

## CLINICAL TRIAL OF "PILO V"

### Evaluation of the efficacy of "PILO V" Ointment in the management of PILES, FISSURE and other complications"

By Dr. Vinod C Mehta (B.A.M.S)  
April 2015

---

#### Reason: (HETU)

Ayurved is a science that considers any disease from its origin to its treatment. It is to prevent disease from its recurrence. This is the need of today's mankind suffering from various diseases to get treated by natural way of healing. So is our step further to use modern technology, knowledge available, diagnostic help combine with Non Toxic, Non Narcotics, Non Metallic, Non Animal ingredient, purely Herbal Ayurvedic formulations to achieve this goal.

#### Introduction:

Piles are one of the most common diseases nowadays. **Piles** also known as 'Arsha' or hemorrhoid, are swollen vessels of blood in or around the rectum and anus. These hemorrhoid veins occur in the lowest part of the rectum and anus. Sometimes these blood vessels swell up so much that the vein walls get stretched and become thin and irritated during the bowel movement. Such a condition is termed as hemorrhoid. In short, hemorrhoids are the excretory system disorder caused by the swelling of inflamed hemorrhoid vessels. Main symptoms of piles are intense pain at the time of passing stool, bleeding. Often leads to anemia due to profuse bleeding and itching in the rectal region.

#### Prakar: (Types of piles)

There are two types of piles, one is the **internal** and the other is the **external**, 1. The internal piles occur deep inside the rectum and the patient cannot feel or see them. There are very few nerves to sense the pain in that part of the body and thus internal piles usually do not hurt. Bleeding is the only symptom of these internal piles. Sometimes, these internal become enlarged and they protrude outside the anal sphincter. In such cases they can be seen or felt. They look and feel like moist pink skin pads, which are pinker in colour as compared to the skin of the surrounding area. These enlarged may hurt as they get irritated due to constant rubbing with clothes and while sitting. These internal piles can be classified in four grades.

- 1) The first grade consists of small inflammations in the lining of the anus.

- 2) The second grade piles are larger than the first one. These may get pushed out while passing the stool.
  - 3) The third type is known as prolapsed and appears outside the anus. They can be pushed back with the finger.
  - 4) The fourth type is the prolapsed those cannot be pushed back with finger. They always stay outside and cause extreme discomfort.
2. The external hemorrhoid, also known as per anal hematoma occur in the anus and are very uncomfortable. The patient can see and feel the enlarged external piles while passing stool. Sometimes blood clots are formed within the enlarged piles and create extremely painful condition known as thrombosis. The external piles with thrombosis look very frightening because of the blue or purple colour and they bleed very often.

#### **Karan: (Causes of piles)**

Piles are nothing but blood vessels around the rectum and anus which swell or bulge. They get inflamed with the increase in pressure in the lower rectum.

1. Chronic constipation or **diarrhoea**, lifting of heavy weights on a regular basis, straining of the rectum muscles while passing stool are some of the conditions which can cause piles.
2. Women develop piles during pregnancy as the body undergoes several changes at that time. And the condition of constipation may become severe during pregnancy.
3. Diet of the patient plays an important in causing piles. Too much processed food and foods with low fiber content often suffer from haemorrhoid.
4. Inadequate intake of fluids is also responsible in causing this disease.
5. Constipation is the main reason so we should avoid spicy and oily food from our diet and take buttermilk every day after taking food.
6. Exercising without replenishing lost water.
7. Drinking liquid with high caffeine content, such as green tea, coffee and soft drinks.
8. A family background of piles.

### **Lakshan: (Piles symptoms)**

In general, piles are not serious disorder and they go away on their own. Person suffering from haemorrhoid may notice the following symptoms:

- They can feel a hard lump around the anus. This lump actually consists of coagulated blood and can be very painful in piles.
- A feeling that the bowels are not empty even after going to the toilet.
- Fresh bleeding after bowel movement.
- Itchy feeling around the anus.
- Discharging mucous while passing stool.
- Pain in the rectum and anus while passing stool.
- The anus area may look red and feel like being sore.
- Constipation.
- Less hungry.
- Gastric problem.
- Weakness.
- Facial swelling.

### **Home remedies for Piles**

There are certain things that a patient can practice at home to reduce the suffering of haemorrhoid. Best natural home remedies for piles.

1. Take 2 dry **figs (anjeer)** and soak in water for whole night. Next morning eat these figs with empty stomach. Now soak 2 figs in the morning and eat in the evening. Its one of best home remedies for piles.
2. Taking **buttermilk** is beneficial in piles. After taking lunch every day, drink 1 glass chach after mixing  $\frac{1}{4}$  ajwain and 1 gm black salt in it. Its best remedy for hemorrhoid. Its one of best home remedies for piles and hemorrhoid.
3. Take 1 **kapoor CAMPHOR** and 100 gm Castor oil, Arandi ka tel massage using this oil 2 times in a day with soft hands. Massage until Piles clumps absorb this oil. Massage with this castor oil will give you relief in acute pain and burn. It will also make these hemorrhoid clumps dry.

