

## STUDY OF EFFECT OF YASHTIMADHU GHRITA AND MADHU LOCAL APPLICATION IN POST OPERATIVE PATIENTS OF HAEMORRHOIDECTOMY

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### ABSTRACT

*Arsha* or Haemorrhoids is a disease affecting mankind since thousands of years. *Arsha* is the most perplexing disease in the general population due to fast food, irregularity in food timing and bowel habits, sedentary life and mental stress. All these factors disturb the digestive system. According to *Ayurveda* *Arsha* is one of the eight 'Mahagada', which is difficult to cure. In Ayurvedic treatise, several methods of treatments like *Bhaisajakarma*, *Ksharkarma*, *Agnikarma*, *Raktamokshana* and *Shastrakarma* are advised for *Arsha*. At least 50% of people over the age of 50 years have some degree of Haemorrhoid. For grade 3 and 4 haemorrhoids Haemorrhoidectomy is the ultimate option. But the post operative pain management and wound healing is the main part of the treatment. Hence taking this view into consideration it was decided to use an Ayurvedic remedy for local application after Haemorrhoidectomy. The significant improvement was observed in signs and symptoms after treatment.

### INTRODUCTION

The disease *Arsha* or Haemorrhoids is found in the majority of the peoples lived in developed/developing countries. *Arsha* is a disease of anal region which "tortures to the life like an enemy and kills. Nowadays changes in food habits, stressful work, faster lifestyle made life busy and worst. Fast foods devoid of fibres leads to constipation and loss of appetite (*Agni-mandya*) resulting in ano rectal disorders like Fissure in ano, Haemorrhoids, Fistula in ano. Among them Haemorrhoid is the disease which causes considerable discomfort and pain. A wide range of treatments like Cryosurgery, Sclerotherapy, Photocoagulation, Rubber band ligation, Haemorrhoidectomy and other modalities are available for haemorrhoids according to

the nature and degree of pile mass. But these modalities have their own advantages and disadvantages. *Acharya Sushruta* mentioned *Arshas* under *Ashta mahagada*. It occurs in *Guda Pradesha* which is one of the *sadya pranahar marma* and requires delicate management. Ayurvedic classics have described various treatment modalities like medicinal, surgical and parasurgical. *Acharya Sushruta* has explained four fold treatment modalities in the management of *arsha*:

- *Bheshaj*
- *Kshar karma*
- *Agni karma*
- *Shastra karma*

Out of them *shastra karma* (*Chhedana*) i.e. Haemorrhoidectomy is indicated in 3<sup>rd</sup> & 4<sup>th</sup> degree of haemor-

rhoids. Its demerits are severe pain (*Vedana*), bleeding per rectum, itching (*Guda kandu*), burning (*Guda daha*) and discharge (*Guda Srava*). *Yashtimadhu ghrif* has a proved wound healing property and it reduces the local burning sensation developed by the surgical wounds. (*Su. Su. 5/41*). *Ghrif* has a *pittashamak* property which is helpful in reducing the burning pain. *Madhu* (Honey) promotes wound healing.

Considering the above principle the clinical study on the role of *yashtimadhu ghrif* and *madhu* local application in post operative patients of haemorrhoidectomy was initiated.

#### AIM AND OBJECTIVE

- To study the effect of *Yashtimadhu Ghrita* and *Madhu* local application in the management of post operated haemorrhoidectomy patients.
- To find out alternative herbal remedy in post operative management of haemorrhoidectomy.

**Inclusion Criteria:** Patients operated for haemorrhoids and having complaints of Pain, Bleeding per rectum, Itching, Burning and Discharge irrespective of age, sex, religion and socio-economic status.

**Exclusion Criteria:** Patients not willing for local application of *Yashtimadhu Ghrita* and *Madhu*.

#### MATERIALS AND METHODS

**Design of study:** The study was conducted at Shalyatantra Department of Govt. Ayurved Hospital, Nagpur as per the ethical guidelines with informed consent for every

patient. In this study total 10 patients of post operative haemorrhoidectomy were selected randomly, from IPD of Shalyatantra, Govt. Ayurved Hospital, Nagpur. All the patients underwent the treatment with local application of *Yashtimadhu Ghrit* and *Madhu* daily for 7 days from post op. 1<sup>st</sup> day of surgery. They were given appropriate *Anulomana* therapy during the course of treatment. *Yashtimadhu Ghrita* and *Madhu* was applied locally at anal region on Haemorrhoidectomy wound in left lateral or lithotomy position with the help of gloved index finger inserted into anal canal.

