



Clinical study to evaluate efficacy of *Arshahar* in the management of *Arsha* w. s. r. to hemorrhoids.

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ABSTRACT

Arsha (hemorrhoids) is engorgement of the hemorrhoidal venous plexus, characterized by bleeding per rectum, constipation, pain, prolapse and discharge. The earliest reference of *Arsha* is available in *Acharya Charaka, Sushruta and Kashyap Samhita*. In modern point of view, it can be correlated with Haemorrhoids. In this study total 10 patients of *Arsha* having signs and symptoms of same, selected from Arogyashala Rugnalaya OPD of Shalyatantra Department. The patients were treated with prepared "*Arshahar malam*" to be applied locally for twice a day upto 10 days. The reference of *Arshahar malam* taken from various texts of Ayurvedic *samhitas*. It contains *Nagkeshar, Lodhra, Nirgundi, lajjalu, Bheemseni Karpoor, Yasad Bham And Tila Taila* in appropriate proportion. All these drugs have property to subside the different symptoms belongs to *Arsha*. The combined effect of all these drugs are seen in this study.

Assessment was done on the basis of criteria such as bleeding, shotha according

to grade of pile mass, and itching. On observation, result showed reduction of bleeding, *shotha*, and itching with advantages like affordable cost-effective and more acceptable to different categories of people, etc. were recorded in the *Arshahar malam*-treated group. No any complication seen in patients during follow up periods.

Key words: *Arsha, Arshahar malam, hemorrhoids*

INTRODUCTION

In the quest to find a quality life in 21st century, we often unknowingly host a number of diseases. Over the years, It is manifested due to improper diet, prolonged standing and faulty habits of defecation causing derangement of *Tridosha*, mainly *Vata Dosha*. These *dosha* cause *agnimandhya*. Vitiated *Dosha* localizes in *Guda Vali, Pradhana Dhamani* and *Mansdhara* **Haemorrhoids**, is an excessive distention of a vascular plexus which stretch the overlaying mucosa and anoderm, loosening their attachments to the muscle wall of anal canal³.

In the modern management of haemorrhoids Stool softeners, local

anesthetics, sitz bath and dietary changes advised do help in treating the haemorrhoids. Surgical interventions are also not required in majority of cases because. But in some cases with severe sign and symptom we advised surgical intervention. Some procedure are costly and some have post operative pain so we can not suggest surgery for all type of patient.

Ayurveda provide us the opportunity to treat *Arsha* with cost effective medication instead of surgical procedure. '*Guda*' (4) one of the *Sadyapranahara marma*, must be treated holistically to averse any future complications. *Raktastrava* and *Gudasthani mamsa pradurabhava* is the main complaint of the patient in the *Arsha* disease.

Hence "*Arshahar malam*" was chosen for the study. *Arshahar malam* is made up of *lajjalu beeja*, *Nagkeshar*, *Lodhra*, *Nirgundi*, *Karpur*(*Bheemseni*), *Yasad Bhasma til taila* And *Siktha*. Selection of drugs in ointment done according to their *karma* and *prabhava* which is explained by different *achharya*. Overall effect of these drugs observed in this study.

AIMS AND OBJECTIVES

To study the efficacy of *Arshahar malam* in the management of *Arsha* with special reference to Haemorrhoids.(1st, 2nd & 3rd digre)

MATERIALS AND METHODS

Total 10 patients of *Arsha* were selected from OPD and IPD of *Shalyatantra* Department with informed written consent of each patient. All the patients have completed the course of treatment with *Arshahar malam* for local application daily for 10 days. The

symptoms like bleeding, *shotha* according to grade and itching recorded daily in the proforma designed especially for this study.

• Inclusive criteria

1. Patient of both sex.
2. Patients of age group 20 to 80yrs.
3. Patient diagnosed as *Arsha* with sign and symptoms like- bleeding, *shotha* according to grade, burning, itching, H/o- constipation, rectal bleeding.

▪ Exclusive Criteria

1. Patient not willing to participate in clinical trial.
2. Patient who were suffering from CA of ano rectum, congenital anal stricture, congenital anal stenosis.
3. Immune compromised patients

WITHDRAWAL CRITERIA FOR STUDY

1. Patients not in compliance of treatment.
2. Patient lost for two consecutive follow ups during treatment.
3. If any adverse effects are noted while conducting clinical criteria, such patients are excluded from study. Subsequent replacement of the patient was done which are not fulfilling the selection criteria.

MATERIALS

a) Formulation composition

Sr. no.	Ingredients	Ingredients (Latin Name)	Quantity
1	<i>Lajjalu</i>	<i>Mimosa pudica</i>	30gm
2	<i>Nagkeshar</i>	<i>Mesua ferrea</i>	20gm
3	<i>Lodhra</i>	<i>Symplocos racemose</i>	30gm
4	<i>Nirgundi</i>	<i>Vitex</i>	20gm

		<i>nirgundo</i>	
5	<i>Bheemseni karpur</i>	<i>Cinamomum camphora</i>	10gm
6	<i>Yasad bhasma</i>		5gm
7	<i>Tila tail</i>	<i>Sesamum indicum</i>	500ml
8	<i>Sikhta</i>		100gm

Method of Preparation

• Preparation of ointment -

First of all a *kalka* is prepared with help of all these raw material in given proportion. After that *Tila taila* is *siddha* by the *kalka*.

