

Effect of Myanmar Traditional Therapy in patients with *Arisa* (Haemorrhoids)

Khin Yatanar Hlaing*, Win Naing*, Ni Ni Zaw*, Aung Kyaw Min*,
Hla Moe**

University of Traditional Medicine*, University of Medicine (Mandalay) **

ABSTRACT

Arisa (Hemorrhoids) pertains to a disease occurring in *guda* (anorectal region) and it is torturing to the patients. It may create hindrance or suppression on ano-rectal passage. Many people suffer from haemorrhoids which can be uncomfortable and sometimes painful. Various modalities of treatment for *Arisa* have good outcome. Among them, the purpose of this study was undertaken to investigate the effect of Myanmar Traditional Therapy in patients with *Arisa* (haemorrhoids). Myanmar Traditional Therapy for *Arisa* (haemorrhoids) means that it is conservative treatment and non-invasive treatment, including TMF -12 and TMF - 27 orally, TMF - 49 ointment based cream was used for anal application and modified Anumupanhsei: was used for anal phantheihsei. Modified Anumupanhsei: was prepared by adding 6 times of potassium aluminium sulphate (Kjau' chin) to the original Anumupanhsei. Forty one cases with haemorrhoids patients were studied by hospital based quasi experimental study design in Ulcer and Sore Therapy Ward of Traditional Medicine Teaching Hospital, Mandalay from 1st September 2013 to 31st October 2014. The study was conducted by history taking, physical examination and intervention of Myanmar Traditional Therapy in haemorrhoids patients for 28 days. The changes of signs and symptoms of haemorrhoids were assessed at day 7, at day 14, at day 21 and at day 28. It was found that the serial effect of Myanmar Traditional Therapy on haemorrhoids patients was statistically significant at day 7 ($p < 0.000$), at day 14 ($p < 0.000$), at day 21 ($p < 0.000$) and at day 28 ($p < 0.000$) respectively. The percent improvement of signs and symptoms score after treatment was 73% (marked improvement) with ($p = 0.000$). Therefore, Myanmar Traditional Therapy was highly significant effective in haemorrhoids patients. Besides, according to Traditional Medicine concept, Myanmar Traditional Therapy has effect that is relief on *Arisa*/haemorrhoids caused by heat and excessive internal pathavi.