

Vitiation of tri-humoral in the pathogenesis of Hemorrhoids (Moolam) – An Integrated approach

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ABSTRACT

Background: Siddha encompasses the whole spectrum of the ano-rectal diseases characterized by the derangement of three humors. The increased intra-abdominal pressure could cause obstruction of venous return, resulting in engorgement of the hemorrhoid plexus. As per Siddha texts, hemorrhoids are termed as Moolam, Moolarogam, Eruvai moolainoi. It is classified into 21 types based on Siddha literature Yugi Vaithiya chinthamani 800. The pathogenesis of the hemorrhoids on the basis of three humors could be a potential target for medical treatment and to reduce the recurrence of the diseases. The most common symptoms include inflamed veins in the anal cushions, pain, rectal bleeding associated with bowel movements. **Aim:** To elaborate the hemorrhoids based on Siddha tri-humoral vitiation. **Materials:** This study is accomplished mainly for literature research and also referred from various siddha treatises for the imbalance state of three humors (Mukkutram). **Discussion:** This study reviewing the etiopathogenesis of the ano-rectal diseases (Hemorrhoids) and to elicit the manipulation of the deranged humors (Vatham & Pitham). **Conclusion:** In this scientific review, the authors postulates the comprehend of the Siddha pathogenesis of the Hemorrhoids (Moolam) from the ancient treatises.

Keywords: Haemorrhoids, Siddha, tri humoral vitiation, Moolam.

I. INTRODUCTION:

Hemorrhoids, one among the ano-rectal diseases is the most common condition that affects many individuals worldwide. Siddha, an ancient holistic system, believed that hemorrhoids (Moolam) results from imbalance state of three humors. The subsistence and non-subsistence creatures of the universe is made up of five primordial elements. The fundamental of this system is based on 96 principals which includes Panchabootham, Uyir thathus, Dasavayukkal and Udal thathus. The three humors which is present in all cells plays a vital role to govern the equilibrium of the human body any disturbance will results in pathological changes in our body. Haemorrhoids are the abnormal dilatation and distortion of the vascular channel, together with destructive channel in the supporting connective tissue within the anal cushion⁽⁸⁾. In Siddha, the systemic (digestive) derangements are considered as the primary cause of the Moolam and to ensure the root causes makes an enlightenment in the treatment protocol and also eradicate the recurrence of the diseases. The incurable nature of such diseases needs changes in the life style modification, diet, lack of physical activity etc⁽¹⁾. In this review article, the authors

comprehend the pathogenesis of hemorrhoids (Moolam) from the context of the Siddha treatises Yugi Vaithiya Chinthamani 800⁽¹⁾.

Aim & Objective: This review article explains the pathogenesis of hemorrhoids (Moolam) mentioned in the Siddha system of medicine based on following objectives:

1. Classification of hemorrhoids (Moolam) based on the siddha humoral principles.
2. Vitiating of tri humors in the pathogenesis of hemorrhoids (Moolam) from Siddha treatises.

Materials:

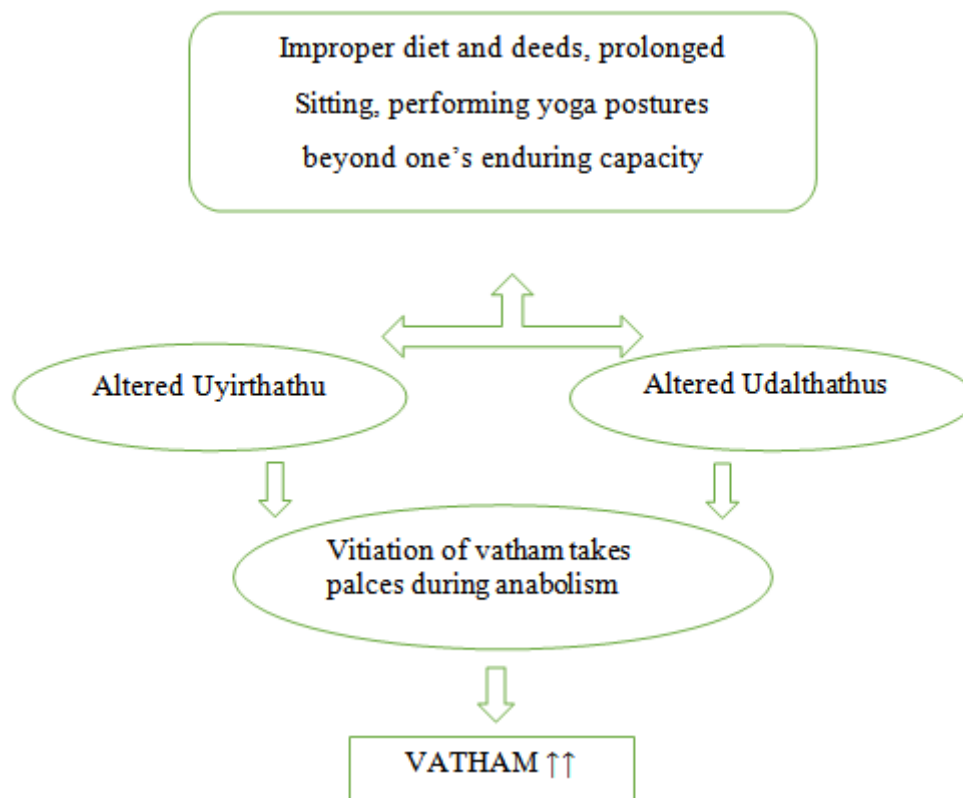
This study extracts are reviewed from some of the siddha context such as Yugi Vaithiya Chintamani 800, Noi Naadal Noi Mudhal Naadal part I & II, Udal thathuvam, Siddha Maruthuvanga churukkam, Agathiyar gunavagadametc were referred and have been documented to understand the siddha approach for the management of hemorrhoids (Moolam).

