

## CLINICAL EVALUATION OF RAKTARSHA (BLEEDING HAEMORRHOIDS) TREATED WITH AYURVEDIC FORMULATIONS

Mulla Aayeesha<sup>1</sup>Chavan S. G.<sup>2</sup>Prashanth A.S.<sup>3</sup>

<sup>1</sup>M.D. Scholer<sup>2</sup>Prof. & Guide, <sup>3</sup>Prof.& HOD, P G Department of Kaya Chikitsa, Ayurveda mahavidyalaya,Hubli, Karnataka, India

### ABSTRACT

A sound soul in a healthy body can achieve the over lasting and unabated peace and bliss, which is the ultimatum of each and every human being, so no gift surpass the gift of life. Disease is a consequence of not obeying the rules of health. *Raktarshas* is one of the bheda of *ardraarshas* which is *pittaraktanubandhi*. The formation of *mamsakura* occurs which looks like *vatankurasadrasha* (*Gunjaphalavata, Vidrumasadrasha*). *Raktasrava, Shoola, Vibandha, Kandua and Daha* are the characteristic features of *Raktarshas*. Chronic constipation is a most common cause of *bleeding Haemorrhoids*. Usually due to chronic constipation more pressure exerted on *Haemorrhoidal veins* as they have not contain any extra bony support hence it causes friction in the region which leads to varicosity of *Haemorrhoidal veins* which again due to chronic constipation yet strained and burst resulting in bleeding. Ayurvedic physician are treating this disease successfully with indigenous formulations and surgery. Here 15 such subjects of *Raktarshas* were taken from OPD of AMV Hospital Hubli are treated with medicines. *Jatiphaladivati* 250 mg 2 tablet BID after food. *Abhyarishta* 2 tsp BD with equal quantity of water after food. Certain clinical as well as laboratory criteria are taken for the assessment of results. Clinical criteria like *Raktastrava, Vedna, Kandua, Vibandha, Daha* are observed before and after treatment. Remarkable improvement observed in subjects of *Raktarshas* after the treatment of Ayurvedic medicines.

**Keyword:** *Abhyarishta, Bleeding Haemorrhoids, Jatiphaladivati, Raktarsha*

### INTRODUCTION

The Disease ARSHAS seen in relation to Guda Avayava, few of the important Diseases occurs in gudapradesha are Arsha, Bhagandara, Gudabhramsha, Parikartika etc. Amongst these diseases Arsha has the commonest occurrence. The disease has been troublesome to the mankind in past as well as present. In spite of advancement in the management technique the disease still poses a great challenge for the proctologist. Arshas has

been denoted by various names in different contexts. All these terms are the synonyms of Arshas. These Paryaya reflect various characteristic features associated with the disease. The Paryaya of Arsha are *Durnama, Gudakeela, Charmakeela, Guda-ankura, Mamsapraroaha, Mamsa keel, Adhimamsam, Gudaja, Gudodbhava, Moolavyadhi*. The incidence of Arsharoga has become more, and it is common health problem amongst the people of modern India, due to sedentary

life style, alcoholism, constipating diet. Acharya Charaka says Arshas is the adhimamsavikara<sup>1</sup> due to vitiation of mamsadhatu leading to sirashaithilya in guda and is called Arshas, the symptoms of this disease are *agnimandya*, *aalasya*, *vibandha*, *vedanayuktamalapravarutti*, *raktasrava*, *marmautpidanaupdravas*, *saraheenashareer* and *Raktakshaya*. In modern science Raktarshas is correlated with Bleeding Haemorrhoids, Non vegetarian persons are more prone to this disease; persons who are accustomed to high fiber diet and taking green vegetables are usually not affected by this disease. It is common in both men and women. According to recent statistics 50% of the populations have suffered from this disease. According to Burkit medical journal of 2010 Haemorrhoids are common in economical developed communities, rare in developing countries and almost unknown in tribal communities. In India approximately 80% sufferers are in the age group of 20-60 years. During pregnancy Haemorrhoids commonly

appears called “pregnancy piles” are due to compression of superior haemorrhoidal veins by the pregnant uterus. This may further continue to exist even after labour. Acharya have recommended fourfold treatment for this such as Aushadhachikitsa, Kshara karma, Agni karma, Shastra karma.<sup>2</sup> Charaka Acharya has given more importance to Aushadhachikitsa in this regard. Here an attempt is made to formulate effective, economic, and easily available formulas without any side effects.

