

Utilization Of Herbal Medicine For Hemorrhoids

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Abstract

Hemorrhoids is a disease characterized by swollen blood vessels in the rectum or anus. This disease is caused by low consumption of fiber, spicy foods and alcoholic drinks. Symptoms that can be experienced by hemorrhoid sufferers are the appearance of lumps and bleeding when defecating. One treatment for this disease is through the use of herbal medicine, namely purple leaves. The aim of this research is to prove whether people now also use purple leaves as a treatment for hemorrhoids. This type of research is non-experimental using survey methods. The instrument used was a questionnaire. The research results show that the majority of consumers who buy purple leaf capsules are men aged 31-40 years, have a senior high school educational background, and are self-employed. In this study it can also be concluded that there are 20% of hemorrhoid sufferers who combine purple leaf medicine with other hemorrhoid medicines. There are 52% of hemorrhoid patients who regularly consume purple leaves, even though they have no symptoms. On average, hemorrhoid patients have experienced hemorrhoid symptoms for between 6 and 12 months and go straight to the pharmacy to buy purple leaves. The majority of patients prefer herbal medicine (92%). After consuming purple leaves, the majority of patients stated that hemorrhoid symptoms were reduced (84%). The price of purple leaf medicine is very competitive with conventional hemorrhoid medicine, so that 52% of hemorrhoid sufferers consume purple leaf regularly (although not when experiencing hemorrhoid symptoms).

Keywords: hemorrhoid patient, purple leaves, herbal treatment

1. INTRODUCTION

Hemorrhoids are swollen blood vessels in the rectum (the last part of the digestive system or where feces are stored) and the anus (the ring of muscle that opens during defecation). The types of hemorrhoids are internal hemorrhoids (swelling of blood vessels in the rectum) and external hemorrhoids (swelling of blood vessels in the anus) (Healthcare, 2017). Symptoms of hemorrhoids include bleeding or the appearance of lumps when defecating (Annisa and Yuliansyah, 2022). Hemorrhoids are closely related to low

fiber consumption (Lokarjana *et al.*, 2021). Another cause of hemorrhoids is consuming spicy food and alcoholic drinks (Annisa and Yuliansyah, 2022). Treatment and prevention of hemorrhoids include increasing intake of dietary fiber and oral fluids, reducing fat consumption, exercising regularly, improving anal hygiene, not straining and reading in the toilet, and avoiding drugs that cause constipation or diarrhea (Lohsiriwat, 2012).

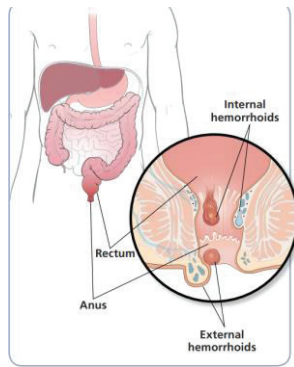


Figure 1. Various types of hemerrhoids (Healthcare, 2017)

In the treatments of hemorrhoids, phlebotonic agents are needed which function to increase blood vessel tone, reduce venous capacity, reduce capillary permeability, and as an anti-inflammatory. Phlebotonic agents are flavonoids compounds (Lohsiriwat, 2015). The presence of flavonoid compounds is found in many herbal plants. The herbal plant that is known in Indonesia as a treatment for hemorrhoids is often known as purple leaf (Kusumawati *et al.*, 2022). The pharmacological activities possessed by purple leaves include anti-inflammatory, antioxidant, anti-diabetic, analgesic, immunomodulatory, antihemorrhoidal and antibacterial (S; Sartika and Indradi, 2021). The chemical compounds contained in purple leaves are non-toxic alkaloids, flavonoids, steroids, saponins and tannins. These compounds can soften stools (not cause diarrhea) and can lower the pain threshold (Sya'haya and Iyos, 2016).

