

Case Study Of Hemorrhoid Clients With Jamu Government

Ag. Kirwanto¹, Ronal Tolkhah², Susilo Yulianto³

Ministry of Health Polytechnic of Surakarta, Jl. Letjen Sutoyo, Mojosongo, Jebres, Surakarta

E-mail: aguskirjamu@gmail.com

Article History:

Received: 19 Mei 2025

Revised: 06 Juni 2025

Accepted: 12 Juni 2025

Keywords: Herbal medicine, antihemorrhoids.

Abstract: Hemorrhoids can be described as a lump of tissue in the anal canal containing blood vessels and surrounding supporting tissue, consisting of muscles and elastic fibers. The purpose of this study was to determine the history, symptoms, management, and development of hemorrhoid patients. The research method used was qualitative with a descriptive research design. The sampling technique was purposive sampling. This study used 2 informants with data collection techniques, namely in-depth interviews, observation, and documentation and a validity test was carried out using the triangulation technique. The results of the study showed that the history of hemorrhoid patients felt painful and sore during bowel movements. Symptoms of hemorrhoid disease consist of hot waist, pain, burning during bowel movements, lumps coming out of the anus during heavy activity, hard stools . Management of hemorrhoid patients involves regulating good food intake, physical exercise has an effect on the healing of hemorrhoid patients, herbal medicine therapy includes capsules and decoctions. The development of hemorrhoid patients using herbal capsules is characterized by defecation not feeling pain and pain is reduced but does not reduce the existing lumps, as well as several effects that appear after taking herbal medicine such as defecating immediately and farting continuously. The conclusion of this study is that there is a development marked by patients not feeling pain when defecating but not reducing the existing lumps.

INTRODUCTION

People's eating patterns are increasingly changing according to the demands of the situation. Many people only prioritize feeling full rather than the nutrition of the food they want to eat. Low fiber content makes it difficult to defecate and have to strain. Because of the excessive pressure in the anus, it causes lumps called hemorrhoids to come out. Data shows that ten million people in Indonesia are reported to suffer from hemorrhoids. Data from January to September 2011 shows that the total number of visits by hemorrhoid patients was 304 patients. From the data above, it is known that there are still many hemorrhoid sufferers (Sudarsono, 2015).

Hemorrhoids or often called ambein (in English or Latin called hemorrhoid and in medical language called piles) is a disease or disorder of the anus, namely the sphincter Ani or anus lips experience swelling which is sometimes accompanied by bleeding (Sandra, 2014). Hemorrhoids can be described as lumps of tissue in the anal canal containing blood vessels and supporting tissue around it, consisting of muscles and elastic fibers. The anal canal is a four-centimeter long canal, which is passed by feces from the rectum to the outside. Hemorrhoids can be considered a disease if the lumps enlarge and cause problems for the sufferer. Almost all adults have suffered from hemorrhoids, both men and women and slightly increased in women who are pregnant or about to give birth and at the age of 45-65 years (Budiman and Sutedjo, 2010).

Most people do not know about traditional medicinal plants in Indonesia that can be used as natural ingredients for hemorrhoid treatment. Traditional medicinal plants are ingredients or natural concoctions derived from plants that have been used for treatment based on experience for generations (Nursiyah, 2013). This is supported by scientific research, plants are no longer functionally viewed as consumption or decoration, but also as multi-functional medicinal plants. Given the cost of treatment that is not affordable for everyone, natural treatment with traditional medicinal plants is seen as an affordable alternative and *back to nature* (Yuniarti, 2008).

In order to ensure the safety of herbal medicine while providing herbal medicine services that have been scientifically proven to the community, (1) Improve health services to the community through scientific herbal medicine services as one of the social missions. (2) Improve the quality of research and utilization of Herbal Medicine Scientification. (3) Open up opportunities to improve the people's economy in Sragen Regency in the provision of herbal medicine raw materials .

The results of a preliminary study conducted on January 20, 2017 by looking at patient visitor data obtained data on the number of visits by hemorrhoid patients with herbal medicine in October 2016 to December 2016 as many as 15 patient visits. The largest number of patients in December was 6 patients, while the smallest number of patients in October was 4 patients and the number of patients in November was 5 patients. The types of herbal medicine for hemorrhoids used consisted of capsule preparations and herbal medicine, the composition contained in the capsule preparation included purple leaves (*Graptophyllum pictum*), Chinese ketepeng leaves (*Cassia alata*), turmeric rhizomes (*Curcuma domestica*). Based on the data above, it aroused the author's interest in taking the title of the scientific paper "Case Study of the Development of Hemorrhoid Patients with the Administration of Herbal Medicine".

