Siddha in the treatment of Haemorrhoids (Moolam)

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Abstract

This review discusses the etiology, signs and symptoms, classification and treatment of haemorrhoids (moolam) in siddha. The most common symptom of haemorrhoids (moolam) is rectal bleeding associated with bowel movement. The abnormal dilatation and distortion of vascular channels, together with destructive changes in the supporting connective tissue within the anal cushion, is a finding of haemorrhoids (moolam). Haemorrhoids (moolam) is a common affliction and have been described and treated for more than 4000 years. It is a fact that 50-85% of the world’s population will be affected by haemorrhoids (moolam) at one or another episodes in their life time. The controllable, preventable and curable medicines are available in our siddha system of medicine.

Keywords: haemorrhoids, moolam, siddha, etiology, classification, treatment.

Introduction

Haemorrhoids are swollen veins in anus and lower rectum. It is literally called piles. It is the varicosities of the haemorrhoidal veins. Development of collaterals between the superior, middle and inferior haemorrhoidal veins resulting in haemorrhoids is another common accompaniment. Bleeding from haemorrhoids is usually not as serious a complication as haematemesis from oesophagal varices. If the haemorrhoids becomes damaged, this can lead to severe pain and bleeding. Approximately 50% to 66% of people have problems with haemorrhoids at some point in their lives. Males and females are both affected but 25% are females and 15% of males. Haemorrhoids affect people most often between 45 and 65 years of age. It is more common among the wealthy.

Types of Haemorrhoids (Moolam)

Siddha aspect:-

According to Siddha Moolam is classified in to 21 types. They are

1. Neer moolam
2. Sendu moolam
3. Mulai moolam
4. Sittru moolam
5. Varal moolam
6. Raththa moolam
7. Seezh moolam
8. Aazhi moolam
9. Thamaraga moolam
10. Valli moolam
11. Piththa moolam
12. Aiya moolam
13. Eru kuttra kalappu moolam
14. Vinai moolam
15. Maega moolam
16. Pavuththira moolam
17. Kiranthi moolam
18. Kutha moolam
19. Pura moolam
20. Surukku moolam
21. Savvu moolam

Modern aspect:-

2 types –

**Internal haemorrhoids**

Haemorrhoids which is located inside the rectum

**External haemorrhoids**

Haemorrhoids which is located outside the rectum

### Siddha medicines for moolam

<table>
<thead>
<tr>
<th>S.No</th>
<th>Medicines name</th>
<th>Dose</th>
<th>Adjuvant</th>
<th>Internal or external medicine</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Theebakkini chooranam</td>
<td>-</td>
<td>Honey</td>
<td>Internal</td>
</tr>
<tr>
<td>2.</td>
<td>Sundaivattral chooranam</td>
<td>Verukkadi</td>
<td>Buffalo’s curd</td>
<td>Internal</td>
</tr>
<tr>
<td>3.</td>
<td>Ganthaga rasayanam</td>
<td>10-12 kundrimani alavu</td>
<td>Sugar,honey,ghee</td>
<td>Internal</td>
</tr>
<tr>
<td>4.</td>
<td>Karunai legium</td>
<td>Nellikkai alavu</td>
<td>-</td>
<td>Internal (10days)</td>
</tr>
<tr>
<td>5.</td>
<td>Thaettrankottai legium</td>
<td>½ kundriyalavu</td>
<td>Naaga parpam</td>
<td>Internal (20days)</td>
</tr>
<tr>
<td>6.</td>
<td>Gaantha parpam</td>
<td>Kundrimani alavil ¼ kooru</td>
<td>Vuruthraagaththin rasam</td>
<td>Internal</td>
</tr>
<tr>
<td>7.</td>
<td>Thanga senthooram</td>
<td>-</td>
<td>Butter milk</td>
<td>Internal</td>
</tr>
<tr>
<td>8.</td>
<td>Velvanga parpam</td>
<td>Panavedai</td>
<td>Dried pomegranate flower petels&amp;cumin seeds&amp;ghee</td>
<td>Internal</td>
</tr>
<tr>
<td>9.</td>
<td>Velli parpam(magizham poo satral seitha parpam)</td>
<td>¼ panavedai</td>
<td>-</td>
<td>Internal</td>
</tr>
<tr>
<td>10.</td>
<td>Uppu parpam</td>
<td>-</td>
<td>Cow’s butter milk</td>
<td>Internal</td>
</tr>
</tbody>
</table>

### Causes:

- Portal hypertension
- Chronic constipation
- Venous stasis of pregnancy
- Hereditary predisposition
- Tumors of the rectum
- Obesity
- Low fiber diet

