

Efficacy Of "Thuthikeerai"(Abutilon Indicum) In "Moolanoi" (Haemorrhoids)

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Abstract

The objective of the study is to evaluate the efficacy of "Thuthikeerai" in "MoolaNoi". It is a quasi experimental study. This study was carried out in the Private Siddha Medical clinic at Kaithady for one year in 47 patients, both sexes, from 20-60 years old. Patients who have come with the constipation, painful swelling and often accompanied by itching or irritation near the anal region & Patients who have come with the pain less rectal bleeding were selected for the study. The patient's verbal consent was got. Patients with prolapsed "Ulmoolam", Pregnancy, Diabetes mellitus, Wheezing, Hypertension were excluded in the study. The patients who have come with the above mentioned sign and symptoms, they were guided by the researchers to use the "Thuthikeerai" as a dietary supplement in the form of "Varai" for every day with lunch and is fried with castor oil and applied over the affected area as a poultice for 4 weeks. Subjects are not allowed to seek therapy from any other alternative medical system. The selected patients must avoid spicy and hot foods. The treated patients were instructed to visit the clinic in every 3 days for three visits then advised to visit in once a week for 3 times. There after that follow up the patients in each months for any recurrence. The changes in the disease and progress of sign and symptoms were recorded. This study reveals out of 47 patients 36 patients were suffered from constipation painful swelling and often accompanied by itching or irritation near the anal region and others had pain less rectal bleeding. In out of 36 patients the 26 patients were complete relief from sign and symptoms at the treatment. had moderate, 2 mild relief and 2 no improvement. In out of 9 patients 5 had complete relief, 2 moderate, 1 mild relief and 1 no improvement. Two patients were not co-operated. The complicated patients were referred to the further management. This study concludes the "Thuthikeerai" was used as dietary supplement & external medicine for "MoolaNoi" had better relief and no side effects.

Key words

Thuthikeerai, MoolaNoi, Varai, Poultice.

1. Introduction

Medicinal plants and herbs form a significant part of the rich heritage of our country. Most of them form part of the daily intake of food and have therapeutical and curative properties. Nature has bestowed our nation with large number of diverse type of plants that grow wild in different parts of our country. Sri Lanka possesses climatic condition varying from the dry to wet zones and embraces various tracts of tropical and temperate plains hills valleys irrigated soils, moist and dry climate.

Thuthikeerai is a semi- shrubby and perennial plant growing specially in dry zone as in Northern Province (Jeyaweera, 1982). The stem is tinged with purple colour. The botanical name of this plant is *Abutilon indicum* comes under the Malvaceae family. The English name is Indian Mush mallon, Sinhala name is Anoda and Sanskrit name Atibala (Jeyaweera, 1982). In Jaffna it is called as *Vaddhathuthi*.

This plant leaves contain mucilage, tannin, an organic acid asparagin (Jeyaweera, 1982) and also contain alkaline sulphate, chlorides, magnesium phosphate and calcium carbonate (Nadkarni.K.M, 2002). Moreover it contains Protein (31.0%), gallic acid, alantolactone and isosalantolactone. Presence of alkaloids, leucoanthocyanins, flavinoids, sterols, triterpinoids, saponins and cardiac glycosides also reported (Wealth of India, 2003).

It has laxative, demulcent, tonic, diuretic and pulmonary sedative actions (Murukesamuthaliyar K.S, 2003) and also analgesic action in albino rats (Wealth of India, 2003) more over anti inflammatory action (www.Wikipedia.com), aphrodisiac. In Siddha action sweetish and *seethe veeriyu* (Nadkarni.K.M,2002), *Enippu pirivu*. (Murukesamuthaliyar K.S, 2003)

The medicinal use of the *thuthi* leaves is mentioned under the leaves of the shrub.