### AIMS AND OBJECTIVES

1. To study Raktaarshas in detail from Ayurvedic /Modern literature.
2. To study the effect of JATIPHALADI VATI and ABHYARISHTA

### Materials and Methods

1. *AvipathikarChoorana*<sup>3</sup>
2. *JatiphaladiVati*<sup>4,5</sup>
3. *Abhyarishta*<sup>6</sup>

**STUDY DESIGN:** A minimum 15 Subjects suffering from Raktaarshas were selected, after fulfillment of diagnostic criteria.

AMAPACHANA	MAIN MEDICINE
<i>AvipathikarChoorana</i> 5gm BID	<i>JatiphaladiVati</i> 500mg BID With Water <i>Abhyarishta</i> 20ml BID With Equal Amount Of Water

Duration: 30Days, Follow up: One month with weekly visit

### INCLUSION CRITERIA:

1. Subjects of age group between 20-60 years.
2. Subjects presenting with classical subjective and objective features of Raktaarshas..
3. Bleeding Haemorrhoids of 1<sup>st</sup> and 2<sup>nd</sup> degree pile mass.

### EXCLUSION CRITERIA:

1. Subjects less than 20 years and more than 60 years of age.
2. Subjects suffering from systemic disorder like Diabetes, Tuberculosis, IHD, CHD, HIV, HbSAg etc.
3. Subjects suffering from Hemorrhoid with Ulcerative Colitis, Liver disorders and other chronic diseases and bleeding disorders.
4. Subjects suffering from Fissure, Fistula in ano and CA Rectum.

5. Bleeding Haemorrhoids of 3<sup>rd</sup> and 4<sup>th</sup> degree pile mass and Anemia with Hb<10gm%.

**WITHDRAWAL CRITERIA:**

1. If the patient having severe bleeding even after taking treatment
2. If the patient is irregular in the decided course of treatment

**INTERVENTIONS:**

**AMAPACHANA:**The Subjects will be administered Amapachana with AvipattikarChoorna b.i.d. for 5 days after food.

**MAIN MEDICINE:**

➤ Subjects will be given 2 tablets of Jatiphaladi Vati with 20 ml of Abhayarishta with equal amount of water twice daily after food.

➤ Pathya Ahara and Vihara will be advised to Subjects.

Duration: 30 days, Follow up: 1 month with weekly visit

**ASSESSMENT CRITERIA:**

**SUBJECTIVE PARAMETERS:**

- Raktasrava ( Bleeding per rectum)
- Vedana ( Pain)
- Kandu (Pruritis)
- Vibanda ( Constipation)
- Daha (Burning)

**OBJECTIVE PARAMETERS:**

- ❖ ON PROCTOSCOPY-Number of internal hemorrhoid, Size of hemorrhoid, Position of haemorrhoidal mass.
- ❖ Blood -CBC, CT,BT, RBS, ESR, HIV,HbSAg

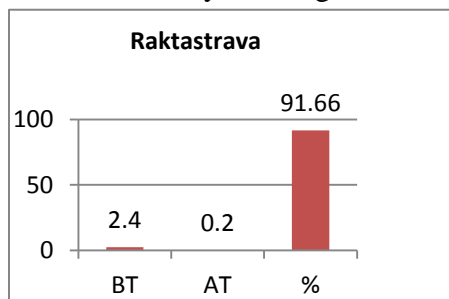
S.No.	Symptoms	Before treatment	After treatment
1.	Raktasrava	Severe-3 Moderate-2 Mild-1 No-0	Severe-3 Moderate-2 Mild-1 No-0
2.	Gudagatavedna	Severe-3 Moderate-2 Mild-1 No-0	Severe-3 Moderate-2 Mild-1 No-0
3.	Gudagatakandu	Severe-3 Moderate-2 Mild-1 No-0	Severe-3 Moderate-2 Mild-1 No-0
4.	Vibandha	Severe-3 Moderate-2 Mild-1 No-0	Severe-3 Moderate-2 Mild-1 No-0
4.	Gudagatadaha	Severe-3 Moderate-2 Mild-1 No-0	Severe-3 Moderate-2 Mild-1 No-0
5.	Arshankurapratiti	No prolapsed of mass outside	No prolapsed of mass outside