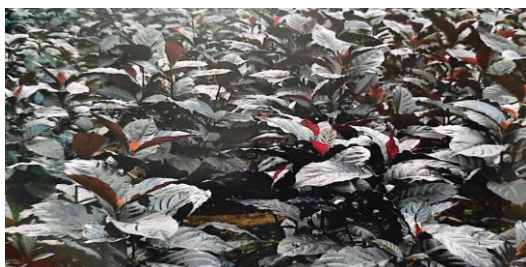


Figure 2. Daun Ungu (B2P2TOOT, 2015)

In this research, we want to prove whether people today still use herbal medicine, especially purple leaf, to treat hemorrhoid symptoms. To find this information, researchers distributed questionnaires to consumers who came to a pharmacy and then they were asked to answer several questions regarding the use of the purple leaf herbal medicine sold at the pharmacy for their hemorrhoids.

2. METHOD

Types of Research

This research was non-experimental. The data collection method used was a survey. Survey research was an investigation carried out to obtain facts from existing phenomena and seek factual information about social, economic or political institutions of a group or individual (Nofianti and Qomariah, 2017).

Time and Place of Research

The research was carried out in January 2024. The place for data collection was pharmacy X in Gresik Regency.

Research Instrument

In collecting data using an instrument, namely a questionnaire. In survey research, information was collected from respondents using questionnaires (Adiyanta, 2019). The forms of questions in the questionnaire were closed and open questions. The total number of questions was 12 questions. The instrument had passed a content validation test on one pharmacy lecturer, one pharmacist at the pharmacy, and two consumers.

Population and Sample

The population was the entire research object/subject, while the sample was a part

or representative that had representative characteristics of the population (Amin *et al.*, 2023). The population of this study were consumer who bought purple leaf capsules at pharmacy X, while the sample was a portion of consumers who bought purple leaf capsules at pharmacy X. The number of samples was calculated using the Slovin formula. The average number of consumers who came to pharmacy X every month was 200 people. The error tolerance used was 0.2 or 20% (because the population size was a small population).

$$\text{Number of samples} = \frac{N}{1 + N e^2}$$

N: number of populations
e: The error tolerance (0,2)

From this formula it could be concluded that the number of samples used in this research was 22 people. The method for determining the sample used in research was quota sampling. Quota sampling was a method for determining samples from a population that had certain characteristics up to the desired quota number (Amin *et al.*, 2023). The inclusion criteria used in this study were all people who came to the pharmacy to buy purple leaf capsules and experienced symptoms of hemorrhoids. The exclusion criteria for this study were people who came to the pharmacy to buy purple leaf capsules for other people

Data Analysis

This survey research used quantitative data analysis with a descriptive approach. The data obtained was converted into percentages. The data was presented in tables and graphs. Next, the data was explained descriptively.

$$\% = \frac{\text{value obtained}}{\text{maximum value}} \times 100\%$$

3. RESULTS AND DISCUSSION

Respondent Characteristics

The characteristics of respondents studied in this research were age, gender, educational background and occupation. Data related to respondent characteristics were presented in Table 1.

Table 1. Respondent Characteristics

No.	Characteristic	Criteria	%
1	Gender	Man	52
		Woman	48
2	Age	20 – 30 years	32
		31 – 40 years	40
		>40 years	28
3	Educational background	Elementary school	4
		Junior high school	4
		Senior high school	72
		Bachelor	20
4	Occupation	Housewife	16
		Self-employed	28
		Private sector employee	52
		Government employee	4

Based on Table 1, it could be concluded that the majority of consumers who bought purple leaf hemorrhoid medicine were men. Furthermore, the majority of consumers' age was 31 – 40 years. This was in accordance with previous research which stated that people who suffer from hemorrhoids more often were male and the peak occurrence of hemorrhoids was at the age of 35 to 65 years and rarely occurred at the age of under 20 years (Pradiantini and Dinata, 2021). Similar things were also concluded in other studies which stated that men experienced hemorrhoids more often (Butar *et al.*, 2020; Hong *et al.*, 2022). There was a significant relationship between age and gender, where more hemorrhoid patients were less than 45 years old and male (Sekarlina *et al.*, 2020; Hadni *et al.*, 2023). The educational background of hemorrhoid patient was senior high school. this was also in

accordance with previous research that the majority of hemorrhoid patients had a senior high school (Butar *et al.*, 2020; Rizal *et al.*, 2023). Based on occupation, the majority of consumers who bought hemorrhoid medicine were private sector employee. Jobs that had a high risk of developing hemorrhoids were jobs that required too much time sitting and standing, such as drivers, security guards, construction workers and others (Erianto *et al.*, 2022).