4. If blood is continuously coming out of **piles clumps** or masse then take 3 gm **rasot** (*berberis aristata*), 50 gm curd and mix well. Eat this mixture everyday in the morning for 4 days. It will give you 100% relief in bloody piles. Its one of great piles home remedies.
5. In food eat only curd, rice and lentils. If you have bloody hemorrhoid then eating onion with curd or buttermilk is best remedy for piles. Onion is best food in any kind of hemorrhoid. In bloody piles eat 500 gm papaya after 30 min of your lunch. Eating radish is beneficial in any kind of hemorrhoid (*bawasir*).
6. Petroleum jelly can be used to make the bowel movement soft and less painful.
7. Avoid sitting for hours. One who is suffering from bleeding piles should not sit at a place for longer period of time. Straining and sitting in one place put pressure on piles and encourages bleeding.
8. Dabbing witch hazel on the hemorrhoid can reduce the pain and irritation. Witch hazel decreases irritation and reduces swelling with chemicals called "tannins."
9. Do not scratch the hemorrhoid. Scratching will make the condition worse and can get infected as well.
11. Keep the anal area clean. Do not rub the place while cleaning.
12. Avoid sitting at the toilet for more than 5 minutes.
13. Burn 50 gm **reetha** (*Sapindus mukorossi*), and mix it with 20 gm white kattha (**Acacia catechu**). Take 1 gm of this with 20gm butter and take 20 gm milk after that.
14. Take 10gm leaves of genda (**marigold**), 5 **black pepper** and 10 gm misri. Soak, mash, filter and drink
15. 11 Rose petals, crushed with 50 ml of milk for 3 days
16. Increase fluid intake and dietary fiber. Fibers will save from constipation and minimize the pressure on the rectum and anus.
17. The peel of the red pomegranate fruit is another best home remedy for hemorrhoid.
18. Dehydration is one of the causes of piles, drink ginger, lime and honey juice two times a day to stay hydrated and cure piles.
19. Boil turmeric root with water or milk and have every day.
20. Papaya is rich of fiber and makes bowl movement smooth.
21. Bitter gourd leaves are effective in piles. It helps to reduce the pain and swelling.

22. Butcher's broom concentrate is utilized every now and again to treat poor blood circulation. Butcher's broom has vein contracting and calming properties, which upgrade the integrity and tone of the veins. Its best for natural treatment of piles or hemorrhoid.
23. Take one tea spoonful of roasted black cumin seeds.
24. Try sitz bath with warm water
25. Avoid foods that makes piles worse. Alcohol and caffeine increase urination and can cause dehydration. Dehydration can cause constipation which later can lead to piles.
26. Do not use hard chemicals at your anal area otherwise it may damage your piles lumps badly.
27. 20gm butter or curd and mix 10gm alum (fitkari) in it. Apply this mixture on hemorrhoid lump. It will make these lumps dry.

### Types of Treatment for Piles

In most cases haemorrhoid go away naturally. In case they do not, the patient has to treat it properly so that it is properly cured. Proper treatments can help to get rid of the condition easily. There are several treatment options to cure haemorrhoid. Let us have a closer look at the available treatment options for piles.

- **Ointments**, pads and over the counter medications: Some over the counter medicines help to soothe the swelling and redness around the anus. Some of these medications contain **hydrocortisone**, hazel and some other active ingredients which are effective in reducing the itchiness and pain. These medications do not cure the disease, but they treat the symptoms only. If the condition persists after that, you must consult a doctor. Using more than one of these medications shall not be practiced unless advised by a doctor.
- **Corticosteroids**: These are helpful in reducing the pain as well as inflammation.
- **Laxatives**: Laxatives are helpful in reducing constipation. If the basic cause of hemorrhoid in a particular patient is chronic constipation, doctor may prescribe a laxative to cure the disease. A laxative relieves the patient from the pain at the time of passing stool as they make the bowel soft.

- **Banding:** Banding is the process of placing an elastic band at the base of the pile inside the anus. Doctors apply this method to cure the condition of piles as the band can cut off the blood supply in the **hemorrhoid** veins and the pile fall off in few days. This method is helpful in treating grade 2 and grade 3 hemorrhoids.
- **Sclerotherapy:** Sclerotherapy is the method of treatment in which a medicine is injected that shrink the hemorrhoid. It is useful in treating grade 2 and 3 hemorrhoid.
- **Infrared coagulation:** It is the treatment method in which a device is used to burn the hemorrhoid tissues.
- **Surgery:** Doctors advice for surgery when the pile is large or of grade 2 or 3 type. When all other treatment procedures fail, surgery is the only way out. There are two of surgeries which are done to cure piles. Hemorrhoidectomy is the surgical removal of the excess tissue that causes the bleeding. Hemorrhoid stapling is the surgical process in which the blood flow to the hemorrhoid tissue is blocked. It is less painful than the first surgical method.
- **Diet:** Diet plays an important role in causing piles and thus changing the food habit is a great way to treat the disease. Chronic constipation needs to be cured in order to get rid of piles. Hence, a high fiber diet will be the most helpful diet plan to treat piles. Food consisting of lots of vegetables, nuts, fruits and whole grain are extremely good for people suffering from piles. Drinking adequate amount of water helps to keep the bowel movement easy and prevents from straining while passing stool. Intake of salt must be monitored as excess salt can cause retention of fluid and result in swelling of veins.

### **How to prevent Piles?**

A healthy lifestyle and healthy diet is the key factor for preventing piles. Regular exercise will help to keep the bowel movement smooth and lower the chances of constipation. Use the toilet whenever you feel the urge and do not sit on the toilet for long. This will help to avoid straining at the time of bowel movement and thus will not create pressure in the lower part of the rectum. Avoid using laxatives unnecessarily and eat foods having high fibre content.