		anal canal - 0 Slight protrusion of mass only on defecation but reduce spontaneously – 1 Mass which need to be manually reduced – 2	anal canal - 0 <b>Slight protrusion of mass only on defecation but reduce spontaneously – 1</b> <b>Mass which need to be manually reduced – 2</b>
6.	Number of Pile mass	No pile mass – 0 One pile mass – 1 More than one pile mass - 2	No pile mass – 0 One pile mass – 1 More than one pile mass - 2

**OBSERVATION AND RESULTS:**

Symptoms	BT	AT	X	%	SD	SE	T	P	Remark
<i>Raktasrava</i>	2.4	0.2	2.2	91.66	0.541	0.139	15.82	0.001	HS
<i>Gudagatavedna</i>	2.06	0.53	1.53	74.27	0.619	0.153	9.62	0.001	HS
<i>Gudagatakandu</i>	1.2	0.4	0.8	66.66	0.748	0.193	4.145	0.01	S
<i>Vibandha</i>	2.66	0.4	2.26	84.96	0.76	0.19	11.89	0.001	HS
<i>Gudadaha</i>	0.46	0.06	0.4	86.95	0.611	0.157	2.54	0.05	S
<i>Arshankurapratiti</i>	1.0	0.4	0.6	60	0.489	0.126	4.76	0.001	HS
<b>No. of Pile mass</b>	1.4	0.46	0.93	66.42	0.96	0.248	3.75	0.01	S

Of the 15 patients registered, All are completed the treatment schedule and all 15 patients are considered for statistical analysis. Patients who enrolled for the study were above 20 year of age.



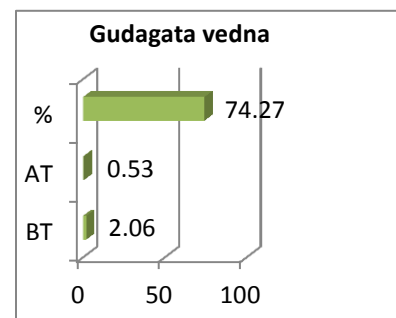
**RAKTA STRAVA:** 5 subjects presented with

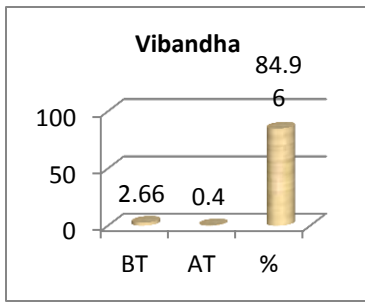
this symptom the mean value of BT and AT was 2.4 and 0.2 respectively which provide 91.66% relief which is statistically highly significant at t=15.82 and p< 0.001.

**GUDAGATAVEDNA:**15 subjects presented with this symptom the mean value of BT

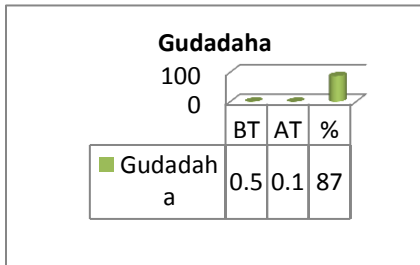
and AT was 2.06 and 0.53 respectively which provide 74.27 % relief which is statistically highly significant at t=9.62 and p< 0.001.

**GUDAGATAKANDU:**10 subjects presented with this symptom the mean value of BT and AT was 1.2 and 0.4 respectively which provide 66.66 % relief which is statistically highly significant at t=4.14 and p< 0.01.





