

**TRADITIONAL REMEDY FOR THE TREATMENT OF
HAEMORRHOIDS IN AURANGABAD (M.S.)****¹Imtiyaz Hussain Zahid and ²Rafiuddin Naser***¹Abeda Inamdar Senior College, Camp Pune. (M.S.).²Department of Botany, Maulana Azad College, Dr. Rafiq Zakaria Campus, Rauza Bagh,
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Piles or haemorrhoids is a very common disease. Most of the people in rural and urban areas are suffering from this disease. Patients generally visit allopathic doctors but the treatment they get, is not satisfied. Therefore they turn to traditional health care. Ethnobotanical studies was conducted during 2012-2015. During this investigation a large number of plants are found useful to cure piles which are presented in this paper plants like *Crateva adansonii*, *Phyllanthus nodiflora*, *Tagetes erecta*, *Withania somnifera*, etc. are commonly used. Data were recorded relating to the plant parts used, local name, process of preparation, mode of administration and dosage.

KEYWORDS: haemorrhoids, ethnomedicinal, traditional health care.**INTRODUCTION**

Piles or haemorrhoids is one of the most common ailments today. The primary cause of piles is chronic constipation and other bowel disorders. The straining in order to evacuate the constipated bowels and the pressure thus caused on the surrounding veins leads to piles. Piles are more common during pregnancy and in conditions affecting the liver and upper bowel. Other causes are prolonged periods of standing or sitting, strenuous work, obesity, general weakness of the tissues of the body, mental tension, and heredity.

The present study on some Ethnobotanical plants is based on the valuable information recorded by the author among the rural communities of Aurangabad and adjoining areas for the treatment of haemorrhoids.

Aurangabad is comprising of rich forest wealth located in Satmala ranges in Kannad, Khultabad, Ajanta ranges etc. Many tribal communities and rural people rely on locally available forest wealth. These ethnic communities have a good knowledge of medicinal plants and their uses.

Methodology

Present study was conducted during 2012-2015. Regular bimonthly visits to different areas of the region. The ethnomedicinal information was gathered through interviews and discussions with rural people like village headmen, traditional healers, elders of the village etc.

Data were recorded in the field notebook relating to the plant parts used, local name, process of preparation, mode of administration of dosage and voucher specimen were collected and deposited in the herbaria of Maulana Azad College, Aurangabad.

Enumeration

Interaction with rural people 25 plant species were collected from the study areas. Species have been arranged alphabetically mentioning the family, parenthesis, vernacular name, voucher specimen number, followed by plant parts and mode of use. These ethnobotanical uses were compared with the pertinent literature (Chopra et al., 1956, 1965; Dastur, 1962, Dey, 1980, Jain, 1996; Kirtikar and Basu, 1935, Sivarajan and Indira Balachandran, 1994). Naik (1998) have attempted the study of some medicinal plants use to cure piles. Naser (2002), Naser and Vaikos (2005), Naser (2010), has described some plants for human diseases. No account on this aspect pertaining to Aurangabad is available.

Abutilon indicum (L.) Sweet - Petari, Mudra, Shikka, - Malvaceae.MACH0004.

- The powder of 21 leaves + 21 pepper seeds is prepared to make 07 tablets, out of it one tablet to be taken morning and evening with water.

Acacia catechu Willd.Sp. pl. Kaat, Kattha. Mimosaceae MACH0005.

- Powder of catechu + seed coat powder of Sapindus- to be mixed, and should be use 0.5gm to 1gm two times daily.

Acacia nilotica (L.) Del. Bubhul. Mimosaceae, MACH0009.

- Pieces of 1 inch of wood should be kept in zinc box. This box should tied around lumbar region, it prevents and treats piles.

Argemone Mexicana L. Sp. Pl. Piwala Dhotra, Bilayati, Papaveraceae MACH0042.

- Ash of complete plant should be given 2 gms in morning, evening.

Azadirachta indica A. Juss. Neem, Kadu limb. Meliaceae, MACH0047.

- Root paste of Neem: Apply it on roasted bread and tie it like pad two to three times daily.

Calotropis procera (Ait) R.Br. Rui, Ruchki. Asclepiadaceae, MACH0068.

- Leaves of plant should be boiled in water and the rectum must be wash with this water. Residual paste can also apply on affected area.

Cassia occidentalis L.Sp. pl. Kaswinda Caesalpiniaceae, MACH0080.

