



Review Article

A SCIENTIFIC REVIEW OF MOOLAM (ANO RECTAL DISEASES)-YUGI'S VERSION

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ABSTRACT

Worldwide, the overall prevalence of an ano rectal disease in the general population is estimated to be 4.4%. The faulty dietary pattern and life style, hereditary factors are important etiological factors of this disease. As per saint Yugi *Moolam* is classified as 21 types based on clinical symptoms and size, shape, colour of the pile mass which includes some of the ano-rectal diseases. The diet and deeds which influences the vital humors *Vatham* (Intestinal peristaltic movement) and *Pitham* (metabolism and absorption) of food stuffs are said to be major causative factors of this disease. As per Yugi's version the following ano rectal diseases under *Moola noi* have been categorized as, *Neer moolam* (Inflammatory bowel disease), *Aazhi moolam* (strangulated haemorrhoids), *Sittru moolam* (adenomatous colorectal polyps), *Varal moolam* (colorectal non-neoplastic polyps), *Seezh moolam* (kaposis sarcoma), *Silaethuma moolam* (anal warts condyloma), *Thondha moolam* (rectal cancer), *Vinai moolam* (irritable bowel syndrome), *Powthira moolam* (anal fistula), *Kutha moolam* (rectal prolapse), *Ratha moolam* (internal haemorrhoids 1st degree - bleeding piles), *Mega moolam* (gonococcal proctitis), *Vaatha moolam* (interno-external hemorrhoids), *Pitha moolam* (prolapsed haemorrhoids), *Surukku moolam* (anal stenosis), *Mulai moolam* (sentinel pile), *Savvu moolam* (perianal tuberclosis). This paper focuses the scientific basis of etiology and classification of *Moolam* by saint Yugi.

KEYWORDS: Ano rectal disease, Haemorrhoids, Moolam, Siddha, Yugi.

INTRODUCTION

Siddha system is well founded under the basic principles of nature and its elements. prevention and treatment are the basic aim of the Siddha system of medicine. Siddha insists to lead a healthy life both physically and mentally. They classified the disease on the basis of *Thiridhosa* theory. Saint Agasthiyar identified 4448 diseases and one among them is *Eruvai Mulainoi*. Saint Yugi classified *Moolanoi* into 21 types. *Moolam* in Siddha means the area *Moolathram* or root. *Moolatharam* has been given maximum important in Siddha system as it is energy producing centre of the body (Kundalini). If the early stage is not being taken care of it may lead to complications and need to be corrected with surgery. "*Anilapithathondhamalathu-moolamvaraathu*" (*Anilam-vaatham, Pitha-pitham*)-As per saint Theraiyar derangement of *Vatham* and *Pitha* humor due to lifestyle changes diet and deeds resulting *Moolam*.

The main *Vatha* humor and *Pitha* humor get affected cause in *Moolanoi* (Haemorrhoids). In *Moolanoi*, increased *Keelvaikanal* stimulates *Vatha humor* these totally stimulate *Pithahumor*, constipation develops due to effects of *Keevaikanal*. So the symptoms like loss of appetite, emaciation, mental depression, decreased body fluids and blood volume are developed.

METHODOLOGY

The literature cited here principally extracted from the *Yugivaithyasidhamani*. For the understanding and validation of the correlated information reputed journals and databases were referred. After the methodological collection of the above information data were correlated with the current scenario and conclusions were arrived. Then a comprehensive review was made.

