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 (Haemorrhoids) 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 grahnidosha ev ch. Eshamagnibale heene vridhirvidhe parikshay tasmadagnibalam rakshyenschutrishu vish-estah. Charak Chikitsa 14/244&245, In the three main diseases of Gastro intestinal tract namely Arsh/ Haemorrhoid, Atisar/ Diarrhoea & Grahnidosha/ irritable bowel syndrome, main causative factor is de-arrangement of digestive power/ jatharagni, hence enhancement of 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 mri- yete yute chiranjivetaya anamah, rogi syad
vikrite mulamagnistastasmanniruchye. 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 Gyeneological problem, R/0 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.


CRITARIA FOR SELECTION OF DRUGS:
Properties of Gomutra-
“Gavyam samadhiram kinchid doshaghnam krimikushthanat kandu ch shamyet peetam samyagdoshodare hitam.” Charak chikitsa 1/102.

“Gomutram katu teekshanoshnam sksharam twanna vatlam laghawagnipanam medhyam pittalam kaphvat jit shoolam gulmodaranaah virekasthanamadishu mutra prayog sadheyeshu gavaya mutra proyjyet.” Shushrut sutra 46/220&221.


Properties Of Erand Oil-
“Erand tailam madhuramushnam teekshanam deepananat katu kashayanurasam suksham shrotovishodhanam twachyam vrishyam madhurvipakamarogyam vatkaphharamadhothagharanch.” Shushrut sutra 45/114.

Properties Of Hariteeki- Hariteeki pan-chrasamushnamamla shivam doshanulomni laghvi vidyaddeepanpachaniya aayushyam sarvarogprashmanim gulamudawart shosham pandwamay madam arshanshi grahnidosham puranam vishamjwaram hridyrogam sashirogamatisaramamarochakam kasam prame-hamanam plehaanmudaram nawam kaamaan kriminrechighram hariteek.”

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 & Agnivardhak 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 & Agnivalvardhak. 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, Aloevera, 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, Chiken, Tobbaco 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. Abhayarishta – 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 haemorrhoids 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 1st phase & in II nd 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 critaria 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, apathy 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.

REFERENCES


Table 1: Symptomatology

| S.N. | Symptoms                                      | Before Treatment 05/07/16 | | |
|------|-----------------------------------------------|--------------------------|---|
| 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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