

# A Potent Herbal Cure for Rectal Diseases among Folklore

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## ARTICLE DETAILS

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## ABSTRACT

Three medicinal herbs namely *Cassia tora* Linn. (CAESALPINIACEAE), *Blumea mollis* (ASTERACEAE) and *Lucas aspera* Spreng syn. *Lucas cephalotes* (LAMIACEAE) were screened and tested on patients suffering from rectal problems. The infusion of plant parts, decoction of entire plants and pills prepared from leaves of above mentioned plants were tested on patients suffering from rectal problem as a part of clinical trial.

## 1. Introduction

Rectum forms the lower part of large intestine where our body stores stool. Problems with rectum are common which includes hemorrhoids, abscesses, incontinence and cancer. Fissures and fistula are also considered as very common rectal diseases inflicting the young and aged human beings of both male and female. Present study is based on the herbal cure among folklore by the ayurvedic practitioners (Piyush, 2009; Ernst E, 2000; Kessler RC *et al.* 2001, Kase Y, 1968; Watt JM, 1969).

## 2. Materials and methods

• **Materials :** herbarium sheet 42\*28 cm, Mercuric Chloride, Absolute alcohol, Brush, Herbarium press

• **Methods :**

Excursion trips were organized to collect the plant twigs of *Cassia tora* (CAESALPINIACEAE), *Blumea mollis* (ASTERACEAE), *Lucas aspera* (LAMIACEAE) from different parts of our area. The collected plant species were dried under herbarium press for one week in exposed atmosphere. The dried plant species were then mounted on herbarium sheet measuring 42\*28 cm for their proper identification by comparing them with type specimen placed at the herbaria of National Botanical Research Institute (NBRI) Lucknow.

## 3. Results and discussions

The present communication deals with 3 ethnomedicinal taxa used against the treatment of rectal diseases. Only botanical name, family, local name origin, parts used and brief morphological features and medicinal uses have been accented as such-

### 1. *Cassia tora* Linn (CAESALPINIACEAE)

Common name : Chakor  
Origin : America  
Parts used : Root

#### Morphological features :

An erect, much-branched, annual herb, 30-40 cm tall, with tap-root stock. Stem : terete, solid, sparsely-hairy, with variable length of internodes. Leaves : compound, unipinnate, paripinnate, with 3-pairs of downy leaflets. Stipules : free – lateral. Flower : 2-25 cm across, orange-yellow in divaricate cyme. Stamens : 6 + 4 where 6 fertile and 4 remain sterile. Ovary : 1- carpellary and – locular, superior; locule : 1-ovuled on marginal placentae : style : curved distally; stigma : simple. Pod; 15-20 cm, curved and many-seeded; seeds : black.

**Uses :** The infusion of dried roots mixed with honey is taken in empty stomach. The pills of mature leaves were also taken which give +ve results in curing rectal problems.

### 2. *Blumea mollis* (ASTERACEAE)

Common name : Kukronrda  
Origin : Sri Lanka, South Africa  
Part used : Root. Leaves

#### Morphological features :

An erect, aromatic, annual herb, with tap-root stock. Stem : striated, solid, densely-plumose, with glandular hairs. Leaves : elliptic-oblong, coarsely - dentate, acute, cuneate and 1 – nerved at base; nerves : reticulate – veined. Floral heads : 5.0 – 6.2 mm across, in globose, axillary verticillastor; style : gynobasic. Nutlet 3-gonous.

**Uses :** The infusion of dried roots and inflorescence being mixed with cow milk separately were taken thrice a day in rectal problem. The pills of leaves and decoction of entire plants were also taken

Table – 1  
Showing effect of root infusion

Name of plant	Family	No of patients	Cured	Not cured
<i>Cassia tora</i>	CAESALPINIACEAE	10	4	6
<i>Blumea mollis</i>	ASTERACEAE	10	6	4
<i>Lucas aspera</i>	LAMIACEAE	10	7	3

**Table – 2**  
**Showing effect of decoction of root and expressed juice of leaves**

Name of plant	Family	No of patients	Cured	Not cured
<i>Cassia tora</i>	CAESALPINIACEAE	10	2	3
<i>Blumea mollis</i>	ASTERACEAE	10	3	7
<i>Lucas aspera</i>	LAMIACEAE	10	3	7

**Table – 3**  
**Showing effect of pills prepared form leaves**

Name of plant	Family	No of patients	Cured	Not cured
<i>Cassia tora</i>	CAESALPINIACEAE	10	3	7
<i>Blumea mollis</i>	ASTERACEAE	10	5	5
<i>Lucas aspera</i>	LAMIACEAE	10	2	8

10. Patients suffering from rectal problems were administered with plant drugs under study for clinical trial as mentioned in table 1, 2, 3. On observation after one month, it

was formed that the infusion of root drugs of *Lucas aspera* very effective in the treatment of rectal problems.

## References

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