

## EFFICACY OF HARIDRA, JALINI SIDDHA KATU TAIL IN ARSHA – A CASE STUDY

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**ABSTRACT**

*Arsha* (Pile) is clinical condition of dilated and engorged haemorrhoidal venous plexus along with abnormally displaced, enlarged anal cushion characterized by bleeding per rectum, pain in ano, prolapse and discharge. *Arsha* (Piles) is the one of the commonest disorder encountered in clinical and surgical practise. Incidence of *Arsha* increases with growing age, at least 50% of people over the age of 50 yr's have some degree of haemorrhoidal symptoms. Modern science has advocated various methods but these procedures are mainly surgical, can have complications and also may have recurrence. Moreover Indian population believes in our Indian system of medicine so this is an attempt to help these patients with *Haridra*, *Jalini siddha Katu Tail* (*Sthanika abhyanga*). Initially local application of *Haridra*, *Jalini siddha Katu Tail* was given for 15 days and later on follow-up was taken for next 45 days. The effect of tail was observed both in subjective and objective parameters. Ayurvedic treatment for Haemorrhoid is result oriented, cost effective, decreases chance of surgical procedures.

**KEYWORDS:** *Arsha*, Piles, *Haridra*, *Jalini siddha katu tail*.**INTRODUCTION**

*Arsha* (Pile) is an extremely common problem & it has been reported since thousands of years & its prevalence rate is highest among all anorectal disorders.<sup>[1]</sup> *Arsha* (Haemorrhoids) is dilated veins within the anal canal.<sup>[2]</sup> Now a days due to change in life style every person suffers from any one of the complains of piles during their life time.<sup>[3]</sup> Causes may be long standing postures, constipation, insufficient fiber diet, portal hypertension etc.<sup>[4]</sup> As per *Acharya Sushruta* the *doshas* by their aggravating causes, dislodges from their normal seats alone or combined with each other and affects *dhatu*s like *rakta*, *mansa*, *meda* and reaches the *gudasthan* and causes vitiation of *gudavalis* resulting the production of *mansankuras*.<sup>[5]</sup> In this present era more number of patients are interested to take ayurvedic medicine than surgical procedure because surgical procedure may give rise to complications.<sup>[6]</sup> Hence, aimed to study the first line of treatment of *sushruta* which is known as *Aushadha chikitsa*.<sup>[7]</sup>

**CASE REPORT**

A 60 yr old male patient presented with complaints of PR bleeding, SCOPR during defecation and pain at anal region since last 5-7 days. He had occasional PR bleeding since last 2-3 month. He had taken allopathic medicines but did not get relief. Hence for further management patient admitted in male surgical ward of Govt. Ayurved College, Osmanabad.

**Past history**

No any other major illness like HTN, DM, IHD, KOCH'S, BRONCHIAL ASTHMA etc.

**Surgical history**

No any major surgical history.

**Medicinal and allergic history**

No any medicinal and drug allergic history.

**Personal history-**

Appetite- Good  
Diet-Vegetarian  
Sleep- Normal  
Micturition- Normal  
Bowel- Pain during defecation  
Addiction- Betel nut chewing (since 4 yr's)  
Occupation- Farmer

**Family history**

Maternal - not specific  
Paternal- not specific  
Self- not specific

**General examination-**

G.C.- Good  
Pulse- 76/min regular  
B.P- 100/60 mmHg  
R.R- 19/min.

Icterus-Not found  
 Pallor- Mild.  
 Lymphadenopathy- Not found

#### Systemic examination

RS: AEBE, Clear  
 CVS: S1, S2 normal, No abnormal added sound  
 CNS: Conscious Oriented  
 P/A: Soft & non tender

#### Per rectal examination

a) Inspection - N/E/O -Acute /chronic fissure in ano, perianal swelling, discharge.

E/o external haemorrhoids at 3, 11, 12 O' clock position.

b) Digital Examination-N/E/O anal spasm.

c) Proctoscopic Examination-E/O Primary internal haemorrhoids at 3, 11 O'clock & secondary internal haemorrhoid at 12 o'clock. (2 degree haemorrhoids)

#### Investigations

Hb- 12.4 gm%  
 RBC- 5700 millions/mm<sup>3</sup>  
 WBC- 9800/cu mm  
 Platelet- 360000/UL  
 Bleeding time- 1 min 35 sec  
 Clotting time- 4 min 10 sec  
 Hb<sub>2</sub>Ag- Non Reactive  
 ICTC- Non Reactive  
 RBS- 89mg/dl  
 Urine routine- Nil  
 Urine Microscopic -Nil

#### Criteria of assessment

##### 1) Size of Pile Mass- Proctoscopic Examination with Photographs.

Sign	Grade
No pile mass	0
Pile mass into Anal Canal	1
Pile mass comes out from anal canal during defecation then goes back by itself	2

