

**VALIDATION OF UNANI FORMULATION *HABB E RASAUT* IN *BAWASEER*:
A REVIEW**

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Hemorrhoids are a benign anorectal condition with the highest prevalence in the world, which significantly affects the quality of life of patients with various discomforts and complications. It is considered as a cause of mobility, which leads to social impacts on society. *Habb e Rasaut* an Unani compound formulation mentioned in the National Formulary of Unani Medicine (Part I), is an efficacious and affordable one, though it is not widely used in treating and preventing *Bawaseer*. By considering all the above-mentioned facts, the aim of this study is to comprehensively focus on validating and promoting the therapeutic effects of *Habb e Rasaut* in treating and preventing *Bawaseer*. Data were gathered from classical texts and electronic databases such as Google scholar, PubMed, Medline, Scopus, etc. A total of more than 50 articles were filtered from the articles published from 2004 to 2019 and scrutinized. The literature search revealed that the *Habb e Rasaut* consists of *Rasaut* (extract of *Berberis aristata*), *Sang e Jarahat* (Soapstone), *Kateera Sufaid* (*Cochlospermum religiosum*), *Geru* (red ochre) and *Mazu Sabz* (gallnuts of the *Quercus infectoria*). The clinical features of *Bawaseer* are feeling congestion and heaviness in the anal region accompanied with itching, pain, frequent bleeding, inflammation, and burning sensation. As per the ancient physicians' statements as well as their empirical and conceptual framework in the classical texts and also the latest research studies, revealing and aligning the therapeutic aspect of *Habb e Rasaut*, which is composed of ingredients that possess properties like laxative aids in bowel movements; hemostyptic stops bleeding; anti-inflammatory reduces inflammation; analgesic alleviates pain; astringent helps tighten tissues; siccativ draws fluids out; wound healing activity helps to recover from injuries, and so on. Hence, due to its high potency, therapeutic value, and the availability, this drug can be intervened with or prescribed among the *Bawaseer* patients, and the expected outcome can be successfully obtained with much assurance.

Keyword: *Bawaseer*, Hemorrhoids, *Habb-e-Rasuat*, *Rasuat*, *Sang e Jarahat*