



## Lavender (*Lavandula latifolia*) Explicitly High Efficiency in Old Aged Chronic Piles Patient

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### Abstract

Lavender (*Lavender latifolia*) was given to a dying 86 years old woman who had been suffering from piles for the last 45 years with an emerged fistula of more than 6 inches which used to bleed daily. She stopped taking drugs prescribed by physician as they were not performing effects due to resistance to drugs. In such a situation the patient was feeling severe pain in stomach and more bleeding in stools. The alternative treatment was performed by an oral intake of 5 drops of lavender in 5 ml of water three times a day along with a teaspoonful of each of Diegene, Liv-52 (Himalaya) and multiple vitamins syrup. About 18 gms of proteins in the form of Horlicks was also given to the patient. After 10 days of treatments the patient condition became stable resulting in complete stoppage of blood in the stools and also relieved from the stomach pain.

It was also observed the patient recognized every person of the family confirming a best function of gut-brain axis which is disturbed by specific overgrowth of bacteria.

In conclusion it may be proved that lavender kills the microbes in the gut, relieves from pain and maintains a good homeostasis between gut and brain. It may be a potential alternative in treating piles even in chronic condition.

**Keywords:** Piles; Lavender

### Introduction

Piles is a condition in which excessive microbiota in the gut, makes an impact on intestinal wall to bleed due to housing of bacteria and fungi in a larger number [1]. This makes differences in the functioning of digestion, liver, kidney, brain-gut axis and even continuous stomach pain [2,3]. The daily bleeding with stools makes the person weak and the chronic condition makes the patient lie most of the time at bed. Finally, the serious condition develops with a pain in stomach always that ultimately leads towards death [4]. The ageing itself is pronounced by a weak defense and immune system that may lead to excess overgrowth of bacteria and fungi [5]. Some of the bacteria and fungi become pathogenic which may be responsible for the death of the patient [6].

Lavender has been found to show antibacterial, antifungal and anti-inflammatory effects and proved to kill microbes deep inside the dermis [7]. The present paper describes the impact of action of lavender in killing microbes so that bleeding in piles patient may be stopped in aged person.

### Case Report

An 86 years old female subject of middle class family was taken for study who was suffering from piles for the last 45 years. Fistula already emerged out and it was about more than 6 inch long. The patient became lean and thin. The blood in the stool used to come out routinely. Hence, the patient was difficult to be operated for fistula as it was dangerous in such a condition where the blood was very less.

Suddenly, the patient became serious after about 20 days of rainy season. The rainy season is recognized with an overgrowth of bacteria and fungi. The patient could not move from the bed. The bleeding in stools made the patient to die within a week or more. All the drugs prescribed by the physician could not do any impact in revival of normal condition and the patient also stopped taking these drugs. The patient even started to recognize the person less. The forgetness also developed in the patient.

Therefore, the treatment was designed firstly to contain gut microbiota by oral administration of lavender 5 drops in 5 ml of water three times a day. To enhance the digestion, the Diegene was given (2 full spoon for each dose) twice a day. For better liver function, Himalaya LIV-52 (2 full spoon for each dose) twice a day. Multiple vitamins with minerals (2 full spoon for each dose) thrice a day. 18gms of Horlicks as proteins for repair of tissues, was given to patient in 10 ml of warm milk. The patient was kept for observation till death.

## Results and Discussion

The patient started to sleep for 20 - 22 hours in a day. For half an hour she used to visit toilet, eat light food and sleep. The watery fluid started from fistula in a larger quantity. Sometimes the stools were discharged on the bed but it was solid without blood and normal. The blood in the stool started to stop coming after a week of treatment. Fistula size somewhat decreased. The patient after 10 days started to move toilet without the help of others. The patient who was going to die within 24 hours, survived after 20 days. On the day of death she recognized every person of the family and uttered names of the family members correctly. The memory was still intact and did not lose as it was previously observed to be decreased before the treatment.

The ageing process has been observed to be very fast in old age and this is more accelerated after attaining 80 years of age [8]. The presence of chronic piles makes the patient miserable for the survival. All the organs of the body become weak. The defense and immune system of the body decreases to the lowest [9]. Anytime any organ failure makes a sudden death of the person. The overgrowth of pathogenic bacteria and fungi becomes enormous in such a condition. It also hampers the gut-brain axis to be forgettable to recognize the person [10].

Lavender has been successfully observed in killing pathogenic bacteria and fungi as the blood in stools of the chronic piles patient stopped to come out signifying a deep effect inside the dermis. The other antimicrobial drugs are not deep effective as they work upto 70% therefore not completely potential to show antimicrobial activity [11]. The gut-brain axis remained intact in chronic piles condition as has been observed losing it before the treatment because the memory power is linked with status of gut microbiota.

## Conclusion

It may be concluded that lavender is more powerful in killing gut pathogenic microbes along with regain of memory power in old age disease condition. Lavender may be a potential drug in treating piles even in chronic condition due to its antimicrobial and anti-inflammatory effects.

## Conflict of Interest

Nil.

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