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**Review Article**

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## External Therapy and Asanas for Moola Noi ( Hemmorhids) – Review

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### Abstract

Siddha system is an ancient system of South India. A Sect of people with tremendous power in themselves who were called “Siddhars” by their perpetual power developed by mental concentration. Yoga have studied the human anatomy. Physiology illness studied of body and the treatment to the perfection. They postulated a definite and distinct hypothetical theory for the physiology. Pathology and treatment of diseases. Siddha system of medicine is mainly categorized into two classes based on the root of admiration of the drugs which are 32 types of Aga marunthugal (Internal Medicine) and 32 types of Puramarunthugal (External therapies) for treating 4448 diseases described in the siddha texts. The 32 types of external therapies were included in many kinds of external application of treatment procedures.

**Keywords:** Siddha Medicine, External Therapy, Asanas..

### Introduction

Siddha system of medicine is the traditional medicine of our ancestors which has its foundations from superior wisdom of siddhars. Siddhars are those who lived and maintained the body as they desired best. They are responsible for the tamil medicine of the present day and also for many other sciences of public utility siddha system has been spread worldwide because of its significant beneficial effect with insignificant side effects.

Moolanoi (Hemmorhids) has been classified into 21 varieties by yugimunivar. Siddha system of medicine is mainly category into two classes. Siddha system is an ancient system of South

India. A Sect of people with tremendous power in themselves who were called “Siddhars” by their perpetual power developed by mental concentration. Yoga have studied the human anatomy. Physiology illness studied of body and the treatment to the perfection. They postulated a definite and distinct hypothetical theory for the physiology. Pathology and treatment of diseases. Siddha system of medicine is mainly categorized into two classes based on the root of admiration of the drugs which are 32 types of Aga marunthugal (Internal Medicine) and 32 types of Puramarunthugal (External therapies) for treating 4448 diseases described in the siddha texts. The 32 types of external therapies were included in many kinds of external application of treatment procedures.

The 32 types of external therapies are as follows:

- 1) Kattu (Bandage)
- 2) Pattru (poultice)
- 3) Poochu (Liquid application)
- 4) Kalimbu (Oinment)
- 5) Seelai (Medicated gauze)
- 6) Varthy (Medicated wick)
- 7) Pasai (Cream)
- 8) Kali ( Paste)
- 9) Podi (Powder)
- 10) Neer (Medicated Liquid)
- 11) Nasiyam (Nasal drops)
- 12) Naasigabharanam (Insufflation)
- 13) Suttigai(Cautery/Heat application)
- 14) Ottradam (Fomentation)
- 15) Pugai (Fumigation)
- 16) Salaagai (Probe)
- 17) Odhal (Blowing)
- 18) Mai (collyium)
- 19) Kalikkam (Eye drops)
- 20) Urinchal (suction)
- 21) Attavidal (leech application)
- 22) Kuruthivangal (venesuction)
- 23) Murichal (Bone restructuring)
- 24) Kombukattal (Fracture splinting/Immobilisation)
- 25) Thokkanam (Physical manipulation)
- 26) Podithimiral (Dry powder massage)
- 27) Vedhu (Steam therapy)
- 28) Pottanam(Medicated pouch)
- 29) Aruvai (Excision)
- 30) Kaaram(chemical cautery)
- 31) Keeral (Incision)
- 32) Peechu (douche/Irrigation)

It is usually prepared from herbal products, minerals and animal-by-products. Now a days people are more attracted towards herb and herbal process because of its easy availability, less side effects and good results.

### Causes of Moola Noi (Hemorrhoids)

- Constipation and diarrhea
- Genetic predisposition to Mool aNoi
- Lack fiber in the diet
- Inadequate fluid intake
- Sedentary life style
- Stress
- Straining while passing stool

- Constant sitting or standing for long hours at a stretch
- Sitting for long time on the toilet
- Pregnancy
- Constant heavy lifting
- Being obese
- Previous surgery of bowel
- Constriction of intestine following a surgery
- Dysfunction of the floor pelvis

### Symptoms

- Bright red bleeding from the anus
- Blood may streak the bowel movement
- Pain during bowel movement
- Painful swelling or a lump near the anus
- Anal itching
- Mucous discharge from the anus
- Hard lump around the anus
- Area around the anaus become red and sore

### External therapy

This article deals about the external therapies need in the treatment of moolanoi (Hemorrhoids) which are discussed in siddha texts and this article contains easily available herbs and animal product.

