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Single herb therapy and Dietary regimen for Piles (Hemorrhoids) – Review

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Abstract

Piles is another term for hemorrhoids. Hemorrhoids are a very common anorectal condition defined as the symptomatic enlargement and distal displacement of the normal anal cushion. They affect millions of people around the world. Approximately 50% to 66% of people have problems with hemorrhoids at some point in their lives. Males and females are both affected with about equal frequency. Hemorrhoids affect people most often between 45 and 65 years of age. Siddha system focus on treating disease by nature gifted herbal preparation based on intensity and duration of the disease. This paper is a collective work of easily available herbal preparation in them management of piles from classical Siddha literatures.

Keywords: Hemorrhoids, Piles, herbal.

Introduction

Piles is another term for Hemorrhoids. Hemorrhoids are collections of inflamed tissue in the anal canal. The size of piles can vary and they are found inside or outside the anus. Piles occur due to chronic constipation, chronic diarrhea, lifting heavy weights, pregnancy or straining when passing a stool. There are two types of piles. Internal and external^(1,2).

Internal piles are normally located between 2 and 4cm above the opening of the anus. External piles occur on the outside edge of the anus. This paper is a collective work of easily available herbal preparation in the management of piles from classical literature. According to Siddha literatures piles has been classified at 21 types.

Symptoms⁽³⁾:

In most cases, the symptoms of piles are not serious. They normally resolve on their own after a few days.

- A hard, possibly painful lump may be felt around the anus. It may contain coagulated blood. Piles that contain blood are called thrombosed external hemorrhoids.
- After passing a stool, a person with piles may experience the feeling that the bowels are still full.
- Bright red blood is visible during bowel movement.
- The area around the anus is itchy, red and sore.
- pain occurs during the passing of a stool
- Piles can escalate into a more severe condition.

This can include

- Excessive anal bleeding also possibly leading to anemia
- Infection

- Fecal incontinence or an inability to control bowel movements
- Anal fistula, in which a new channel is created between the surface of the skin near the anus and the inside of the anus.
- A strangulated hemorrhoid in which the blood supply to the hemorrhoid is cut off causing complications, including infection or a blood clot.

Causes⁽²⁾:

The veins around anus tend to stretch under pressure and may bulge or swell piles can develop from increased pressure in the lower rectum due to

- straining during bowel movements
- sitting for long periods of time on the toilet
- having chronic diarrhea or constipation
- Being obese
- being pregnant
- eating a low fiber diet
- regular heavy lifting

Plants used treat in piles ^(4,5)				
No.	Tamilname	English name	Botanical name	Family
1	Ati-vidayam	Indian Atis root	Aconitum heterophyllum	Ranunculaceae
2	Atti	country fig, cluster fig gular fig	Ficusracemosa	Moraceae
3	Amamiyarkundal	Sita's thread	cuscutareflexa	convolulaceae
4	IlandaiMaram	The Indian Jubube tree	Ziziphusmauritania	Rhamnaceae
5	Chembu	Cocoyam	Colocasiaesculenta	Araceae
6	Kadukkai	ChebolicMyrobalan	Terminaliachebula	combretaceae
7	Impural	chay-roas, dye root	oldenlandiaunbellata	Rubiaceae
8	karunai	Telugu potatoramorpophalus	Amorphophalluspaeoinifolius	Araceae
9	Mullangi	Radish	RaphanusSativus	Brassicaceae
10	VazhaiPoo	Plantain tree	Musa paradisiaca	Musaceae
11	Kalappaikizhangu	superb lilly, malabar glory lily	Glorposasuperba	colchicaceae
12	Kattamanakku	English physic nut, nut of purging nut	Jatrophacurcas	Euhorbiaceae
13	Kattuppaklal	Bitter gourd (wild)	Momordicadioica	cucurbitaceae
14	kattuvakai	sirissa tree	Albizzialebeck	fabaceae
15	Sivadai	Turpet root	opercullinaturpethum	cannabeceae
16	Chinni	chinni	Acalyphafruticosa	Euphorbiaceae
17	Vengayam	Onion	Allium cepa	Amarylliceae
18	Parankipattai	chinna root	smilax china	smilacaceae
19	Nervalam	purging croton	crotonigilium	Euphorbiaceae
20	NeitharKizhangu	White water lily	Nymphaeapubescens	Nymphaeaceae

Actions of the herbs used in treatment of piles^(4,5)

