



## AYURVEDIC MANAGEMENT OF HAEMORRHOIDS W.S.R. ARSHA – A CASE STUDY

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Article Received on 28/07/2018

Article Revised on 18/08/2018

Article Accepted on 08/09/2018

### ABSTRACT

Piles are swollen and inflamed vein tissues which are present as a lump of a mass or cushion of a tissue in the anal area. It's an awful condition which generally patient doesn't share with anyone. Haemorrhoids can arise either internal or external area of anal canal. In internal piles patient doesn't feel it manually whereas in external piles patient can feel a lump of mass present around the anus. According to Ayurveda Arsha occurs mainly due to vitiation of Agni (Agnimandya), which leads to Malavasthambha (constipation) and Vimarga gamana of Apana Vayu. So obviously the ayurvedic treatment which has the capacity to streamline the vitiated Agni and regulate the anulom gati of Apana Vayu, will be used for treating the Arshas. Modern science recommends such patients primarily NSAID's, laxatives and Antibiotics. In later stages surgery has been advised. Modern Ano rectal surgeries have maximum rate of recurrence. While in Ayurveda such cases are treated as Arsha. Vitiated tridosha shamak Aushadhi and Panchakarma are advised along with some pathya-apathya and by dosh shaman, the disease gets treated without any surgical interventions.

**KEYWORDS:** Haemorrhoids, Arsha, Gandharvaharitaki, Abhayaristha, Jalukavcharan, Conservative management.

### INTRODUCTION

A 47 years old male patient, suffering from external and internal haemorrhoids. Having complaints of Bleeding Per Rectum, Pain at Anal region, Perianal Itching, Mass felt around anus since 2-3 months. After consulting to Ano-Rectal surgeon, he got diagnosed with external inflamed haemorrhoids at 3 & 11 O' Clock position and Internal Haemorrhoids at the same position. He was previously advised to have surgery. He was under treatment for 1 month. The allopathic medication used were NSAID's, antacids, laxatives, haematenics. But there was no any significant relief from treatment. Therefore patient came to M.A. Podar Hospital in Shalyatantra OPD. According to Ayurvedic samprapti it was diagnosed as Bahya Abhyantar Arsha. And treatment of Arsha has been started. Medications such as Gandharva haritki churna, Suranadi Modak were used. Along with medications, Panchkarma's such as Matrabasti, Jaluka Avcharan (once in a week) were advised for 30 days, along with that some anal exercises and Sitz bath. Within a week patient got little relief from symptoms & by the end of IPD treatment patient got significant relief from his previous complaints. Some symptoms such as discomfort was still there. Patient was advised to have follow ups on regular basis in OPD. With regular follow ups and medications for 3 months

patients got his routine life back with no restricted movement & no longer needs any surgical intervention.

**1.1 Aims** – Ayurvedic management of external & internal haemorrhoids w.s.r. to Arsha; A case study.

#### 1.2 Objectives

1. To observe the changes in signs and symptoms.
2. To find out simple, safe and cost effective therapeutic regimes in the management of Arsha.
3. To analyse results

#### 1.3 METHODOLOGY

To fulfill the aims and objectives of the study this work has been carried out in the following phase wise manner.

- 1) Conceptual study
- 2) Case study
- 3) Discussion
- 4) Conclusion and summary

#### 1.0 Conceptual study

**External & Internal Haemorrhoids-** Haemorrhoids are variceal dilatations of the anal and perianal venous plexus and often develop secondary to the persistently elevated venous pressure within the Haemorrhoidal plexus (Kumar 2005). The most common cause is

excessive straining while defecation. The causes can vary from long standing constipation, ageing, diet etc. Sign and symptoms are p/r bleeding, pain at anal region, perianal itching. Symptoms most commonly start from constipation. Anal region pain and itching is usually more troubling while sitting. Typically worsens with ignorance and improve with proper diet and medication.

**2.0 Case study** – A 47 year old male patient, suffering from external & internal haemorrhoid since 3 month.

Patient was having complaints of bleeding per rectum, pain at anal reg and itching. On examination patient was having external haemorrhoids & Internal Haemorrhoids. Patient was on medication like Tablet Mahacef OZ 1BD,

Tablet deflin 6mg 1OD, Tablet Rutoheal D 1TDS, Tab Rabcip 20 1BD, Tb Neurokind 1OD, Syp Gudlax plus 20ml HS. But there was no improvement in any symptoms during these medications. So an effort is made for Ayurvedic interventions such as Gandharva haritaki churna, Suranadi Modak, Abhayaristha Avgha swedan, Jaluka-avcharan. There was systemic relief in symptoms when the patient was treated with the ayurvedic interventions.

