



ORIGINAL RESEARCH PAPER

Unani Medicine

HAEMORRHOIDS AND ITS MANAGEMENT IN UNANI MEDICINE

KEY WORDS:

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ABSTRACT **BACKGROUND:** - Haemorrhoids are one of the most common ano-rectal disorders encountered in the general population. Hemorrhoids commonly known as piles. It is well known by its symptoms such as per rectal bleeding mass coming out during defecation, mucus discharge and other systemic problems such as anaemia and general weakness. In Unani System of Medicine, it is known as Bawaseer. It occurs very commonly in most of the people at some stage during their life span. Non-Bleeding Piles tend to occur more frequently at later stage in life due to stretching of the tissues supporting the veins in the rectum and age-related weakness. As per Unani philosophy it is caused by thick melancholic sanguine (Dam-e- ghaleez saudavi). In Unani classical books, it is characterized by presence of yellowish green mass, pain and itching in the anus. The mass may be of different shape such as mulberry, grape and wart. In terms of prevalence, it ranks second among the ano-rectal ailments.

INTRODUCTION

Hemorrhoidal disease is one of the most common anorectal conditions encountered in daily practice in India. It has been projected that about 50% of the population will have hemorrhoids at some point in their life. (1) Hemorrhoids are dilated plexus of the superior hemorrhoidal veins, in relation to the anal canal. (2) They represent abnormal enlargement of the anal cushions. (3) Clinically characterized by bleeding from the rectum, mucous discharge, perianal irritation or pruritus, perianal pain, prolapse of the hemorrhoidal cushions, or protruding mass, soiling, and difficulties with hygiene. The exact prevalence of symptomatic hemorrhoids is difficult to establish owing to under-reporting by patients. (4) In the United States, it is the fourth leading outpatient gastrointestinal diagnosis, accounting for 3.3 million ambulatory care visits. Despite its prevalence and low morbidity, hemorrhoid disease has a high impact on the quality of life.

In unani literature, haemorrhoids are known as 'Bawaseer'. Bawaseer is the pleural of basoor, which means wart or polyp like swelling. According to Hippocrates (Buqrat) Bawaseer is the varicosities of the internal mucosal membrane of rectum in which the veins get swollen similar to the veins of the lower limb. According to Majoosi, bawaseer (5,6,7) is an excessive growth at mouth of vessels present in anus.

Classification

Classification of Haemorrhoids According to Unani System of Medicines:

According to shape of mass:-

1. Saloli - like small warts.
2. Unabi - like grapes, they are oval shaped and tips are green like grape colour.
3. Tooti: - like mulberry, they are loose green in colour and with mulberry appearance.

According to bleeding:-

1. Umiya - haemorrhoids without bleeding (Bawaseer reehi)
2. Damiya - Haemorrhoids with bleeding (bawaseeri khooni)

According to site of appearance:

1. Nabita - External haemorrhoids
2. Ghaira - Internal haemorrhoids (7)

Causes Of Haemorrhoids

According to conventional system of medicines:-

1. Upright posture and absence of valve in the portal system with other factors precipitate development of haemorrhoids.
2. Absence of valves or congenital weakness of the vessel wall are few other factors contributing for the haemorrhoids.
3. A diet deficient in fibers result in constipation and hard stools compress veins and result in haemorrhoids.
4. Carcinoma of the rectum
5. Pregnancy-compresses superior rectal vein can cause haemorrhoids.
6. Portal hypertension – uncommon cause of recta varices (Alcoholic cirrhosis).

Other factors that are believed to increase the risk include:

- Obesity
- Prolonged sitting
- Pelvic floor dysfunction (1,2,11,12,14)
- Chronic cough

These are dilated veins within the anal canal in the sub epithelial region formed by radicles of the superior, middle and inferior rectal veins.

