

Herbal Remedies for Hemorrhoids: A Comprehensive Review of Poly- Herbal Tablet Preparations

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Abstract: Hemorrhoids, colloquially known as piles, are a prevalent medical concern impacting a substantial global population. Their varying severity, from mild discomfort to severe bleeding, necessitates nuanced management strategies. Traditional herbal remedies, rooted in historical and cultural practices, have gained attention for potential efficacy. This comprehensive review explores the multifaceted landscape of poly-herbal tablet preparations, aiming to provide a thorough understanding of their potential benefits and challenges in managing haemorrhoids. Herbal remedies for hemorrhoids have deep historical roots across cultures, including Traditional Chinese Medicine, Ayurveda, and Greco-Roman traditions. Conventional treatments, while evolving, often offer symptomatic relief with limitations and side effects. The historical context of herbal treatments spans diverse cultures. Traditional Chinese Medicine, Ayurveda, Greco-Roman medicine, and folk remedies reflect a universal reliance on the therapeutic properties of herbs. An in-depth exploration of 20 popular herbs used in traditional remedies is provided. Poly-herbal formulations leverage the synergy of multiple herbs. The selection criteria consider historical significance, phytochemical composition, mechanisms of action, safety, and complementary actions. Synergistic effects within poly-herbal combinations contribute to enhanced therapeutic outcomes. Tablet formulation involves powder blending, granulation, tablet compression, and coating. Excipients and binders play vital roles in ensuring stability and uniformity. Considerations for dosage, standardization, and administration guidelines are crucial for optimizing therapeutic effects. In vitro studies elucidate the biochemical effects of poly-herbal components. Preclinical animal studies bridge the gap between laboratory findings and human applications. Clinical trials provide validation, assessing safety, dosage, and efficacy in real-world scenarios. An overview of safety profiles in herbal medicine precedes specific considerations for poly-herbal tablets. Monitoring adverse events in clinical trials ensures a comprehensive evaluation of safety in practical settings. Remaining gaps in knowledge, standardization challenges, and potential areas for future research are identified. Acknowledging these challenges underscores the dynamic nature of research and the need for continued innovation. The review's findings, implications for clinical practice, and recommendations for future research are summarized. The holistic understanding of poly-herbal anti-hemorrhoid tablets presented here contributes to advancing knowledge in this field, guiding future exploration and optimizing therapeutic applications.

Keywords: Poly-herbal formulations, hemorrhoids, herbal remedies, poly-herbal tablets, efficacy, safety, dosage, standardization

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