### Kattu (Pantage)

The raw drugs and medicines like leaves, branches etc. are either ground or cooked.

### Pattru (Poultice)

The raw materials are either ground or juices of leaf, bark, root etc are either heated or not heated can be applied or pasted on the affected area.

### Poochu (Liquid application)

Superficial application of herbal juices or medicated oil on the affected areas is called as poochu.

### Kalimbu (Oinment)

This is a form of medicine used externally in the form of ointment certain mineral compounds, asrigent minerals are ground with butter and applied over on the affected area.

**Seelai (Medicated gauze)**

This type of external medicine is in the form of medicated plasters are prepared by grinding toxic materials in water or herbal juice. A piece of cloth is soaked in this and externally applied affected area.

**Neer (Medicated liquid)**

Raw drugs are soaked in water or made into decoction to concentrate or powerfully potent substance are greatly diluted and used to wash affected area.

**Ottradam (Fomentation)**

Ottradam is the application of hot or cold packs. It is normally done with materials heated to appropriate temperature. The medicated objects are tied in a cloth as a bundle. This medicated bundle is heated and applied over the affected area.

**Pugai (Fumigation)**

Fumigation denotes the artificial impregnation of the atmosphere with the fumes or the smoke of any vegetable or aromatic substance. The process of fumigation with medicinal herbs under specific rituals influences widely the persons participating

**Mooligai**

Plant Name	Botanical Name	Part used	Use of formulation
Abini	<i>Papaver somniferum</i>	Abini Milk	Patru (poultice)
Thuththi	<i>Abutilon indicum</i>	Leaf	Ottradam (Fomentation)
Kadukkain	<i>Terminalia chebula</i>	Unripe fruit	Kaluvuneer
Karisalankanni	<i>Eclipta prostrata</i>	Leaf	Vedhu (Steam therapy)
Kalarva	<i>Salvadora persica</i>	Leaf	Kattu (Bandage)
Parutti	<i>Gossypium herbaceum</i>	Leaf	Vedhu (Steam therapy)
Puli	<i>Tamarindus indica</i>	Leaf	Vedhu (Steam therapy)
Thuthi	<i>Abutilon indicum</i>	Leaf	
Musumusukkai	<i>Mukia maderaspatana</i>	Leaf	
Akrottukkottai	<i>Aleurites triloba</i>	Seed	Poochu (Liquid application)
Aamanakku	<i>Ricinus communis</i>	Leaf	Kattu (Bandage)
Alamaram	<i>Ficus benghalensis</i>	Bark	Kaluvuneer (Medicated Liquid)
Arasu	<i>Ficus religiosa</i>		
Atti	<i>Ficus racemosa</i>		

in it as well as the surrounding environment. Material preparation are used for fumigation in case of hemorrhoids, Chronic ulcer and fistula in auo.

**Attaival (Leech application)**

Leech application over affected areas of inflammations blockset. The leeches which are used in therapeutically are not ordinary or dangerous ones. Hence the disease gets relived leech application is usually done for hemorrhoids.

**Vedhu (Steam therapy)**

Application or exposing medicated steam over affected part or whole body.

**Kaaram (Chemical Cautery)**

It is the method of application of medicated caustic drugs over areas of excision or chronic ulcers. 20gms each of blue vitriol (neelam) and yellow orpiment (Aridhaaram) and 80gms of shorearobusta (Kungiliyam) are triturated with sesame oil rinsed with fresh cool water and applied on a cotton cloth. This plaster is used to excise unwanted growth in external hemorrhoids, fistula non-healing ulcers, granulomatous ulcers, abscess toad skin and tumours with itching.

## Jeevam

Animal-products	English Name	Zoological Name	Part Used	Use of formulation
Aamai	Turtle	Testudines	Dried skin	Pugai (Fumigation)
Nari	Jackle	CanisAures	Jackal's Excreta + neem bark	Pugai (Fumigation)
Pantri	Pig	SusScrofa	Pork Ghee	Poochu (Liquid Application)

## Asanas

Asanas were helpful to prevent and control moolanoi (hemorrhoids) from getting worse. Practice of Asana technique keeps the body purified and prevent problems. The Asanas postures stretch and contract the muscles of the anus, and make the anus them strong and relaxed. Moolanoi (Hemorrhoids) are the effect of long term malfunction of the digestive tract which can be taken care by Asanas.