"%yNeha; fl;bKisGOg;Gz; Zk;NghFQ;

rhytj; fpf;fl;lj; jjaNy-NkYkij

vg;gbNaDk;Grpf;fpnyg;gpzpAQ; rhe;jkW

kpg;gbapw; Wj;jpapiya"

Moolanoi (piles) *Mulai* (prolapsed piles) *Pulupin* (infective wound) are cured by the external application. Leaves are fry with Castor oil and apply over the anal region as poultice. The leaves also used as dietary supplement for internal use in any form. (CaseemMohideenRavuth, 1932 ; Kannusamippillai, 2003; Murugesamuthaliyar K.S, 2003)

Leaves are put in the boiled water and soaked a cloth in this water and ferment in the painful area (Murugesamuthaliyar K.S, 2003) and the leaves are cooked and eaten for bleeding piles, decoction of leaves is used for bronchitis, bilious diarrhoea, gonorrhoea, inflammation of the bladder and in fevers and also recommended as a mouth wash for toothache and tender gums (Kirtikar K.R Basu B.D, 1993). In Philippines, the decoction of leaves is used for cleaning wounds and ulcers, vaginal infections and as enema. (Jeyaweera, 2002)

The leaf paste is applied for the abscess. *Thuthikeerai* with green gram or red gram are cooked and eaten will reduce the *vayu* in *moolatharam* and also act as laxative (Kannusamippillai, 1987). Heat the leave juice with rice flour used as a local application for abscess. (Murugesamuthaliyar K.S, 2003)

The leave decoction with milk and sugar are given to induce dysentery, tenusmus and it reduce body heat.

The leaves juice 24 grams and ghee 12 grams are given for dysentery due to inflammation (Murugesamuthaliyar K.S, 2003).

Decoction of these leaves is used as an eye washes and as mouth wash in toothache and in cases of tender gums and also in gonorrhoea and internally for stone in the bladder (inflammation of bladder)

Infusion of leaves (leaves soaked in water yield a mucilage) or a root is prescribed as a diuretic and demulcent in fevers, chest affections, gonorrhoea and urethritis. Flowers and leaves are a local application to boils and ulcers. Decoction of the leaves is useful as a fomentation to painful parts. Leaves are used as a food in piles by Siddha Physicians.

Moolarogam is defined as an any protrusion or any growth of the anal canal with the associated symptoms of constipation, itching, burning sensation, bleeding and tenusmus. Here it can be observed that except the disease *powintharam* all other pathological manifestations are included under the *moolarogam* entity (Subramaniam S.V, Madhavan V.R, 1983). This disease has many synonyms as *Mulainoi*, *Arippunoi*, *Adimulainoi*.

The causes are poor appetite, fasting, excess intake of tubers (except elephant foot yam), pungent, prolong sitting, elephant, horse riding, hot foods, suppressing respirations, excess yoga, *perivayiru*, pregnancy (Kupusamymuthaliyar K.N, 1987). These suppress the *Abanavayu* and induce the *pitta* (*Keelvaikanal*)thosam and it will be producing the disease.

In modern medicine Haemorrhoids arises from congestion of the internal and or external venous plexuses around the anal canal.

In modern medicine the causes of the disease are hereditary, absence of valves, choronic constipation, frequent purgation, straining of micturition, pressure of tumours, heavy manual labour, loss of sphincter activity, habitual overeating, high blood pressure (Subramaniam S.V, Madahavan V.R, 1983).

The disease is classification as 2 types *ulmoolam* and *velimoolam* and 21 types (Ponnaiyapillai I, 2002) 10 types in Therayarsekerappa; 21 types in Yugivaithiyasinthamani and 9 types in AviyalaikumAmuthamuraichurukkam (Subramaniam S.V, Madhavan V.R 1983).

II. Justification of the study

Thuthi leaves are normally used as a food and have rich nutritious value, rich in minerals and proteins and also mucilage. It can get without any cost throughout the year in Northern Province. It is palatable. So this study will helps to use the *thuthi* leaves in the *velimoolam* and early stage of *ulmoolam* with out any fear.