S. No.	Plant name	Part used	Actions	
1	Ati Vidayam	Root	Antiperiodic, Stomachic, Astrigent Febrifuge, Aphrodisiae, Tonic	
2	Atti	Unripe fruit	Astrigent	
3	Amamiyarkundal	Root	Astrigent, Alterative, Stomachic	
4	IlandaiMaram	leaf	Astrigent, Emollient	
5	Chembu	Leaf	Styptic, Stimulant, Laxative, Rubefacient	
6	Karak-karunai	Root (Kizhangu)	Alterative, Nutritive, Tonic	
7	Mullangi	Root (kizhangu)	Diuretic, Caxative, Stimulant Stomachic	
8	Kalappai kizhangu	Root (kizhangu)	Alterative, Antiperiodic purgative	
9	Kattamanakku	Leaf	Galactagogue, Hoemostatic Vermifuge	
10	Kattuppakkal	Root (Kizhangu)	Stimulant, Astrigent, Expectorant	
11	Vazhai	Flower	Astrigent	
12	Impural	whole plant	Expectorant, styptic, cholagogue stimulant , emollient, Digestive Alterative	
13	Kadukkai	unripe fruit	Astringent, cooling	
14	Kattu-vakai	Leaf, seed, bark	purgative	
15	shivadai	root	Alterative, Attenuant, Stumachic Alexipharmic	
16	Chinni	Root		
17	Vengayam	leaf	stimulant Diuretic Expectorant Emmenagogue	Rubefacient Demulcent Aphrodisiac
18	Parankippattai	Root	Alterative, Antisyphilitic, aphrodisiac Depurative	
19	Nervalam	Seed	Purgative. Rubefacient	
20	Neither kizhangu	Root (kizhangu)	Demulcent, Nutrient, Diuretic	

Dietary Regimen^(6,7)

To take

Some foods can help alleviate symptoms and even help prevent piles in the first place.

1) Fiber rich foods :

Legumes are the edible seeds of plants in the fabaceae family. They include beans, lentils, peas, peanuts and chickpeas. They are loaded with both kinds of fiber but especially rich in the soluble type.

2) Whole Grains:

Barley, corn, spelt, quinoa, brown rice, whole rye and oats.

3) Vegetables:

Broccoli, cauliflower, radishes, turnips and cabbage, Carrots, beetroot, turnips, pumpkin, ladyfinger, tindora, Cucumber and melons are delicious ways to bring fiber and water

4) Spinach (Keerai):

Dill spinach (fenugreek leaves), Chukan Spinach, Thuthi Spinach, Thaluk Spinach, Palak Spinach,

5) Fruits:

Apples, Banana, Lemon, Guava, Datefruit, Dry grapes, Pine apple, Orange, Pappaya, Amla, Pomegranat

6) Fluids:

- take plenty of water
- juices
- Curd
- Butter Milk

7) Non-veg:

- Pork is a rich source of many vitamins and minerals. It is high in protein amino acids which

is good for over all health porks are more healthy than chicken.

- Turtle flesh calipash or calipee is medicine for piles.
- Fish

Foods to avoid:

Avoid some foods is a good idea to prevent piles

1) Dairy Products:

These include milk, cheese and other varieties

2) White flour:

This flour has the bran and germ removed, making it less fibrous product made from this type of flour include white breads, pasta, raagi flour

3) Red meat:

Avoid this type of meat, as it takes longer to digest and may exacerbate constipation.

4) Fried foods:

These can be hard on digestive tract and difficult to digest

5) Salty foods:

They may cause bloating and make hemorrhoids more sensitive

6) Spicy food:

These food may increase pain and discomfort associated with hemorrhoids.

7) Caffeinated beverages:

These beverages may harden stools and make it more painful to use the restroom.

8) Alcohol:

Alcoholic drinks can dry up stools and exacerbated the discomfort of piles.

Prevention^(6,7):

- Eat high - fiber foods
- Drink plenty of fluids
- Consider fiber supplements
- Don't strain during passing stool
- Go as soon as feel the urge
- Exercise
- Avoiding long periods of sitting

Conclusion:

Piles is a common but complex disease patients who present with signs and symptoms of piles should be carefully evaluated to exclude other masquerading entities. There are many options for the management of piles disease. This paper contain single herbal medicine for piles. It gives to avoid surgical treatment for piles. Dietary modulation and life style de-arrangements are preventive methods for piles.

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