OBSERVATION

ETIOLOGY-According to *Yugivathiya chindhamai*¹

<p><i>Thathaiyang mathiga maang kuliri naalum</i> <i>Thariyatha thavazhchiyaar kirandhi yaalum</i> <i>Puthayaam porunthaa ushnathaalum</i> <i>Punarchi yaayi kobathaar salippinaau</i> <i>Kaththayaam vegukaamam vendalaalum</i> <i>Kadinamam mupplaum kaarathaalum</i> <i>Mothayaam veguthanagal ponathalum</i> <i>Moolam vanthu munaiyum thanay.</i></p>	<p>The poem describes the etiology of <i>Moolam</i>, these are</p> <ol style="list-style-type: none"> 1. Exposure to excessive heat and excessive cold 2. Anger and frustration 3. Anxiety and depression increased sexual desire 4. Heavy intake of salt and pungent food <p>These are all Vitiates <i>Abanavayu</i> (<i>Vatha humor</i>)</p>
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Sanippana mooaththin peyaray thennil
Samarasamam neermoolang sendu mooam
Munipana mulaimoolang sittru moolam
Moorkkamamvaralmoolamrathamoolam
Thinipana seemoola maazhi moolam
Thiniyana thamaraga mamoolath thodu
Vanipana vathamodu pithamoolam
Vagaiyaana setumathin moola mae.
Vagaiyagundh thondhamaa moolathodu
Valarkindra vinaimoolam mega moolam
Pagaiyaagum powthira mamoolamodu kuthaya moolam
Pugaiyaagum puramoolang surukku moolam
Porugundra savvagu moolathodu
Thugaiyaagu moolandhaani rubath thondrum
Sootchamaa yithinudaiya surubang kaelay.

Above poem as per saint Yugi *moolam* is classified as 21 types based on clinical symptoms and pile mass size, shape colour which includes some of the ano-rectal diseases. They are

<ol style="list-style-type: none"> 1. <i>Neer moolam</i> 2. <i>Sendu moolam</i> 3. <i>Mulai moolam</i> 4. <i>Sittru moolam</i> 5. <i>Varal moolam</i> 6. <i>Seezh moolam</i> 7. <i>Ratha moolam</i> 8. <i>Aazhi moolam</i> 9. <i>Thamaraga moolam</i> 10. <i>Vatha moolam</i> 	<ol style="list-style-type: none"> 11. <i>Pitha moolam</i> 12. <i>Kaba moolam</i> 13. <i>Thondha moolam</i> 14. <i>Vinai moolam</i> 15. <i>Mega moolam</i> 16. <i>Powthira moolam</i> 17. <i>Kiraandhi moolam</i> 18. <i>Kudha moolam</i> 19. <i>Pura moolam</i> 20. <i>Surukku moolam</i> 21. <i>Savvu moolam</i>
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Interpretation

1. *Neer Moolam* (Figure 1)

Surupangkael thoppulilay miga valithu
Surundumay keezhvayitrai porumi konu
Varupangkael maamvarandu vaai neeruroom
Vaayvuthaan pirigaiyilay nuraipor kaanum
Thurungkael pidavaithanir roivu maagum
Surukkaga malamvaruthal polirukum
Nirupangkael adikadikku neerai pogum
Nilaiyaana neermoolam ninaivaaip paaray

- Abdominal pain
- Abdominal distension
- The stools will dry up
- Excessive salivary secretion
- Frothy discharge during flatus

Inflammatory Bowel Disease

IBD - Colon

Crohn Disease

Ulcerative Colitis



- Abdominal pain
- Abdominal discomfort
- Tenesmes, pellety stools
- Diarrhoea with mucus
- Oral ulceration²

2. Sendu Moolam (Figure 2)

*Ninaivaaga karunaiyida mulaiyay pola
Nimirnth ezhunthu naalmondru nirpamaagi
Kanavaagak kandriyay miga vaikkum
Kaarandhaan pottavudan kalaiyaayi veezhum
Inavaaga raththamodu thaneer kaanum
Irugiyay maanththee yumirai chaaagum
Thinavaaga vasanaththai surukki koollum
Seya sendu moolathin riramai thanay.*

- Pile mass is like base scape of elephant foot yam
- There will be pain on three days from occurrence of pile mass
- Patient will get rid of the mass after application of *Kaaram*
- Bloody and watery discharge
- Constipation, Anal stricture

Thrombosed External Hemorrhoids



- Patients present with acute pain.
- Surgical excision is indicated for symptomatic thrombosed external hemorrhoids within 48 to 72 hours of pain onset³
- Constipation
- the clot may erode through the skin and discharge itself. ⁴