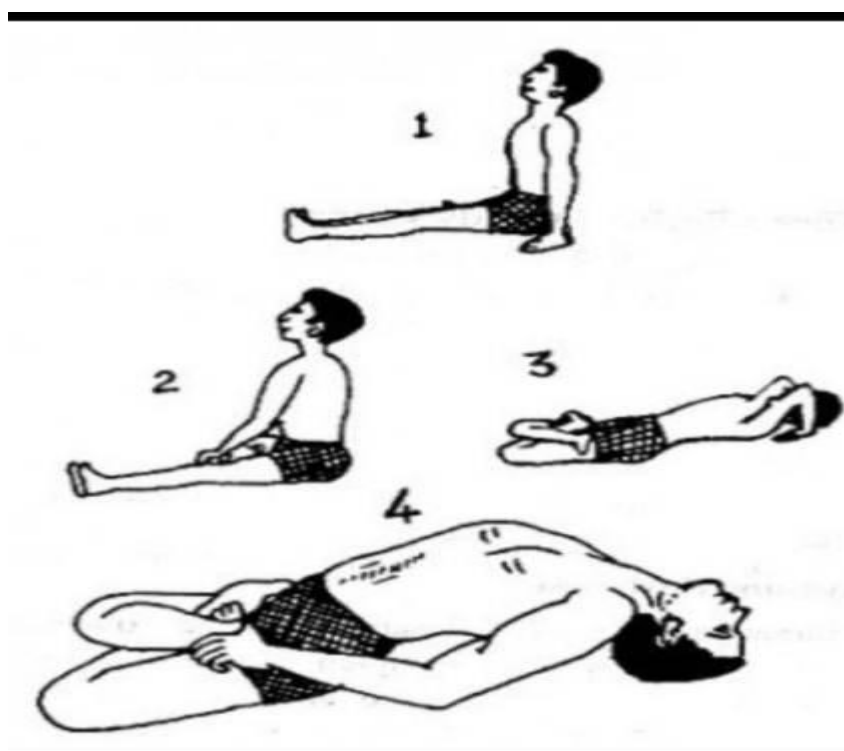
## Matsyasana

### Procedure

Lie on the floor with a straight back. Upon inhalation lift pelvis and slip the hands below hips. Relax posterior on the hands. Hug forearms and elbows to side. Keep elbows and forearms pressed, take a deep breath, and lift upper torso and head off the ground. Arch back, lift chest and the crown of the head back on the floor. Stay in this pose for 30seconds.

### Uses:

Matsyasana is therapeutic for constipation and menstrual pain.