## **Cause: (KARAN)**

### **Causes of Piles**

- ❖ Garlic
- ❖ Chilies
- ❖ Fried
- ❖ Chocolate
- ❖ Caffeinated drinks or alcohol
- ❖ Spicy, fatty, or fried foods
- ❖ Garlic and onions
- ❖ Peppermint
- ❖ Tomatoes
- ❖ Obesity
- ❖ Pregnancy
- ❖ Lack of exercise
- ❖ Excess food intake
- ❖ Certain medications

### **Predisposing factors: (NIDAN):**

- History of piles
- Use of certain medications

### **Symptoms and Complications (LAKSHAN and Upadrav)**

- ❖ Burning sensation in the anal region.
- ❖ Pain in anus
- ❖ Itching
- ❖ Prolapsed rectum
- ❖ Prolapsed piles
- ❖ Bleeding Per Ano
- ❖ Constipation

### **Pathogenesis: (SAMPRAPTI)**

Ruksh, Ushna, Tikshna, Viruddh ahar, Undigested food material, mal baddhata, excess spicy food, alcohol, Tobacco, some medication and many other causes increases the koshthagat vaat and disturbs the agni vah strotas. Where the dushit vaat increasing the pitta dosh which causing the symptoms of Piles.

### **Investigations: (PARIKSHAN)**

Piles are diagnosed by personal history, symptoms  
Local examination  
Proctoscopy  
Barium X-Ray

**Prevention: (NIDAN PARIVARJAN)**

Piles can be prevented by adopting lifestyle changes that include eating a healthy diet and exercising.

In addition, many studies have shown that certain oral Ayurvedic anti acidity medications may play a role in preventing and development of Piles for people who are at the risk of it.

Lifestyle changes and medications may prevent approximately 40% to 80% of Piles.

**TREATMENT: CHIKITSA**

- Make lifestyle changes such as diet and exercise
- Use medication
- Monitor food intake
- Regular walk and exercise
- Getting distressed
- Mental relaxation
- Ayurvedic Medications are very effective at treating Piles and reducing the symptoms and long-term effects of the condition.

**Ayurvedic treatment: (CHIKITSA)**

Apart from various drugs available in Ayurved we have selected a patented Ayurvedic herbal medicine to apply in Piles named "PILO V", manufactured by "Veer Health Care", Ahmedabad, India.

**Drug review: (AUSHADHI VIVECHAN)**

Contains of PILO V OINTMENT

LAJJALU EXTRACT	MIMOSA PUDDICA	5%	AB	PLANT
KARPOOR EXTRACT	CINNAMOMUM CAMPHORA	1%	AB	PLANT
NIRGUNDI EXTRACT	VITEX NEGUNDO	2.5%	AB	LEAF
MARIGOLD EXTRACT	CALENDULA OFFICINALIS	2%	AB	FLOWER
YASHAD BHASMA		1%	AB	
TANKAN		1%	AB	
BHRINGRAJ EXTRACT	ECLIPTA ALBA	3.5%	AB	WHOLE
PLANT				

HINDI NAME	BOTANICAL NAME	WEIGHT	PROPERTIES
LAJJALU	MIMOSA PUDICA	5 %	It arrests bleeding. Fastens the wound healing process. So it is very useful in Painful, Burning and bleeding piles.
KARPOOR EXTRACT	CINNAMOMUM CAMPHORA	1%	It can be used topically pain relief, acts as a mild local anesthetic. Camphor oil can be used externally to relieve pain, burning due to piles. The physical pain associated with



			external bruises, inflammation of piles
NIRGUNDI EXTRACT	VITEX NEGUNDO	2.5%	It is used for external application and also for Nasya therapy. It is a very good muscle relaxant, pain relieving in piles
MARIGOLD EXTRACT	CALENDULA OFFICINALIS	2%	It is very useful in Anal prolapsed, For Gudbransh or Anal prolapse, Bawaseer/ Arsh/Piles. It stops bleeding in piles.
YASHAD BHASMA		1%	Its wound healing property helps in healing Anal fissures, Burning, Cracks, Bleeding, Reduces anal pain by applying locally.
TANKAN		1%	It is a suitable natural product for many diseases including piles, fissure, burning in anus
BHRINGRAJ EXTRACT	ECLIPTA ALBA	3.5%	It is a suitable natural product for many diseases including piles, fissure, burning in anus

#### **LAJJALU (Mimosa Pudica) (sensitive plant):**

It has been described as “ sparshaat sankochataam yaati punashcha prasruta bhavet ” -a plant which folds itself when touched and spreads its leaves once again after a while. Lajjalu has tikta and kashaya rasa, it Has property of cold (sheetha). It Balances kapha, pitta. It arrests bleeding. Fastens the wound healing process. So it is very useful in Painful, Burning and bleeding piles. It is Very useful in diarrhoea (athisaara) Amoebic dysentery (raktaatisaara, bleeding in the stools. It is also used in herbal preparations for gynaecological disorders. It has medicinal properties to cure skin diseases. It is also used in conditions like bronchitis, general weakness.

#### **KAPOOR (CAMPHOR) :**

Camphor oil can be used topically pain relief. It gets absorbed through the skin, creating a cooling effect that acts as a mild local anesthetic. Camphor oil can be used externally to relieve pain, burning due to piles. The physical pain associated with external bruises or sprains along with severe inflammation of piles can be treated with Camphor oil.