Pathogenesis of Hemorrhoids (Moolam):
‘Anila pitha thondmalathu moolamvarathu’⁽⁵⁾

In Siddha, the cause of hemorrhoids may often attributed to imbalance in three humors (Mukkutram), primarily Vatham and Pitham. These imbalances can result from a sedentary life style, dietary habits, prolonged sitting and standing, excessive intake of spicy, oily and processed foods, straining during bowel movements and performing yoga beyond one’s own enduring capacity decreases the digestive function of the body which leads to akkinimantham results to indigestion and constipation⁽¹⁾.

All the etiological factors aggravate the vatham (kinetic force) in our body which deranged the Abaanavayu, is the place of Moolatharam and these factors triggers the pitham (thermal energy)⁽²⁻⁶⁾. Thus, the affecting humors vathapitham⁽²⁾ will cause the dryness, disturb the digestive enzymes and leads to formation of swollen veins, prolapse, rectal bleeding in the ano rectal region.

Flow chart 1: Pathogenesis of Hemorrhoids (Moolam)



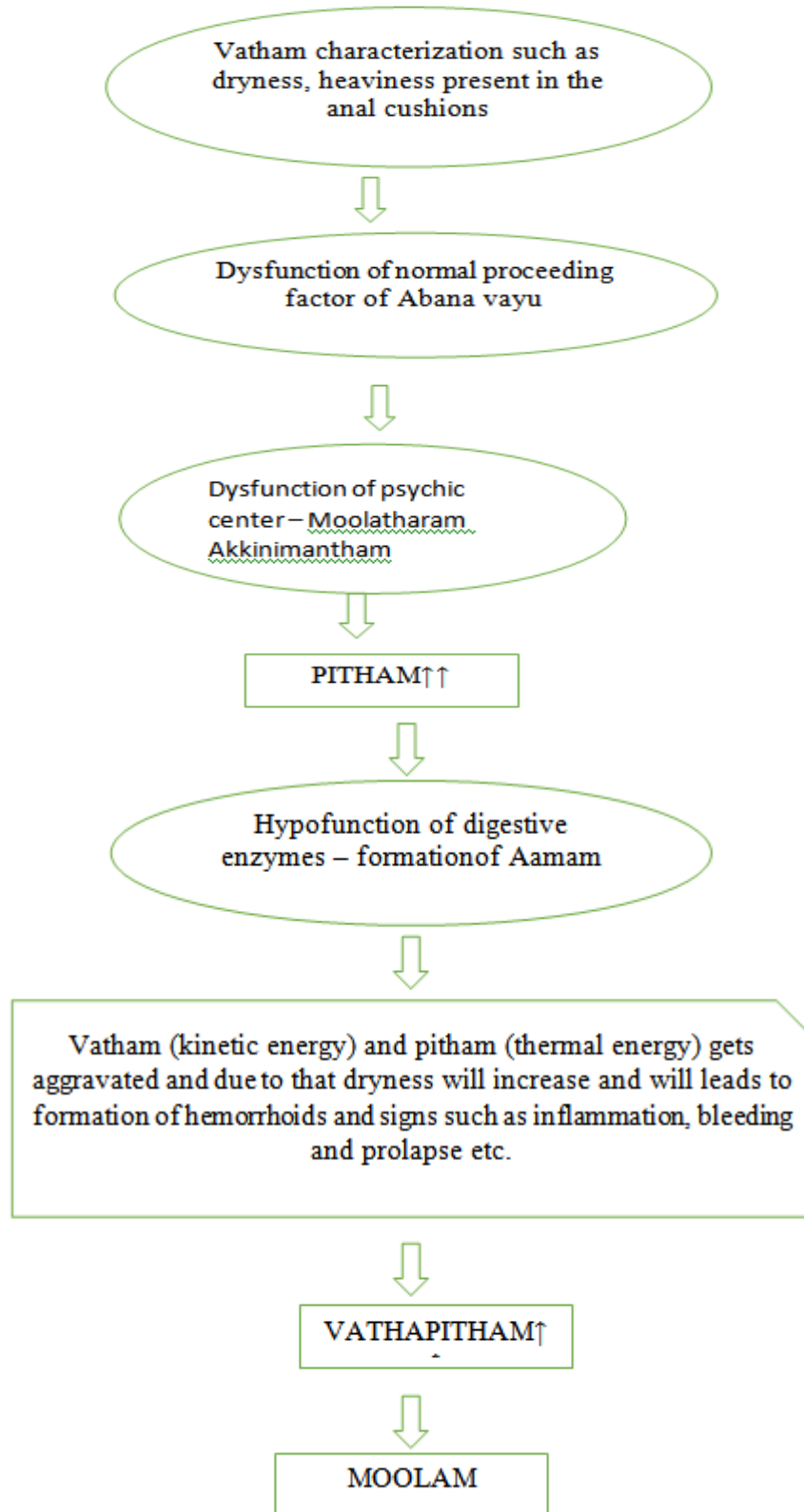
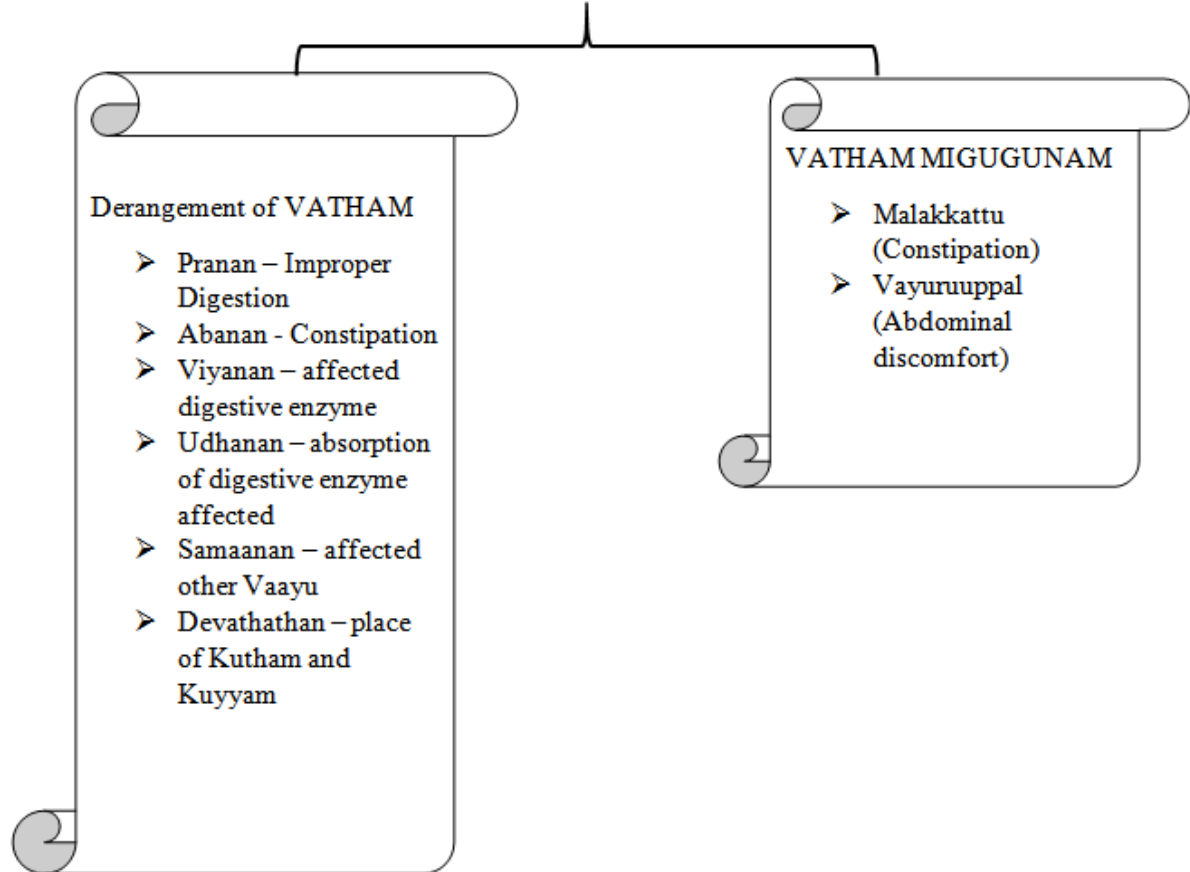
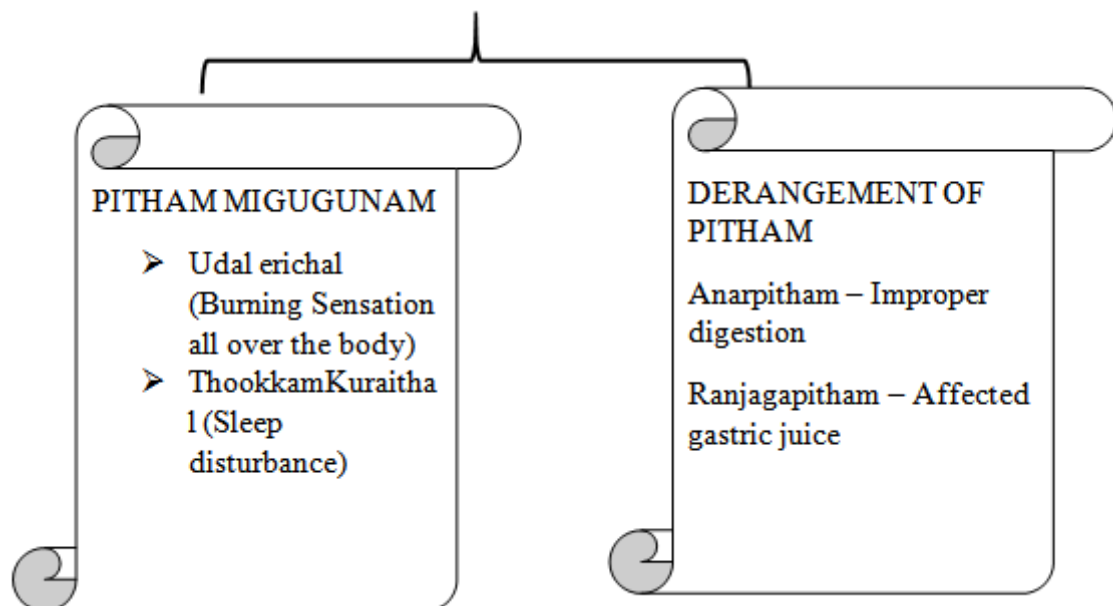


