

A COMPARATIVE CLINICAL STUDY OF JEEMOOTHADI GUDA VARTI WITH KASISADI TAILA PICHU IN THE MANAGEMENT OF ARSHAS

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ABSTRACT

Arshas is a disease afflicting mankind for millions of years. Due to junk food habits and sedentary life style, *Arshas* (Internal Haemorrhoids) is more prevalent today. As a non surgical alternative with fewer complications this study, A comparative clinical study of *Jeemoothadi Guda Varti* with *Kasisadi Taila Pichu* in the management of *arshas* was taken up keeping in mind the symptoms of *Arshas* with respect to internal haemorrhoids. For this 40 patients from both sexes were randomly selected from O.P.D. and I.P.D of Muniyal Institute of Ayurveda Medical Sciences, Manipal, India. With the patient in lithotomy position, *Jeemoothadi Guda Varti* is placed higher in the anal canal, such that the belly of the *varti* is in direct contact with the haemorrhoidal mass, continuously for 7 days in case of study group A and in control group B *Kasisadi Taila Pichu* was administered in the same way. The *varti* is kept in situ till the patient feels to defecate with an advice to retain it at least for a period of 2 hours. All the patients were followed up for every 15 days for a period of 2 months starting from the first day of treatment. By keen statistical evaluation of the results, it is evident that group A in comparison with group B excels in efficacy in terms of Bleeding, Burning, Constipation, size of the mass. In degree of haemorrhoid, both the groups were found to be equally beneficial. But in case of itching it was the control group which was found to be effective. Thus *Jeemoothadi Guda Varti* was found to have statistically significant result than *Kasisadi Taila Pichu*.

Keywords: *Jeemoothadi Guda Varti, Kasisadi Taila Pichu, Arshas, Internal Haemorrhoids*

INTRODUCTION

Arshas/Haemorrhoids have always been a bane for the humans, from time unknown. References regarding *arshas* can be found in Vedic periods also. Haemorrhoids have made life miserable for many a Monarchs, Head of states, Revolutionaries, war heroes and Paupers and layman.

Haemorrhoids are dilated veins in the anal canal in the subepithelial region formed by radicles of superior, middle and inferior rectal veins¹ In *Ayurveda*, *Arshas* is considered as one among the eight *mahagada* and is difficult to cure.² *Arshas* is a local manifestation of systemic

derangement of *dosha*. Vitiating of *dosha* adversely affects the digestive fire resulting in *mandagni*, which in turn leads to constipation. Prolonged contact of accumulated mala vitiates *gudavali*, thus resulting in *Arshas*.

Bleeding and prolapsed mass are the two main complaints for which the patient of haemorrhoids usually seeks medical advice. *Ayurveda* describes various medical, surgical and para surgical measures for the management of *Arshas*. *Acharya Susruta* described four principal therapeutic measures for the management of *Arshas*, viz. *bheshaja* (medical), *kshara* (chemical cauterization), *agni* (thermal

cauterization) and *sastra* (surgical excision). Of these measures *bheshjachikitsa* is having more importance as it is easy, simple and safe.³

Present need in the management of *Arshas* is many folds. The therapeutic measures should be formulated in such a way that they have clear indications of their applicability and limitations, available indigenously from local resources, simple in technique, with minimum complication and easily manageable. And it should also be acceptable for the patient and convenient for the surgeon. Hence in the present study, *Jeemoothadi Guda Varti* a simple drug having only two ingredients have been selected in comparison with *Kasisadi Taila*⁵ *Pichu*.

Drugs

The preparation *Jeemoothadi Guda Varti* contains dry *Jeemootha phala* along with seeds and *Dhanyamla*⁶.