#### **NIRGUNDI (VITEX NEGUNDO):**

Nirgudati Shareeram rakshati rogebhyaha – which protects body from diseases  
Sindhuvara – Sindu shotham vaarayati it sinduvaraha– which helps to relieve inflammation

निर्गुण्डी कटुतिक्तोष्णा कृमिकुष्ठरुजापहा ।  
 वातश्लेष्मप्रशमनी प्लीहगुल्मारुचीर्जयेत् ॥(ध.नि)  
 निर्गुण्डी तुवरा तिक्ता मेध्या शीतोषणा लघुः ॥  
 चक्षुष्या दीपनी केश्या कफानिल विषापहा ।  
 हन्त्यरोचक शूलाम गुल्म मेदोव्रणकृमीन् ॥  
 शोफकुष्ठप्रतिश्याय श्वासकासांश्च सा द्रविधा ॥  
 शेफालिका तयोः पथ्या विषपित्तविनाशिनी ॥ (कै.नि)  
 श्लेष्मानिलघ्नं लघुदीपनीयं, निर्गुण्डिकाया कृमिघातिपत्रम् ।  
 (कै.नि)  
 सिन्दुकः स्मृतिदस्तिक्तः कषायः कटुको लघुः ।  
 केश्यो नेत्रहितो हन्ति शूल शोथाम मारुतान् ।  
 कृमिकोष्ठारुचि श्लेष्मज्वरान्नीलापि तद्रविधा ॥(भा.प्र)  
 कषायं कटुकं तिक्तं दुष्टव्रणविशोधनम् ।  
 बलासानिल वातास कुष्ठकण्डू विषप्रणुत् ॥ (कै.नि ४/३४२)

Nirgundi oil is Ayurvedic herbal oil, used in the treatment of lymph node enlargement around neck region. It is used for external application and also for Nasya therap. It is a very good muscle relaxant, pain relieving, anti mosquito, anti anxiety, anti asthma and so on, herb of Ayurved. There are very less herbs as multi-talented and as versatile as Nirgundi is. Used both for external application in the form of paste / oil, and also for oral administration in the form of powder, leaf juice extract or water decoction.

#### MARIGOLD:

Marigold is a medicinal herb that can be used to treat many common ailments. Its external use is beneficial for skin. It can be applied on skin for treating dryness and rejuvenation of skin. Various skin care products contain extracts of this flowers. The flowers are also applied on skin for reducing inflammation, healing wounds, and softening skin. The leaves are also of medicinal importance. It is very useful in Anal prolapsed, For Gudbransh or Anal prolapse, Bawaseer/ Arsh/Piles. It stops bleeding in piles.

#### YASHAD BHASMA:

Yashad Bhasm is an Ayurvedic medicine prepared from Zinc. It is used in Ayurvedic treatment of eye disorders, diabetes, anemia, cough, asthma etc. This medicine should only be taken strictly under medical supervision. It is astringent, coolant and pungent in nature. It

is used in the treatment of cold, bronchitis, asthma, night sweating, non healing wounds, menorrhagia, and tremors. Its wound healing property helps in healing Anal fissures, Burning, Cracks, Bleeding, Reduces anal pain by applying locally.

#### **TANKAN BHASMA ( BOREX):**

Tankan bhasm is it balances Kapha and Vata Dosh. So it is a suitable natural product for many diseases including piles, fissure, burning in anus. Tankan bhasm is known as borax ash and it is an effective natural remedy for various disorders. Tankan bhasm has been traditionally used for the treatment of various diseases in body. Tankan bhasm is a natural product and does not produce any side effects. It has been used for a long time for the treatment of different ailments. Tankan bhasm may be taken for prolonged period of time as it provide nourishment to the hair cells and help in healthy growth of hair. Tankan bhasm is a natural remedy for boosting energy and it is also a very good remedy for general weakness. It provides strength and support to normal functioning of all the organs.

**BHRUNGRAJ:**Bhringaraja according to ayurved is

मार्कवः कटुकस्तिक्तो रूक्षोष्ण अक्षि शिरो अर्तिहृत् ॥

कफवातहरो दन्त्यः त्वच्यः केश्यो रसायनाः।

हन्ति कास कृमि श्वास कुष्ठ शोफ आमपाण्डुताः॥

- कैयदेव निघण्टु

[Dr JV Hebbar - Easyayurveda.com](http://DrJVHebbar-Easyayurveda.com)

भृङ्गारः कटुकः तीक्ष्णो रूक्षोष्णः कफवातनुत् ।

केश्यः त्वच्यः कृमि श्वास कास शोथाम पाण्डुनूत् ॥

दन्त्यो रसायनो बल्यः कुषनेत्र शिरो अर्तिनुत् ॥

- भाव प्रकाश

भृङ्गराजास्तु चक्षुष्यः तिक्तोष्णाः केशरञ्जनाः ।

कफ शोफ विषघ्नाश्च तत्र नीलो रसायनः ॥ (राज निघण्टु)

ये मासमेकं स्वरसं पिबन्ति दिने दिने भृङ्गरजः समुत्थम् ।

क्षीराशिनस्ते बलवीर्य युक्ताः समाः शतं जीवितमाप्नुवन्ति॥

अष्टाङ्ग हृदय उत्तर तन्त्र ३९/१६२

Because of its pungent, bitter taste, dryness and lightness, it balances Kapha Dosha. Because of its potency, it balances Vata. Hence, it balances Kapha and Vata Dosh. Rasa (taste) – Katu (pungent), Tikta (bitter), Guna (qualities) – Rooksha (dryness), Laghu (light to digest). Bhringraj is considered as a rasayana (rejuvenator). It helps in rejuvenating the body.

