

EFFECT OF MYANMAR TRADITIONAL THERAPY IN PATIENTS WITH ARISA (HAEMORRHOIDS)

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INTRODUCTION

- Arisa pertains to a disease occurring in anorectal region and it is torturing to the patients (Kumar & Sijoria, 2009).
- About half of all people by age 50 have haemorrhoids to some extent but not pose a danger to health.
- However, chronic bleeding from haemorrhoids may lead to anemia (Laosee *et al.*, 2005).

7/2016

- The commonly used medicines in Myanmar Traditional Therapy (MTT) on haemorrhoids are combination of oral medicines (TMF-12/Setkhuparlahsei: and TMF-27/ pyilonechanthar-hsei:), local ointment based cream (TMF 49) and anal panhteihsei: (modified Anumuphanhsei:).
- Mardhava described that laxative drug, dominant wind drug and butter with rock salt can be given in the treatment of haemorrhoid.

- Anumuphanhsei: contains potassium aluminium sulphate that relieves emergencies *Rattapata* (haemorrhage).
- According to this concept and principle, TMF-12 as laxative drug, TMF-27 as dominant wind drug and TMF-49 containing butter, modified Anumuphanhsei were used in haemorrhoid patients.

OBJECTIVES

3.1. General Objective

6/17/2016

• To study effect of Myanmar Traditional Therapy in patients with *Arisa* (haemorrhoids)

3.2. Specific Objectives

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- To describe signs and symptoms of Arisa (haemorrhoid) before treatment (day 0)
- To determine the changes of signs and symptoms of *Arisa* (haemorrhoid) during treatment (day 7, day 14, day 21 and day 28)
- To determine the serial outcome of Myanmar Traditional Therapy in patients with *Arisa* (haemorrhoid)











Method

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- At first, TMF 12, TMF27, TMF 49 and modified Anumuphanhsei: containing in MTT were collected from TMTHM for this study.
- All haemorrhoid patients admitted to TMTHM were selected according to inclusion and exclusion criteria.
- History taking, physical examination and local examination were done and recorded in proforma as initial assessment.
 - After getting informed consent, MTT was given on haemorrhoid patients daily up to 28 days.

Therapeutic procedure in MTT

- 2 g of TMF-27 with warm water was given 3 times (8 am, 12 pm and 4 pm after meal) daily up to 28 days.
- 4 g of TMF-12 with cold water was given at bed time daily up to 28 days.
- In application of Phanhteihsei:, 32 g of modified Anumuphanhsei: powder was poured with 2 L of warm water and was stirred thoroughly and left cool.

- If the solution is lukewarm, anus was immersed in the solution in squatting position for five minutes 2 times per day (in the morning and before bed time) daily for 28 days.
- TMF-49 was used as external application on haemorrhoids lesion twice daily (in the morning and before bed time) after squatting with Phanhteihsei: for 28 days.
 - The subjects were followed up and examined 4 times on every seventh day during study period (28 days).

7/2016





Figure 6. 1st degree of haemorrhoid by protoscopic examination































Data Collection and Data Analysis

Data was collected by using pro-forma. Assessment of before and after treatment, every seventh day (7th day, 14th day, 21th day, 28th day) was done. The result was analyzed for statistically using by SPSS (version 20).



ETHICAL CONSIDERATION

- Informed consent obtained after thorough explanation about the study.
- No new drug administration was undertaken.
- Harmful medicines for the subjects was not included.
- The drugs used in this study are time tested.
- There was no use of invasive procedure in this study.
- Subjects charged for the treatment.
- Subjects had the right to withdraw from the study at any time.

RESULTS & DISCUSSION

Characteristics		Frequency	Percent
Age in year	<= 30	7	17.1
	31 – 50	19	46.3
	51 – 70	11	26.8
	71+	4	9.8
Sex	Male	25	61
	Female	16	39
Occupation	prolong sitting	27	65.9
	heavy lifted	7	17.1
	Other	7	17.1
Family history D16 Table 1.	No	34	82.9
	Yes Background	7 of haemorrhoid	17.1 d patients 34

6/17









Figure . Degree of haemorrhoids

6/17/2016













The serial outcome of Myanmar Traditional Therapy in haemorrhoid patients

According to all total signs and symptoms score of haemorrhoids from day 0 to day 7, mean was 2.415 and p value was 0.000. From day 0 to day 14, mean was 4.805 and p value was 0.000. Form day 0 to day 21, mean was 5.78 and p value was 0.000 and from day 0 to day 28 mean was 6.195 and p value was 0.000. Thus, MTT was statistically significant between day 0 to day 28 on haemorrhoids patients.

According to percent improvement of signs and symptoms, the percent improvement of signs and symptoms score at day 7 was 27.76 % (p=0.000), the percent improvement at day 14 was 44.18% (p=0.000), the percent improvement at day 21was 60.39% (p=0.000) and the percent improvement at day 28 was 72.63% (p=0.000). Thus, MTT proved that it was 73% improvement (marked improvement) with (p=0.000) on haemorrhoids patients after treatment.

Traditional medicine point of view on MTT

Arisa is commonly caused by heat and excessive internal prithvi (ဆရာသန်း၊ ၁၉၆၉).Spicy food taking and constipation are causal factor that accumulate heat in the body and excessive internal prithavi in the body. Thus, combination of TMF-12, TMF-27, TMF-49 and modified Anumuphanhsei: had effect to relieve on heat and excessive internal pathavi. Therefore, it indicated that MTT had effect on haemorrhoids patients according to Traditional Medicine concept.

CONCLUSION

- MTT was statistically significant (p = 0.000) on haemorrhoids patients between day 0 to day 28.
- Besides, 73% improvement of total signs and symptoms with (p = 0. 000) on haemorrhoid patients was also found after treatment.

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Suggestion

- In this study, there was no side effect and easily available drugs were included in MTT.
- This study was conducted limited sample size and for too short term study. Further study should be carried out by large sample size for a long duration.
- MTT should be used for no relevant to surgery patients, old aged person and patients are accompanied with communicable and complicate diseases.
 - Haemorrhoid patients may be reliable used on MTT.

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