## Sarvangasana (Shoulder Stand)

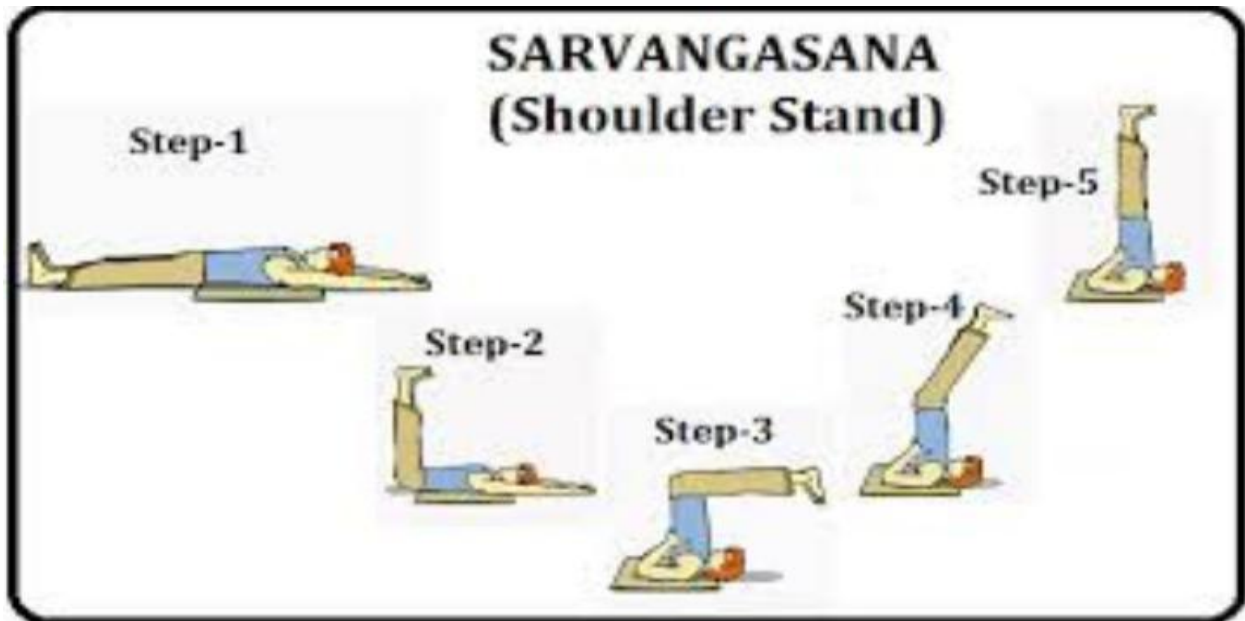
### Procedure

Lie in a supine pose on the floor, lay arms alongside torso, fold knees and actively press feet into the ground. Compress hands to push feet away from a yoga mat and draw thighs into the torso.

Raise knees towards face and gently lengthen the leg upwards. Bring thighs in line with torso. Hold this posture for 10 relaxed breaths.

### Uses:

Sarvangasana pose that aids in digestion and provides relief from swollen legs.



## Tadasana (Mountain Pose)

### Procedure

Stand upright in a yoga mat. Keep feet together and arms on either side of the body. Inhale, stretch arms up, either keep them parallel to the floor or join the palms together. Keep head in a

neutral position and look at a fixed point in the front. Hold this pose for 60 seconds.

### Use:

An extremely beneficial pose for the disease of Moola noi as it strengthens the lower abdominal area.



## Salabasana (Grass Hopper Pose)

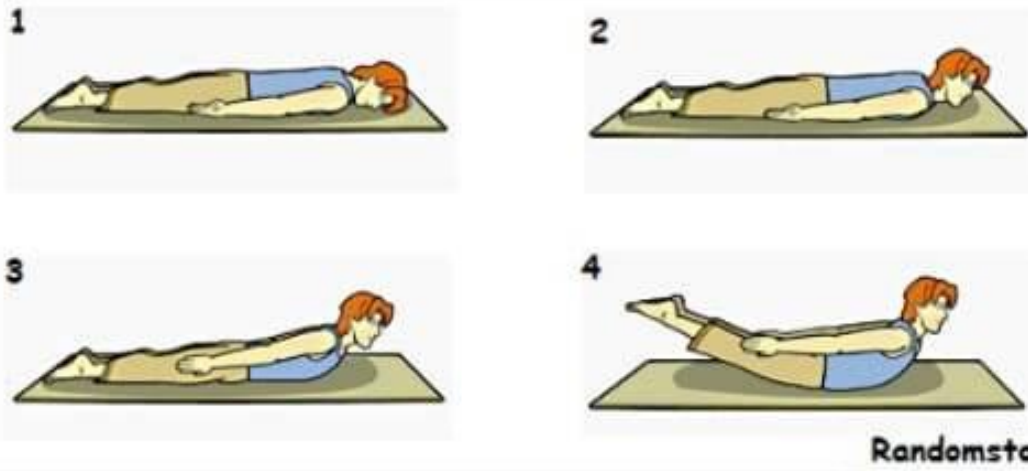
### Procedure

Lie down with back facing up, with arms resting on the side and rest forehead on the floor as well. While breathing out. Raise legs steadily. May not raise the hands with the palms up. The final

position has to be maintained for a minimum of 30 seconds.

### Use:

Salabasana helps to clear bowel movements, constipation, the lower back and spine are strengthened.



## Bhujangasana (Cobra Pose)

### Procedure

Find a clean place and keep a matt there than lay down on the mat with the support of the stomach. Stretch the legs on the back side so that the sole of the legs faces towards the sky. Now lift the head and upper part of the body up with help of the hands so keep hands close to the shoulders. Now stable palms on the ground and slowly lift the

head and upper part of the body upwards. Apply pressure on palms so that body gets fully tilted in the backward directions. Keep vision. Straight.

### Use:

Bhujangasana stimulates the digestives system and relieves constipation. It makes the spine stronger and more flexible. It energizes the heart. It improves blood circulation. It decreases menstrual irregularities in women.



