

EFFECT OF GOMUTRA ERAND HAREETIKI & VAISHWANAR CHURN IN THE TREATMENT OF ARSHA (HAEMORRHOIDS): A CASE STUDY

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ABSTRACT

Ayurveda, the ancient system of medicine plays very important role in the treatment of different Gastro Intestinal Tract diseases / *Annavahshroats vyadhi*. *Annvaha Shrotas* (Gastro intestinal system) is the main system of our body. Since the main *Agni Jatharagni* works in this system along with *Bhutwagni* & after digestion, Absorption, assimilation provides energy to our body. Main cause is *Agnivikriti* hence increase the *Agnibala*/digestive power is the main aim of management. In *Ayurveda* description of numbers of *Annavahashroatas vyadhi* are available, among them *Atisaar Grahani* & *Arsha* are interrelated. In the present day scenario due to faulty dietary habit & stressful life style the diseases of Gastro intestinal tract/GIT are going to be increasing. Among them *Arsha* (Haemorrhoides) is the common. In the present Case study of *Arsha* with the treatment of *Gomutra Erand Hareetiki* (*swanubhut*) & *Vaishwanar churna* as the 2nd line treatment.

Keywords: *Arsha* / haemorrhoids, *Gomutra Erand Hareetiki* & *Vaishwanar churna*,

INTRODUCTION

Nidaan / Causative Factor- *Agni vikriti*, *Tryo vikaras prayen ye parasper hetwe Arshanshi Chaatisarasch grahnidoshā ev ch. Eshamagnibale heene vridhirvridhe parikshay tasmadagnibalam rakshyenshutrishu vish-estah. Charak Chikitsa* 14/244&245, In the three main diseases of Gastro intestinal tract namely *Arsh/ Haemorrhoid*, *Atisar/ Diarrhoea*

& *Grahnidoshā/ irritable bowel syndrome*, main causative factor is de-arrangement of digestive power/ *jatharagni*, hence enhancement of *agni*/digestive power should be the main aim of treatment in these diseases. Importance Of *Agni* described by *Acharya Charak* in *chikitsa sthan* chapter 15, *Shanteagneyo mriyete yukte chiranjivetaya anamah, rogi syad*

vikrite mulamagnistastasmanniruchyte. Death due to the pacifying of *Agni*, healthy long life with the help of proper *agnibal*, person will become ill due to dearrangement / *vikriti* of *agni*, hence the root of life is *agni*.

DESCRIPTION OF PATIENT-

A female 36 yrs patient, married, Hindu, house wife belongs to lower socioeconomic status. She had 03 child all are normal; She had no Gynecological problem, R/O Rohana, distt. Muzaffarnagar, attended OPD No.- K-II3151/15212, on 05/07/2016, With Complaints of Blood mix stool- 06 months, Hard stool - 06 months, months, Itching/irritation around anal region-04 months, Loss Of Appetite - 02 months, Pain/Swelling around anal region - 02 months, Generalized weakness – 02 months. **Investigation** - Hb (gm/dl) - 8.0, TC- 8000, DC- P 70% , L 23 % , M 02% , E 03%, B 02%, Blood Sugar R -108 mg/dl, **Physical Examination** – Ht.- 155 cm, Wt.- 60kg, BP -110/76 mm of Hg, Temp. -98° F, Palor ++nt, Ict. -nt, L/N not enlarged, Clubbing -nt, Cyanosis -nt, Paedal oedema -nt, JVP- Not raised, Skin & nails- Pale, Hairs- Normal. **Systemic examination** – GIT – Shape- Normal, No distension of abdomen, Umbelical posn-Normal (inverted), No superficial veins & Caput medusa +nt, No organomegaly +nt. **On P/R Examination-** 2nd degree of Piles Mass at 3 & 7 O' clock positions.

Ayurvediya dashvidh pariksha- *prkriti* – *vat pittaj*, *Vikriti* – *Annavah shrotas*, *Sara-madhyam*, *Sanghanan-awar*, *Satwa-madhyam*, *Satmya- awar*, *praman- madhyam*, *Aahar-madhyam*, *Vyayam-awar*, *Vaya-madhyam*.

CRITERIA FOR SELECTION OF DRUGS :

Properties of Gomutra-

“*Gavyam samadhuram kinchid doshagham krimikushthanut kandu ch shamyet peetam samyagdoshodare hitam.*” **Charak chikitsa 1/102.**

“*Gomutram katu teekshanoshnam sksharam twanna vatlam laghawagnidipanam medhyam pittalam kaphvat jit shoolam gulmodaranaah virekasthapanamadishu mutra prayog sadheyeshu gavaya mutra proyjet.*” **Shushrut sutra 46/220&221.**

“*Gomutravyushitam dadattya saguda va hariteekim panchkol yuktam va takrmasmai pradapyet.*” **Chakradutta Arsh chikitsa 5/19.** *Mutrayshtavudrinam seke pane ch yojyet.*” **Charak chikitsa 13/110.**

Properties Of Erand Oil-

“*Erand tailam madhuramushnam teekshanam deepanam katu kashayanurasam suksham shrotovishodhanam twachyam vrishyam madhurvipakamarogyam vatkaphharamadhobhagharanch.*” **Shushrut sutra 45/114.**

Properties Of Hariteeki- *Hariteeki panchrasamushnamamla shivam doshanulomni laghvi vidyaddeepanpachaniya aayushyam sarvarogprashmanim gulamudawart shosham pandwamay madam arshanshi grahnidosham puranam vishamjwaram hridyrogam sashirorogamatisaramamarochakam kasam pramehamanam pleehaanmudaram nawam kaamalan kriminhrechighram hariteeki.*”

Charak chikitsa 1/29&34

Preparation of Gomutra Erand Hareetiki – soaked the powder of laghu *Hareetiki* in the cow urine (*Gomutra*) for 02 days, daily change

the urine after 02 days roasted it in the *Erand oil* on the medium flame.

