According to Samarkandi, Bawaseer is derangement of Saudaa (Black rasoli) in the Anus.

According to Bukraat, Bawaseer is defined as varicosity of vein (uraq). Bawaseer is a Unani term described by Unani scholar for Hemorrhoid:

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

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 hemorroids.(4) Harrison (Principal of Internal Medicine).

According to degree of Hemorrhoids

I. 1 degree: -
Rectal Bleeding and discomfort or irritation, bleeding is bright red in color.

II. 2 degree: - hyper trophy and of mucosal suspensory ligament become lax & formation of skin tag.

III. 3 degree: - Prolapse often defecation (5) (manual of clinical surgery)

PATHOPHYSIOLOGY

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

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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. Soulai (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 defection
ii. Bawaseer Damewa i.e; Bawaseer which bleed with defection (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 defection, swelling around the anus, since 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, 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 gentle 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 gms; TLC – 7500/cumm; DLC – N-45, L-24,M.8,E-1.0 and B- 1.0 PLT count - 1.60 lac CT- 53” BT - 1’ 10”

Blood Sugar fasting - 86mg/dl

Stool for occult blood - traces

Treatment

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

Aabzen is a therapy in which patient is allowed to sit in medicated hot water bath. It is a Unani advia Mufridat.

After Sitz 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 hemmorhid. 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 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)

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

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.

REFERENCES