METHOD

The type of research used by researchers is research whose objects are natural or *natural settings* and uses a descriptive research design. Researchers use *purposive sampling techniques* . The sample criteria used in this study are patients who have hemorrhoids, and patients who still do routine check-ups with hemorrhoids.

Data collection and analysis uses several steps, namely:

1. Data collection, using several techniques including interviews. The interviews conducted are in-depth interviews, in general in-depth interviews are the process of obtaining information for research purposes by means of questions and answers while face to face between the interviewer and the informant or person being interviewed, with or without using interview guidelines , where the interviewer and informant are involved in a relatively long social life (Bungin, 2012 in Rahmawati, 2014). Next is observation, data collection techniques with observation are used when research concerns human behavior, work processes, natural phenomena and when the informants being observed are not too large (Sugiyono, 2011).
-

Observation or observation is a human daily activity using the five senses as its main aids in addition to other senses such as ears, smell, mouth, and skin Burgin (2012) in Rahmawati (2014). The last step in data collection is documentation or records of past events. Documentation can be in the form of writing, pictures, or works from someone. Documentation data in this study were obtained from medical records, data from visitors to hemorrhoid patients who received treatment.

2. Data analysis

The analysis was conducted on preliminary study data or secondary data that will be used to determine the focus of the research. However, the focus of this research is still temporary. Therefore, this study uses data analysis during the field using the Miles and Huberman (1984) model in Sugiyono (2011), which consists of four steps:

- a. Data collection, data obtained can come from various sources, such as data from interview results, namely field notes and observation results, as well as documentation data obtained from medical records or medical records, and data on hemorrhoid patient visits.
- b. Data reduction, reducing data means summarizing, choosing the main points, focusing on the important things, looking for themes and patterns.
- c. Data presentation, in qualitative research data presentation can be done in the form of brief descriptions, charts, relationships between categories, flowcharts and the like.
- d. Conclusion, the initial conclusion put forward is still temporary and will change if no strong evidence is found to support it in the next data collection stage. However, if the conclusion put forward in the initial stage is supported by valid and consistent evidence when the researcher returns to the field to collect data, then the conclusion put forward is a credible or trustworthy conclusion.

3. Validity of Data

The qualitative research that is tested is the data. Qualitative research data can be declared valid if there is no difference between what the researcher reports and what actually happens to the object being studied. Therefore, in order for the data obtained to be valid, a data credibility or trust test is carried out (Sugiyono, 2012).

RESULTS AND DISCUSSION

This study was conducted with 2 informants studied. The patients studied had different ages, occupations, lifestyles and patients had been treated several times for hemorrhoids. The study conducted in May to June was conducted by conducting in-depth interviews, observations, documentation studies and physical examinations of patients.

1. Identity

Client data assessment obtained for identity, Client I with the initials Mrs. S, 48 years old, lives in Ngrambe, Ngawi, is Muslim with a self-employed job, has no history of allergies, height 150 cm, and weight 50 kg. Client II with the initials Mrs. N, 50 years old, lives in Ngasem, Karang Malang, is Muslim with a housewife job, has no history of allergies, height 160 cm, weight 58 kg.

2. Anamnesis

The results of the anamnesis obtained for Client I with the main complaint felt by the Client is difficult and painful defecation, the duration of the disorder has been felt by the Client for one and a half years, the Client's past medical history felt pain and heat in the back. For the current medical history that has been experienced by the Client, previously did not have hemorrhoids but when tired the back feels hot, painful, sitting is uncomfortable and

there is a small lump the size of a soybean in the anus. The history of treatment carried out by the Client, the Client has never been treated at other traditional medicine before and has never consumed herbal medicine, the Client's family medical history does not have symptoms and feels the same as the informant.

The results of the anamnesis of Client II with the main complaint felt by the Client is a lump the size of a thumb in the anus, the duration of the disorder felt by the Client since a young age when working in a factory (22 years old) due to sitting too long, Client II has no history of past illnesses that are felt, the history of the current illness felt by the Client since the age of 22 years when working in a factory The Client often sits too long and does not drink enough water then a small lump appears in the anus and now it has grown as big as a thumb. The history of treatment carried out by Client II by buying several herbal products sold in traditional drug stores and sometimes boiling purple leaves. The history of the Client's family illness does not have any signs and symptoms like those experienced by the Client.