##### 2) Bleeding per rectum.

Grade	Bleeding scale
0	No bleeding
1	Less than 2 ml
2	2 to 5 ml
3	More than 5 ml

##### 3) Prolapse

Prolapse before treatment  
 No prolapse after treatment

#### Management

- 1) Conservative
- 2) Sitz bath with Warm water
- 3) Procedure

#### Equipment

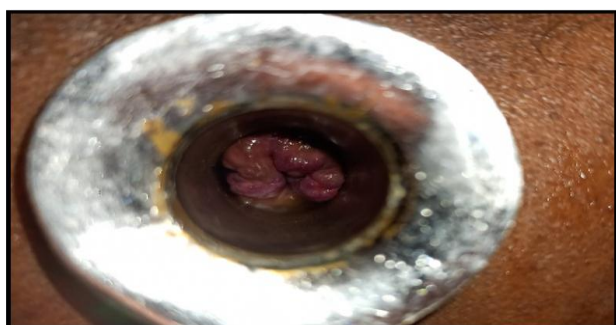
Proctoscope (Lighted)  
 Sponge holding forceps  
 Curved Artery forceps  
 Gauze piece  
 Syringe (5 ml)  
 Position-  
 Lithotomy

#### Drug- *Haridra, Jalini Siddha Katu Tail*

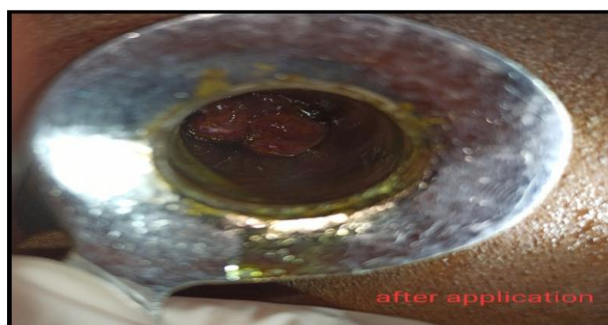
**Duration**-Under all aseptic precautions, Daily Application of *Haridra*, *Jalini siddha Katu Tail* for 15 days for 600 Matra<sup>[8]</sup> (3min 10 sec)<sup>[9]</sup>.

#### OBSERVATION AND RESULTS

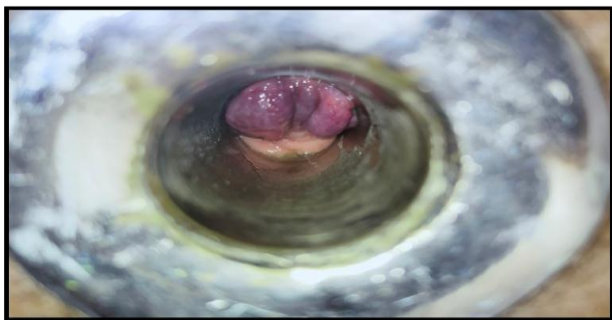
Parameters	1 day	15 day	21 day	1 month	2 month
Internal Pile mass	2 grade	1 grade	1 grade	1 grade	1 grade
PR bleeding	3 grade	1 grade	1 grade	0 grade	0 grade
Prolapse	YES	NO	NO	NO	NO



Before application.



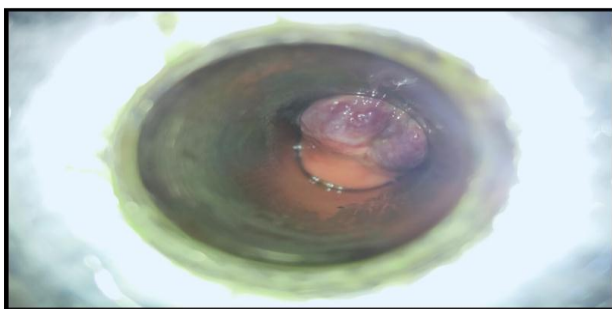
After application.



15 Days.



1 month.



2 month.

## DISCUSSION

### *Haridra*

Due to Tikta ras of haridra, it acts as Raktastambhan, Raktaprasadak.<sup>[10]</sup>

*Haridra* is effective in treating inflammatory conditions. So It has been used since ages as natural remedy for such conditions. It is very beneficial in burning sensation and itchiness.<sup>[11]</sup>

### *Jalini (Katutumbi)*

Application of Jalini Mula Churna helps to subside Haemorrhoids.<sup>[12]</sup>

Local application of pulverized leaves is reported to be useful in haemorrhoids. Extract obtained from seeds and leaves that is Ethyl acetate and ethanolic showed significant anti-inflammatory activity.<sup>[13]</sup>

### *Katu tail (Sarshpa tail)*

*Acharya Vagbhat* has all ready mentioned that *Katu Tail* is main ingredient of '*Kasisadi Tail*' which has property of *Arshanashak*.<sup>[14]</sup>

## CONCLUSION

Ayurvedic treatment for Haemorrhoid is result oriented, cost effective, decreases chances of surgical procedure.

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