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Case Report

EFFECT OF *SOLANUM MELONGENA* (BRINJAL PLANT) ON INFLAMED HAEMORRHOIDS: A CASE REPORT

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ABSTRACT

A 29-years old male patient came to surgery OPD, NIUM, Kottegepalya, Bengaluru, Karnataka, with complaints of painful mass per rectum and bleeding on straining. On examination the case is diagnosed as third degree inflamed internal piles and inflamed surroundings laxated skin with severely spasmed sphincter. It is a very painful and extremely uncomfortable condition. In Unani System, *Solanum melongena* powder is claimed to be effective in treating such conditions. In this case, daily anal packing done with gauze piece soaked in mixture of *Solanum melongena* powder and Roghan-e-Gul. It gave relief symptomatically from the first day. The inflamed pile masses resolved within “9”sittings too. No complications were occurred during and after the procedure.

Keywords: - Internal pile, *Solanum melongena*, Roghan-e-Gul, anal packing

INTRODUCTION

Solanum melongena (brinjal), is an herbaceous plant with coarsely lobed leaves, white to purple flowers, fruit is berry. In Unani system of medicine it has been in use since ancient times for its medicinal value. It has analgesic, anti-inflammatory, astringent, anti-allergic, anaesthetic, mild sedative, spasmodic, antipyretic, anti-anaphylactic, anti-platelet, calcium channel blocking activities, hypotensive, antioxidant and digestive properties etc⁹. Its local application on haemorrhoids reduces their size and gradually shed them off. The term “Haemorrhoid” was originally used by renowned scholar Hippocrates (Buqrat), who described the term haemorrhoids as “the flow of blood from the veins of the Anus.”³ They have divided it as per their shape, size, colour, sites etc. This system is not only enriched with texts but also has various effective conservative and surgical interventions to cure them. In recent books is of three types; internal, external and intero-external. Many surgical interventions are there to treat piles as per their condition. Like sclerotherapy, Barron’s rubber banding, haemorrhoidectomy etc. They have their own serious complications.³⁻⁶ This case study is a non-surgical method, aimed to assess the efficacy of *Solanum melongena* powder on the inflamed piles as a local application (anal packing). The study may provide prospective idea for further study on larger group.

Case History

A 29 years old male patient came to surgery OPD with complaints of severe pain per-rectum with prolapsed pile masses since 4 days. He was unable to sit and walk properly. On examination, the internal piles (7 & 11 O’clock) prolapsed outside the anal opening and got strangulated there due to

increase sphincter spasm. The mass became inflamed red and severely tender. This was manually reducible with difficulty. The surroundings anal skin was also inflamed. It was diagnosed as third degree inflamed internal pile.



Figure 1: *Solanum melongena*

MATERIAL AND METHODS

Preparation of powder

Solanum fruit is sliced and dried in Hot Air Oven. After drying, it is powdered and filtered with 80 no mesh-filter. Gauze pieces soaked in *Solanum* powder and Rose oil were autoclaved to make it sterilized. Prior to the treatment, he was explained about his condition and admitted. Informed consent was obtained before commencement of the study. The protocol was for daily anal packing. The patient was made in left Sim’s position and examined every time before applying the soaked gauze piece per-rectum. He was advised to kept it there for at least (4-5) hours or remove it at the time of defecation. Along with this advised high fibrous diet and mild laxatives (Sofoof Mullayin)



Images after Packing

Table 1: Observation and Results

| S. No | Variables | Before Packing | After packing | | | | |
|-------|---|--|--|---------------------|---------------------|---------------------|---------------------|
| | | | 1 day | 3 rd day | 5 th day | 7 th day | 9 th day |
| 1. | Inflamed Int. Pile | 7&11O'clock, strangulated & inflamed piles | +++ | ++ | + | - | - |
| 2. | Itching P/R | | ++ | + | - | - | - |
| 3. | Bleeding P/R | | ++ | + | - | - | - |
| 4. | Laxed and inflamed Anal skin | | +++ | +++ | ++ | + | + |
| 5. | Tenderness P/R | | +++ | ++ | + | - | - |
| 6. | Sphincter spasm | | +++ | ++ | + | + | N |
| 7. | Proctoscopy - Bleeding points - Prolapse of pile mass | | ++ (3 rd degree inflamed) | ++ ++ | - ++ | - ++ | - ++ |

Single '+' means presence of symptoms. For severity : '+'(mild), ++(moderate), '+++'(severe). N = Normal

DISCUSSION

In Unani System of medicine, *Solanum melongena* parts are used in various problems for their medicinal activities. Its pedicel, sepals and fruits are used to treat piles. It has anti-inflammatory, analgesic, astringent, anaesthetic, anti-allergic, spasmodic activities etc. Its local application on the piles showed surprising results. At the time of admission, the third degree internal piles along with anal skin were inflamed. Findings were noted on alternate day and compared with previous condition. The bleeding per-rectum and itching after two days of anal packing was reduced from moderate to mild severity. Which were completely relieved on 5th day. The inflamed internal pile mass that gradually reduces to moderately relieved and completely regressed on the seventh day. The tenderness per-rectum insidiously becomes normal. The sphincter spasm was severe on the first day. Gradually, it regressed from severe to mild degree after seventh day of anal packing. The laxated anal skins, which were severe inflamed, subsided from severe to mild till 9th day of packing; redness, swelling and tenderness disappeared. In proctoscopy on the first day; bleeding point and inflamed piles were present. The bleeding stopped after single packing and bleeding points disappeared in three days of anal packing. The prolapsed pile regressed from grade-III to grade-II till ninth day of packing.

CONCLUSION

The case study showed that this medicine is effective in treating inflamed piles. The patient got subjective relief. During study, it has noticed that medicine has good response in inflamed piles along with relief in bleeding, itching and tenderness per-rectum. It also relieved pain completely. Further study may be carried out on a large sample size to assess its actual efficacy.

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