



## A Systematic Approach to the Concepts and Management of Bawaseer (Hemorrhoids) in Unani Medicine

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**DOI:** 10.31080/ASMS.2025.09.2082

**Received:** April 08, 2025

**Published:** April 28, 2025

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### Abstract

The most prevalent condition among all the anorectal diseases is hemorrhoids. It effects the individual life by physical limitation, emotional distress, social challenges and financial strain. Different factors are responsible for causation of hemorrhoids e.g., chronic constipation diarrhea, increased intra-abdominal pressure, low fiber diet and hereditary factors. The Unani Medicine is a comprehensive medical system which is based on the Hippocratic theory of akhlat (humor). It provides preventive, promotive, curative and rehabilitative healthcare to the patients. Different modalities of treatment available in Unani system of Medicine such as 'Ilāj bi'l Ghizā (dietotherapy), 'Ilāj bi'l Tadbīr (regimental therapy), 'Ilāj bi'l Dawā (Pharmacotherapy) and 'Ilāj bi'l Yad (surgery), are employed for the treatment of diseases. Hemorrhoids mentioned in the classical literature of Unani Medicine under the heading of Bawāsīr. The primary cause of development of hemorrhoidal diseases is accumulation of ghalīz sawdāwī khilt (black melancholic humor) in anal region. Hemorrhoids are treated mainly by hābis-u-dam (hemostatic), Muḥallil (resolvent) and Mulayyin (Laxative). This article is a sincere endeavour to outline the Unani Medicine viewpoint on haemorrhoids along with different clinical research ongoing on hemorrhoids.

**Keywords:** Hemorrhoids; Unani Medicine

### Introduction

The Unani System of Medicine is a broad medical system that systematically treats the different aspects of health and illness. It gives preventive curative and rehabilitative healthcare. The Unani system of medicine gave great importance to the Hippocratic Humoral theory (Fourth century BC) to emphasizes the unique character of living thing/Organic matter. Inorganic matter (Arkan/

Elements) are metabolized and converted into matter. It describes four humors (Akhāṭ- sing-khilt) are Blood (Dam), Phlegm (Balgham), Yellow bile (Ṣafrā) and Black Bile (Sawdā). Bawāsīr (hemorrhoid) is a sawdāwī humor disease [1].

The "hemorrhoid" word derived from the Greek word 'haima', which means blood, and rhoos, which means flowing. The term "pile," which is derived from the Latin pila, which means a ball

[2]. Bawāsīr is the plural form of the word “basoor”, which means saalol or masah (wart or polyp like swelling). A lump or bulge that develops in the veins surrounding the anal canal. Bawāsīr is the name of that bump or bulge which appears in the veins around the anal canal because of accumulation of morbid melancholic humour [3].

According to Ibn-ul-Quff, Bawāsīr is a name for an excessive growth of flesh inside the anus [4]. Muhammad Tabri states that, piles are collections of morbid viscid sawdāwī blood in Anal vein [5]. Majusi states that it is excessive growth near the mouth of anal vessel [6]. According to Razi, accumulation of viscous morbid melancholic humor in the vessels present in anus. According to Al-Rāzī, haemorrhoids swell in the anal region as a result of the rectal veins becoming engorged from the backup pressure of liver venous blood [7]. Ibn Hubal Baghdadi said that hemorrhoidal lesions were caused by blood clots close to the opening of the anal veins [8].

## Methodology

The extant classical texts utilized in undergraduate and graduate education, as well as Classical literature of Unani Medicine, were reviewed. The literature was retrieved using well-known scientific search engines, including PubMed Medline, Google Scholar, and Science Direct. All references studies published in indexed journals were included. The keywords in classical books for the search of literature related too this study are Bawāsīr (hemorrhoids), Qabz (constipation), Basoor (pile), Muhallil (anti-inflammatory), hābis-u-dam (hemostatic), Mulayyin (Laxative). For English scientific names, indexed journals and glossaries of Indian medicinal plants were reviewed.