Bhringraj helps for healthy function of liver. As liver is the controller of the metabolism of the body but its veins turn out to be piles in the anus.. Thus it improves the metabolism of liver and helps curing the piles and its complications. It provides strength to the body by rejuvenating each and every part of the body. It helps for the digestion of “Ama” (undigested food). It helps in purification of blood. It helps to promote lustrous complexion. It can improve the look and health of skin with the result it appears younger and healthy, helps to cleanse and rejuvenate both the kidneys. It helps to maintain normal level of cholesterol as in normal healthy persons. It is also effective in eye sight. It helps to maintain normal body temperature.

#### **Method:**

The clinical study was planned by VAIDYA VINOD C MEHTA, BAMS (MUMBAI UNI) and DR MANAN V MEHTA, MBBS (MUMBAI UNI), in and around Mumbai and Ahmedabad.

#### **Plan of Study:**

The study was planned by the doctors and volunteers to evaluate the clinical efficacy of “PILO V” OINTMENT in the management of Acidity.

#### **Inclusion criteria:**

Patients suffering from Internal External, Bleeding, Dry, Painful Piles, Burning, Itching, Fissure-In-Ano.

#### **Exclusion criteria:**

Patients with severe Bleeding, 3<sup>RD</sup> Degree Piles, Prolapse of Rectum, Fistula in Ano, Acute shock due to pain, Toxic symptoms, sub or unconscious, Renal failure, severe hypoglycaemia.

#### **Study procedure:**

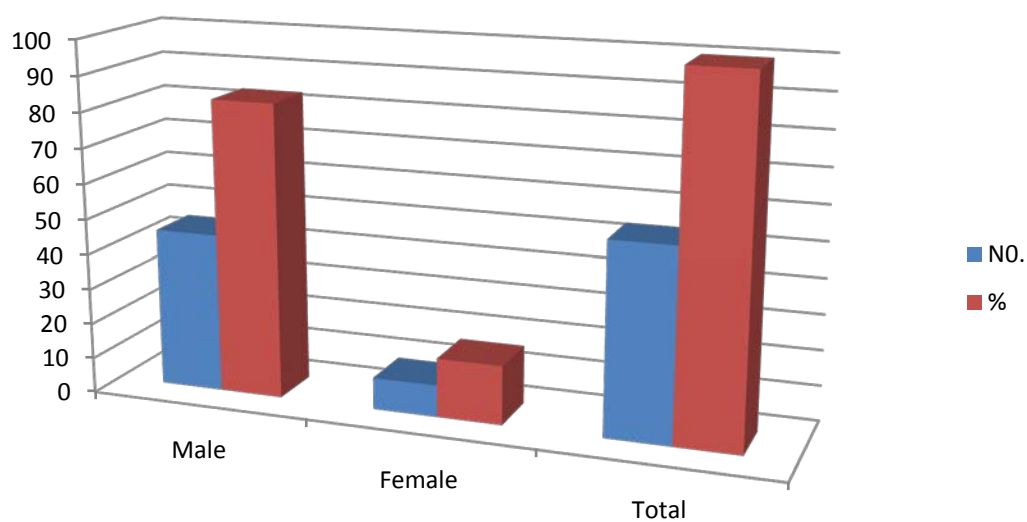
Total 54 patients were selected for the study.

Each patient's complete medical history including personal data, a description of symptoms was taken. All the patients underwent a thorough clinical and pathological examination.

#### **Gender:**

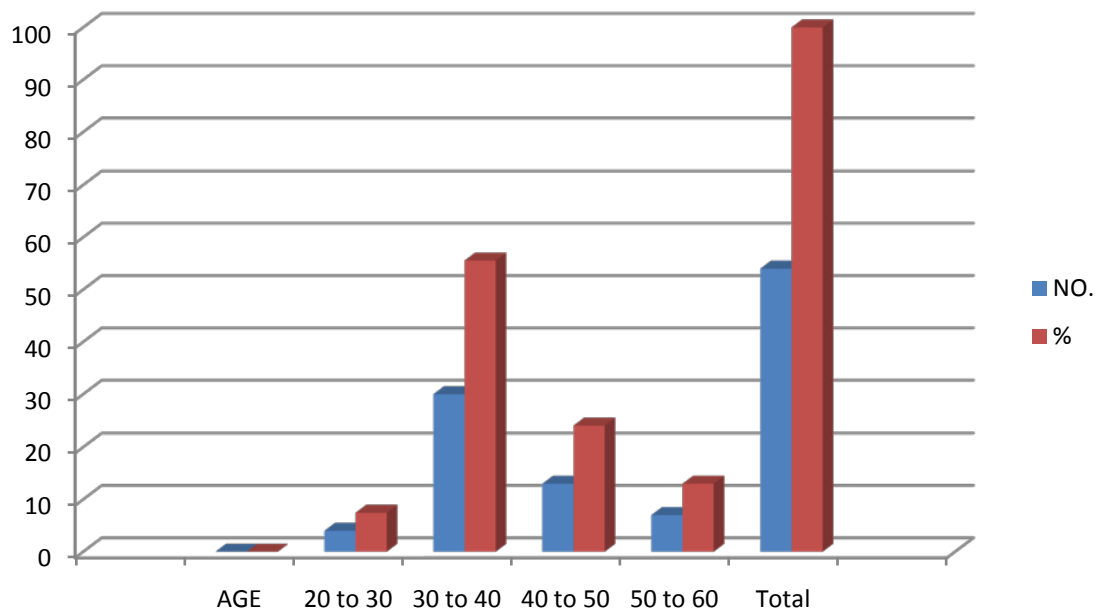
Male	45	83.33
Female	9	16.67
Total	54	100 %