3. Mulai Moolam (Figure 3)

*Thiramaga vaasanathir kaduppu mundaam
Thiratchiyai thaditherivu seyalong kaanum
Aramaga vadivayir ukallu poam
Aasanadhaan migasurungi thinavu mundam
Kuramaga kuthikolla raththapee rirangum
Koosatha iraichalmiga veppa mundaam
Maramaaga manjalmulai polaezhumbum
Malandheeyu mulaimoola vanmai thanay*

- Anal pain
- The anus get hardened and burning sensation occurs
- Bleeding
- Belching
- Constipation
- Pile mass may look like turmeric buds

Sentinel Pile



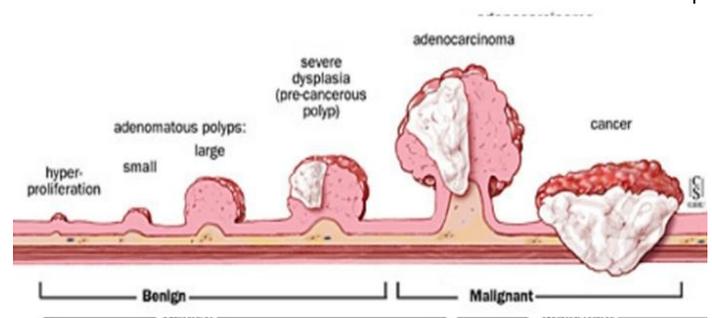
- Chronic anal fissures are also often accompanied by an external skin tag (sentinel pile) at the distal end of the fissure and a hypertrophied anal papilla at the proximal end.
- Severe tearing pain with the passage of faeces often with a small amount of bright red blood with the stool.
- Constipation.⁵

4. Sitru Moolam (Figure 4)

*Vanmaiya udamberiyum mayakka maagum
Vayiruthaan palapalannum valuvaai kuttrum
Inmayyai kurukurendaray iraichalaagum
Isivudanay porumalaayi laippu maagum
Thinmayyai siththumolai pala vundaagum
Thegamengum veluppaagum seyalong kaanum
Venmaiyaai veuthumay pasiyirathau
Meni kannunj sitru mulai midukkundha thanay*

- Giddiness
- The skin of the abdomen look shining, tender and borborygmi.
- Abdominal distension
- Weight loss
- Pallor of the body
- Small masses will appears
- Loss of appetite
- General weakness

Adenomatous Colorectal Polyps



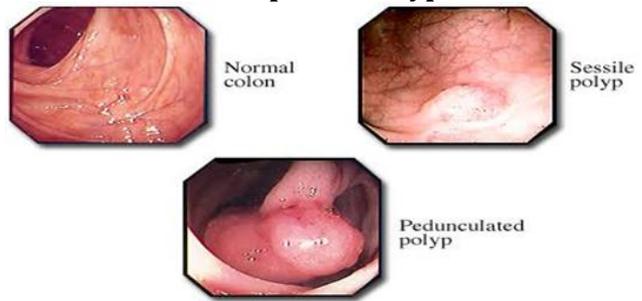
- Polyps are usually asymptomatic but may ulcerate and bleed, cause abdominal pain, and, when very large, produce intestinal obstruction.
- Adenomatous polyps are common
- colorectal cancers arise from adenomas.⁶

5. Varal Moolam (Figure 5)

*Midukkaga malaththaiyay yirukki kollum
Miguvaaga rathamathu thuliyai vizhum
Adukkaga sadamularthi yazhal kazhikkum
Aanmaaithaan migapesi sandai kollum
Udukkaga ullirukku muaigal thaatum
Oruvarkku theriyaathu odikki vaikkum
Thidukkaga naal thanilay pelan kuraikkum
Seyalazhikkum varalmoosa sethi thanay.*

- Constipation
- Bleeding per rectum
- Increased body temperature
- Anger speech
- Invisible mass present in rectum
- Body strength will gradually come down.

