

**A REVIEW ON SCIENTIFIC VALIDATION OF FEW SELECTED MEDICINAL PLANTS
ON BAWASEER**

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Bawaseer (hemorrhoids) are a common anorectal disease that compromise quality of life, caused by increased abdominal pressure, straining, and hard stools, leading to venous engorgement and symptomatic prolapse. In Unani medicine, *Bawaseer* is attributed to the focal retention of *Sawdavi Ghaleez Dam* (abnormal black bile) in the anal region. The objective of this study was to highlight the active principles and therapeutic values of five selected Unani medicinal plants used in the management of *Bawaseer* (hemorrhoids) by reviewing classical Unani texts and contemporary scientific literature. A descriptive review was conducted using Unani medical textbooks (*Al-Qanoon fil Tib*, *Kitab al-Hawi*, *Makhzan ul Mufredat*, etc.) and scientific literature from databases including PubMed and Google Scholar. Five medicinal plants were selected and evaluated for their active principles and therapeutic roles in *Bawaseer* such as *Kangi* (*Abutilon indicum*), *Anjeer* (*Ficus carica*), *Chirchita* (*Achyranthes aspera*), *Muqil* (*Commiphora mukul*), and *Rasaut* (*Berberis aristata*). The review identified that these plants possess laxative, anti-inflammatory, analgesic, and astringent properties relevant for hemorrhoid management. *Kangi* and *Anjeer* aid in stool softening and reduce straining. *Chirchita* and *Muqil* exhibit anti-inflammatory and wound-healing actions, while *Rasaut* provides astringent and antimicrobial effects, reducing bleeding and promoting healing. These Unani medicinal plants align with modern pharmacological actions needed for the management of *Bawaseer*. They address straining, inflammation, pain, and bleeding holistically, offering a safe and effective integrative approach for *Bawaseer* treatment. Further clinical validation is warranted.

Keywords: *Bawaseer*, *Anjeer*, *Chirchita*, *Kangi*, *Muqil*, Hemorrhoid management