The word "haemorrhoid" is derived from the greek word "heama" = blood and "rhoos" = flowing, and was originally used Hippocrates to describe the flow of blood from the veins of anus. Commonly in society it is known as piles. In Unani literature haemorrhoids are known as "bawaseer. According to Hippocrates (Buqrat) bawaseer is the varicosities of the internal mucous membrane of rectum in which the veins get swollen similarly to the veins of the lower limb. It has been stated that the 50% of the population will experience symptomatic haemorrhoid disease in at some point in their lives, the peak incidence of symptomatic disease seems to be between the age of 45—65 years. According to the Unani system of medicine it is advised to treat the disease with mus-hil-e-Sauda, Mohallil-e-awram, Musakkin, Habis-e-Dam, Mudamil-e-zakhim, and Mulayyan Adviya. There are many mufrad and murakkab drugs described in Unani literature to manage bawaseer. In this paper there is a vision of causes, symptoms and management of bawaseer along with single and compound drugs being used in treatment of haemorrhoids.

According To Unani System of Medicines, Common cause of haemorrhoids:

- Khilt-e-Sauda (Black humour)

- Due to safra, and when blood gets burnt
- Due to certain drugs which are hot in temperament
- Consumption of excessive saudawi substances leads to ghaleez dam (viscous blood)
- People who consume protein rich diet,
- Population of areas, where the air is ratab (moist and mutaaffin)

Clinical Features of Haemorrhoids

1. Bleeding Bright red, painless and occurs along with defecation. Splash in the pan-this causes chronic haemorrhoids. The blood typically covers the stool, a condition known as hematochezia, is on the toilet paper or drips into the toilet bowl.
2. Prolapse: In the beginning the prolapse is minimal. In prolapse haemorrhoids can be divided into four degrees. When completely prolapsed, may cause itching, mucous discharge and fecal incontinence. Internal haemorrhoids are painful only when they become thrombosed.

First degree: Only bleed no prolapse

Second degree: Prolapse but reduces spontaneously.

Third degree: Prolapse and have to be manually reduced

Fourth degree: Permanently prolapsed, during fourth degree prolapsed piles cannot be seen in 3,7 and 11 o'clock 3.

3. Mucous discharge:- The mucous discharge is due to engorged mucous membrane
4. Anaemia: Anaemia Is often seen in long standing cases of (1,2,14) haemorrhoids due to Persistent bleeding.

Clinical features according to Unani medicine:-

- Heaviness in rectum,
- Itching,
- Burning pain during defecation
- Bleeding per rectum in bawaseer khoni
- Anaemia due to complications of haemorrhoids
- Strangulation and Thrombosis,
- Ulceration
- Gangrene
- Portal Pyemia (1,2,14,18)

Usool -e- Ilaaj (Principles of Treatment)

- Islaah - e - ghiza (Dietary regulations) is the key to cure it.
- Talyin (laxation) is very effective in curing constipation.
- Taskeen - e - dard (Analgesia) in cases of pain
- Tanqiya - e - dam-e- fasil wa khilt-e- saudaw (Evacuation of impure sanguine and black bile)

Ilaaj bil yad (surgery) if needed

- Haabis-e- dam (haemostasis) in case of excessive bleeding (6,7,8,15,18)
- Indimaal (healing) to heal up the affected area
- Ilaaj bil dawa. (pharmacotherapy) If veins are protruding wash with cold water and then push inside manually.
- Use locally marhame musakin-e- dard and merhame habis-u-dam with ingredients like kafoor, Afyon, Ajwain khurasani, Post khash khash, laoabi ispagul, Rougan-e-bung, Burg-e-bung, Aab-e-burg maqo sabiz, Aab-e- burg kakronda subiz, Safeeda kashgari, mazoo, Rasoot, Kath.
- When piles are bleeding and are painful apply zimad to reduce pain and inflammation, with ingredients like nakhoona, khutmi, affiyon, zafran, alsi, gugul and onion with gee.
- Use haemostatic drugs single as well as compound.
- Local application of paste containing egg yolk, barley flour and roughan-e- gul is very effective in bawaseer daamiya (bleeding piles)
- Sitz bath (Abzan) with the decoction of Alt h a e a officinalis. (Khatmi), Malva syavestris Linn. (Khubazi) and viola odorata Linn. (Banafsha).
- Sitz bath (Abzan) with the decoction of lens esculenta Moench (Masoor),
- Fruit rind of Punica Granulatum Linn. (Post-e-anaar),
- Quercus infectoria Olive (Mazu), and