Colorectal Non- Neoplastic Polyps



- Hyperplastic polyps are the most common non-neoplastic polyp in the colon. They are small nodules or polypoid lesions composed of normal cellular components
- Bleeding per rectum
- Constipation
- Polyps are categorized as sessile if the base is attached to the colon wall, or pedunculated if a mucosal stalk is interposed between the polyp and the wall.⁶

6. Ratha Moolam (Figure 6)

*Sethiyai thoppathanil valiththu nondhu
Sirukathir porpeerittu ratham veezhum
Maethiyai menivattri veluththu pogum
Miga kaikaalsanthumay sobaiyaagum
Maethiyai marpiakkundh thalaini vundaam
Mayakkndhaan miguthiyai thali podum
Naathiyai kannirandu manjal polaam
Naliyum ratha moolaththin nanbutaanay.*

- Pain in umbilical region
- Pallor of the body
- Edema of both upper limb and lower limbs
- Chest pain
- Headache
- Giddiness
- Yellowish discoloration of eyes

Internal Haemorrhoids 1st Degree (Bleeding Piles)



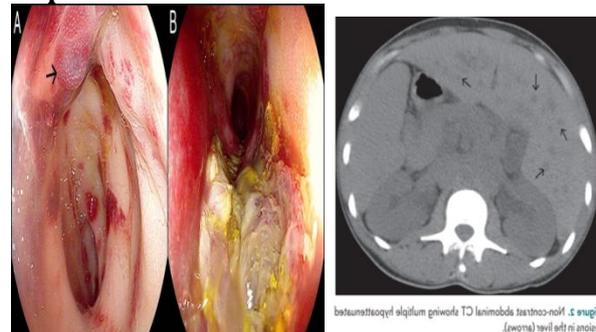
- The most common presentation of internal hemorrhoids is rectal bleeding during defecation.
- Patients with acutely thrombosed or strangulated internal hemorrhoids usually present with severely painful.⁷

7. Seezh Moolam (Figure 7)

*Nanbaaga kuthangkaduththu erippu thondrum
Naatriyay seeyodu thaneer kaanum
Manpaaga maamisangal karaindu konu
Vadivamellam veluthunmay manjaalagam
Menbaaga mevumvaa neera thaagum
Midukkana nadaikuraiyu melivu maagum
Thinbaaga siruneer than manjikkum
Seemoola thannudaiya saethi yaamay.*

- Burning sensation in anal region
- Purulent mucous discharge
- Skin becomes pale and yellow
- Yellowish discoloration of urine

Kaposi Sarcoma



- Severe rectal pain
- Bloody mucous discharge per-rectum
- Rectal mucosa with hemorrhagic nodules and a necrotic ulcer in the rectum
- Jaundice hypo attenuated lesions in the liver, along with worsening lymphadenopathy.⁸

8. Aazhi Moolam (Figure 8)

Saethiyai neenda valli kizhangu polath
 Thimirthumay yegamulai yaaga kkaanum
 Neethiyaai neerodung seeyumi raththam
 Niranirai yaayiththondri yaemalamung chikkum
 Kaathiyaai kaarangall yaetridathu
 Kadiya balaveenamaandh thegandh thaanum
 Aadhiyaam asaththathanai poruthuk kollum
 Aazhimoo laththinida aanmai thaaney

- Pile mass is like sweet potato
- Watery, bloody and pus discharge
- Constipation
- Generalized weakness
- Death will happen after a long time

Strangulated Haemorrhoids



- Acute prolapse, where the haemorrhoidal mass becomes trapped by the sphincter outside the anus, can lead to obstruction of venous return, oedema and strangulation.
- Constipation
- If untreated, this can be severely incapacitating for several weeks.⁹

9. Thamaraga Moolam (Figure 9)

Moolamaam pavaththil ulakkai poon pol
 Muthirntham thaamarai poo polalarnthirukkum
 Noolamaam norukkaa malamung kaanum
 Nunukaeri yiraththa modu thinavundam
 Vaalamai vayirirainthu neerai poogum
 Vayiroothi pasiyilla mandhang kaanum
 Thaalamaa maelmoochai asathi undaam
 Thamaragama moolathin thanmai thaaney.
 A pile mass is like plunger and lotus flower

