



TRADITIONAL PHYTO-MEDICINES USED ON: PILES (HAEMORRHOIDS)

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ABSTRACT:

The use of phyto medicines is a major component of the indigenous system of medicines in different sphere which varies according to their technological advancement. The indigenous knowledge about medicinal plants is dejected, so we have to conserve these ethno-medicinal plants as it can help to discover new drugs and also provide a source to rural tribal peoples as most of tribals and villagers have the accumulated knowledge of indigenous species especially used to cure various diseases. The present study deals with the use of traditional herbal medicines to cure piles or haemorrhoids which is a very common disease causing pains at passing stool or slight bleeding and irritation after passing the stool. Present paper deals with the study of 18 Taxa related to 16 genera and 15 families that are used pertaining to treatment of the disease by experienced villagers of Kheda district of Gujarat.

KEY WORDS: *Phyto medicines, piles and villagers.*

INTRODUCTION:

A large proportion of the population suffers from Piles or haemorrhoids. Haemorrhoids are normal structures of the human anatomy and require treatment only when they are symptomatic. The term 'piles' (Latin Pila=a Ball) refers to the haemorrhoidal swellings. There is a remark that common people call them piles and the aristocracy call them haemorrhoids. It is the inflamed condition of the veins inside or just outside the rectum. Pain at passing stools or slight bleeding and irritation after passing the stool are the usual symptoms of piles. The patient cannot sit comfortably due to itching, discomfort and pain in the rectal region. The cause of piles is chronic constipation and other disorders. The pressure applied to pass stool or to evacuate constipated bowel, leads to piles. The use of purgatives to release constipation, prolonged periods of standing or sitting, obesity, general weakness of the tissues of body and mental tension leads to cause piles. In external piles there is a lot of pain but not much bleeding. In case of internal piles discharge of dark blood occurs while in some cases

the veins burst and result in the bleeding piles. For centuries many indigenous drugs have been used in India for the treatment of piles.

The use of traditional herbal medicines pertaining to diagnosis and treatment of the disease by experienced villagers of Kheda district is discussed.

MATERIALS AND METHODS :

For the collection of plants frequent field trips were arranged at different places of the Kheda area in different seasons. Various plants are collected which are used to cure piles. Botanical study of these plants, photographs and their herbarium sheets are prepared which are deposited at J. & J. college of Science, Nadiad. Interviews are conducted with local people and Vaidyas to collect the information regarding piles, remedies and recommendations. It was observed that at different places different plants are utilized as pile drugs depending on the available flora and the diseases prevalent in the adjoining areas. Following are some of the plants used in the treatment of piles along with their remedies and recommendations from the Kheda area.

During the present study the interviews were conducted with villagers and Vaidyas of Kheda area for their accumulated knowledge and treatment used to cure piles. About 18 taxa related to 16 genera of 15 families are recorded, and are listed under the alphabetical order along with their scientific name, local-vernacular name and family with the useful part of the plant.

(i) *Achyranthus aspera* L. (Amarantheaceae): Andhedi

The 3 to 5 gram seed or seed powder with warm water is given twice a day.

(ii) *Aegle marmelos* (L) Corr. (Rutaceae): Beli

Leaf powder 3 to 5 gram twice a day (antiulcerous). Ripe fruit juice 50 to 100 ml twice a day as mild laxative. (Warrier et al. 1997)

(iii) *Amorphophallus campanulatus* (Roxb)Bl. (Araceae); Suran

Corm (Tuber) fried in ghee or boiled are given. (The tubers are anti-inflammatory, antihemorrhoidal, digestive, appetizer, stomachic, rejuvenating and tonic. They are traditionally used in inflammations, hemorrhoids, constipation. The tuber is reported to have analgesic activity Dey Y. N. et al. 2006)

(iv) *Azadirachta indica* A. Juss (Meliaceae) Limbado

Tender leaves juice 30 to 50 ml in beginning a day (appetizer and antiseptic).

