

Effective Ayurveda Treatment Protocol for Hemorrhoids A Case Study

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Hemorrhoids are swollen veins that occur in the anus and lower rectum. They can be external, appearing around the skin of the anus, or internal, arising in the lining of the anus or rectum. Hemorrhoid swelling occurs when there is an increase in the pressure in the small blood vessels causing them to swell and engorge with blood. The major causes of hemorrhoids include prolonged constipation, poor dietary habits, lack of consumption of water and straining while defecation. The complications of hemorrhoids can be prevented by treating the hemorrhoids at early stage. This case study assessed the efficacy of a treatment protocol used in the management of a 54-year-old male hemorrhoid patient presented at the surgery clinic of Gampaha Wickramarachchi Ayurveda Teaching Hospital, Yakkala, Sri Lanka, complaining of permanent bulging out a mass after defecation along with rectal bleeding and mucus discharge. His medical history revealed that he has been subjected to constipation over a period of 4 years. On examination he was diagnosed with 3rd degree hemorrhoids in 1st early stage. Treatments were scheduled both internal and external medication along with yoga. He was treated internally with *Triphala churna*, external application of *Sarvavishadi* oil and practicing *Sarvangasana* for ten minutes daily up to one-month period. After the treatment protocol, rectal bleeding and mucus discharge completely stopped and 3rd degree hemorrhoid was reduced to the 2nd degree hemorrhoid stage. Patient was followed up through one month and there were no any signs of advancing the stage of hemorrhoid. *Triphala churna* possesses the potential to purify blood and balance the vitiated doshas while *Sarvavishadi* oil reduces the inflammatory signs of hemorrhoids. *Sarvangasana* acts as a supportive medication to trigger the action of internal and external medication. It is suggested to design a clinical trial with a larger sample size in order to confirm the effect of this treatment protocol.

Key Words: Hemorrhoids, *Sarvangasana*, *Triphalalkwata*