## Male/ Female ratio



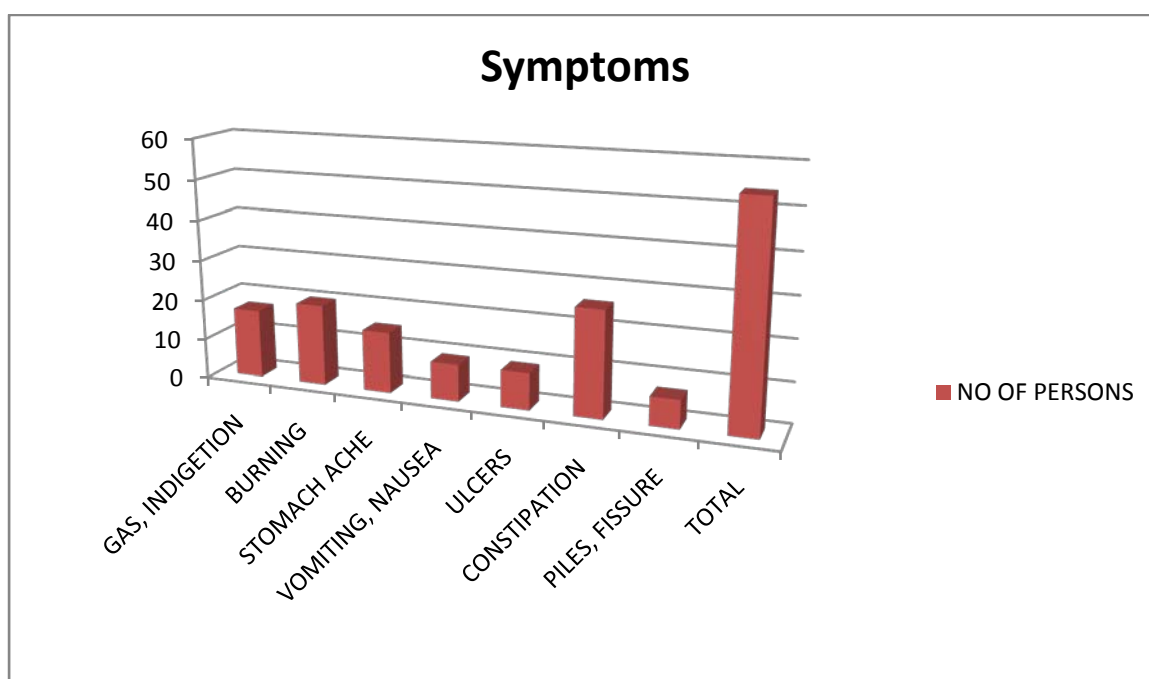
## Age:

AGE	NO	%
20 to 30	4	7.45
30 to 40	30	55.55
40 to 50	13	24
50 to 60	7	13
Total	54	100



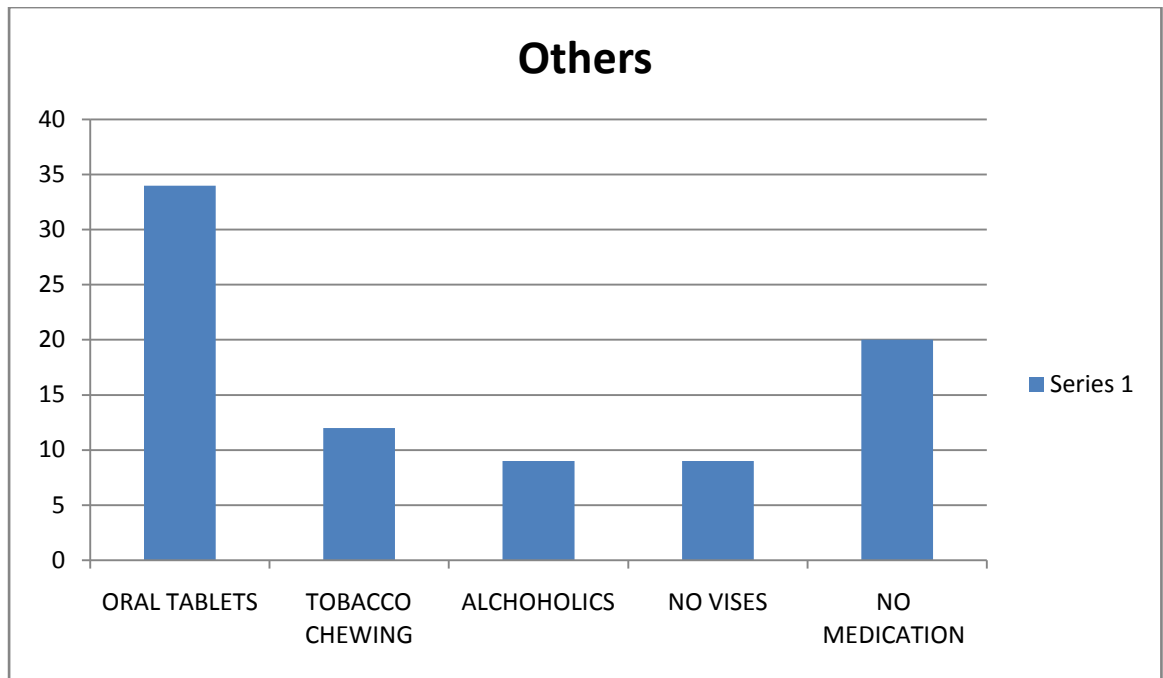
## SYMPTOMS

SYMPTOMS	NO OF PERSONS	%
GAS, INDIGESTION	17	31.48 %
BURNING	20	37 %
STOMACH ACHE	15	27.77 %
VOMITING, NAUSEA	9	17.64 %
ULCERS	9	17.64 %
CONSTIPATION	26	48 %
PILES, FISSURE	7	12.9 %
TOTAL	54	



## OTHER

ORAL OINTMENTS	34	62.96 %
TOBACCO CHEWING	12	22.22 %
ALCHOHOLICS	9	17.64 %
NO VISES	9	17.64 %
NO MEDICATION	20	37.03 %
TOTAL	54	



#### **Dosage:**

OINTMENTS of "PILO V" were given to everyone to apply 2 times a day.