#### Other Medications:

1. Antibiotics: In these post operated patients appropriate IV antibiotics were given for 1 day (i.e. on operate day) & oral antibiotics for next 5 days.
2. Local: On the operate day after removing the anal packing (i.e. packing with betadine+H<sub>2</sub>O<sub>2</sub>+xylocaine jelly) xylocaine 2% jelly applied & diclofenac 100mg suppository inserted per anum.
3. Sit bath with lukewarm water + betadine solution was advised to the patient for 4-5 times a day.

#### Assessment Criteria:

After local application of *Yashtimadhu Ghrita* with *Madhu* for the duration of 7 days in the post operative haemorrhoidectomy patients, improvement of the clinical symptoms noted and results were assessed on the following criteria:

**Table 1: Assessment Criteria**

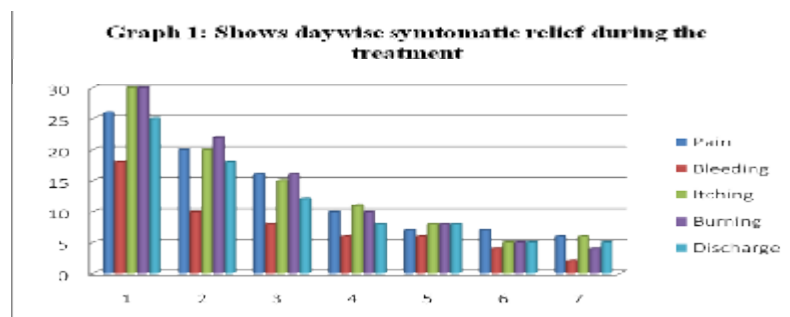
Sr. No.	Grade	Vedana	P/R Bleeding	Guda Kandu	Guda Daha	Guda Srava (Mucous)
1.	0	No Pain	No Bleeding	No itching	No Burning	No Discharge
2.	1	Pain for 1 hour after defecation	Mild bleeding during defecation	Itching for 1 hour after defecation	Mild degree of Burning after defecation	Mild Discharge
3.	2	Pain for 4-5 hours after defecation	Moderate bleeding	Itching for 4-5 hours after defecation	Moderate degree of Burning after defecation	Moderate Discharge
4.	3	Pain persistent for whole day	Profuse bleeding	Itching persistent for whole day	Unbearable burning sensation before & after	Profuse Discharge

### CLINICAL OBSERVATIONS

After the completion of treatment the data collected was observed, summarised and statistically analysed as follows-

**Table 2: Day wise Improvement From Symptoms**

Post op. Day	Symptoms				
	Pain	Bleeding	Itching	Burning	Discharge
1	26	18	30	30	25
2	20	10	20	22	18
3	16	8	15	16	12
4	10	6	11	10	8
5	7	6	8	8	8
6	7	4	5	5	5
7	6	2	6	4	5

