



**சித்தமருத்துவ மைய ஆராய்ச்சி நிலையம்**  
(மத்திய சித்த மருத்துவ ஆராய்ச்சிக் குழுமம், ஆயுஷ் அமைச்சகம், இந்திய அரசு)

**सिद्ध केंद्रीय अनुसंधान संस्थान**

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## MOOLA NOI (PILES)

### Definition

Moola Noi (Piles) are cushions of tissue and varicose veins located in and around the rectal area. When they become inflamed, haemorrhoids can itch, bleed, and cause pain.

### Causes

- Taking tubers except Yam (*Karunai Kizhangu*)
- Excessive intake of acrid taste foods
- Constant sitting posture
- Foods which increases bodily heat
- Gestational & Ascites pressure over the rectum
- Hereditary

When Abana vayu disturbed, it causes difficulty in rectal passage movement and makes constipation which in turn causes the disease.

### Preventive measures

- Eat a high-fiber diet of fruits, vegetables, whole grains
- Drink plenty of water
- Exercise, including walking
- Avoid constant sitting

### Health promoting tips

- Coolant, semisolid food to balance the *Keez vai kanal*
- Avoid tubers, Acrid, Sour taste foods

- Sit in cushion made by ilavam panju.
- Take gruel or processed food prepared from Kaar arisi, Savvarisi, Manakkthai arisi (Some of rice varieties)
- Add Greens like Thuthi keerai, Thali keerai, Pasalai keerai, Chukkan keerai, Venthaya keerai

### Curative herbs

- |                |                     |                              |
|----------------|---------------------|------------------------------|
| • Pirandai     | Edible stemmed vine | <i>Cissus quadrangularis</i> |
| • Naayuruvi    | Prickly Chaff       | <i>Achyranthes aspera</i>    |
| • Karunai      | Yam                 | <i>Typhonium trilobatum</i>  |
| • Kovai        | Ivy gourd           | <i>Coccinia indica</i>       |
| • Thuthi       | Country mallow      | <i>Abutilon indicum</i>      |
| • Kadukkai     | Chebulic myrobalan  | <i>Terminalia chebula</i>    |
| • Vilam pazham | Wood apple          | <i>Limonia acidissima</i>    |

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