Purple Leaves for Hemorrhoids

In the question "Do you take hemorrhoid medicine other than purple leaf capsules?", there were 20% of respondents who took a combination of purple leaf capsules and other hemorrhoid medicines and the other 80% only took purple leaf capsules when experiencing hemorrhoid symptoms. Previous research also stated that the majority of herbal medicine users do not combine them with conventional medicine (Hafizh Pane *et al.*, 2021). One hundred percent of hemorrhoid patients who used purple leaves experienced a reduction in hemorrhoid symptoms. This was in accordance with the results of previous research which stated that one alternative in curing hemorrhoid was because purple leaf extract had the ability to act as an anti-inflammatory by forming protein complexes through hydrogen bonds, causing bacterial cells to lyse (Sya'haya and Iyos, 2016). The main compounds that played a significant role in the pharmacological activity of purple leaves were phenolic compounds such as flavonoids (Santi Sartika and Indradi, 2021).

In the question "Do you regularly consume purple leaf capsules?", there were

52% of respondents who consumed purple leaf capsules regularly and the remainder consumed purple leaf capsules when experiencing hemorrhoid symptoms. This was because in terms of price, there were 96% of patients who said that the price of purple leaves could compete with other hemorrhoid medicines.

The questionnaire asked "since when have you experienced hemorrhoid symptoms?", on average patients said they had experienced hemorrhoid symptoms within 6 to 12 months. The questionnaire asked "have you ever had hemorrhoid symptoms checked by a doctor?", on average, patients said they did not go to the doctor, but went straight to the pharmacy. In the questionnaire question "what was the reason you chose leaf capsules?", 92% of patients said that they chose purple leaf capsules because they were herbal medicine (Figure 1).

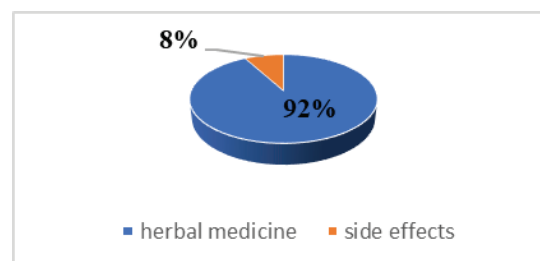


Figure 3. The reason of choosing purple leaves as treatment for hemorrhoid

From Figure 1 it could be concluded that the majority of hemorrhoid patients chose purple leaves as hemorrhoid medicine because they preferred herbal treatment. According to previous research, the majority of respondents felt the benefits and did not feel any side effects from using herbal medicines (Hafizh Pane *et al.*, 2021). In the questionnaire question "what do you feel when taking purple leaf capsules?", 84% of patients said that there

was a reduction in hemorrhoid symptoms after taking purple leaf capsules (Figure 2).

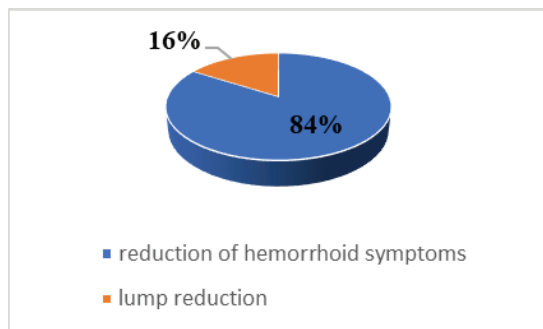


Figure 4. The effect after consuming purple leaves

The results of this study were in accordance with previous research, namely that it could soften stool and reduced pain (Sya'haya and Iyos, 2016).

4. CONCLUSION

The characteristics of hemorrhoid patients are that the majority are early adult men who work in the private sector employee and have a senior high school educational background. The majority of hemorrhoid patients who only consume purple leaves can reduce the symptoms of hemorrhoids. The price of purple leaf hemorrhoid medicine is competitive with other hemorrhoid medicines, so it is safe if consumed regularly.

5. ACKNOWLEDGEMENTS

We would like to thank Universitas Muhammadiyah Gresik, which had guided me in carrying out this research.

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