

For the use of medical profession only.

PILES TO SMILES, NATURALLY !



BANPIL
Helpful in Bleeding Piles

What is Piles ?

Piles, also known as hemorrhoids, are swollen inflamed veins (blood vessels) located inside or outside the anus. There are two types of piles or hemorrhoids, external and internal, which refer to their location. Internal piles occur inside the rectum and external piles develop near the anus and covered by a thin layer of skin. Bleeding from piles can occur if the piles are ruptured while passing of the stools.

Causes of Piles:

Piles are caused by increased pressure in abdomen, which makes blood vessels to stretch and swell. This increased pressure mainly occurs due to Constipation, as the pressure is exerted to evacuate the stools. The other causes are pregnancy and childbirth, Obesity (being over weight), Chronic cough and bronchitis, lifting heavy loads, prolonged periods of sitting or standing, and strenuous work etc.

Symptoms of Piles:

- 1) Intense pain at the time of passing stools,
- 2) Itching and burning in and around anal area.
- 3) Bleeding with bowel movement.
- 4) Visible swelling around the anus.
- 5) A bulging or lumpy feeling just inside the rectum.
- 6) Hard lumps protruding from rectum, etc.

If anyone has any of these symptoms, the likelihood is that the person has got the piles.

ABOUT BANPIL :

Banpil is an ayurvedic (herbal) product which treats root cause of piles. Available in two convenient forms . Tablets and Cream, it aims to bring SAFE and LONG TERM RELIEF from problem of bleeding piles and fissures. Banpil soothes , heals and relieves from bleeding and pain associated with piles.

Where Banpil Tablets work from within to stop bleeding and give relief from pains, swelling, Banpil Cream applied externally helps to fasten the healing process in inflamed veins, it checks bleeding immediately and repair the wounds and fissures. FOR THE BEST AND FAST RESULTS, BOTH PRODUCTS SHOULD BE USED SIMULTANOUSLY

BANPIL TABLETS :

Banpil Tablet is a rational combination of Ayurvedic Herbs, known since ages, to treat the bleeding piles and fissures. Banpil tablet acts on whole body. Ingredients of this formulation and its usage are derived from the 'Ayurvedic Text Books'* and are completely safe.

- 1) Banpil tablet arrest bleeding of piles and help the patient to overcome weakness.
- 2) Banpil tablet reduces swelling, helps to shrink pile mass, and heals wounds and fissures.
- 3) Banpil tablet gives strength to the muscles of anus and strengthen vein tone, to prevent future piles.
- 4) Banpil tablet corrects habitual constipation and helps easy evacuation.
- 5) Banpil tablet restores the imbalance of 'Tridosha' (i.e. Vata, Kapha and Pitta) and promotes digestive system.
- 6) Banpil tablet purifies blood.
- 7) Banpil tablet strengthens immune system.

Recommended Dose :

2 to 3 tablets 2 times a day , after meals.

OR

As per physician's advice.

Side Effects:

Banpil Tablets are not known to have any side effects, if taken as per prescribed dosage. Banpil tablets are safe for long term use.

BANPIL CREAM:

Banpil cream is a unique combination of Ayurvedic herbs, that are known for their Anti-inflammatory, Anti- infective, and Anti-hemorrhoidal properties. Banpil cream is specially formulated to get ' QUICK AND FASTER' relief from bleeding, pain and swelling associated with piles. Banpil cream is 100% natural herb based , gentle on the skin and is completely safe.

- 1) Banpil cream helps to control bleeding from piles.
- 2) Banpil cream provide instant relief from pain and reduce swelling rapidly with no skin irritation.
- 3) Banpil cream helps to shrink pile mass.
- 4) Banpil cream has Anti- inflammatory and Anti- infective properties which prevents infection and accelerate anal skin healing process.

How to Apply:

After each bowel movement, cleanse the entire rectal (anal) area with water, and apply banpil cream liberally on affected area with the help of applicator (provided with the pack). For best result apply the cream 2-3 times a day or after every evacuation and before sleep in the night.

DO'S AND DONT'S:

Dietary changes that may be helpful:

- 1) Adequate amount of dietary fibers in meals is important, as lack of fibers in our food makes stool thick and dry, which causes pressure on piles during evacuation.
- 2) Eat easy to digest fiber like bran, green vegetables, fruits etc.
- 3) Drink at least 7-8 glasses of water daily, preferably non-refrigerated.
- 4) Consumption of buttermilk with seasoning of coriander and cumin is recommended.

- 5) Include Gulkand in your daily diet.
- 6) Eat freshly prepared and hot food.
- 7) **Diet to be taken (Pathya) :** Jambhul fruit, Dry Figs, Papaya, Amalaki (Indian Gooseberry), Manuka (Dry Grapes), Radish, Sooran, Carrot, Cucumber, White pumpkin, Pointed Guard, Ginger, Garlic, Onion, Bitter Guard, Toor Dal, Wheat, Rice, Butter, Buttermilk .
- 8) **Diet to be avoided (Apathya):** Avoid spicy, citrus, oily & fried food, tea, coffee, alcohol, non vegetarian recipes. Avoid potato, yellow variety of pumpkins, Peanuts, Udad Dal.

Lifestyle changes that may be helpful :-

- 1) Maintain good hygiene and always cleanse anal area completely & thoroughly.
- 2) Get yourself treated for any condition that is causing you to strain, such as chronic cough.
- 3) Reduce your weight, if you are overweight. Use OBAN tablets to reduce excess weight.
- 4) Avoid sitting on hard surfaces. Also avoid continuous seating, take breaks and stretch.
- 5) Attend to nature's call daily and do not postpone urge to defecate, but do not seat too long in the toilet.
- 6) If your lifestyle is sedentary, include some exercise in your daily routine.
- 7) Be regular about your timings of lunch & dinner, and regularize your life style.
- 8) Do not sleep immediately after having meals. Avoid day time sleep and sleepless nights.
- 9) Sleep 6 - 8 hours in the night, go to sleep early, before late night. Wake up early in the morning.

IMPORTANT:-

- 1) **DURATION:-** Effects of BANPIL can be observed within 2 weeks. It may take 2 to 4 months to disappear all symptoms of piles, however usage of Banpil can be continued for further one month to avoid recurrence.
- 2) **PREGNANCY AND CHILD BIRTH :-** BANPIL tablets can be taken during pregnancy, with prior consultation of gynecologist. However, there is no harm to use BANPIL cream externally. After child birth use of 'BANPIL' is completely safe.

* Ref.:- Brihat Nighantu Ratnakar, Bhavprakash Nighantu & others.



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