Flame was continued upto *tail siddha lakshnas* like bubbling stopped etc. was observed. *Tail* then filtered using muslin cloth and small pieces of *Sikhta* were added. *Karpur* was added in *siddha taila*. Lastly, *yasad bhasma* added. Concept of *kalka* preparation and *taila siddhi* is taken from the *sharangdhar Samhita*.

The *tail* was measured and packed in tightly closed containers to protect from light and moisture.

• Follow up study

5th, 10th & 15th days

- **Weight-** one container of *Arshahar malam* containing total 25gm amount of drug.
- **Dose-** 1 gm at one application, twice a day application after defecation in morning and before going to bed at night.
- **Route of Administration-** Local application

Fig-(a) represents: Materials required for preparation of *Arshahar malam*.



- **Fig-(b & c)** represents: During *kalka* preparation & *tila taila*.



- **Fig-(d)** represents: Prepared *Arshaahar malam*

CRITERIA FOR ASSESSMENT

All the patients selected for the current study were assessed on following parameters during treatment.

1. Bleeding
2. Degree of pile
3. Itching

Grades	Features
0	No bleeding
1	Occasional bleeding evident microscopically
2	Intermittent and evident microscopically
3	Visible bleeding in the form of splash in the pan

2) Degree of pile

Grades	Features
0	No pile mass
1	Pile mass seen in anal canal
2	Pile mass came out during defecation but go back it self
3	Pile mass came out but does not

	go back it self
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3) Itching

Grades	Features
0	Absent
1	Mild (occasionally in a day)
2	Moderate (intermittent itching)
3	Severe (continuous itching throughout the day)

RESULT AND OBSERVATION

In this pilot study, total 10 patients were treated with *Arshamalhar malam* for local application daily for 10 days. All of them have regular follow up. A special case proforma made for clinical study. Separate criteria for assessment were prepared for them. The data collected observed, summarized and results were presented in the form of percentile relief. Following observations were made during the study:

OVERALL PERCENTILE RELIEF ON ALL SYMPTOMS

Sr. No.	Symptoms	Mean		Mean Difference	Percentile Relief
		BT score	AT score		
1	Bleeding	2.7	0.6	2.1	77.77 %
2	Degree of pile	1.9	0.9	1.0	52.63 %
3	Itching	1.5	0.4	1.1	73.33 %

In this study it is found that the signs and symptoms reported by the patients showed significant reduction in Bleeding(77.77%) Degree of pile mass(52.63%) and Itching (73.33%) .there was significant improvement observed in all the parameters like Bleeding, shotha and itching

TOTAL EFFECT IN PERCENTAGE

Total effect of *Arshahar malam* therapy shows 67.91% relief in all the symptoms of patients enrolled for preliminary study. This shows the effect of *Arshahar malam* in *Arsha* with special reference to Haemorrhoids is better.

DISCUSSION

• Discussion on observation-

The objective of the study was to evaluation of *Arshahar malam* in the management of *Arsha*. In this study total 10 patients were registered and treated with *Arshahar malam* per anus for daily 10 days. All the patients having better result from the clinical features i.e. mentioned in assessment criteria has been discuss as follows-

• Discussion on Total effect of therapy-

1. Bleeding

After studying all data thoroughly, in 10 patients of- 77.77 % relief was observed from burning sensation

2. Degree of pile

In these criteria, in 10 patients of- 52.63 % relief was observed from pain.

3. Itching

In these criteria, in 10 patients of- 73.33 % relief was observed from itching.

4. Overall effect of therapy

In this study above all mentioned criteria it was observed that in 10 patients, 67.91 % patients showed significantly better results of *Arshahara malam* in the management of *Arsha* w.s.r. to haemorrhoids .

DISCUSSION ON PROBABLE MODE OF ACTION OF ARSHAHA MALAM

Sr. no.	Drug name	Karmukata	Achharya
1	<i>Lodhra</i> and <i>Nagkeshara</i>	<i>Raktastmbhaka</i>	<i>Hemadri</i>
2	<i>Nirgundi</i>	<i>Shoothahara</i>	<i>Bhavprakash</i>
3	<i>Lajjalu</i>	<i>Raktastmbhaka</i>	<i>Bhavprakash</i>
4	<i>Karpura</i>	<i>Shoolaghna</i>	<i>Bhavprakash</i>
5	<i>Yasada Bhasma</i>	<i>Vranaropaka</i>	<i>Rasratna Samuchhaya</i>

So, according this information we can say that content of these ointment effective in *raktastambhna*, *shoothaghna*, *shoolaghana* and *vranaropana* properties .

In *Arsha vyadhai* patient mainly complain bleeding during or after defecation because engorge arteriovenous plexus with thin or ulcerated mucosal layer erode when patients pass constipated stool. these engorge vein bulge out with submucosal prolapse and seen as thrombosed hemorrhoids.

- *Yasad bhasma* of this ointment

containing zinc properties which helps in to strengthen the mucosal layer of anal canal and start healing of mucosal ulcer.

- *Karpura* have anti-inflammatory properties so reduced local inflammation of anal canal.
- *Lodhra lajjalu* and *nagkeshara* have *raktastmbhana* properties due to *sthambhana guna* so when we apply ointment active ingredient of these drugs help to reduce bleeding .
- *Nirgundi* work as a *shoothahara* drug so it help to reduce swelling of

haemorrhoidal mass.

CONCLUSION

As stated in the discussion part, after careful assessment the effect on individual parameters and overall response *Arshahar malam* seems to be more effective for *Arsha* i.e. hemorrhoids without any adverse effects.

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