



## An Overview of the Effectiveness of the Most Important Native Medicinal Plants of Iran on Hemorrhoid Based on Iranian Traditional Medicine Textbooks

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**Abstract:** Hemorrhoid disease occurs following the blood-filling of vascular structures of submucosal networks in the anal area. Patients usually feel no pains and the symptoms include a feeling of rectal congestion, mucus secretion, and bright red blood dripping. Surgical treatment is of the most common treatment methods of hemorrhoid. In addition to the usual treatments, classic therapies and complementary medicine are also applied. Medicinal herbs have been traditionally a source for the treatment of many diseases. Many native medicinal plants of Iran have had effective properties on hemorrhoid. Thus, in this review, the effective medicinal plants of Iranian ethnobotanical resources on hemorrhoid were reported. In this review study, a search for articles by the keywords hemorrhoid, ethnobotanical, and medicinal plants was done. A search on the databases, such as Scopus, ISI C, S ID, MegIran, and a number of other databases was performed. Based on the results obtained, 11 herbs from different parts of Iran are traditionally used to treat anorexia. Such medicinal plants as pistachio from mountainous trees, yarrow, camel thorn, etc. are of the effective herbs on hemorrhoid.

**Keywords:** *gastrointestinal tract, Hemorrhoid, Medicinal herb, Iranian ethnobotany.*

### Introduction

Hemorrhoid disease occurs following the blood-filling of vascular structures of submucosal networks in the anal area. Patients usually feel no pains and the symptoms include a feeling of rectal congestion, mucus secretion, and bright red blood dripping [1].

Hemorrhoid is one of the most common diseases of anorectal region with indications of pain, bleeding, and mass exit from anal area [2]. Hemorrhoid affects 5% of the general population of a society and 50% of people over 50 years complain of the symptoms related to it [3]. Hemorrhoid mild symptoms can be treated with medical therapy, but the ideal treatment in the advanced state of the disease is surgery [4-6].

Hemorrhoid is seen in 80% of the population with an equal gender distribution. The disease is associated with many problems for patients when left untreated [7-11].

Most patients with hemorrhoids respond to conservative treatments or minimally invasive surgeries, while only in 5-10% of the cases, there is a need for rectal hemorrhoid surgery [12-22]. Many native medicinal plants of Iran have had effective properties on hemorrhoid. Thus, in this review, the effective medicinal plants of Iranian ethnobotanical resources on hemorrhoid were reported.

### Methodology

In this review study, a search for articles by the keywords hemorrhoid, ethnobotanical, and medicinal plants was done. A search on the databases, such as Scopus, ISI C, S ID, Meg Iran, and a number of other databases was performed.

## Results

11 plants from various parts of Iran are traditionally used to treat anorexia. The medicinal plants of different parts of Iran, which are effective on hemorrhoid, along with their additional information, are marked in Table 1.

**Table 1: Iranian native medicinal plants for treating hemorrhoid presented in their Persian names, scientific names, and family names, together with their parts used and areas where they are found**

Raw	Scientific name	Family name	Persian name	Therapeutifc use	Region
1	<i>Pistacia khinjuk L.</i>	Anacardiaceae	Pesteh kouhi	Hemorrhoid	West Azerbaijan [22]
2	<i>Achillea millefolium L.</i>	Asteraceae	Boumadaran	Hemorrhoid	[23]
3	<i>Sorbus boissieri C. K. syn. S. aucuparia L.</i>	Rosaceae	Tis	Hemorrhoid	[24]
4	<i>Pistachia atlantica Desf.</i>	Anacardiaceae	Pesteyeh kouhi	Hemorrhoid	[12]
5	<i>Tanacetum polycephalum Schultz.</i>	Asteraceae	Samsa	Hemorrhoid	[12]
6	<i>Erucaria hispanica Druce</i>	Brassicaceae	Mandabi	Hemorrhoid	Khalij fars [25]
7	<i>Alhagi persarum Boiss. &amp; Buhse.</i>	Fabaceae	Kharshotor	Hemorrhoid	[26]
8	<i>Plantago lanceolata L.</i>	Plantaginaceae	Barhang neyzei	Hemorrhoid	[26]
9	<i>Solanum nigrum L.</i>	Solanaceae	Tajrizi siah	Hemorrhoid	[26]
10	<i>Achillea santolina</i>	Asteraceae	Boumadaran	Hemorrhoid	Mobarakeh Isfahan [27]
11	<i>Malva neglecta Wallr</i>	Malvaceae	Panirak	Hemorrhoid	Mobarakeh Isfahan [27]

## Discussion

Hemorrhoid is a painful disease that causes inflammation and enlargement of the veins around the anus. There are natural remedies for hemorrhoids. Herbal remedies for hemorrhoids is useful because medicinal plants have probably Bioactive compounds are effective on hemorrhoids. The study

medicinal plants can provide a good research background for hemorrhoid control since having bioactive and effective pharmaceuticals and having been used for its treatment since long time ago. Consequently, effective natural drugs can be produced to treat hemorrhoid in case of proving their effectiveness after performing a pharmacological study on them.

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