III. Objective of the study

Evaluate the efficacy of "*Thuthikeerai*" in "*MoolaNol*"

IV. Materials and Methods

It is a quasi experimental study. This study was carried out in the Private Siddha Medical clinic at Kaithady for two year in 47 patients, both sexes, from 20-60 years old. 2 patients were not co-operated. The study population is 45 patients. Patients who have come with the constipation, painful swelling and often accompanied by itching or irritation near the anal region- "*Velimoolam*" (External haemorrhoids) pain less rectal bleeding were selected for the study. Early stage of the "*Ulmoolam*" (1st degree internal haemorrhoids) The patient's verbal consent was got. Patients with prolapsed "*Ulmoolam*", Pregnancy, Diabetes mellitus, Wheezing, Hypertension were excluded in the study. The patients who have come with the above mentioned sign and symptoms, they were guided by the researchers to use the "*Thuthikeerai*" as a dietary supplement in the form of "*Varai*" for every day with lunch (Internal use). It is fried with castor oil and applied over the affected area as a poultice for 4 weeks (External use). Subjects are not allowed to seek therapy from any other alternative medical system. The selected patients must avoid spicy and hot foods. The treated patients were instructed to visit the clinic in every 3 days for three visits then advised to visit in once a week for 3 times. There after that follow up the patients in each months for any recurrence The changes in the disease and progress of sign and symptoms were recorded.

V. Results & Discussion

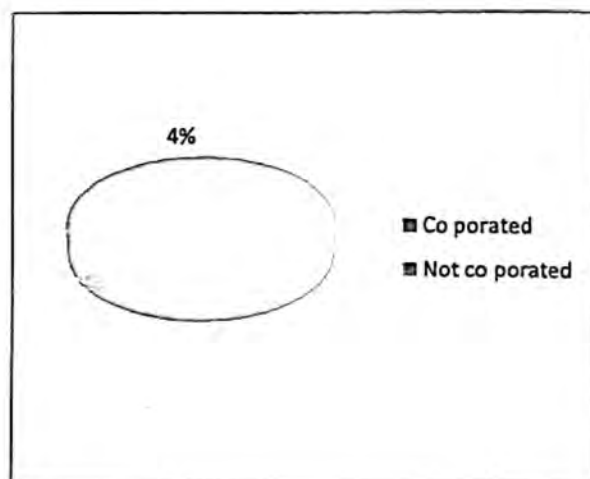


Fig.1. Identified *moolanoi* patients during the study period

Researches were identified 47 patients during this study period. 2 patients did not continue to this treatment. 45 patients were continue the treatment. Co-operated 45 patients as study population.

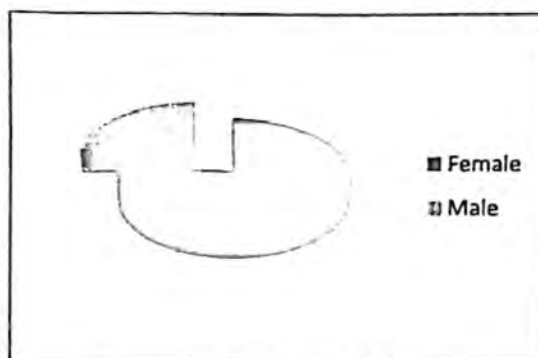


Fig.2.No of patients with age sex

Out of 45 patients 34 (76%) patients were females and 11 (24%) were males.

