

**MANAGEMENT OF INTERNAL HAEMORRHOIDS BY SPHATIKA JALA MATRA
BASTI - A SINGLE CASE STUDY****Dr. Rajeshwari¹, Dr. Shivalingappa J. Arakeri², Dr. Mohasin Kadegaon³, Dr. Ashwini Hallad⁴ and
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ABSTRACT

Arshas is one of the commonest ano-rectal disease. In which mamsankuras occurs at the opening of gudamarga, obstructs the pathway and troubles the person like enemy. Haemorrhoids are dilated veins within the anal canal in the subepithelial region formed by the radicles of superior, middle and inferior rectal veins. In ayurveda management of Arshas includes Bheshaja, Kshara, Agni and Shastra karma. Among them Aushadhi chikitsa is cost effective and acceptable by the patients who fears of surgery. Sphatika jalabasti mentioned in rasatarangini, as it possess kashaya, katu, tikta rasa and does sankocha of gudankura and raktastambhana. It is cost effective, safe and easy to administer. The present study shows good result of sphatika jalabasti on Internal haemorrhoids. A 32year old male patient presented with complaints of mass per anum, bleeding during and after defecation came to shalya tantra department, taranath government ayurvedic medical college and hospital Ballari. The patient was treated with Sphatika jala matrastasti. Haritaki churna given internally for 7days. Bleeding per rectum completely stopped. And pile mass size slightly reduced. No any complications were reported by patient for a follow up period of 15 days. Patient was assessed on parameters as per gradings. Hence sphatika jala matrastasti can be used in the management of internal haemorrhoids.

KEYWORDS: Arshas, Internal haemorrhoids, Bheshaja, Sphatika jala matrastasti.**INTRODUCTION**

Arshas is defined as *Arivat Pranana Shrinoti Hinasti*.^[1] A disease even though not fatal causes severe discomfort to the patient. The Person who is having no control in food and drinks, intake of viruddhahara there is diminution of agni leading to constipation. Vegadharana, utkatasana, streeprasanga, prustayaana are the viharaja nidanas which causes dosha vitiation along with Rakta which leads to development of mamsankura in gudavali known as Arsha.^[2] It is included in Astamahagadha^[3], which shows its nature of difficulty to cure. In contemporary science Haemorrhoids are dilated veins within the anal canal in the subepithelial region formed by the radicles of the superior, middle and inferior rectal veins.^[4] It is one of the most common ano-rectal disorders with a prevalence of 39% in general population, and about 45% of patients with haemorrhoids are symptomatic.^[5] Males and Females are both affected with about equal frequency. The symptoms of internal haemorrhoids are

rectal bleeding, mass per anum, discomfort, sometimes pain, mucus discharge and perianal itching.^[6] Although it is not a life threatening condition, but as a complication severe anaemia may become fatal and it also impacts lifestyle and social burden. Management of haemorrhoids in Modern surgery includes Haemorrhoidectomy, Barron's band ligation, Sclerotherapy, Stapled haemorrhoidopexy, cryosurgery etc. have their own drawbacks like post operative pain, high recurrence rate, anal stricture, haemorrhage, foul smelly discharge etc. In Ayurveda, management of Arsha includes Bheshaja, Kshara, Agni and Shastra karma.^[7] Among the above said procedures Aoushadhi chikitsa is cost effective and acceptable by the patients who fears of surgery. As mentioned in Rasatarangini Sphatika (Potash alum) possess kashaya, katu, tikta rasa, Ushna veerya, does sankocha of gudankura and raktastambhaka.^[8] It also performs actions like antiseptic, hemostatic, analgesic, astringent, anti-inflammatory and antibiotic

effects when administered both internally and externally.^[9] hence spatika jala matrabasti and haritaki churna internally (doshanulomana and agnideepana) was prescribed to the patient who was diagnosed with gudarsha. The observation revealed that this specific treatment remedy showed very effective in relieving symptoms of arshas.

CASE STUDY

A 39 years male patient, Presented with complaints of prolapse of mass during defecation since 8 months and after defecation mass used to reduce on its own, Per rectal bleeding during defecation and difficulty in passing stools since 1yr. Patient had taken allopathic treatment but got no relief. So he approached to Shalya Tantra OPD, Taranath Govt Ayurvedic Medical College Ballari. The personal history revealed that patient was non vegetarian, with a good appetite. His sleep pattern and micturaton were normal. No history of any addiction. The patient had no previous surgical histoy. digital examination and Proctoscopic examination revealed second degree internal haemorrhoids at 3, 7 & 11'O'clock position. The routine investigations CBC, RBS, CT, BT, ESR test results were found within normal

limit. Sphatika jala matrabasti Procedure (once daily for 7 days) was carried out under asptic precautions and haritaki churna advised internally (1tsp at bed time along with luke warm water).

