

**A COMPREHENSIVE REVIEW ON *BAWASEER* (HAEMORRHOIDS)**

**M.S.F. Rumana\*, N. Fahamiya and M.S.M. Shiffa**

Faculty of Indigenous Medicine, Faculty of Indigenous Medicine, Sri Lanka.

\*rumanasuhair@gmail.com

*Bawaseer* (haemorrhoids) are the most prevalent ailments associated with significant impact on quality of life. People who have the illness may experience extreme discomfort and become disengaged from their regular tasks and job schedule. Patients with chronic condition look for several interventions, and sometimes there is a need for surgery. Therefore, the aim of this review is to explore the prevention and management methods of haemorrhoids to avoid worsening of this condition and to improve the quality of life. Data were gathered from classical texts and electronic databases such as Google Scholar, PubMed, Medline, Scopus, etc. A total of 39 articles were filtered from the articles published from 1971 to 2023 and scrutinized. According to Unani, the development of *Bawaseer* is caused by *Saudawi* viscous blood, which is the reason for constipation. Diet, lifestyle, and straining during bowel movements appear to be important risk factors for conditions development. There are various ways to cure haemorrhoids, but the most effective approach is always medication along with prevention. However, in modern medicine, haemorrhoids of the first, second, and third degrees are treated nonoperatively, but patients who have experienced acute problems or for whom conservative therapy has not worked should have surgery. The Unani medical system offers a wide range of surgical and nonsurgical treatments to treat *Bawaseer*, and the majority of individuals can be successfully treated with just dietary and lifestyle changes. If there are *Bawaseer*, there are many of the best single drugs (*Rasut*, *Muqil*, *Anjubar*, *Kateera*, *Mazu*) and compound formulations like *Habb-e-Rasut*, *Habb-e-Bawaseer*, *Habb-e-Mulayyin*, *Habb-e-Muqil*, etc. available in order to treat the condition effectively and to prevent surgical procedures. In addition to that, there are nonsurgical procedures that are the most cost-effective options, such as *Fasd*, *Hijama*, and *Ta'leeq*. Hence, dramatic relief for most hemorrhoid symptoms can be found with Unani medicine along with dietary and lifestyle changes that are more effective to prevent significant impact on quality of life due to this condition.

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