3. Physical examination

The results of the physical examination conducted by the researcher during the study were vital signs including blood pressure, pulse, respiration and temperature, for Client I, blood pressure: 120/80 mm/Hg, pulse: 84 x/minute, respiration: 20 x/minute, temperature: 36.5 0C and obtained overall physical examination results including examination of the head, neck, chest, abdomen, pelvis, upper and lower extremities with normal results but for the examination of the Client's genitalia experienced vaginal discharge and around the anus there was a small lump the size of a soybean.

The overall results of the physical examination for Client II, blood pressure: 130/90 mm/Hg, pulse: 80 x/minute, respiration: 22 x/minute, temperature: 36 0C and obtained normal results for the physical examination including examination of the head, neck, chest, abdomen, pelvis, genitalia and upper and lower extremities but for the Client's anus area there was a lump the size of a thumb.

4. Data analysis

In the data analysis, subjective data and objective data were obtained from the Client. Subjective data from Client I, namely the patient said that defecation was difficult and painful for one and a half years, while the objective data obtained was that the patient was seen often moving around when sitting. Subjective data from Client II, namely the patient said that there were lumps the size of a thumb in the anus. While the objective data obtained was that the patient looked uncomfortable after sitting too long.

5. Detection results

The diagnosis results obtained by jamulog through an assessment using in-depth interview data collection techniques and physical examinations obtained data in the form of emic and etic for both clients. The emic diagnosis was a lump in the anus and the etic diagnosis was hemorrhoids.

6. Counseling

Counseling given to Clients in the form of recommendations and prohibitions for both Clients. The recommendations given are to consume high-fiber foods, drink plenty of water, and defecate immediately after feeling it. Meanwhile, prohibitions that should not be done include not consuming herbal medicine together with chemical drugs, avoiding sitting for too long, avoiding excessive activity, avoiding eating meat, spicy foods and avoiding straining too hard when defecating.

The purpose of this study was to determine the history of hemorrhoid patients, symptoms of

hemorrhoid patients, management of hemorrhoid patients and the development of hemorrhoid patients.

1. History of hemorrhoid disease patients

This study found several histories of hemorrhoid patients, the histories that researchers want to know are: a. Complaints felt by the patient, b. Duration of complaints felt by the patient, c. Things done after knowing the disease, d. Family history of hemorrhoids. This study consisted of 2 old patients who were treated. Both informants stated that when defecating it was painful, the patient had long had hemorrhoids. For the first patient, he had felt complaints for a year and a half ago, while the second patient had felt pain and there was a lump in the anus since a young age (22 years) until now, did not do anything special after knowing that he had hemorrhoids, and both informants' families did not have hemorrhoids.

2. Symptoms of hemorrhoid patients

In this study, several different answers were obtained from informants regarding the symptoms experienced by informants related to hemorrhoid disease. Several things that researchers want to know are: a. Symptoms felt previously, b. Whether or not the symptoms experienced by patients are disturbing. The symptoms experienced by informants are hot waist, pain, burning during bowel movements, lumps coming out during heavy activities, hard stools and according to informants these symptoms interfere with informant activities.

3. Management of hemorrhoid patients

In this study, the researcher wanted to know the management of hemorrhoid patients which has been described into several , namely: a. Management of hemorrhoids with dietary regulation, b. Management of hemorrhoids with physical exercise, c. Management of hemorrhoids with medical therapy. According to both informants, they stated that they had not done good dietary regulation before knowing they had hemorrhoids, for hemorrhoid management related to physical exercise, informants have differences by doing gymnastics and only doing housework as their exercise, hemorrhoid management with herbal medicine therapy includes herbal medicine in capsule form and decoctions mixed by the informant themselves.

4. Development of hemorrhoid patients

Informants in this study stated that there was a development in the use of herbal medicine capsules, which was indicated by defecation not feeling painful and pain decreasing but not reducing the existing lumps, as well as several effects that appeared after drinking herbal medicine such as defecating immediately and farting continuously.