## Causes (Asbab) and pathogenesis (Mahiyat) of Hemorrhoids

Causes (Sabab) corresponds with the etiology. Causes of diseases can be divided into two types : External it affects the body from outside (Asbāb Bādiya) and internal cause are those which affects the body internally (Asbāb Bāḥina). These includes Excess of sawdāwī (Melancholic humor) in the body, Overuse of hot medicine (har adviya), dry fruits (mewajat) and spicy food resulted in an excess of sawda. Saudawi diet [9].

According to Ibn Sina, Sawdāwī Mādda is the most prevalent cause, followed by Sawdāwī blood, and Balgham (morbid phlegm)

is the least common. Phlegmatic material produces flatulent (air-filled) types of Bawāsīr. Sūlūlī type is more nearer to Sawdā; Tūtī is nearer to Sawdāwī Dam, and 'Inabi is the mixture of both [10]. When morbid humor produced in the body and accumulated in the liver, it pushes towards the liver vein and after that it travels towards the rectal vein and produces the hemorrhoids [8].

Al- Rāzī (Rhazes) precisely describes function of anal muscle, the external sphincter muscle of anal canal moves itself by contracting. Bowel incontinence happens when the muscle over the anus is excessively cut [8,10].

## Types of hemorrhoids in Unani Medicine

Sarābiyūn classify three types of Hemorrhoids the first variety called fajal, it is long and the “radish type,” the second type called madvaru it can be treated with silk tie around base [11]. Other types of Bawāsīr mentioned in Unani classical litreture is On the basis of shape of Basoor (pile): Salooli (Small wart like): They are similar to tiny warts or polyps in both color and shape, such as peas or lenticels. Of all the types, these are the worst. They are also referred to as hamsiya or adsiya [12]. Unabi (grape like): Their form is similar to that of grapes and its violet in color. Tooti (mulberry like): These are long and soft like mulberries. Nufakhi: These are painless and white in color. Nakhli: Its branches spread out like the tree of the date palm. Compared to the other varieties, this is the worst. Tabni: Like figs, these are thick and flat. Tamri: These also resemble to dates in appearance and are hard and firm. Type According to the site of appearance/location, Bawāsīr is of three types Zaira (External piles): When it is present outside the rectum bleeding is less but they are very painful. It resembling red bubbles or grape-seeds and it is around the anal canal. Ghaira (Internal): It is present inside the rectum. They bleed but they are not painful a little yellowish fluid or blood constantly oozes from them. Internal cum external: bleeding and pain both are present According to bleeding Damiya (Bleeding pile): Bleeding happens when the vessel ruptures. Blood and mucus are coming out of it. Umiya (Non-bleeding pile): There is no bleeding or mucus discharge. It is also known as Bawāsīr ghaira, also known as Andhe Bawāsīr. According to jarahiyat zohrawi Some types of Bawāsīr are treated, while others are not. It cannot be operated when it is invisible and situated on the inner side of the rectum (Maqad). However, it is operated once it is felt with the finger inside the anal canal [3,11].

Avicenna, known as Avicenna in western world, the 17<sup>th</sup> chapter of the 3<sup>rd</sup> book of Canon is titled “anal disease”. Avicenna (Ibn Sina) classifies hemorrhoids into external (Naetea) and internal (Ghaera) types, according to the site of origin piles distal and proximal to dentate line. Ibn Sina described external Hemorrhoids as a wart shape (Soluli), grape-like (Enabi), and berry shape (Tothi), with regard to its shapes, color, and size [3,11,12].

### Management

Treatment is adopted when prevention fails and disease occurs. Four modes of Treatment described in Unani medicine, such as ‘Ilāj bi’l Ghizā (dietotherapy), ‘Ilāj bi’l Tadbīr (regimenal therapy), ‘Ilāj bi’l Dawā (Pharmacotherapy) and ‘Ilāj bi’l Yad (surgery), are employed for the treatment of diseases [1].

However, the first preference of treatment is given to regimenal therapy and diet and drug and surgery are used if required [1].

### Dietotherapy

Avoid meat in first month of treatment of hemorrhoids [13]. Take Chicken soup, egg yolk. Avoid Beef/cow’s meat, Brinjal, lentil pulse, milk, salted dry fish, dry fruits, red chilies and garlic [7]. There are 2 options for the treatment of hemorrhoids Taām: Operative (Cut and ligate the wart) and Ghair Taām is Conservative [3].

