended from Paradise, I would say that this is it, as heaven's fruits contain no pips, Eat from it as it relieves hemorrhoids". (Surah-al-Tin)(11).

Fig act as antiulcer and antibacterial properties, useful for mental illness. Fig contains nutrient tryptophen that promotes good sleep and help brain to use sugar properly and good circulation throughout the body.(11)

RESULT

During each clinical visit following findings are observed

1. Stoppage of bleeding
2. Reduced inflammation
3. Soft stool pass without pain.

DISCUSSION

From the above result it is evident that Unani, Treatment for Bawaseer is very effective. This could be attributed to the fact that herbs which are used in Bawaseer are bestowed with anti ulcerative, anti inflammatory (muhalil), laxative (musil) , Analgesic (Musakin) astringent.

CONCLUSION

Above case study has promising result and further planned study can be done on large number of subject.

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