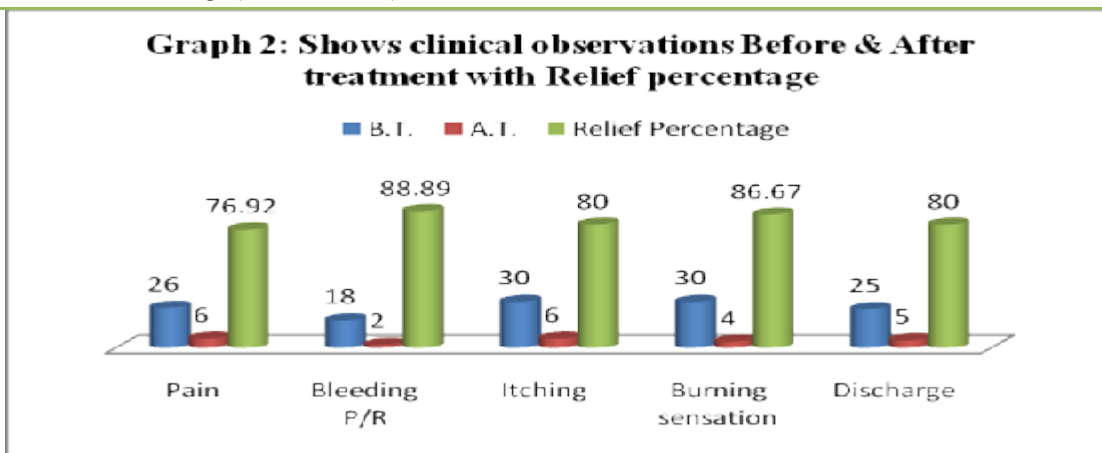


**Table 3: Observations Before & After treatment with SD, Paired ‘t’ & ‘p’ value**

Sr. No.	Symptoms	BT	AT	SD	Paired ‘t’	‘p’ value
1	Pain	26	6	0.47	13.33	<0.001
2	Bleeding	18	2	0.52	10	<0.001
3	Itching	30	6	0.52	15	<0.001
4	Burning	30	4	0.52	16.25	<0.001
5	Discharge	25	5	0.47	13.33	<0.001

**Table 4: Observations Before & After treatment with Relief Percentage**

Sr. No.	Symptoms	Total Score			Relief Percentage
		B.T.	A.T.	Diff.	
1	Pain (Vedana)	26	6	20	76.92
2	Bleeding P/R	18	2	16	88.89
3	Itching ( Guda Kandu)	30	6	24	80
4	Burning sensation (Guda Daha)	30	4	26	86.67
5	Discharge(Guda Strava)	25	5	20	80



During this study period no any complications were arise.

## RESULTS

- ❖ 76.92% relief was observed from Pain.
- ❖ 88.89% relief was observed from Bleeding P/R.
- ❖ 80% relief was observed from Itching.
- ❖ 86.67% relief was observed from Burning Sensation.
- ❖ 80% relief was observed from Discharge.

**Statistical Analysis :** Statistical analysis was found to be highly significant for the symptoms by paired ‘t’ test ( $p < 0.001$ ).

**Assessment Criteria for Total Effect of Therapy:** The relief caused by treatment was evaluated on the basis of following four categories.

- ❖ Completely relieved : 75% to 100% relief in signs and symptoms.

- ❖ Markedly relieved : 50% to 75% relief in signs and symptoms.
- ❖ Improved : 25% to 50% relief in signs and symptoms.
- ❖ Unchanged : less than 25% relief in signs and symptoms.

**Follow up & its Results:** As some symptoms were persistent after completion of

this trial study 3 follow ups were taken at the interval of 5 days. During this follow up period patient was advised to continue sit bath with lukewarm water + Haridra churna + Alum powder instead of betadine

Follow up	Symptom score				
	Pain	Bleeding P/R	Itching	Burning sensation	Discharge
1 <sup>st</sup>	04	01	04	02	03
2 <sup>nd</sup>	02	00	03	00	01
3 <sup>rd</sup>	00	00	00	00	00

## DISCUSSION

Haemorrhoids are generally not a serious condition, and are rarely dangerous or life threatening. The incidence of haemorrhoids is however very common, at least in developed countries, about half of all men and women will have had them by the time they reach 50. They also become increasingly common with age. Pregnant women are also prone to developing haemorrhoids, although in these cases the condition is generally temporary, disappearing once the pregnancy is over. The condition is much rarer, however, in developing countries and almost unknown in tribal communities. Haemorrhoids have multiple complications especially 3<sup>rd</sup> and 4<sup>th</sup> degree. At this stage haemorrhoidectomy is the gold standard. But post haemorrhoidectomy patients experiences pain, bleeding P/R, itching, discharge, burning sensation which requires many oral and local medications having their own side effects. In present study *Yashtimadhu Ghrit* mentioned in *Sushrut Samhita Agropaharanyani Adhyay (Su. Su. 5/41)* having analgesic property especially in post operated

wounds leads to decreased Pain, Bleeding P/R, Itching, Discharge and Burning sensation and *Madhu* promotes wound healing process.

*Yashtimadhu* has *madhura rasa, sheeta virya, madhura vipaka*. It is *vata-pitta shamaka*. Moreover studies conducted on modern scientific parameters have proved the healing, anti-ulcer, anti-inflammatory & skin regeneration activity of *yashtimadhu*. *Ghrita* has a *daha shamaka* property. *Madhu* has properties such as *Madhura rasa, kashaya anurasa*. It is *guru, ruksha, sheeta*. It aggravates *vata*, scrapes *kapha* normalises *pitta* and *rakta* and promotes healing process.

## CONCLUSION

From this study it can be concluded that

1. *Yashtimadhu Ghrit* with *Madhu* as a local application is clinically effective in post operative haemorrhoidectomy patients.
2. This treatment is devoid of any side effects.
3. This treatment can be used as a supportive treatment modality for early recovery.

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