### 2.1 Previous complaints of patient

Constipation,  
Per rectal bleeding,  
Pain at anal region and itching  
Pile mass

### 2.2 Previous medication of patient

Table No 1.

Sr. no	Drug	Chemical composition	Medicinal uses
1	Tablet Rutoheal D	Trypsin Bromealin Rutoside Diclofenac(10 days)	Pain relieving effect and inflammation reduction.
2	Tablet Rabcip D	Rabeprazole 20 mg Domperidome 10 mg(10 days)	Antacids & Antiemetics
3	Tablet Neurokind	Methylcobalamin	Neuropathic pain
4	Tab Mahacef OZ	Cefixime 200mg Ornidazole 500mg(1 week)	Reduces infection
5	Syp Gudlax Plus	Liq Paraffin Milk of Magnesia Sodium Picosulphate	Laxative

Patients was on treatment with above medication for 1 month. But there was no relief in symptoms. Then

patient was shifted to ayurvedic medications & panchkarma(Matrasasti & jalouka avacharan).

### 3.0 Ayurvedic treatment includes

#### 3.1 Aushadhi chikitsa

Table No 2.

Sr. No.	Drug	Composition	Medicinal Uses	Doses	Refernce
1	Abhayaaristha	Haritaki, Draksha, Madhuka, Trivrutt, Gokshur, Dhanyak, Sunthi, Danti, Mocharas	Vataanuloman	20ml liquid in 40 ml water BD	Sharangdhar
2	Suranadi Modak	Suranmulakanda, Jaggery, Maricha, Shunthi & Chitrak Churna	Arshnasak	1 tab TDS	Bhavprakash Samhita, Chikitsa Sthan, 5
3	Gandharva Haritaki Churna	Erand Tel bharjit Haritaki	Vata anuloman & Rechan	5gm HS	Nighantu Ratnakar Part 2

#### 3.2 Panchakarma chikitsa

Table No 3:

Sr. no.	Panchakarma	Dravya used	Medicinal uses
1	Matrasasti	Kasisaadi tailam(20ml)	Arshnasak
2	Raktamokshana– Jalauka avcharan	4 settings, blood letting from external buldge at anal region	Shool prashamana and Shooth prashman

**3.3 Other procedures-** Avgaah swedan with Dashmool kwatha twice a day.

During the treatment of 30 days the patient got relief from the symptoms. And overall relief from symptoms occur.



Picture showing External inflamed haemorrhoids at 3 & 11' O Clock Position.



Ist Setting of Leech Application.



**Ind Setting of Leech Application.**

### DISCUSSION

Haemorrhoids are major health risks. But it is important to note that in ayurvedic prospective it is Arsha. While treating such patient one should have line of treatment that of Arsha with treatment of associated symptoms. After above ayurvedic management, the patient got symptomatic relief and samprapti bhang.

#### Probable Mode of Action

**Abhayaristha**-It has Deepan Paachan property, which vitiates the Agni and helps in Aampachan. Also it acts as an astringent and purgative thus helping in passage of soft stools and relieves constipation.

**Suranadi Modak**- It has Deepan Pachan properties, thus helping in Agnivardhan and Arshanashan.

**Gandharav Haritaki Churna**: This churna acts as a anulomak and laxative, thus helps in relieving constipation.

**Matra Basti**: The kasishadi oil acts as Arshoghan and also it lubricates the ano rectal passage thus ensuring easy evacuation of stools without pain.

**Jalauka Avcharan**<sup>[11]</sup>: The Saliva of Leech contains hirudin, calin, factor xa inhibitor which inhibits the coagulation of blood and also dissolves the clots of blood.

Bdellins & Eglins are compounds in the leech's saliva that acts as Anti-Inflammatory agent.

The Saliva of leech also contains anesthetic substances which deaden pain on the site.

### CONCLUSION

From above case study we can confirmly say that it is very important to have a Ayurvedic view in Ano rectal

disorder. Dosh dusti in Haemorrhoids is the prime thought which should be considered while treating Arsha patients. Samprapti of such roga should be understood and proper ayurvedic interventions for samprapti bhang should be administered. If such ayurvedic view along with proper panchakarma is applied, the samprapti can be reverted back and patient gets significant relief from symptoms.

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