

HEMORRHOIDS TREATMENT BY *Argemone mexicana.L*

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ABSTRACT

The present practical work was carried out in Adilabad district, Telangana state. The Adilabad district is dominated by tribal people and minority communities. Majority of them are non-vegetarians. Their life styles are different from the urban society. Due to their food habits people living in this area are suffering from hemorrhoids. Some of the researchers gave the list of plants for curing piles, but none of them did practical work, instead collected the information from the tribal heads and hakeems etc. Our work is purely practical, prescribed dosage of medicine and also time period for the cure. We have achieved the results successfully.

KEYWORDS Hemorrhoids, *Argemone mexicana. L*, treatment for piles, Ethnomedicine.

INTRODUCTION

Much ethnobotanical research work was not carried out for the complete cure of piles worldwide. Half of all Americans are suffering from the discomfort of hemorrhoids Kathy Abascal and Eric Yarnell (2005). In India the piles is prevalent in rural areas. Some of the medicinal plants have effective cure for piles. Most of the effected persons feel shy to discuss about their diseases (piles) not only this, they don't take care of the symptoms of piles and neglect until it is serious. At present there is no satisfactory treatment for piles in modern system of medicine. The exact reason for the cause of piles is still unknown. Many of the workers have different assumptions regarding the causative factors in the development of piles. Some of the pharmacological studies were carried out by Shivakumar Singh et al

(2019), Kathy Abascal and Eric Yarnell(2005), Thiyam Tomba Singh et al., (2014), Ratnam et al., (2016), Muhammad Parvaiz et al., (2013), Meryem Seyda Erbay and Aynur Sari(2018), Pronob Gogoi (2016) and Nabanita Das (2017) in different parts of the world, the data was collected through questionnaire and recorded, by consulting the tribal heads, elderly people of the villages, traditional healers, Hakeems etc. It is a general practice of the tribes that the traditional medicinal plants information and their rich experiences is passed from one generation to another. The piles are also called as hemorrhoids, they may be internal or external. The internal hemorrhoids develop within the rectum, where as the external hemorrhoids develop outside the rectum. The outside piles are common and painful.

Symptoms

The symptoms of plies is the person looks weak feel uncomfortable, cannot sit for a long time, restlessness, irritation, itching, pain, swelling near the rectum, bowel movements with pain, oozing of blood, it causes anemic to the patient. The cause of piles may be due to pregnancy, obesity and family history Kahn and Jewell (2017).

Topography of Adilabad

Adilabad is located at 78⁰.32'23'' Latitude in North and 19⁰.40'33' Longitude in East. Adilabad district occupies an area of approximately 16128 square kilometers. The climatic conditions of Adilabad is extremes that is in summer the maximum temperature will be up to 48 °C and in winter season the minimum temperature will be 2°C.

MATERIAL AND METHODS

Study Area

The study was carried out in Adilabad area which is dominated by economically backward people and forest tribes. Majority of the people are non-vegetarians and depend on the forest products. Our work is purely a practical application of plant and plant product on the effected persons. The basic knowledge of application of plant for the cure of piles is collected from the local Hakeem and it was put into practice.

Ethnomedicinal study of the plant

Our paper is based purely on the application of plant product for the effected patients of Adilabad district.

Preparation of medicine

A: The plant *Argemone mexicana. L* stem and root kept in open until it completely dried. This is grind into fine powder. The powder is made into small packets of 3-4g each.

B: The above powder is boiled in a cup of water for seven minutes, filter.

Treatment/ application

The fine powder of *Argemone mexicana. L* is given to the patients to apply directly at the infected part (annus) after bowels, so that the powder will remain for a long time and will have direct impact on the fistules and piles. The above filtrate (B) is given orally, besides the application of plant powder. This treatment is continued for 5-7 days. There is a great improvement in healing the piles, oozing of blood stopped, fistules disappeared, pain vanished, general improvement in the health conditions, increased the confidence of the patients.

With our above treatment the effected persons could walk freely, sit comfortably, can attend the normal course of life and also could concentrate on the given work.

List of some of the local people of Adilabad treated for piles are given below:

S.no	Name	Veg/NV	Age yrs	Personal details
1	Yousuf	NV	58	Alcoholic
2	Raju	Veg	38	Cause not known
3	Mahinder	NV	40	Addict to pan & gutka
4	MS.Razia Begum	NV	20	Enjoys masala items
5	Mujeeb Ahmed	NV	34	Enjoys masala items
6	MS Arshiya Sultana	NV	32	Enjoys masala items

RESULTS AND DISCUSSIONS

In our present work we have successfully achieved the result in curing hemorrhoids. Some of them are chronic, they thought it is a curse for them to have piles. Many of the workers mentioned number of plants belonging to different families and parts of the plants used for curing the piles. But none of them specified part of the plant used, dosage and time period for cure. It shows none of them did practical work in curing the piles. They have obtained the information of the plants used for curing piles is based on the personal interviews, from tribal heads, village elders, local hakeems, traditional healers and by questionnaire from the village people.

Precautions

Change in lifestyle will help in avoiding the development of hemorrhoids. The effected patients should avoid spicy items like chilles, cloves, and masala items while undergoing treatment and also after the treatment that is not to recur again the piles.

CONCLUSIONS

In Allopathic, the modern system of medicine, though there are number of techniques for the treatment of piles, it is recurring. The treatment for piles through plants is more successful without any side effects. Preferring fibrous diet and more intake of water will help to some extent. Now a days the interest towards the folklore medicine is decreasing maybe due to lack of interest among the younger generations. We hope our work will help in developing a new drug in the treatment of piles.

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