

**ROLE OF AN ETHNOMEDICINE- MUSTADI MODAKA IN THE MANAGEMENT OF 2<sup>ND</sup> DEGREE HAEMORRHOIDS (ARSHAS) – A CASE REPORT**Sreelakshmi S<sup>1</sup>, C. Raghunathan Nair<sup>2</sup>, Remya. V. R<sup>3</sup><sup>1</sup>PG Scholar, Department of Salyatantra, Govt. Ayurveda College, Thiruvananthapuram, Kerala, India<sup>2</sup>MD(Ay)Phd, Former Professor and HOD, Department of Salyatantra, Govt. Ayurveda College, Thiruvananthapuram, Kerala, India<sup>3</sup>MS(Ay), Assistant Professor, Department of Salyatantra Govt Ayurveda College, Thiruvananthapuram, Kerala, IndiaCorresponding Author: [sreelakshmisnair9645@gmail.com](mailto:sreelakshmisnair9645@gmail.com)<https://doi.org/10.46607/iamj5609102021>

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**ABSTRACT**

In the present era of 21<sup>st</sup> century, haemorrhoids have become the most common and distressing anorectal disease. It is a lifestyle disease due to excessive intake of spicy food non-vegetarian food, and lack of exercise. Inadequate consumption of water and the habit of taking alcohol are some of the main reasons for the manifestation of the disease. Perianal trauma due to the long journey and excessive two-wheeler riding particularly on uneven roads and terrenes are also main reasons. Constipation is also a common cause of this disease. Haemorrhoids are dealt with rationally under the concept of *Arshas*. Use of medicine, surgery, cauterization with *kshara* and *Agni* are the treatment principles recommended for *Arshas* by *Acharya Susruta*. Except medicine, the rest of the procedures are invasive. The basic principles for the treatment of *Arshas* are *deepana* and *anulomana* (digestive, carminative, and laxative). A medicine with the above properties which is used traditionally by tribes is selected for the study. It has been found using among the tribes for a long time with no side effects. The contents of this medicine are safe and are used in routine ayurvedic practice. In this case study, an effort was made to evaluate the role of *Mustadimodaka* and ethnomedicine in the management of *Arshas*.

**Keywords:** 2<sup>nd</sup>-degree haemorrhoids, Arshas, Mustadimodaka, Ethnomedicine

## INTRODUCTION

Haemorrhoids are dilated veins in the anal canal in the subepithelial region formed by radicals of superior, middle, and inferior rectal veins. Bleeding, burning sensation, prolapsed mass and sometimes pain is the main complaints for which the patient with haemorrhoids usually seeks medical advice. *Arshas* is an *adhimamsa vikara* that gets formed at the *gudavalis* due to vitiated doshas along with vitiated *Twak*, *mamsa* and *medas*.<sup>1</sup>

Ethnomedicine is a study or comparison of traditional medicine based on bioactive compounds in plants and animals and practised by various ethnic groups. As this combination of medicine is widely practised by the folk community for many years, a study must be conducted to evaluate its efficacy to bring it to the mainstream. Since all the contents of this medicine is agreeing with the *deepana* and *anulomana* properties to cure *Arshas* is more acceptable and rationalized. Here the trial drug given is *Mustadi Modaka*. All ingredients of this *modaka* are explained by *Acharya Vagbhata* in the context of *Arshas* which are *deepana* and *anulomana*.<sup>2</sup> It is given in the form of *modaka* which makes it easily palatable.

## CASE REPORT

This case report consist of a study of a case on 2<sup>nd</sup>-degree haemorrhoid in which *Mustadi modaka* was administered for 41 days with *Takra anupana*

A 32 yr old male patient came to the Shalyatanthra OPD of Govt Ayurveda College Tvm with the presenting complaint of mass bulging at the anal region, intermittent bleeding per rectum for 2 months. The patient had a history of constipation for the last 3 months. The patient was thoroughly examined, and detailed history was taken. The patient was an auto driver by occupation, who use to have prolonged sitting for nearly 6 hrs, daily intake of spicy food especially nonveg food. He also had the habit of smoking(1packet/day) and intake of alcohol (2 pegs daily) for 10 yrs. No history of any major illness was found.

## On Examination

### General examination

General condition – moderate and afebrile

P/R – 70/mint

BP – 130/80 mmHg

No pallor or icterus present

### Local examination

#### Examination of the rectum and anal canal

L/E of perianal region – NAD

Per rectal examination- non-tender, soft, mild spasm

Proctoscopy examination- 2<sup>nd</sup>-degree pile mass at 3 and 11 o clock positions

### Laboratory investigations

CBC, BT, CT, RBS, LFT, RFT – normal, HIV, HCV, HBsAg, VDRL- nonreactive

### Treatment

*Mustadi modaka* – 41 days with *Takra anupana*

### Materials

*Musta* (*Cyperus rotundus*), *Dusparsa* (*Tragia involucrate*), *Chavya* (*Piper chaba*), *Chitraka*