Jeemootha is a drug well known for its *samsodhana* property. *Jeemootha* is a plant having 'luffa' as its characteristic feature. For the present study, *Luffa cylindrica*, the variety commonly found in Karnataka is taken. *Jeemootha* is having *Katu rasa*, *Tikta Laghu Ruksha Teekshna guna*, *Ushna veerya*, *katu vipaka*, *sodhana* property as *prabhava* and is *tridoshahara*. It is also having *arshohara*, *sophahara* and *krimighna* properties which makes it all the more suitable for *arshas*.

Dhanyamla is an important formulation coming under *sukta kalpana*, a subdivision of *sandhana kalpana*. The ingredients *Tandula*, *Prithuka*, *Kulatha*, *Laja*, *Kangu beeja*, *Kodrava Nagara*, *Jambeera*, *Deepyaka* and Boiled water undergo *agnipaka* and kept covered for seven days, the resultant is sour in taste and it is called *dhanyamla*.

The powder of dry *jeemootha phala* and seeds were mixed with *dhanyamla* (quantity sufficient) which also acts as a binding agent. Then the semi solid mixture was hand rolled into a *varti*, which was conical in shape, 3 cm in length, 1/2 cm in width at its belly and weighed 2g.

The control drug *kasisadi taila* is prepared with mineral drugs *Kasisa*, *Manashila* along with *Saindhava lavana* and *Gomutra* and herbal drugs – *Langali*, *Kushta*, *Shunti*, *Pippali*, *Ashwamara*, *Vidanga*, *Chitraka*, *Druma*, *Danthi*, *Koshathaki Beeja*, *Hemahva*, *Snuhi* processed in *Tila Taila* as per the standard *Taila* preparation methods.

AIMS & OBJECTIVES

To study the clinical effect of *Jeemoothadi Guda Varti* in *arshas* with respect to haemorrhoids (Internal) and compare the same with *Kasisadi Taila Pichu*

MATERIALS & METHODS

Patients: Patients suffering from "Arshas" (Internal Haemorrhoids) were taken for the study from OPD and IPD of Muniyal Institute of Ayurveda Medical Sciences, Manipal, Karnataka.

Design of the study

A comparative clinical study, with pre-test and post-test design was done on 40 patients suffering from *arshas* were selected as per the inclusion & exclusion criteria. The patients enrolled for the study were divided into 2 groups of 20 each - a) Study Group A wherein the patient's ano-rectal region was examined, with the patient in lithotomy position and painting was done with *triphala kashaya*, subsequently *Jeemutadi Guda Varti* was placed higher in the anal canal by the surgeon, such that the belly of the *varti* is in direct contact with the haemorrhoidal mass, ensuring sufficient lubrication with "grutha", every day continuously for 7

days. The varti is kept in situ till the patient feels the urge to defecate with an advice to retain it at least for a period of 2 hours. The varti was administered in the morning after ensuring sufficient bowel evacuation. Group B wherein Kaseesadi Taila Pichu was administered in the same way with the help of an artery forceps. The varti is kept in situ till patient feels the urge to defecate with an advice to retain it at least for a period of 2 hours. All the patients were followed up for every 15 days for a period of 2 months starting from the first day of treatment.

Criteria for selection of patients

Inclusion Criteria

1. Patients of both genders between the age group of 20 - 60 years.
2. Haemorrhoids of 1st, 2nd & 3rd degree

Exclusion Criteria

1. Haemorrhoids due to hereditary causes, birth defects, anatomical changes due to surgery/ injury etc.
2. Haemorrhoids associated with other ano-rectal/colon conditions like fissure, fistula-in-ano, sinus, malignancy, ulcerative colitis, polyps, ulceration, vascular anomalies, abscess, enlarged prostate, stricture urethra, etc were excluded.
3. Haemorrhoids that are Thrombosed, Strangulated / Gangrenous were excluded.

4. Haemorrhoids associated with other chronic or acute systemic diseases were excluded.

5. 4th degree Haemorrhoids and external Haemorrhoids were also excluded.

Assessment Criteria

Subjective Parameters – Bleeding, Constipation, Itching, Burning Sensation.

