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Review Article

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## 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****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

S.No	Medicines name	Dose	Adjuvant	Internal or external medicine
1.	Theebakkini chooranam	-	Honey	Internal
2.	Sundai vatral chooranam	Verukkadi	Buffalo's curd	Internal
3.	Ganthaga rasayanam	10-12 kundrimani alavu	Sugar,honey,ghee	Internal
4.	Karunai legium	Nellikai alavu	-	Internal (10days)
5.	Thaettrankottai legium	½ kundriyalavu	Naaga parpam	Internal (20days)
6.	Gantha parpam	Kundrimani alavil ¼ kooru	Vuruthraagaththin rasam	Internal
7.	Thanga senthooram	-	Butter milk	Internal
8.	Velvanga parpam	Panavedai	Dried pomegranate flower petals&cumin seeds&ghee	Internal
9.	Velli parpam(magizham poo sattral seitha parpam)	¼ panavedai	-	Internal
10.	Uppu parpam	-	Cow's butter milk	Internal

11.	Sootruppathi chooranam	10 -20 kundri	Hot water or butter milk	Internal
12.	Aamai legium	Kottaipakkalavu	Mirutharsingi chenthooram or naaga parpam	Internal
13.	Sangu parpam (vuththamani elai vizhuthil seitha parpam)	2 kundri	ghee	Internal
14.	Naththai chippi parpam	½ -1 puliyam viththin alavu	Ghee or butter	Internal
15.	Ammaan pacharisi yennai	1 spoon	milk	Internal
16.	Saaradai moor	-	-	Internal
17.	Silaagith parpam	32 kundri nirai	honey	Internal
18.	Aatteru pugai	-	-	External
19.	Idivallathi chooranam	Kottai pakkalavu	Butter milk	Internal
20.	Pallathagi legium	2 varaanedai	-	Internal
21.	Arithagi kashayam	-	Inthuppu	Internal
22.	Yeti elai veethu	-	-	External (3days)
23.	Areethakee legium	Kottaipakkalavu	-	Internal
24.	Marutham paal	-	-	Internal
25.	Koozhikkadugu	-	-	Internal
26.	Kalliveer pugai	-	-	External
27.	Manjal laebam	-	-	External
28.	Paeithumbai elai poochu	-	-	External
29.	Elaikalli elaippugai	-	-	External
30.	Kommatti yennai	1 siru karandiyalavu	-	Internal
31.	Ambai kizhangu nei	1 karandi	-	Internal
32.	Naayuruvi nei	2 spoons	Cow's milk	Internal
33.	Vallathi kirutham	1 paakkalavu	Cow's milk	Internal
34.	Arththanaaresvaram	Milagalavu	½ padi butter milk	Internal
35.	Vachchira vallathagi legium	2 varaganedai or 1/5 balam	-	Internal

### Specific medicines for haemorrhoids (moolam)

#### 1.Karunai legium :

Specially for – vul moolam, veli moolam, seezh moolam, raththa moolam, sootha moolam, vaaiyu 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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