- Stamens of Rosa damascene Mill (Zar-e-ward). (7,8,11,14,17)

Ilaaj Bil Tadbeer (Regimental Therapy)

- Fasad-e- ba saleek (bloodletting through cephalic vein)
- Hijama (Cupping): Cups are applied on the hips to expel the Saudawi matter.
- Ta' leeq (Leeching) Leeches are directly applied over the haemorrhoidal swellings or adjacent to them due to which the morbid matter lodged in the haemorrhoidal plexus directly expel (8,6,16) out from the affected area.

Compound Unani Drugs

- Habb-e- Rasoat
- Itreefal-e- Mulayyan
- Gulqand
- Habb-e- Muqil
- Roghan-e- Zard (6,8,17,29)
- Qurs-e- Kahraba

Dietary Restrictions

- Diet should be light and laxative
- Avoid spices (Masala jaat)
- Avoid fish and meat (Aghziya Muwallid -e- sauda)
- Avoid intake of alcohol.

Management (Conservative treatment):

High fiber diet (supplements), improve symptoms in early stage. Sitz baths and increase in fluid intake relieves constipation.

Topical preparations of local anesthetics, corticosteroids, astringents and antiseptics are available.

Dietary supplement as flavonoids have been used in the treatment of haemorrhoids. They improve venous tone, reduces (2,3,15,16) Hypermeability and have anti-inflammatory effects.

Treatment:

Non operative treatment: -It is indicated in grade 1 and grade 2 piles.

Barons band application: -It is indicated in 2 and 3 grade piles.

Operative treatment: -Hemorrhoidectomy, open method and (3,8) closed method

Management of haemorrhoids (bawaseer) in Unani Medicines is very beneficial in treating haemorrhoids. Both Unani single drugs and compound formulations are very much effective and are easily available in market. Even some home remedies for piles can be easily prepared at home.

Preventive Measures

Diet advised to be avoided

1. Excess use of coffee and tea causes the intestines to contract which can irritate an already tender hemorrhoid, also coffee is diuretic, that means, can Cause constipation.
2. Take a break from alcohol- that can cause constipation.
3. 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 proanthocyanins which help strength the wall of capillaries veins in the anus making them less likely to stretch under pressure.
4. Prunus Domestica (alu Bukhara) is nature's laxative, are high insoluble fiber which is perhaps the key to prevent fiber is not absorbent, it soaks up large amounts of water, making. Alu bukhara contains 15% a natural sugar called sorbitol that are bulking agent and are often recommended for relieving constipation. Plums contain a compound called dihydroxyphenyl satin which stimulates the intestine causing it to contract and is

essential for heavy regular bowel movements. (9)

5. Fig Fiber is so good for so many things as fig is fabulous source of fibers 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 studies 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)(8). Fig act as antiulcer and antibacterial properties, useful for mental illness. Fig contains nutrient tryptophan that promotes good sleep and help brain to use sugar properly and good circulation throughout the body.

Precautions

- Avoid constipation
- Take high fiber diet- food and fiber supplements
- Increase fluid intake
- Avoid straining while defecation
- Always go to toilet when feel the urge

CONCLUSION

In Unani Medicine, most patients can be effectively treated with diet and lifestyle modifications only. Avoidance of constipation is important in treating haemorrhoids. In Unani Medicine Fasad, Taleeq and Hijaama are very beneficial and work as non-surgical techniques in treating haemorrhoids, and may be proved cheap and best alternative.

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