Fig no :1characterization of Affected humors

PRIMARY AFFECTED HUMOR –VATHAM



SECONDARY AFFECTED HUMOR - PITHAM



II. DISCUSSION:

Hemorrhoids manifest most of the individuals in their life times and increases day by day due to improper diet, prolonged sitting, life style modification etc. Hemorrhoids are swollen vein in the lower part of rectum and anus causes the symptoms like pain in the anal region, irritation, itching, rectal bleeding etc. According to Yugi Vaithiya chinthamani 800. Hemorrhoids (moolam) are classified into 21 types⁽¹⁾. The Uyir thathukkal (vatham, pitham and kabam) gets altered due to indulgence of etiological factors, which deranged the primary humor vatham. Moolatharam gets affected in hemorrhoids and it hampers the function of abanayavayu which leads to Aginimantham. Then the secondary humor Pitham gets affected. The digestive system gets unaltered and the formation of Aamam takes place. This leads to the derangement of kinetic energy and thermal energy gets aggravated leads to increase the dryness, inflammation, bleeding and prolapse in hemorrhoids occur. Thus the derangement of Vathapitham humors plays a vital role in framing the condition called hemorrhoids. Hence, the primary root causes is the derangement of three humors and this helps to management and treatment of such diseases to reduce the recurrence of the ano-rectal diseases. Siddha treating ailments has immense potential in the management of hemorrhoids by eliciting the primary humors and also prevent any other complications.

III. CONCLUSION:

Hemorrhoids are the condition related to life style modification and dietary factors. By knowing the pathophysiology of hemorrhoids helps the physician in treating the ailments, preventing and management through dietary regimen of the individuals on the basis of three humors reducing the recurrence of the diseases on a long term basis and gives a healthy life.

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