Objective parameters – Degree of Haemorrhoids, Size of the Mass

OBSERVATIONS

In the present study, the maximum patients (56.18%) were between 20-30 years of age group and male (67.5%) predominance was observed. Higher frequency of Hindus i.e.77% were found may be due to predominance of Hindu community in the study area. Among total of 40 patients 29 were married and 11 were unmarried. 27% of patients were consuming vegetarian diet while 72.5% were mixed. 17.5% of patients were agriculturists, 15% were bank employees, 5% were teachers, 7.5% were students, 25% were drivers, 10% were business men, 20% were labourers. Among the total number of patients 26 patients i.e. 65% were having Mandagni, 35% were having Vishamagni. No patient was having Samaagni or Teekshnagni.

Table 1: Comparison of Improvement in Bleeding per rectum between the groups

Days	Mean SD Group A	Mean SD Group B	Unpaired 't'	p value
BT	2.250±0.160	2.400±0.134		
7 th day	0.800±0.117	1.350±0.131	3.128	=0.003
60 th day	0.150±0.0.0819	.700±0.128	3.625	<0.001

Table 2: Comparison of Improvement in Constipation between the groups

Days	Mean SD Group A	Mean SD Group B	Unpaired 't'	p value
BT	1.950±0.170	2.300±0.164		
7 th day	0.700±0.164	1.650±0.182	3.883	<0.001
60 th day	0.200±0.0.0918	1.050±0.153	4.754	<0.001

Table 3: Comparison of Improvement in Itching between the groups

Days	Mean SD Group A	Mean SD Group B	Unpaired 't'	p value
BT	2.100±0.191	2.350±0.131		
7 th day	0.700±0.147	1.600±0.152	4.255	<0.001
60 th day	0.150±0.0.0819	0.950±0.153	4.599	<0.001

Table 4: Comparison of Improvement in Burning Sensation between the groups

Days	Mean SD Group A	Mean SD Group B	Unpaired 't'	p value
BT	2.100±0.176	2.400±0.134		
7 th day	0.750±0.160	1.550±0.135	3.816	<0.001
60 th day	0.150±0.0.0819	1.000±0.126	5.667	<0.001

Table 5: Comparison of Improvement in Degree of haemorrhoids between the groups

Days	Mean SD Group A	Mean SD Group B	Unpaired 't'	p value
BT	2.400±0.112	2.450±0.114		
7 th day	0.850±0.182	1.350±0.131	2.230	=0.032
60 th day	0.550±0.0.0918	0.550±0.114	2.390	=0.022

Table 6: Comparison of Improvement in decrease of size of the mass between the groups

Days	Mean SD Group A	Mean SD Group B	Unpaired 't'	p value
BT	2.250±0.160	2.300±0.164		
7 th day	1.150±0.150	1.400±0.134	1.244	=0.221
60 th day	0.500±0.115	0.650±0.109	0.946	=0.350

In Group A 93.33% of improvement in bleeding was found whereas in Group B 70.83% improvement in bleeding was observed (Table 1). And it is justified that *Jeemoothadi Guda Varti* is effective in reducing bleeding than *Kasisadi Taila Pichu*. Constipation was reduced by 89.75% in Group A in comparison with Group B where 54.35% reduction in the constipation was observed after the follow up period (Table 2). Thus both forms of interventions are observed beneficial, the former being more beneficial. In Group A 32.85% of improvement in itching was observed and in Group B 59.57% of improvement in itching was found (Table 3). This confirms that *Kasisadi Taila Pichu* is more effective in reducing the itching.