- bleeding and itching in anal region
- Watery stools
- Loss of appetite with indigestion
- Tiredness

Internal Haemorrhoids 4th Degree



- Hemorrhoids cannot be reduced. They are permanently prolapsed
- bleeding during /after defecation
- pain
- prolapse
- Itching and peri-anal soiling.¹⁰

10. Vaatha Moolam (Figure 10)

Thanmai kovaipazham kudham sivappu
 Thanil adappam poo pola mulai valarnthu
 Kanmai karuppaai miruthuvaai irukum
 Kadppodu thinavu kuttral thimirthalagum
 Vanmai mayir than mulaithu malang chikki kendru
 Magathaga karuththu meththa thirandu kaanum
 Venmai vayirvitumay kudalul valiyaagum
 Mikka thalaivali vaatha moolamaamay"

- Pile mass is like almond flower and red ivy gourd fruit in colour
- Inflammation of the anus, Pain in anus
- Itching, Retention of faces
- constipation, Headache

Interno-External Hemorrhoids



- Incomplete evacuation or rectal fullness
- Defecation of hard fecal material.¹¹

11. Pitha Moolam (Figure 11)

*Thalaivalithaan migavundaam paruthi kottai
Thanpolu nerpolum mulaiyundaagum
Malaivaliyaai malanjikki urundu rundu
Maavundai thirithiriyaayi rathang seeyaai
Kulavaliyaayi kuthang kaduththu erivu maagi
Koochamaai thaaga modu viyarvai yaagum
Thalaivaiya yaththuyakumamai koba maagum
Sorpala veenamumpitha moola maamay*

- Pile mass present like a cotton seed and paddy
- Constipation and stools passed like flour ball with blood and pus.
- Inflammation and burning sensation in anus
- Thirst
- Perspiration

Prolapsed Haemorrhoids



- Patients frequently complain of bleeding with or without defecation, a swelling, mild discomfort or irritation.
- Other symptoms may include soilage or mucous discharge.
- pruritis, and a sense of incomplete evacuation.¹²

12. Silaethuma Moolam (Figure 12)

*Eenamang kuthaththil vellai yaagum
Yendhnaerathi navathiga merivu maagum
Kaanamang kaduppudanay seeyundh thaneer
Kanamana valiyaagi malandha noongumam
Thonamaa moothirandhaan soodun daagum
Sorgunaa paethagamaagundh thaathu nasht
Paanamam paanduvudu arusi yaagum
Paravu settumamooap paangu thaamay*

- Pile mass looks white in colour
- Burning sensation present
- Anal irritation
- Watery and pus discharge
- Painful defecation
- Mood swings
- Oligospermia
- Anaemia
- Tastelessness

Anal Warts Condyloma



- Itching, and discharge
- The lesions are benign they cause psychological distress and may cause problems in relationships because they are disfiguring and sexually transmitted.¹³

13. Thondha Moolam (Figure 13)

*Paangana kudhamirugi kozhi soodu
Padithathupor ranirukkum nadakka votta
Vaangana vayirumeththa porumalagum
Varuthamodu viyarththumay miga nadukkum
Thaangana thavithumay thaaga maagum
Thariyaamal vayiruvum bethi yaagum
Theengana sedamattai porsurukuum
Thidikumay thondhamendra moolandhaanay.*

- Pile mass is like cocks comb
- Difficulty in walking
- Increased sweat and tremor
- Increased thirst
- Dairrhoea
- Weight loss(Body will shrink like leech)

Rectal Cancer



- IBD are highly encouraged to be screened for colorectal cancer on a more frequent basis.
- Abdominal pain can occur
- change in bowel habit.¹⁴

14. Vinai Moolam (Figure 14)

*Thidikittu soruseriyamai yaagum
Theebanathaa nilamarpi lithae kaagum
Adukitta adivayitirir kuttra lundaam
Aangara kobamodu maamung kattum
Kadukitta kaikaalu mochalagum
Kanamaaga vayir iraindhu kaandha lundaagum
Vedukittu narmbella misivu maagum
Migakadukkum vinaimoola vibarandhaanay.*