The recommendation is to give herbal medicine to patients after undergoing an examination given by a doctor in the form of a prescription so that the herbal ingredients can be mixed so that they can be consumed by patients. The available herbal medicine is already in packaging so that there is no need to wait for mixing. The herbal medicine ingredients used for hemorrhoids in this study consisted of turmeric (*Curcuma domestica*) with a dose of 4 grams, purple leaves (*Graptophyllum pictum*) with a dose of 3 grams, and Chinese ketepeng leaves (*Cassia alata L.*) with a dose of 2 grams. The content in turmeric is in the form of curcuminoids, essential oils, purple leaf content in the form of alkaloids and flavonoids while senna leaves contain flavonoids. This herbal medicine is packaged in capsule form for one week and is used with a dose of three times a day one capsule. While the herbal medicine that is boiled for one week is drunk three times a day one glass of star fruit. How to make boiled herbal medicine is to boil five glasses of water starfruit until boiling in a clay pot or *stainless steel pan* , then add the herbal medicine, reduce the heat, wait for 15 minutes after that divide the decoction into three glasses of starfruit for three times drinking one glass of starfruit in one day (morning, afternoon, and evening).

Contraindications for this herbal medicine are not recommended for pregnant and breastfeeding mothers. In addition, unwanted side effects include frequent bowel movements and nausea.

The implementation of this study was carried out as per the existing flow by first registering, registration was carried out to provide an explanation to the patient about the existing services; signing of the letter of consent to carry out the service (*Inform Consent*) was carried out as proof that the patient was treated without any coercion and had accepted all medical treatments that would be carried out related to his/her illness; physical examination such as vital signs (blood pressure, pulse, respiration, temperature), blood checks (blood sugar, cholesterol, uric acid); examinations carried out by health workers (in this examination, health workers can make referrals/consultation with the hospital; taking herbal medicine; explanation of the use of herbal medicine, carried out so that patients can take herbal medicine with the correct dosage and method. The implementation of data collection in this study was carried out from May to June at the patient's home using in-depth interview techniques.

Based on the results of the study on the history of hemorrhoid patients since December 2016 and January 2015. The informant explained that he had suffered from hemorrhoids since he was young or around the age of 22 because he sat while working in a factory and since 2016 because the informant sat too much while working as a trader. Sitting too long is one of the things that causes hemorrhoids because of the pressure on the anus for a long time. Both informants felt pain when defecating and there was a lump in the anus. Based on the results of the study, several different answers were obtained from informants regarding the symptoms of hemorrhoids such as back pain, pain, feeling hot when defecating and lumps coming out when defecating. The informant explained that the symptoms that appeared were very disruptive to activities.

Some symptoms of hemorrhoids include feeling hot and sore in the anus, bleeding, and lumps in the anus (Cidadapi, 2016). The symptoms felt by hemorrhoid patients include common symptoms felt by hemorrhoid sufferers. These symptoms are caused by several things such as sitting too long, pregnancy, constipation, excessive activity, straining too hard during bowel movements, and lack of consumption of water and vegetables. These things should be avoided by hemorrhoid sufferers because they can worsen the patient's condition.

Based on the results of research on the management of hemorrhoid disease, researchers categorize it into several managements such as dietary management, physical exercise and medical therapy. The dietary management carried out by the informant is not good because the patient does not like to consume vegetables, for physical exercise the informant does gymnastics and does housework as exercise. The informant explained that he did not do other conventional medical therapy and mixed his own herbal medicine and herbal medicine.

Carbohydrates are able to regulate intestinal peristalsis and give shape to feces so that they are easily removed from the body. The substance used in carbohydrates is cellulose from dietary fiber to regulate intestinal peristalsis. Hemicellulose and pectin work to absorb water in the large intestine so that they compact food waste so that it is easily removed. Sources of carbohydrates available in nature include rice, tubers, nuts and in vegetables and fruits including carrots, bean vegetables (Mardalena, 2017). Therefore, consuming vegetables and fruits is highly recommended for hemorrhoid sufferers so that the digestive process occurs normally and defecation without straining because if the feces are hard there will be pressure during defecation which will cause blood to widen in the anus area and then hemorrhoid lumps appear. These lumps are what cause interference when doing activities.

The herbal medicine therapy carried out by the informant was hemorrhoid capsules 3x1 one capsule per day. Based on research, hemorrhoid capsules consumed by the informant can soften feces and reduce pain during bowel movements.

Based on the research results, the development of hemorrhoid disease suffered by the informant was obtained, the development was reduced pain during defecation and softened feces accompanied by the direct effect of defecating and continuing to fart after taking hemorrhoid capsules.