‘Ilāj bi’l Tadbīr (regimenal therapy) included different procedures such Venesection on Basiliac vein Hijama On the coccyx bone on the warts. If tanqiya is required, give mushile sawda e.g., Joshanda of Halelaa siyah or aftimoon. Ilāj bi’l Dawā (Pharmacotherapy) included single and compound formulations for hemorrhoids [10].

Table 1 described diet used Dietotherpay in hemorrhoids. it prevents constipation and formation of hemorrhoids. Table

2 described Single formulations used in hemorrhoids. Table 3 described Compound formulations used in hemorrhoids in Unani medicine.

### Dietotherapy [14]

S. No.	Dietotherapy	Uses
	Orange (two), Mulberries (250 gm), Peaches (250 gm), Sugar cane, melon and Amalatas flower ( <i>Cassia Fistula</i> )	It prevents constipation.
	Temperament of pineapple is sard [2] tar [2]	So it is used in constipation.
	Take 250 gm papaya, one banana and one guava.	It prevents constipation.
	Gudhal ke phul (Hibiscus flower)	Constipation
	Gul-e-dhawa (w. flori bunda)	Bleeding per rectum
	Unani philosopher said that mix poemgrante juice in sugarcane juice and consume it orally.	It prevents Bleeding per rectum.
	Take 5-20 gm Balckberry’s leaves ( <i>Syzgium cumini</i> ) in half litre of milk and use it orally.	It also prevents Bleeding per rectum.
	Grind black berry’s leaves, and apply on warts.	It instantly relief from pain and itching on warts.
9.	Grind Peaches seeds, and apply on warts.	It also relief from pain and itching on warts.

**Table 1:** Diet used in hemorrhoids.

### Pharmacotherapy (Single Drug)

S. No.	Hemorrhoids with associated symptoms	Treatment
1.	Constipation	Take 10 milliliters of Almond oil/Castor oil mixed with 250 milliliters of milk and consume it orally. Take five figs, heat the cow milk 250ml, separate the fig from milk, and consume it orally. Combine 10 ml of Castor and Olive with 40 ml of Arq-e-badiyan (fennel seed), then take before bed [15]. Extract juice of neem leaves according to need, separate by boiling and strain, mix with rasaut and make pills. Take two pills twice a daily [16,28,29].

2.	Bleeding Per rectal	Used habis-u-dam adviya To make luab, soak 5 grams of Khatami ( <i>Althea officinalis</i> ) and 1 gram of Rasot ( <i>Berberis aristata</i> ) in water overnight. Subsequently, grind 3 grams of hab-ul-aas and 3 grams of baikh anjabar (Root of <i>polijagonum bistorata</i> ) in water and blend with luab sprinkle asapgol ( <i>Plantago ovata</i> ) 8gm and take it with sharbat-e-anjabar/sharbat-e-habul aas 20ml at morning time [16,27].
3.	Itching and pain on warts	Make a fine paste with one gram of each of the rasot and muqil ( <i>Commiphora</i> ) with arqe qulab (Rose water) and apply it to the warts. Take 7 number neem seeds with water in the morning [16,34]. Maseeh ul mulk states that an important hab is used in Bawāsīr. Take equal quantity of maghaz tukhme bakain ( <i>Melia azedarach</i> ) and halela siyah ( <i>Terminalia chebula</i> Retz) make hab (pill) used two tablet twice daily [13,31]. On warts, apply roghan-e-gul/roghan-e-zaitoon as a tila [7,32]. Grind the Mazu ( <i>Quercus infectoria.</i> ) (4 gm), Kafoor ( <i>Cinnamomum camphora</i> ) (2 gm) and mix with 12gm of butter and apply on the warts [16,33]. Take Safaid Qalai, Gul-e-Khatmi ( <i>Althaea officinalis</i> ) mom safaid each 6 gm, rasut ( <i>Berberis aristata</i> ) 3 gm and roghan alsı 12 ml make a fine paste on flame [17]. Dry and burnt ash of baigan (one unit) and apply on warts [16,35] Fresh dhaniya leaves ( <i>Coriandrum sativum</i> ) (2 gm) and geru ( <i>Anacardium occidentale</i> ) (1 gm) grind make a fine pate and apply on warts [16] Sprinkle powder of kalonji ( <i>Nigella sativa</i> ) on warts, Dip cotton in honey and sprinkle kalonji on cotton and put in a rectum [20] Take 7 gm Behroza khushk ( <i>Pinus longifolia</i> Roxb.) with water it dissolves the warts [20,36].