**VIBANDHA:**  
15 subjects presented with this symptom the mean value of BT and AT



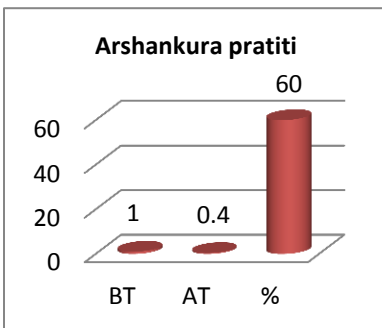
was 2.66 and 0.4 respectively which provide

84.96 % relief which is statistically highly significant at  $t=11.89$  and  $p<0.001$ .

**GUDADAHA:** 5 subjects presented with this symptom the mean value of BT and AT was 0.46 and 0.06 respectively which provide 86.95 % relief which is statistically highly significant at  $t=2.54$  and  $p<0.05$ .

**ARSHANKURAPRATITI(SIZE OF PILE MASS):**

15 subjects presented with this sign/symptoms the mean value of BT and AT was



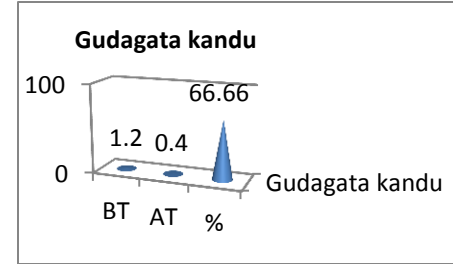
1.0 and 0.4 respectively which provide 60.00 % relief which is

statistically highly significant at  $t=4.76$  and  $p<0.001$ .

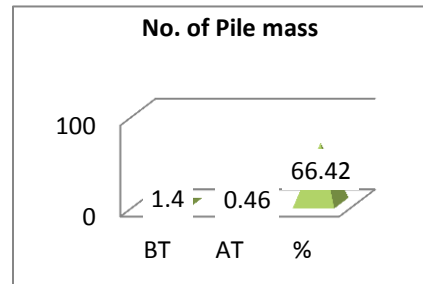
**NUMBER OF PILE MASS:** 15 subjects presented with this sign/symptoms the mean value of BT and AT was 1.4 and 0.46 respectively which provide 66.42 % relief which is statistically highly significant at  $t=3.75$  and  $p<0.01$ .

**DISCUSSION:**

Even during amapachana



clinical findings like Raktasrava, and



Vibandha were observed at high

er level. No change in Raktasrava seen during Aampachana but the symptom Vibandha got relieved for some extent. On the basis of the results of this study it may be concluded that Shamanachikitsa for Rakṭarshas (Bleeding Haemorrhoids) with Aampachana is very effective and highly significant in reducing the symptoms (subjective parameters) and also in reducing the objective parameters. In manifestation of arsha, agnidushti is main role hence amapachana should be encouraged in arshoroga. Since results appear promising a detailed multi centric study with higher patient base recommended to further confirming the benefits of Shamanachikitsa. JATIPHALADI VATI contains Jatiphala, Lavanga, Pippali, Saindhalavana, Shunthi, ShuddhaDhatturaBeeja, ShuddhaHingula, Tankana. This vati is also used in agnimandyavikara. ABHYARISHTA contains Haritaki, Draksha, Vidanga, Madhukapushpa, Gokshura, Trivrita, Dhanyaka, Dhatkipushpa, Induvaruni, Chavya, Dhanti, Mocharasa. This is also

used in Udararoga, Malamootravibandha condition and Agnimandya.

### CONCLUSION

- After sustained theory and systematic clinical work following conclusions are drawn.
- Raktarshas, a commonly seen condition, has been explained in our classics under the prabheda of Arshas.
- The incidence of Raktaarshas is found to be more in non-vegetarian persons.
- Majority of Raktarshas patients had Raktastrava, Constipation problems.
- It can be said with full confidence that Raktarshas can efficiently and effectively be managed with Shamanachikitsa along with the life style modification, habits and food habits in accordance with the principles told in Ayurveda and the complications be prevented.

*Ultimately the goal of Ayurveda is "SARVESANTHU NIRAMAYA"*

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### CORRESPONDING AUTHOR

**Dr Mulla Aayeesha**

M.D. Scholer

P G Department of Kaya Chikitsa,  
Ayurveda mahavidyalaya,Hubli, Karnataka,  
India

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