Purple leaf is one of the medicinal plants found in hemorrhoid capsules consumed by hemorrhoid patients. The pharmacological effects of purple leaf itself include being a mild laxative (Hariana, 2015) so if the patient defecates and farts continuously, it is normal.

CONCLUSION

The patient's history of hemorrhoids has been felt for a long time, about one and a half years ago and since the patient was 22 years old until now, accompanied by painful, burning bowel movements, while the family history of both informants did not affect hemorrhoids. Symptoms of hemorrhoids consist of hot waist, pain, burning during bowel movements, lumps coming out during heavy activities, hard stools and according to informants these symptoms interfere with activities. Management of hemorrhoids involves good dietary arrangements, physical exercise has an effect on the healing of hemorrhoid patients, herbal medicine therapy includes herbal medicine in capsule and decoction form. The development of hemorrhoid patients using herbal medicine capsules is characterized by reduced pain during bowel movements, stools are not hard. Herbal medicine concoctions do not reduce lumps and cause several effects that appear after drinking herbal medicine such as immediate bowel movements and frequent gas.

BIBLIOGRAPHY

- Ministry of Health of the Republic of Indonesia. 2011. *Formulary of Original Indonesian Herbal Medicines*. Jakarta: Ministry of Health of the Republic of Indonesia.
- Arisandi, Y. 2011. *Herbal Therapy for Various Diseases*. Jakarta: Eska Media.
- Asmani, Jamal M., 2011. *Complete Guide to Practical Methodology of Educational Research*. Jogjakarta: DIVA Press.
- Cidadapi, IEA, 2016. *Herbal Remedies Ala Thibun Nabawi Uncovering Herbal Medicine in Thibun Nabawi*. Jakarta: Putra Danayu Publisher.
- Effendy., 1995. *Survey Research Methods*. Yogyakarta: LP3ES.
- Hariana, A. 2015 *262 Medicinal Plants and Their Benefits Volume 1*. Jakarta: Penebar Swadaya.
- Mardalena, I., 2017. *Basics of Nutritional Science Concepts and Applications in Nursing Care*. Yogyakarta: Pustaka Baru Press.
- Moleong, LJ 2007. *Qualitative Research Methodology*. Bandung: PT Remaja Rosdakarya.
- Notoatmodjo, S. 2012. *Health Research Methodology*. Jakarta: PT Rineka Cipta.
- Nugroho, T. 2011. *Nursing Care for Maternity, Children, Surgery, Internal Medicine*. Yogyakarta: Nuha Medika.
- Nursalam. 2014. *Concept and Application of Nursing Science Research Methodology*. Jakarta: Salemba Medika.
- Nursiyah. 2013. *Descriptive Study of Traditional Medicinal Plants Used by Parents for Early Childhood Health in Gugus Melati, Kalikajar District, Wonosobo Regency* [thesis]. Faculty of Education, Semarang State University. Semarang.
- Rahardja, K. 2010. *Simple Medicines for Everyday Disorders*. Jakarta: PT Elex Media Komputindo.
- Rahmawati, MK, 2014. *Case Study of the Development of Diabetes Mellitus Patients Treated at the Herbal Medicine Scientific Clinic "Hortus Medicus", Tawangmangu, Karanganyar*
-

- [KTI]. DIII Herbal Medicine Study Program, Health Polytechnic, Surakarta.
- Sandra, M. 2014. *Completely Banish Hemorrhoids* . Yogyakarta: Katahati.
- Sudarsono, DF, 2015. *Diagnosis and Management of Hemorrhoids*. Lampung: J.Majority. Vol. 4 No. 6: 31-34.
- Sugiyono. 2011. *Quantitative, Qualitative, Combination Research Methods (mixed methods)* . Bandung: Alfabeta,
- Sugiyono. 2012. *Educational Research Methods Qualitative, Quantitative, and R&D Approaches* . Bandung: Alfabeta.
- Sugiyono. 2014. *Understanding Qualitative Research* . Bandung: Alfabeta ..
- Suryo, J. 2010. *Herbal Healing for Hemorrhoids and Prostate Cancer* . Jakarta: PT Gramedia Pustaka Utama.
- Sutedjo, K., Doddy B. 2010. *Preventing and Treating Hemorrhoids* . Jakarta: PT Gramedia Pustaka Utama.
- Yuniarti, T. 2008. *Encyclopedia of Traditional Medicinal Plants*. First Printing. Yogyakarta: Medpess.
-