(*Plumbago zeylanica*), *Pippali* (*Piper longum*), *Gajapippali* (*Scindapsus Officinalis*), *Haritaki* (*Terminalia chebula*), *Ajamoda* (*Apium graveolans*), *Sunthi* (*Zingiber officinale*), *Trivrit* (*Operculinaturpe-thum*), *Guda*, *Takra*

*Preparation of drug*

### Preparation of drug

*Musta*, *Dusparsa*, the root of *Chavya*, root of *Chitraka* 8gm each were cleaned with water, dried in shade, and powdered. *Pippali*, *Gajapippali*, *Haritaki*, *Ajamoda* 8gm each, *Sunthi* 40gm, *Trivrit* 65gm are also dried in shade and finely powdered separately. All the powdered ingredients are thoroughly mixed with 325gm powdered *Guda* and made into *Modaka* 12 gm each

### Mustadi Modaka

Dosage- 1 *modaka* once a day orally

Time – *Pragbhaktam* (before food morning)

Duration- 41 days

Follow up – patient observed on initial, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 42<sup>nd</sup> day.

### Assessment Criteria

Both pre- and post-assessment of the patient was done based on clinical symptoms and necessary investigations, clinical improvements were noted along with rectal and proctoscopy examination.

Subjective parameters: the size of pile mass as mentioned by the patient, constipation, mucous discharge, itching, bleeding.

Objective parameter: the size of pile mass based on proctoscopy examination

### Objective Parameters

1. Degree of internal haemorrhoid-

a. 1<sup>st</sup> degree - Pile mass does not come out of the anus.

b. 2<sup>nd</sup> degree - Pile mass comes out only during defecation and is reduced spontaneously after defecation.

### subjective parameters



**Before treatment**

1. Constipation- present/absent.
2. Pruritus ani- present/absent.
3. mucous discharge- present /absent
4. Per rectal bleeding –
  - a. Absent (0) - No bleeding during defecation.
  - b. Mild (+) - 5-10 drops per bowel habit.
  - c. Moderate (++) - 10-20 drops per bowel habit.
  - d. Severe (+++) – More than 20 drops per bowel habit.

### Local examination after 41 days

Perianal region- NAD, P/R digital- no spasm, Proctoscopy- No e/o internal haemorrhoid.

In the above case study, the patient got relief from his complaints. There was significant reduction in pruritus ani, bleeding and got relief from constipation. On the 42<sup>nd</sup> day, there was no pile mass observed in the proctoscopy.



**After 41 days**

## DISCUSSION

The main causes of haemorrhoids are improper digestive system, straining, constipation, *Viruddha ahara-vihara*, excessive travelling etc. *Agnimandya* and *Malasthambana* are the root causes of *Arshas* and the herbs in this formulation *Musta*, *dusparsa*, *Chavya*, *Chitraka*, *Pippali*, *Gajapippali*, *Haritaki*, *Ajamoda*, *sundhi* owing to *deepana*, *pachana* properties leads to *Amapachana*. *Musta* due to its *Kaphapittahara* and *sheeta* property acts as *Raktastambhana* and due to its *Kandughna* property, it alleviates itching. *Dusparsa* which is *sheeta virya*, *Raktaprasadana* and *stambhana* help to reduce bleeding. *Haritaki* due to its *anulomana guna* improves the function of the di-

gestive system by clearing the blockage of channels. *Trivrit* which is *ushna*, *laghu* and *vatahara* expels mala in drava form with or without *paka* and thus causes *dosha anulomana*. *Guda* which is the main content acts as a binding agent and due to its *laghu*, *agnivardhaka*, *sakrutmootranulomana* properties does *Amapachana* and *anulomana of doshas*. The *anupana Takra* due to *amla rasa*, *laghu guna* acts as *agni deepana and srotosodhana*. *Sunthi* has a carminative effect, rhizomes are fibre rich and contain gingerol, shagaol, Mg and K which are having anti-inflammatory properties. *Trivrit* has anti-inflammatory and antisecretory properties. *Guda* helps to provide strength to the intestine and im-

proves peristaltic movements. Overall, the drug helps to reduce constipation, provide a laxative effect and thereby reduce mucous discharge and itching. The drug due to *deepana* action of *Musta*, *dusparsa*, *Chavya*, *Chitraka*, *Pippali*, *Gajapippali*, *Haritaki*, *Ajamoda*, *Sundhi*, *Takra*, *Guda* along with the *anu-lomana* action of *Haritaki*, *Trivrit* helps to release *Sanchita doshas* through *koshtha* leading to *samprapti vighatana of Arsho vyadhi*. Thereby leading to a reduction in the size of haemorrhoids along with relief of its associated symptoms as bleeding, constipation and itching.

## CONCLUSION

In this case study, we got a good result of *Mustadi modaka*, an ethnomedicine. The treatment given for 2<sup>nd</sup>-degree haemorrhoids helped in relief of clinical features and an attempt to provide safe and effective treatment to the patient.

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