#### **Health Plan: (VIHAR)**

- Physical activity Is crucial for a person with acidity
  - it helps control blood glucose
  - it helps keep weight down
  - it helps keep blood pressure down
  - it helps raise good alkaline levels
  - it helps lower Acid level
- Fast walking
- Swimming
- Regular exercise
- Increased water intake
- Proper meal timings
- Proper sleep

#### **(AHAR): To have: (PATHYA)**

Three things were explained to patients.

- What they eat
- How much they eat
- When they eat

- A diet plan was tailored according to patients diet habit, working condition, daily routine, weight, age and gender.
- At the base there are foods rich in carbohydrates, such as grains, fruit and vegetables, Fibre, Dark green leafy vegetables was suggested.

**Diet not to have: (APATHYA)**

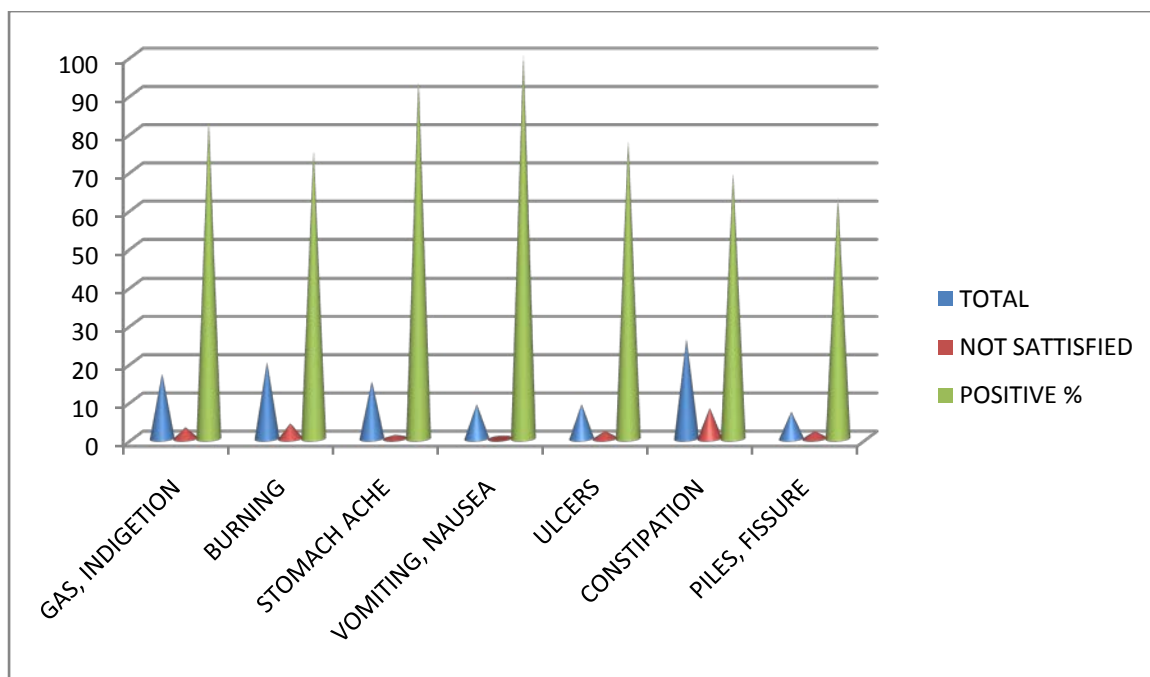
- × Fried food
- × Excess chillies
- × No onion , garlic, green chillies
- × No Chutney, papad, Pickles
- × Eggs, Fish, Mutton, Chicken
- × Fried, stalled food
- × Outside eatables
- × Late night diner

