ROLE OF GUD-HARITAKI IN MANAGEMENT OF ABHYANTAR ARSHA - A CASE STUDY

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ABSTRACT

Arsha (haemorrhoid) is a lifestyle disease, caused by change in way in which people live, as a result of advancement of society. Lacks of adequate physical activity, addiction like smoking, alcohol consumption are the main causes of this disease. According to sushruta, vitiated vata dosha localizes in guda vali and vitiates twak, mansa, meda and rakta, resulting in the Annavaha srotodushti. The management of arsha involves Aushadhi chikitsa, kshar karma, Agnikarma and shastrakarma. Modern management of arsha is mainly surgical approach but the result was found to be less satisfactory. In this case study an effort was made to evaluate the role of Gud-haritaki in management of Arsha.

Keywords: Arsha, Haemorrhoid, Gud-Haritaki.

INTRODUCTION

Ayurveda is a science of life and Shalyatantra is its important branch representing the surgical field. Arsha is one of the grave diseases included in Ashta-Mahagada. Hemorrhoid is enlargement of the venous plexus characterized by bleeding per rectum, constipation, prolated etc. It is manifested due to improper diet, faulty habits of defaecation and prolonged standing leading to vitiated doshas. Haemorrhoids are dealt rationally under the concept of arsha.

According to W.H.O. 40% of people worldwide are suffering from piles.

CASE REPORT-
A 52 yrs old male patient came to the Shalyatantra OPD of Govt. Ayurved College, Nanded, Maharashtra with presenting complaints of bulging at anal region, intermittent per rectal bleeding and pruritus ani since one month. Patient has history of constipation since last 2-3 months. Patient was thoroughly examined and detailed history was taken. The patient was High School teacher by occupation. He didn’t have history of any major illness.

**ON EXAMINATION**
General condition – Moderate and afebrile
P/R – 68 min, Regular
BP- 130/80 mmHg
No pallor or icterus was present.

**LOCAL EXAMINATION**
P/A- Non tender and soft.
L/E- Perianal region –NAD
Anal verge – No spasm, not painful.

**P/S - e/o II^0_0 Internal haemorrhoid at 3 o’clock and 11 o’clock.**

**ABHYANTAR ARSHA**

**Laboratory Investigations**
CBC, BT, CT, RBS were in normal range. HIV I and II and HBsAg were non-reactive.

**DIAGNOSIS-** II^0_0 Internal Haemorrhoids.

**Treatment –**
1. Gud- haritaki Yog for 21 days.
2. Sitz bath with Alum and Turmeric.

**Materials-**
1. The selected patient diagnosed as abhyantar arsha at OPD of Shalyatantra, Govt. Ayurved Hospital, Nanded.
2. Gud (Jaggery)
3. Haritaki choorna (Terminalia chebula)

**Preparation of Drug-**
Gud and Haritaki choorna mixed in same quantity and given to patient in tablet form.

**GUD-HARITAKI**

**Dosage-** 5gm twice a day orally.

**Time- Apankale (Before meals)**
Duration- 21 Days

**Follow up-** Patient observed on 7th, 14th and 21st day.

**Assessment criteria**

**Objective Parameters**
1. Degree of internal haemorrhoid-
   a. I^0_0 - Pile mass does not come out of anus.
   b. II^0_0 - Pile mass comes out only during defaecation and is reduced spontaneously after defaecation.
   c. III^0_0 – Piles come out only during defaecation and don’t return by themselves, but need to be replaced manually and then stay reduced.
   d. IV^0_0 – The piles that are permanently prolapsed.
2. Per rectal bleeding-
CONCLUSION
In this case study, we got good result of Gudharitaki yoga, an Ayurvedic medicine. The treatment given for Abhyantar Arsha helped in relief of clinical features and also an attempt to provide safe and effective treatment to the patient.

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