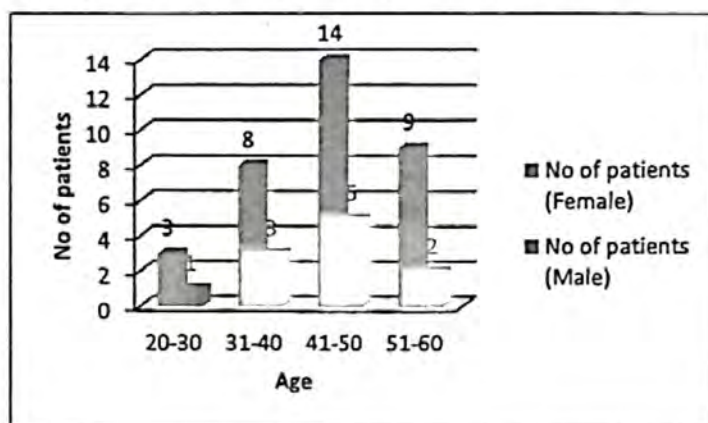


Fig.3.No of patients with age and sex

Researches were selected between the ages of 20 and 60 Years patients. Most of the patients 19 (42%) are in the age group of 41-50.



Fig.4.According to the type of the disease

In this study 36 (84%) patients had "Velimoolam"

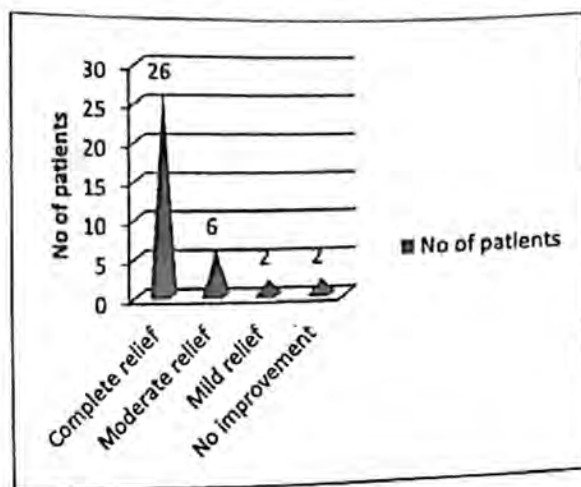


Figure.5 .No of "Velimoola" patients with relief of sign and symptoms

75% (26) of "Velimoola " patients had complete relief of sign and symptom at the treatment.

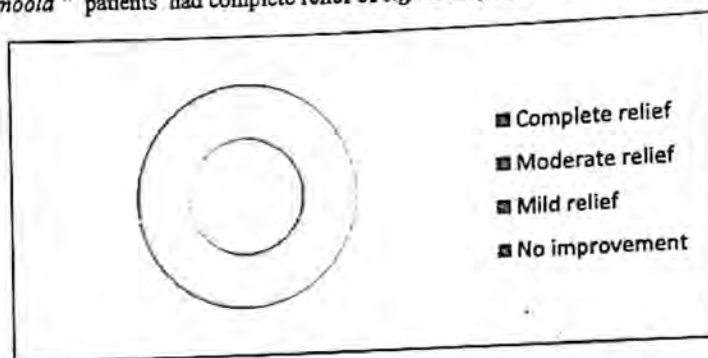


Fig.6.No of Early stage of "Ulmoola" patients with relief of sign and symptoms

56% (5) of "Ulmoola " patients had complete relief of sign and symptom at the treatment

"Ulmoola Velimoola" patients age with relief of sign and symptoms

Age of the patients	Ulmoolam (UM)	Velimoolam (VM)	Complete relief		Moderate relief		Mild relief		Not improvement	
			UM	VM	UM	VM	UM	VM	UM	VM
20-30	1	3	-	2	-	1	-	-	1	-
31-40	2	9	3	6	-	1	-	1	-	-
41-50	5	14	1	12	1	3	1	1	-	-
51-60	1	10	1	6	1	1	-	1	-	1
Total	9	36	5	26	2	6	1	3	1	-

31-40 years 6 (13%) "Velimoola" patients had complete relief at the treatment.

VLConclusion

The complicated patients were referred to the further management. This study concludes the "Thuthikeerai" is used as dietary supplement & external medicine for "MoolaNoi" has better relief and no side effects.

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