Vaishwanar Choorn- Ajwain- 2 parts, Ajmoda- 2 parts, Saindha- 2 parts, Shunthi- 5 parts, Hariteeki- 12 parts. (Chakradutta Aamvaat Chikitsa)

MANAGEMENT- In the present study on the basis of line of treatment of our texts two formulations namely *Gomutra Erand Hareetiki & Vaishwanar choorna* used as a 2nd line drug along with others conventional 1st line drugs. Only concentration that two important factors described in *Charak Samhita i.e. Vatanuloman & Agnivaradhak aahar & aushadhi* should be given in the treatment of *arsha*.

Wholesome Diet (Pathya)- DO'S- The diet & Medicines in the treatment of *Arsha* daily exercise should have the main two properties i.e. *Vayuanuloman & Agnibalvardhak. Charak Chikitsa 14/247.*

Whole grain cereals, Pulses except Urda, Rich fibre diet as Apple, Guava, Papaya, Banana, Gram, Beans, Bottle gourd, Bridge Gourd, Bitter gourd, Tomato, Watermelon, Carrot, Turnip, Onion, Garlic, Blackberry, Pineapple, Citrus fruits,

Spinach, Broccoli, Milk, Date, Fig, Takra, Brown breads, Suran (jimikand), Ajwain, Saindhalavan, Shunthi, Aloe vera, Aonla, Cucumber, Water at least 5-6 l/day, Vegetable & meat soups, *yavagu*, milk, *Takra*, Plums, Walking, jogging etc.

Unwholesome diet (Apathya) –DONT'S- Tea, Coffee, Smoking, Alcohol, Different types of meat & fish, Rason, Chicken, Tobacco chewing, Curd, fatty & Spicy foods such as – Jackfruit, Arbi, Urda, Til, Jaggary, vidahi, virudh & *asatmya* (incompatible food) *ahar*

& Sedentary life style. *Utkatasan/travelling* on camel, *Charak Chikitsa 14/246.*

First line treatment – 1. *Kankayan vati -2, Arshkuthar ras- 125mg, Sh. Sphatika bhasm – 125mg, Nagkeshar churna – 1gm, Navayas lauh - 250mg*, All mix 1 dose with *takra(saindha + bhrist jeerak)*, 3. *Chitrakadi vati – 2 before meal*, 4. *Abhayarishtha – 3 tsf bd after meal*, 5. *Adv. Sitz bath*, *Appx. 60%* symptomatically relief, Then I had planned after 14 days treatment to add ***Gomutra Erand Hareetiki 2 gutika/powder*** HS with luke warm water & ***Vaishwanar churna*** 1tsf bd after meal with water. The final symptomatic result is showing in table.

DISCUSSION

Arsha/ haemorrhoides is the most common disease of GIT now a days. The incidence of this is going on increasing due to faulty life style. Since, now a days, incidences of this disease increasing due to faulty life style both *Aahar & vihar*, hence it is very important to the patient that proper awareness about their disease, its precipitating, relieving factors for the successful management. In the present case study, I had treated the patient not only medicines described in texts but also selected the *swanubhut yoga* based on the disease & properties of used contents.

RESULT

On the conservative line of treatment in the Ist phase & in IInd phase added *Gomutra Erand Hareetiki 2 Gutika/powder* at night with luke warm water & *Vaishwanar churna* 1tsf bd. After the completion of both phases better result on the criteria of 06 symptoms, which were selected for the clinical study of the pa-

tient. I observed better result after complete treatment period.

CONCLUSION

So, I can conclude that for the successful treatment of such types of disease broad clinical history, systemic examination, exclusion of the other medical conditions & aware about the *pathya*, *apathya* of the disease. In our texts number of preparations are available we should work on that in different research works at many institutes for the re evaluation of these preparations in the present day scenario.

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Table 1: Symptomatology

S.N.	Symptoms	Before Treatment 05/07/16	After Treatment (Total 28 days pd. Of treatment)			
			1/ 2 days	1/2 days	1 / day	2 / day
1.	Hard stool (Frequency of Stool/Day)	1 / 2-3 days	1/ 2 days	1/2 days	1 / day	2 / day
2.	Blood mix stool	+++	++	+	-nt	-nt
3.	Pain / Itching in perianal region	+++	+++	++	+	+
4.	Weakness	++++	++	++	+	+
5.	Loss of Appetite	+++	++	++	+	-nt
6.	Haemoglobin (gm/dl)	8.0	8.2	7.5	8.3	9.5

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