Table 2: Single Drug Formulations used in Treatment of hemorrhoids.

Pharmacotherapy (Compound formulation)

Compound formulations used in hemorrhoids

S. No.	Hemorrhoids with associated symptoms	Treatment
	Constipation	Habb sindras [13] Itrifal muqil mulayen [15]
2.	Tanqiya Sauda	Itrifal sageer and itrifal muqil [13] Habb Neem [18]
3.	Hemorrhoids	Itrifal muqil 10 gm with water at bed time [21]. Majoon muqil 10 gm with water at bed time. Habb-e-Rasut-2 pills with water twice daily. Murabba Halela 25 gm at bed time [16].

Table 3

- **Operative procedure by zohrawi:** Make a pile softer before tying it. When the skin is dry, there will be severe pain [7]. Take the women in cool place. Then pull out the warts with forceps or a hard cloth and cut off from the root. When the bleeding starts, apply habis-u-dam adviya (hemostatics) e.g. Aqaqiya, baqain, katan. After that, the patient is given sitz bath with mazu and post anar [27].
- **Treatment of external hemorrhoids:** Treatment of external piles is easy and simple take hold of them with your finger-nails or catch them up with a hook and cut them [10].
- **The treatment of internal piles:** Bid the patient open his bowel and bear down until the anus opens out and the swellings are disclosed to you then quickly take hold of them with hooks or with your finger-nail and cut them off near the roots. If the hook does not retain its hold on them because of their humidity and softness, then cut them with a piece of rough material or a rag of goat-hair, or draw them out with your fingers and cut them off and after excision sprinkle some caustic powder on to act instead of the cauterize then dress in the usual way until healed. But with the patient who refuses excision with the knife, this manner of removal should be practised: thread a twisted thread into a needle, then draw the piles upward and run the needle through the root of each, from one side to the other, and wind the ends of the thread round beneath the needle as it lies crosswise, and bind the pile firmly; then knot the thread and remove the needle. Do this with each pile, but leave one not destroyed so that the superfluous blood may flow from it. Then apply to the anus a piece of material soaked in oil of roses or wax apply it and bid the patient lie quiet; then leave him until the piles fall away. When they fall away, dress with ointments and the usual dressings until healed.

The aim of this study is to shed light on the work of Albucasis and other Greco Arabic philosopher who performed hemorrhoidectomy which was based on the recent principle of hemorrhoidectomy. Galen's saying cut deeply restricted to the longitudinal axis of the body of basoor [25].

To dry the wart, give mushilat first [4].

### Khazam

Take a needle insert a silk thread, introduce the needle in the root of basoor (wart) After that, tightly tie the thread to its root. It is also necessary to tie the thread with a three or four twists [4].

### Shad

Root of polyp is tied and thread left for 1 day and one night, then the knot is opened and re-tied more tightly than before leaving again for whole day and night. This method is repeated till the hemorrhoidal polyp is fallen off [4].

### Qata'

The polyp is held with rough cloth and pulled slowly, then cut with scissor and dusting powder is sprinkled over the lesion [4].

### Conclusion

The effectiveness of the medications listed in Unani medicine for the treatment of hemorrhoids needs to be investigated in well-designed and ethically acceptable clinical trials. Since the Unani text contains an abundance of information, research institutes need to be interested in validating pharmacopeia medications.

### Acknowledgement

Authors are thankful to the Director General Central Council for Research in Unani Medicine, New Delhi for help and support in carrying out this piece of scientific work.

### Conflict of Interest

None.

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