- Sudden shock
- Indigestion
- Belching
- Abdominal pricking pain
- Constipation
- General weakness

Irritable Bowel Syndrome



- Colicky or cramping is felt in the lower abdomen
- Abdominal bloating
- Constipation and tend to pass infrequent pellety stools
- Chronic fatigue syndrome.¹⁵

15. Mega Moolam (Figure 15)

*Vinaiyaaga lingathil vellai yootrum
Meththavaai kuthathannir uthirang saaikkum
Sanaiyaaga sathamaai kazhichalaagum
Thaakkana siruneeru mericha laagum
Panaiyaaga padukung kaal thalaivalikum
Barama udamberikkum thirundaagum
Munaiyaaga moothirandhaan madhuramaagum
Moorkkamana megamendra moolandh thanay.*

- Discharge from genital
- Bleeding per anus
- Diarrhoea, Burning micturition
- Sweet taste present in urine

Gonococcal Proctitis



Gonococcal proctitis

- The higher incidence in male reflects ano receptive transmission.
- Rectal inflammation
- Viscous yellow muco purulent anal discharge.
- Rectal bleeding.¹⁶

16. Powthira Moolam (Figure 16)

*Moorkamai powthirathir katti yaagi
Moothiranthaan adikadikku aruvalagum
Karththamaang kaalkaiyung kanappu maagum
Kanakanakung kuthangkuying saavar sodu
Poorkamaam poopola mulaigal kaanum
Porung kovaipazham pola sivappu maagum
Paarkamang kaarandhaan podath theerum
Powthirama moolathin panbu thanay.*

- Perianal abscess will develop
- Frequent urination
- A masses looks like mango flower, and cock comb, red ivy gourd fruit colour.
- Kaaram application will be the cure this condition

Anal Fistula



Occurrence of

- Skin irritation around the anus
- Throbbing, constant pain that may be worse when sit down, move around, have a bowel movement or cough
- A discharge of pus or blood when having a bowel movement (rectal bleeding).¹⁷

17. Kirandhi Moolam (Figure 17)

*Panbuthaan lingaththir punnundaagum
Baaramaik kaalkaiyung kaduppu mundaam
Gunpathaak kuthathukkul virana maagi
Kodi kodiyaayi mulaiyundaagi seeyum raththam
Thanbuthaan thaneerum perugavundaam
Thanalpola erivodu kaduppu maagum
Kenbuthaan kettiyaai malam varandu
Keetraga vediththrangu kirandhi moolam*

- Ulcer on penis
- Continuous chain like lesion
- Purulent and Bloody discharge
- Constipation
- Burning sensation in anal region

Lymphogranuloma Venereum



- Ulcer on penis
- Fluctuant and suppurative lymph nodes then develop, causing the classic “bubo” of LGV. These “buboes” may rupture in one-third of patients, which may lead to sinus tract formation
- Patients had gastrointestinal symptoms (eg, bloody proctitis with a purulent or mucous anal discharge and constipation).¹⁸

18. Kutha Moolam (Figure 18)

*Erangumay moongilida kuruththu pola
Izhuththumay thalidilo vullay pogum
Pirangumay seeyodu ratham paayum
Perugiyaay vayiru meththa kanaththu kollum
Arangumay kaalkaiyum thaippu maagum
Adikadikku naavarandu thaneerthedum
Kurangumay migavalikkung kobamundaagum
Kodiyakutha moolaththin gunama thaamay.*

- Pile mass is like bamboo shoot
- Pile mass reduce manually
- Mucous and bloody discharge
- Emotional status-Get anger soon

Rectal Prolapse



- Patients with prolapse most frequently complain of protrusion of the rectum during defecation. This may reduce spontaneously or require manual reduction.
- Less frequent presenting symptoms include bleeding, pain, mucous discharge, and pruritus.
- Clinical factors associated with prolapse include straining at bowel movements, neurologic diseases and mental illness.¹⁹