In Group A burning sensation was reduced by 92.85 % whereas in Group B it was reduced by 58.33% which indicates that both drugs are efficient in reducing the burning in *Arshas* and *Jeemoothadi Guda Varti* being more beneficial than the *Kasisadi Taila Pichu* (Table 4). In Group A there was 77.08% improvement in the degree of the haemorrhoids whereas in Group B there was 77.55% which is nearly equal (Table No 5). Hence it can be understood that that both drugs are equally beneficial in the *Arshas* in reducing the degree of Haemorrhoids. It was observed that Group A showed 77.77% of improvement in reducing the size of mass and Group B showed 71.73% of improvement (Table No 6). And it is justified that *Jeemoothadi Guda Varti* is

effective in reducing size of the mass than *Kasisadi Taila Pichu*.

By keen statistical evaluation of the results it is observed that group A in comparison with group B excels in efficacy in terms of Bleeding, Burning, Constipation, size of the mass. In degree of haemorrhoid both the groups were found to be equally beneficial. But in case of itching it was Group B which was found to be effective. Thus *Jeemoothadi Guda Varti* was found to have statistically significant result than *Kasisadi Taila Pichu*.

DISCUSSION

Jeemoothadi Guda Varti & *Kasisadi taila* commonly possess *ushna*, *teekshna* quality which acts as *vataanuloma* and *kapha hara* thus manifesting in the decrease of constipation, thereby reducing the straining during defecation. *Jeemoothadi Guda Varti* and *Kaseesadi Taila Pichu* having the ingredients which are *vata kapha hara* will have its influence on reducing the size of the mass as well as the local inflammation thereby reducing the itching. *Jeemootha* having *katu*, *tikta*, *ushna* and *trisosha hara* effect will help in reducing inflammation in the anal canal in turn reducing the *pitta*. *Kaseesadi taila* whose main ingredients *kaseesa* having *vrana ropana* action, *manashila* and *saindhava* was also effective and was thus found beneficial in reducing burning sensation. *Jeemootha* and *dhanyamla* having *tridishahara* property will help in healing of the ulcer which is formed and *lekhana karma* of which will reduce the

size of the mass preventing further mechanical damage. On the other hand, *Kaseesadi taila* which contains *Kaseesa* having *Vranaropana* quality and *kashaya rasa* which induces *sandhana karma* will have effective healing and *rakta skandana* property thus reducing the bleeding. *Jeemoothadi Guda Varti* which is the trial drug containing *Jeemootha* and *dhanyamla* having the properties such as *shodhana*, *lekhana*, *vata kapha hara* action help in reducing the size of the mass and thereby works against the pathology and bringing back the prolapsed mass. *Kaseesadi taila* which is used in control group having the property of the *ushna*, *teekshna*, *rakta vikara shamana*, *vranaropana* qualities add on with other drugs which are absorbed through the rectal mucosa and is observed to be beneficial in the reducing the degree of the haemorrhoids. *Jeemoothadi Guda Varti* containing *Jeemootha* having *shodhana* and *tridosahara* property and *dhanyamla* having *kapha vatadosha hara* property helps in reducing the size of the mass. In control group, *Kaseesadi taila* having *Kasisa*, *Manasheela* and *gomutra* with *kapha vatahara* property, and majority of the drugs having *ushna veerya* acts against the *kapha vata dosha*, thereby reducing the size of the mass. The only adverse effect noticed during the study was that some patients had irritation towards the *varti* because of its hardness during the first day of the procedure.

CONCLUSION

In case of subjective parameters of *Arshas*, *Jeemoothadi Guda Varti* was found more beneficial in reducing the Bleeding, Burning and Constipation whereas in case of Itching sensation it was *Kasisadi Taila* which was found more beneficial statistically. In case of Objective parameters of *Arshas* regarding Degree of

the haemorrhoids both the drugs were found to be having almost equally beneficial effect whereas in case of reducing the size of the mass it was *Jeemoothadi Guda Varti* which was found more beneficial. Thus we can conclude that *Jeemoothadi Guda Varti* is more beneficial than *Kasisadi Taila Pichu* in *Arshas* (Internal Haemorrhoids) although more wide and elaborate multicentric study with large sample size is required for authentication.

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