Seed powder 5 to 6 gram with water (purgative Warrier et al, 1997)

(v) *Barleria prionitis* (Acanthaceae) Pilokantaserio

Tender leaves paste made in oil applied on piles.

(vi) *Cassia fistula* L. (Ceasalpinaceae) Garmalo

Pod powder 3 to 5 gram with curd and salt. (It has mild laxative properties there by facilitating bowel evacuation. It helps in shrinking engorged veins and has a profound anti-inflammatory activity. Kirtikar and Basu, 1987)

(vii) *Cassia occidentalis* L. (Ceasalpinaceae) Kasundro

Seed powder 3 to 5 gm with warm water once in a day. (It is purgative).

(viii) *Eclipta prostrata* Linn (Asteraceae) Bhangro

Whole plant juice mixed with milk and khadi sakar given three times a day. (To improve appetite, correct hepatic function and have mild laxative properties there by facilitating bowel evacuation and reducing local truma to the haemorrhoidal vessels. Nadkarni, 1996)

(ix) *Embllica officinalis* Gaertn. (Euphorbiaceae) Amala

Fruit juice 50 to 60 ml three times a day with honey. (It has antibacterial and its astringent properties prevent infection and help healing ulcers. Nadkarni, 1996).

(It is used as a laxative to relieve constipation in piles. Kirtikar and Basu, 1981)

(x) *Hibiscus rosa- sinensis* L. (Malvaceae); Jasud

Petals fried in ghee are given with Khadi sakar.

(xi) *Mimosa pudica* L. (Mimosae) Lajjamani

Whole plant paste applied on piles. (It has antiseptic and anti-inflammatory properties also help in shrinking varicose veins. Nadkarni, 1996)

(xii) *Momordica charantia* L. (Cucurbitaceae) Karela

Leaf juice is given with sugar. Unripe fruits juice is given with sugar.

(xiii) *Luffa acutangula* (L) Roxb. Cucurbitaceae; Turiya

Fruit paste is applied on piles.

(xiv) *Nerium indicum* Mill (Apocynaceae) Lal Karen

Root paste is applied on piles.

(xv) *Solanum nigrum* L. (Solanaceae) Piludi

Whole plant paste is applied on piles. (It possess styptic an anti-inflammatory properties and help in regeneration of the vascular endothelium. Warriar *et al*,1997)

(xvi) *Vitex nagundo* L. (Verbenaceae) Nagod

Leaf juice approximately 50 ml given twice a day. Leaf paste is applied on piles. (It possess styptic an anti-inflammatory properties and help in regeneration of the vascular endothelium. Warriar *et al*, 1997)

(xvii) *Terminalia bellarica* (Gaertn) Roxb Combretaceae Baheda

Fruit powder 3 to 5 gm with warm water twice a day. (It is purgative.)

(xviii) *Terminalia chebula* Combretaceae Harde

Fruit powder 3 to 5 gram with warm water twice a day. (It is acts as a gentle laxative and helps in smooth evacuation (Warrier et al., 1997).

RESULT AND DISUSSION:

The treatment of the basic cause, namely chronic constipation is the only way to get rid of the trouble. Haemorrhoidal symptoms can be relieved by simple measures such as better local hygiene, avoidance of excessive straining and proper dietary habits supplemented by medication to keep stools formed and soft. To begin with the whole digestive system tract must be given a complete rest for few days and the intestine thoroughly cleansed. For this purpose the patient should adopt an all fruit diet for a week, after this, patient may adopt the use of herbal medicines recommended by the Vaidyas and experienced villagers of Kheda district. This information is collected by conducting interviews. Food and exercise is also beneficial, the most important food remedies are the use of dry figs, mango seed powder with honey, white radish with honey, mix vegetable soup with milk and the cold water treatments and by drinking 8-10 glasses of cold water in a day cures the disease. Different exercises play an important role, walking is also found to cure the diseases.

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