19. Pura Moolam (Figure 19)

*Gunamathaa yennaipor ranneer polum
Kootrana kaduppu seeyu mundaam
Thinamathaai thinavedukkundh thirpundaagum
Siru sirangaai melelaang soriyu maagum
Panamathaaya sanaththir paguppu pola
Paangaga vithanamai padukai kooda
Pinamathaai mugamelam vaatamundaam
Paerana puramoola puthumai thanay*

- Oily, and watery discharge through anus
- Anal itching
- Small itchy lesion all over the body
- Unable to lie down

Perianal Paget's Disease



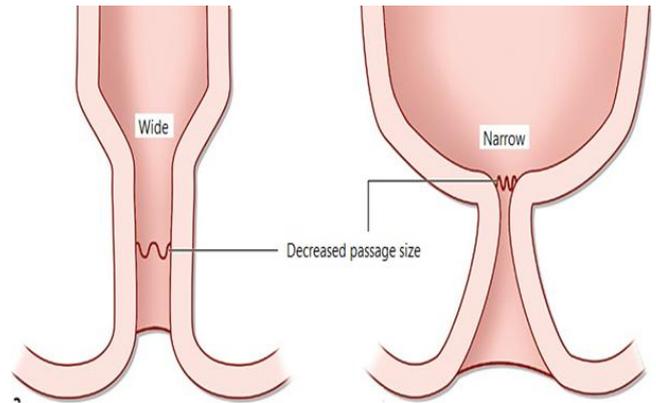
- Histologically, PPD is characterized by large vacuolated cells with mucin content, called Paget cells.¹⁸
- Clinical presentation of PPD is an erythematous plaque with squamous areas.
- Anal itch.²⁰

20. Surukku Moolam (Figure 20)

*Puthumaiyaa yaasanaththai surukkik kondu
Perungkudalil valiyoodu porumalaagum
Kathumayaaai kudhandh thannir radippun daagum
Kazhalumay thaneerum rathandhthaanum
Vethumayaai vevvanalpo lazhandru kaanum
Vettrudambaai thaaneluththu verippundaagum
Padhumaipol thegamengum savu kodap
Panbaana surukkendra moolandh thaaney.*

- Tightening of anal orifice
- Abdominal distension
- Watery and bloody diarrhoea
- Paleness of the skin

Anal Stenosis



- Anal stenosis may follow almost any condition that causes scarring of the anoderm.
- Inflammatory bowel diseases may cause anal stenosis, particularly Crohn's disease. These stenoses are characterized by a transmural scarred inflammatory process.²¹

21. Savvu Moolam (Figure 21)

*Surukkiyay mudhuguthandi lurpavaththu
Thoppuilay thaamaraipoo pola malrnthu
Arukkiyay kuttrila kaara maaki
Adivayitir Ingumay moola rogam
Sorukkiyay savvupola sanathiay
Suttriyay nindruthaan seeyundh thaneer
Parukkiyay kasivaagu mendhnae randhaan
Panbaana savvaagu moolandh thaaney.*

- Pain starts in low back and it radiates to lower abdomen
- A membranous like structure in anus
- Pus and purulent discharge

Perianal Tuberculosis



- Anal pain or discharge
- Perineal ulcerations
- Bacilli invasion of the intestinal wall
- Generalized abdominal tenderness²²

CONCLUSION

From the above comparative analysis, it is clear that the literatures of saint Yugi about the etiology signs and Symptoms, appearance of pile mass in *Eruvaimulainoi* (ano-rectal diseases) closely correlates with that the modern medical literatures. The signs and symptoms of the medical conditions mentioned in modern literature have already been scientifically validated. Therefore the saint Yugi's etiology, signs and symptoms appearance of pile mass in *Eruvaimulainoi* (an ano rectal disease) following the close lines of modern medical literature automatically stands validated. So it is need of the hour to focus n screening and diagnosing various types of *Eruvaimulainoi* (ano rectal diseases) mentioned by saint Yugi with respect to modern

science to reach out various Siddha treatment strategies in successful manner.

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