MATERIALS AND METHODS

Sphatikajala matrabasti procedure;

- ◆ Materials required; Shuddha sphatika, Distilled water, 50cc syringe, Rubber catheter no.7, Bowl
- Nature of the study was explained to the patient and consent was taken. Sphatika jala preparation done by mixing Shuddha Sphatika-500mg throughly in 30ml of Shuddhajala. The patient was advised to lie down in left lateral position. □30ml of Sphatika jala was taken in a syringe and a rubber catheter fitted to the syringe. After expelling the air from the syringe, the rubber catheter was lubricated and inserted into the anus of the patient. Then the patient will be asked to take a deep breath and drug will be administered slowly. After adminstration of Matrabasti, patient was advised to lie down in an supine position for 10 mins. □Matrabasti Pratyagamanakala was noticed.

ASSESMET PARAMETER

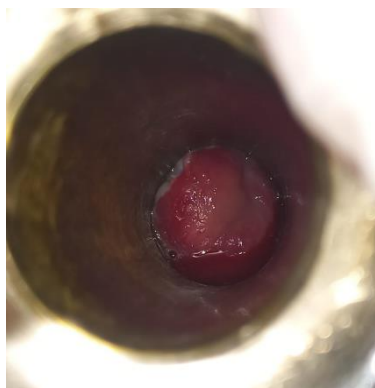
SI no	Parameter	Gradaton
1	Bleeding per Rectum	
	Nil	0
	Mild - Occasional episodes(during defecation)	1
	Moderate - frequent episodes(during defecation)	2
	Severe - Persistant bleeding(even without defecation)	3
2	Mass per Anum	
	No haemmorrhoids	0
	No haemmorrhoidal prolapse - 1 st degree	1
	Prolapse upon straining that reduces spontaneously - 2 nd degree	2
	Prolapse upon straining that needs manual reduction - 3 rd degree	3
3	Constipation	
	Absent	0
	Manageable by changes in diet	1
	Requires laxatives	2
	Resistance to diet and laxatives, on enema	3

OBSERVATION AND RESULT

This patient who was diagnosed with a case of Grade-2 Internal haemmorrhoids was given Sphatikajala matrabasti once daily for 7 days. There was significant relief in rectal bleeding, pain, and constipation. After 7 days sloughing of pile mass was observed and bleeding per rectum stopped completely. The patient was called for followup after 15 days. Size of the pile mass was

reduced. There was no per rectal bleeding. The present case study showed that Sphatikajala matrabasti is effective in relieving symptoms like bleeding per rectum, mass per anum, pain, and constipation.

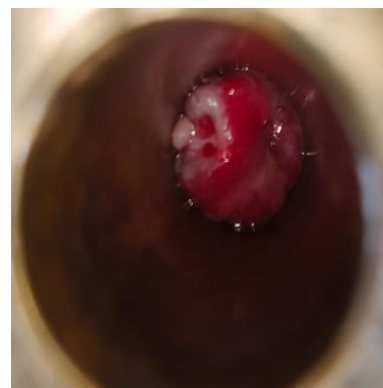
Symptoms	Before treatment	After treatment (8th day)	After followup (22nd day)
Bleeding per Rectum	Grade 2	Grade 0	Grade 0
Mass per anum	Grade 2	Grade 1	Grade 1
constipation	Grade 1	Grade 0	Grade 0



BEFORE TREATMENT



AFTER TREATMENT(8th Day)



AFTER FOLLOWUP(22nd Day)

DISCUSSION

The assessment of therapy was recorded based on prognosis in symptoms and clinical findings. This specific treatment showed significant relief in the symptoms as bleeding per rectum, reducing the size of pile mass, relieving pain and constipation. This proved that in the primary stage of bleeding haemorrhoids, palliative medical treatment is a more effective regimen. Basti is best in pakvashaya samuthana vyadhis. Matrabasti can be given in alpagni patient also. It is considered as balya, doshagna, helps in easy elimination of stool. Matrabasti can be administered anytime irrespective of age, day and time. As the quantity of matrabasti is less it remains in the body for a longer duration and does not produce any complications even though it does not expel out. Sphatika jala matrabasti helped in reduction in the size of pile mass because of its corrosive effect on the wall of the affected vessels and mucosa by acidic pH(5) and lekhana property. Correction of agni by ushna and grahi guna. Kashaya rasa helps in gudankura sankocha and raktastambhana. Haritali churna given internally for 7 days, pacifies the root cause of arshas, corrects the agni and helps in doshanulomana.

CONCLUSION

In this case study, Sphatikajala matrabasti along with haritaki churna internally proved efficacious in relieving symptoms such as bleeding per rectum, size of the pile mass, constipation and pain without any untoward effect. This treatment regimen proved safe, cost effective, easily available and acceptable by the patients who fears of surgery. Further, to validate its significance and establish this conservative treatment modality, a large number of cases need to treat with this combination treatment.

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