- Mixture of leaves of plant 10 gms + water + 3 gms Gero—must be taken orally. It stops bleeding.

Citrullus colocynthis (L.) Schrad. Indrayan Cucurbitaceae, MACH0096.

- Young plant should be dried in shadow, then heat it and then keep it in water for 8 days with frequent stirring condition, filter the liquid and filtrate use orally morning and evening.

Colocasia esculenta (L.) Schott. Alu, Chamkura. Araceae, MACH0103.

- Extract of Arum is used as vegetable.

Crateva adansonii Dc. Sabs. Waiwarn Caparaceae, MACH0301.

- Leaves should be boiled in bathing tub and sit in it for half an hour daily.

Curcuma longa L. Sp. Pl. Halad Haldi. Zingiberaceae, MACH0119.

- Halad powder 4gms with goat milk should be given morning and evening.
- Halad paste should be applied on wounds of piles.

Ficus benghalensis L. Hort. Cliff. Wad Moraceae, MACH0150.

- Decoction of leaf is useful in piles.

Ficus religiosa L. Sp. Pl. Pimpal. Moraceae, MACH0152.

- Wood should be burnt to red coal, cool it convert it into powder- this powder should be given 10 gms morning afternoon and evening with stored water.

Holarrhena pubescens (Buch. Ham). Pandharaa kuda (Stem Bark), Indrajaw (Seeds) Apocynaceae, MACH0172.

- * Indrajaw 2 gms + dry ginger half gm= Powder- it should be given with hot milk.
- * Powder of Indrajaw 2gms + sugar 4 gms + water 25 ml- keep this mixture for 6 hours filter - filtrate should be used 2-3 times daily.

Kalanchoe laciniata (L.) pers. Zakhm-e-Hayat Crassulaceae, MACH0303.

- * Dry plant parts (Shadow)- Powder 70 gms with jaggery at night and in morning 60 gms with fresh water.
- * Take fresh plant 20 gms + pepper seeds 11 nos. – Make powder - mixed in water and take it in morning.

Melia azedarch L.sp.pil. Limbara Meliaceae, MACH0316.

- * Flowers mixture in water and sugar (Gulkhand) should be given with water.
- * Endosperm + funnel equal weight + sugar (Raw) = powder should give 3gms morning and evening with water.
- * Leaves should boil in water – cloth should deep in it and use as pad.

Nyctanthes arbor- tristis L. Sp. Pl. Parijatak (Hadsingha) Oleaceae, MACH0317.

- Endosperm of seed 20 gms + 3 gms pepper seeds. Make powder, mix with in water and prepare small tablets- Take two to three tablets in morning with water.

Opuntia elatior Mill. Gard. Dict. Phadya Nivdung Cactaceae, MACH0210.

- Fruit + leaf juice with honey is beneficial.

Phyla nodiflora (L.) (**Lippa nodiflora**) A.Rich. Gour Mundi. Verbanaceae, MACH0318.

- P. nodiflora 20gms + Raw sugar(Khadi sakar) 20 gms +25 ml water- mixed , dissolve- the mixture drink two tea spoons in morning and evening.

Plumbago zeylanica L.Sp. pl. Chitrak Plambaginaceae, MACH0319.

- Bark of root should be dried and convert it into powder. This powder should apply on inner side of soil pot. Put milk in it and convert this milk into curd. This curd should be utilized.

Raphanus sativus L. Sp. Pl. Mula Brassicaceae, MACH0307.

- Use like vegetable.

- Root juice is beneficial.

Ricinus communis L. Errand. Euphorbiaceae, MACH0314.

- Heat Castor oil. Add 10 gms Alumen. This will dissolve infection. Apply this oil on the affected part, this gives very good results.

Sapindus emarginatus Vahul. Symb. Ritha- Sapindaceae, MACH0320.

- Mix seed powder with cow milk. Prepare tablets – one tablet should be taken with stored water every morning.

Tagetes erecta L. Sp. Pl. Zendu Asteraceae, MACH0321.

- Keep flowers in hot ash. After smooth condition remove it, this one flower should be mixed with five pepper seeds. Prepare tablets use orally or apply paste on effected area.

Withania somnifera (L.) dunal. Dhor gunj. Askand Solanaceae, MACH0249.

- Bark of Askand + seeds of Turnip + seeds of Carrot- each 70 gms should be mixed and prepare its powder. Eat 10 gms powder daily with fresh water.

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