## Mayurasanam (Peacock Pose)

### Procedure

Start by lying on stomach and rest forehead on the floor. As inhale lift head chest and abdomen and make sure keep the navel on the floor. As exhale, slowly come down rest with hands below head.

### Use:

Peacock Pose removes toxins and detoxifies body. Improves the function of digestive system and makes abdomen stronger. Peacock Pose is beneficial in Moolanoi and diabetes. Strengthens and tones your reproductive system.



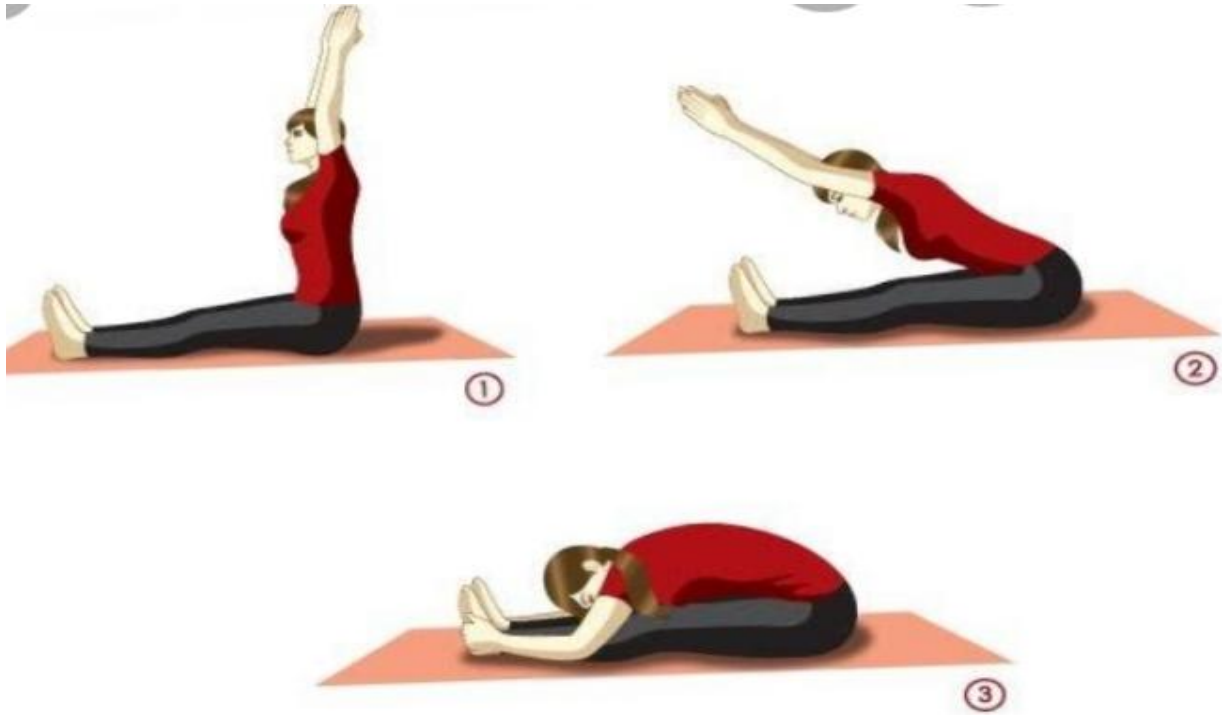
## Paschimottasana

### Procedure

Sit up with the legs stretched out straight in front of on the floor. Keep the spine exact and toes flex towards. Bring respiration to normal. Breathing in slowly raise both the arms straight head and stretch up.

### Use:

Paschimottasana helps relieve the symptoms of menopause and menstrual discomfort. Therapeutic for high blood pressure, infertility, insomnia. It is beneficial in constipation.



### Malasana (Garland Pose)

#### Procedure

Put feet near to each other, with heels on the ground or supported on the floor. Now stretch put thighs. Putting them smoothly wider than torso. Breathe out and bend forward in a way that torso.

Breathe out and bend forward in a way that torso fits comfortably in between thighs.

#### Use:

An extremely beneficial Pose for the disease of MoolaNai as it strengthens the lower abdominal area.





## Conclusion

This paper gives an overview on simple method external therapy and simple Asanas for Moola Noi (Hemorrhoids). There are many options for the management of Moola Noi. This paper contain very simplified method external therapy and Asanas.

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