**Assessment of result: (UPSHAY):** After administration of PILO V for 30 days, the following result was achieved.

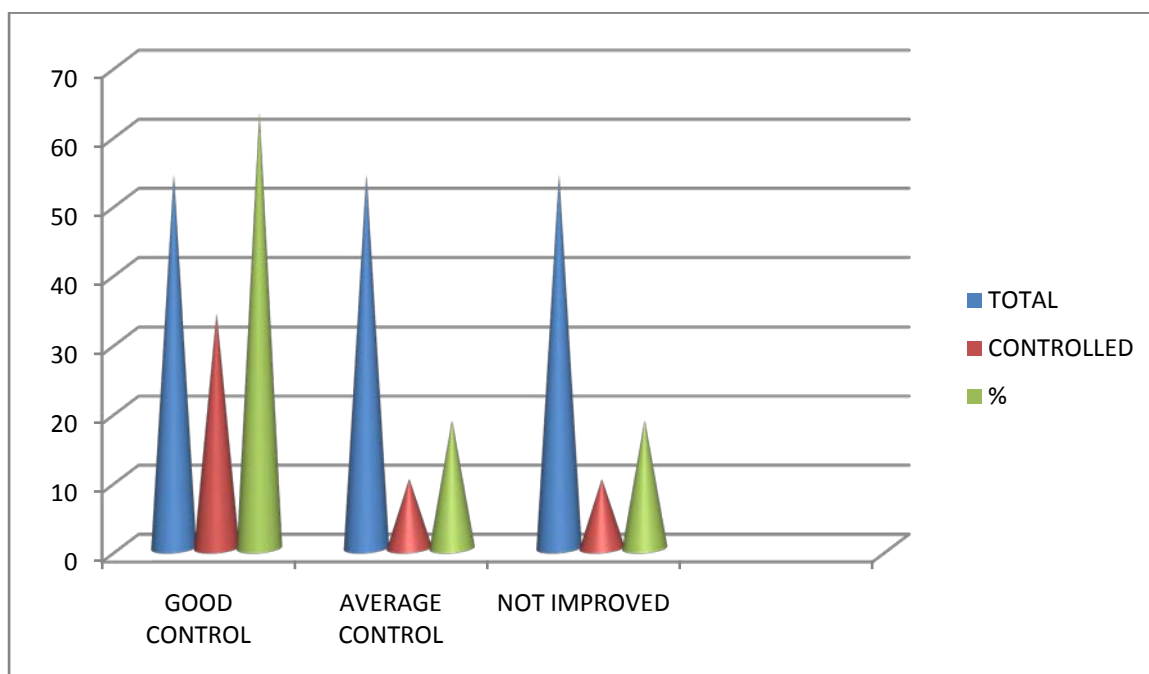
**SYMPTOMS**

SYMPTOMS	NO OF PERSONS	DECREASED %
GAS, INDIGETION	3/17	82.35 %
BURNING	4 / 20	75 %
STOMACH ACHE	1 /15	93.33 %
VOMITING, NAUSEA	0 / 9	100 %
ULCERS	2 / 9	77.77 %
CONSTIPATION	8 / 26	69.23 %
PILES, FISSURE	2 / 7	71.42. %
TOTAL	20 / 54	62.96 %





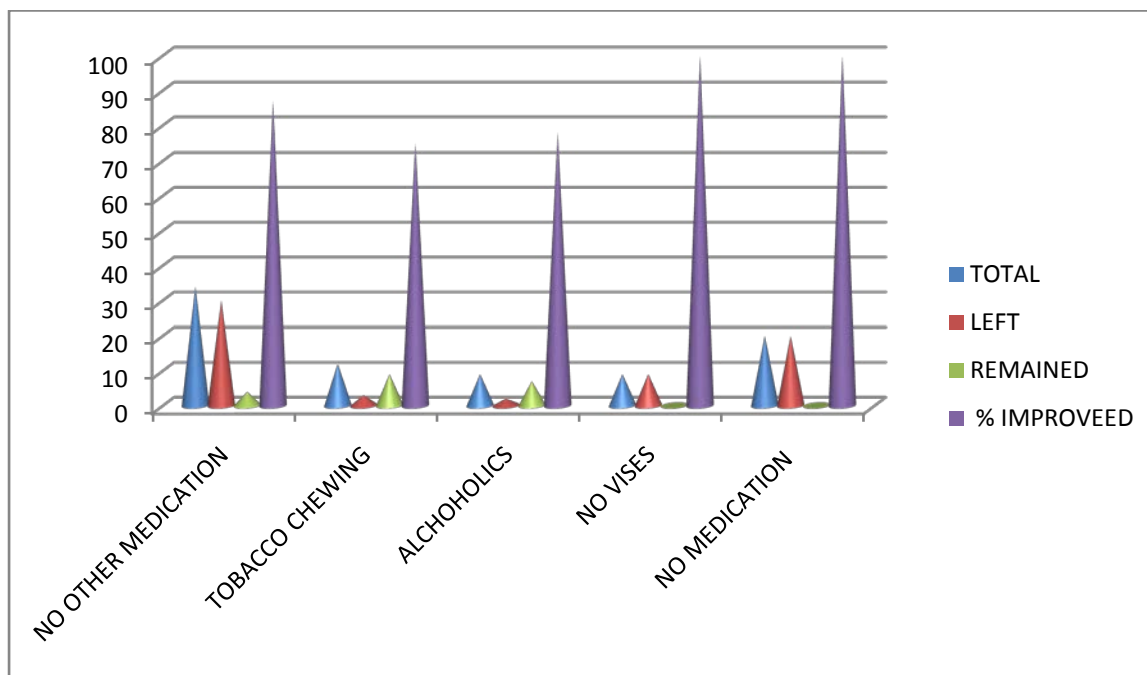
GOOD CONTROL	34	62.96 %
AVERAGE CONTROL	10	18.51 %
NOT IMPROVED	10	18.51 %
Total	54	100 %



#### OTHER MEDICATION

		IMPROVED
NO OTHER MEDICATION	30/34	87 %
TOBACCO CHEWING	3/12	75 %

ALCHOHOLICS	2 / 9	78 %
NO VISES	9 / 9	100 %
NO MEDICATION	20 / 20	100 %



### Conclusion:

According to result data it is established that “PILO V Ointment”

Is effective in curing Piles in 63 % of patients, shown average control in 18 % and was not found effective in 18 %. 87 % patients became independent of any other medications. 75 % Patients left chewing tobacco and 78 % patients gave up alcohol after reasonable counselling, diet, exercise, and encouragement.

[www.homeremediess.com](http://www.homeremediess.com)

[www.herbsbenefits.com](http://www.herbsbenefits.com)

<http://ayurvedinfo.com/>

**Text Reference :Arya Bhishak - Hindustan No Vaidraj-  
Vanoaushadhi Gunadarsh. Purvardh**