### Signs and Symptoms:

- Painless bleeding
- Extreme itching around the anus
- Irritation and pain around anus
- Painful lump or swelling near anus
- Discomfort
<table>
<thead>
<tr>
<th></th>
<th>Medicine Description</th>
<th>Dosage/Ingredients</th>
<th>Application</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.</td>
<td>Soottruppathi chooranam</td>
<td>10-20 kundri Hot water or butter milk</td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>12.</td>
<td>Aamai legium</td>
<td>Kottaipakkalavu Mirutharsingi chenthooram or naaga parpam</td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>13.</td>
<td>Sangu parpam (vuththamani elai vizhuthil seitha parpam)</td>
<td>2 kundri ghee</td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>14.</td>
<td>Naththai chippi parpam</td>
<td>½ - 1 puliyam viththin alavu Ghee or butter</td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>15.</td>
<td>Ammaan pacharisi yennai</td>
<td>1 spoon milk</td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>16.</td>
<td>Saaradai moor</td>
<td></td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>17.</td>
<td>Silaagith parpam</td>
<td>32 kundri nirai honey</td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>18.</td>
<td>Aatteru pugai</td>
<td></td>
<td>External</td>
<td></td>
</tr>
<tr>
<td>19.</td>
<td>Idvallathi chooranam</td>
<td>Kottaipakkalavu Butter milk</td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>20.</td>
<td>Pallathagi legium</td>
<td>2 varaaganedai-</td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>21.</td>
<td>Arithagi kashayam</td>
<td></td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>22.</td>
<td>Yeti elai veethu</td>
<td></td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>23.</td>
<td>Areethakee legium</td>
<td>Kottaipakkalavu-</td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>24.</td>
<td>Marutham paal</td>
<td></td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>25.</td>
<td>Koozhikkadugu</td>
<td></td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>26.</td>
<td>Kalliveer pugai</td>
<td></td>
<td>External</td>
<td></td>
</tr>
<tr>
<td>27.</td>
<td>Manjal laebam</td>
<td></td>
<td>External</td>
<td></td>
</tr>
<tr>
<td>28.</td>
<td>Pacithumbai elai poochu</td>
<td></td>
<td>External</td>
<td></td>
</tr>
<tr>
<td>29.</td>
<td>Elaikalli elaiippugai</td>
<td></td>
<td>External</td>
<td></td>
</tr>
<tr>
<td>30.</td>
<td>Kommatti yennai</td>
<td>1 siru karandiyalavu</td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>31.</td>
<td>Ambai kizhangu nei</td>
<td>1 karandi Cow’s milk</td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>32.</td>
<td>Naayuruvi nei</td>
<td>2 spoons Cow’s milk</td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>33.</td>
<td>Vallathi kirutham</td>
<td>1 paakkalavu Cow’s milk</td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>34.</td>
<td>Arththanaaresvaram</td>
<td>Milagavlu ½ padi butter milk</td>
<td>Internal</td>
<td></td>
</tr>
<tr>
<td>35.</td>
<td>Vachchira vallathagi legium</td>
<td>2 varaaganedai or 1/5 balam Cow’s milk</td>
<td>Internal</td>
<td></td>
</tr>
</tbody>
</table>

**Specific medicines for haemorrhoids (moolam)**

1. **Karunai legium**:

Specially for – vul moolam, veli moolam, seezh moolam, raththa moolam, sootha moolam, vaaiivu moolam.

2. **Naththai chippi parpam**:

Moolaraththa baethi, moolakkaduppu

3. **Arithagi kashayam**:

Moolavayu

4. **Kommatti yennai**:

Vul moolam

5. **Agappai kizhangu nei**:

Vul moolam, pura moolam

6. **Naayuruvi nei**:

Raththa moolam

7. **Arththanaaresvaram**:

Kuruthi moolam
Yogas for haemorrhoids (moolam)

1. Pawanmukthasana:

   Benefits of this pose:
   Improves digestion and elimination, lengthens spine, stretches lower back.

2. Shishuasana/ Balasana (Child Pose):

   Benefits of this pose:
   Reduces stress and fatigue, calms the brain, relieves neck and back pain. It helps relieve constipation.

3. Malasana (Garland Pose):

   Benefits of this pose:
   Tones the abdomen and helps digestion, strengthens metabolism, stretches hamstrings, back, neck. Helps relieve constipation and gas.

4. Halasana:

   Benefits of this pose:
   Helps relieve gas and back pain, stimulates the thyroid, parathyroid, throat, and abdominal organs. Relieves stress.

5. Baddha Konasana:

   Benefits of this pose:
   Hip and groin opener, prevents hernia, stimulates the abdomen, back, and pelvis. Relieves sciatica pain, high blood pressure, constipation.
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