



Haemostatic effect of Kankshi in bleeding piles – A pilot study

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ABSTRACT:

Bleeding piles is a grave disease and still a challenge to the medical field. Because of its remission and exacerbations, both the patients and doctors are in embarrassing situation. In Ayurveda, lots of preparations and drugs are described as a Raktastambhak in the management of Raktarsha, Raktapitta, Raktatisar etc. but there are few researches on evaluation of haemostatic properties of drugs. So there is a vital need to have look on the subject and innovate medicine which will provide fairly successful and acceptable for the management of bleeding piles. In the present study, the efforts are made to evaluate the haemostatic effect of Kankshi in bleeding piles. As being a pilot study, results are not assessed on the standard parameters. RCT (Randomised Control Trial) can be conducted to compare efficacy of kankshi with many other haemostatic drugs.

KEYWORD: *Raktarsha, bleeding piles, Rasaushadhi, Kankshi.*

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INTRODUCTION:

Sravi Arsha or Raktarsha is a bleeding pile which occurs due to the dominance of Pitta and Rakta. Bleeding piles is a very common disease of alimentary canal in India which can affect both male and female. It is a condition in which patient passes suddenly streaks of bright red blood with stool. Sometimes it may bleed profusely leading to the most common complication like Anaemia. Due to the high prevalence rate, many efforts have been made to come up with a wide spectrum treatment modalities..As mentioned in Ayurvedic texts, Kankshi has an important place in Rasaushadhi. Kankshi is generally known as Phitkari, Saurashtri or Sphatika. According to modern science, it is known as Alum or Alum Sulphate. It's chemical formula is K_2SO_4 , $Al_2(SO_4)_3$, $24 H_2O$. ie. Hydrated salt of potassium or Alum Sulphate. According to Ayurveda, Kankshi is Amla, Katu and Kashay rasatmak and exerts antiseptic, haemostatic, astringent, antipyretic, anti inflammatory & antibiotic effect on human beings. It has various external as well as internal applications to cure wound and many other diseases. Based on these references, a pilot study is conducted to evaluate the haemostatic effect of Kankshi in Bleeding Piles.

A clinical study is conducted on the well diagnosed patients of bleeding piles. Patients were diagnosed on the basis of 7 International Criterias for Haemorrhoids- Bleeding, Pain, Difficulty in passing stool, Protrusion, Confirmatory tests like DRE and Proctoscopy. Patients attending the OPD and IPD of Shri Ayurved College, Nagpur, during the time period August 2014 to January 2015 were subjected for the present study.

Inclusive criteria :

Well diagnosed adult patients of bleeding piles between the age of 20 to 50 years with Grade I to III were included in the present study.

Exclusive Criteria :

Patients suffering from other systemic diseases like HT, DM, HIV, Hb'sAg positive patients ,children and pregnant women were excluded from the study.

MATERIALS AND METHODS :

MATERIALS :

Materials used for the present study were Kankshi, 20 ml sterile water ampoules, 20 ml disposable syringes with rubber tubes, lithotomy table, patients attending the OPD and IPD of Shri Ayurved College, Nagpur, during the time period August 2014 to January 2015.

METHODS :

Total 30 adult patients were selected randomly irrespective of age, sex, caste, creed religion and occupation. After giving idea of the treatment and taking well informed written consent,

patients were divided equally into 2 groups of each 15 patients by alternate method.

Group A :

Group A was given standard Ayurvedic medicinal treatment.

Group B :

Group B was treated with 20 ml Matra basti of kankshi solution (2 gm of Kankshi dissolved in 20 ml of sterile water) per anum along with standard Ayurvedic medicinal treatment for consecutive 10 days .

Assessment of the signs and symptoms was done before and after the treatment.

. All the patients included in the study were aquanted about Pathya and Apathya. Patients were asked to come daily for follow up for clinical assessment up to 10 days.

Assessment Criteria :

Assessment of the signs and symptoms was done on the basis of international criteria for Haemorrhoids.

Bleeding per Anum in group A (A group with standard Ayurvedic Treatment) :

Patient No.	Day of Treatment									
	1 st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
1	+++	+++	+++	+++	+++	+++	++	++	++	++
2	+++	+++	+++	+++	++	++	++	++	+	+
3	++	++	++	++	+	+	+	+	+	-
4	+++	+++	+++	+++	++	++	++	++	++	+
5	++	++	++	++	+	+	+	+	+	+
6	++	++	++	+	+	+	+	+	-	-
7	+++	++	++	++	++	++	++	++	+	+
8	++	++	++	++	+	+	+	+	-	-
9	++	++	++	++	++	++	++	++	+	+
10	+++	+++	+++	++	++	+	+	+	-	-
11	++	++	++	++	++	+	+	+	+	-
12	++	++	++	++	+	+	+	+	-	-
13	+++	+++	++	++	++	+	+	-	-	-
14	++	++	++	++	++	+	+	+	+	+
15	++	++	++	++	++	+	+	+	-	-

Bleeding per Anum in group B (A group with 20 ml Matra basti of kankshi solution per anum along with standard Ayurvedic treatment) :

Patient No.	Day of Treatment									
	1 st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
1	+++	++	++	++	+	-	-	-	-	-
2	++	++	+	+	+	-	-	-	-	-
3	++	++	+	+	+	+	-	-	-	-
4	+++	++	++	++	+	+	+	+	+	-
5	++	+	+	+	+	-	-	-	-	-
6	++	+	+	+	+	+	-	-	-	-
7	+++	++	++	++	+	+	+	-	-	-
8	+++	++	+	+	+	+	-	-	-	-
9	++	++	++	++	++	+	+	+	+	+
10	+++	++	++	+	+	+	-	-	-	-
11	++	++	+	+	+	+	+	-	-	-
12	++	+	+	+	-	-	-	-	-	-
13	+	+	-	-	-	-	-	-	-	-
14	+++	++	++	++	+	+	+	+	-	-
15	++	++	+	+	+	-	-	-	-	-

(+ : Mild bleeding with less than 10 drops/ occasionally between 2 to 3 days

++ : Mild bleeding with 10 to 30 drops in each defaecation.

+++ : Stream/ more than 50 drops in each defaecation)

OBSERVATIONS :

It was observed that the patients from the group B got maximum relief from bleeding within the short period of 3 to 4 days than the patients from group A. Also pain, difficulty in passing stool, pruritus, mucosal discharge and degree of prolapsed reduced significantly in group B which was given 20 ml Matra basti of Kankshi solution for consecutive 10 days along with standard herbal medicinal treatment.

RESULTS :

Laconically, the total effect 20 ml Matra basti of kankshi solution in bleeding piles was satisfactorily found to be highly significant over the standard Ayurvedic medicinal treatment.

DISCUSSION: Thus, the study shows that Kankshi is an effective local haemostatic agent in controlling bleeding piles. Kankshi solution exerts it's astringent and haemostatic effect through a chemical reaction with blood proteins which results in controlling the bleeding. It is safe, cost effective and easily accessible way to arrest the bleeding.

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