A Clinical Study of RaktArsha Managed with Ayurvedic Treatment w. s. r. to 1st degree internal Haemorrhoid.

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ABSTRACT:
In the present era Arsha has become most common and distressing disease due to Sedentary life style and irregular habits. RaktArshas is one of the bheda of Ardra Arshas. Per rectal bleeding is the chief complaint in 1st degree internal haemorrhoid. Bleeding through Haemorrhoids can leads to Anaemia which ultimately leads to serious complications. Stoppage of bleeding is primary goal in the RaktArsha. In bleeding Tikta Rasatmaka Dravyas are given to the patients for Agnisandeepan, haemostasis & Pachna of Doshas.

So, in the present study single patient study taken. The result of the study was assessed on the basis of clinical improvement.

KEYWORD: RaktArsha, 1st degree internal Haemorrhoid, Agnisandeepan.

INTRODUCTION:
Today’s sedentary life style, irregular eating and bowel habits causes many diseases in that haemorrhoid is one of the frequent problems. Haemorrhoid (Greek: haima-Blood, rhoos- Flowing; synonym: piles, Latin: Pila- a ball)¹

Haemorrhoids are defined as dilated plexus of superior haemorrhoidal veins in relation to anal canal².

Commonly three positions are seen in primary piles as at 3,7 and 11 ‘O’ Clock positions (when the patient is in the lithotomy position)³. Acharya Sushruta described Arsha under ‘ASHTAUMAHAGADA’⁴. According to Charak Samhita Arsha never occur without the aggravation of all three Doshas. It is because of the predominance of one or all three Doshas that different types of Arshas are determined⁵. From the treatment point of view Arsha may be divided into 2 groups viz. ShushkArsha (Dry piles) & Sravi Arsha (Exudating/Bleeding piles). Sravi Arsha which occurs due to the dominance of Pitta & Rakta⁶. Among all types of Arshas, Sravi Arsha can be leads to life threatening
complications if not treated during early stage. Bleeding through pile mass can leads to Anaemia which ultimately leads to serious complications. Stoppage of bleeding is primary goal in the RaktArsha (bleeding piles).

Bheshaja Chikitsa is more effective in early stage of RaktArsha and has greatest advantage of wider acceptability by the patients.

In bleeding Tikta Rasatmaka Dravyas are given to the patients for Agnisandeepan, haemostasis & Pachna of Doshas’ and Sheeta Veerya is mainly Pittashamaka and Pitta is the main Dosha responsible for bleeding piles.

AIM AND OBJECTIVES:
To Study the Clinical Management of RaktArsha with Ayurvedic Treatment w. r. to 1st degree internal Haemorrhoid.

MATERIALS AND METHOD:

CASE REPORT: -
Name of patient – XYZ
Gender – Female
Age – 36 years
Occupation – Housewife
Religion – Hindu
Desh – Sadharan
Marital status – Married

CHIEF COMPLAINTS:
1) Per rectal drop wise bleeding - Since 15 days
2) Constipation – On & Off Since 15 days

CASE HISTORY:
A 36 yrs female patient suffered from per rectal drop wise bleeding after defecation and constipation. Onset of these symptoms are last from 2 wks.

Past history: No H/O - DM/HTN/IHD/COPD

Personal History:

a. Addiction- Tea 2-3 times per day
b. Dietary Habits- Irregular, spicy food
c. Bowel Habits- Hard stool
   (Constipation On & Off)
d. Nature of work- Sedentary

Family History: NO History found

GENRAL EXAMINATION:
1. Pulse rate – 82/min
2. BP – 110/70 mm of Hg
3. Weight – 56 kg
4. P/A – Soft
5. Liver and Spleen- not palpable
6. S/E - CNS, CVS, RS - NAD

ASHTAVIDHA PARIKSHA:
1. Nadi - 82/min
2. Shabda - Spashta
3. Mutra – 5-6 times per day
4. Spardha - Ushna
5. Mala – Malavsthambh (1-2 times per day)
6. Druk – Prakrut
7. Jivha - Saam
8. Aakruti – Madhyam

LOCAL EXMINATION:

P/R Examination:

Perianal region: Normal
Anal Region – No any abnormal growth, No any discharge
Sphincter Tone - Relaxed
Proctoscopy – 1st degree internal haemorrhoid present at 11 o’clock.
   No congestion
GRADATION OF SYMPTOMS:

1) AMOUNT OF BLEEDING PER ANUM:

<table>
<thead>
<tr>
<th>Sr.no.</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>1)</td>
<td>No bleeding</td>
</tr>
<tr>
<td>2)</td>
<td>Soiling of faeces with blood or staining of hand / tissue paper on cleaning after defecation</td>
</tr>
<tr>
<td>3)</td>
<td>Drop by drop 5-10 drops</td>
</tr>
<tr>
<td>4)</td>
<td>Drop by drop &gt;10 drops / during entire act of defecation</td>
</tr>
<tr>
<td>5)</td>
<td>Jet of blood /Splashes in the pan</td>
</tr>
</tbody>
</table>

2) FREQUENCY OF BLEEDING PER ANUM:

<table>
<thead>
<tr>
<th>Sr.no.</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>1)</td>
<td>No Bleeding</td>
</tr>
<tr>
<td>2)</td>
<td>Once in a week</td>
</tr>
<tr>
<td>3)</td>
<td>Twice in a week</td>
</tr>
<tr>
<td>4)</td>
<td>&gt;3-5 times in a week</td>
</tr>
<tr>
<td>5)</td>
<td>Daily</td>
</tr>
</tbody>
</table>

3) CONSTIPATION:

<table>
<thead>
<tr>
<th>Sr. no.</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>1)</td>
<td>Absent</td>
</tr>
<tr>
<td>2)</td>
<td>No requirement of laxatives only diet modification</td>
</tr>
<tr>
<td>3)</td>
<td>Requires laxative</td>
</tr>
<tr>
<td>4)</td>
<td>Not reliving by laxatives</td>
</tr>
</tbody>
</table>

TREATMENT:

1) Chandanadi Kwath 50ml BD after meal
2) Gandharv haritaki churna 5gm H.S

Follow up Taken on 1st, 7th, 14th days of Treatment.

RESULT:

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>0 day</th>
<th>7th day</th>
<th>14th day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount of bleeding per rectal</td>
<td>2</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Frequency of bleeding</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Constipation</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

DISCUSSION:

1. Arsha is a Tridoshaj Vyadhi that arises from Mandagni and Ama formation.
2. The principal of treatment of RaktArsha includes three chief clinical effects- (1) Agni Deepan, (2) Vatanuloman and (3) Raktasthambhan.

pharmacological actions of Chandanadi Kwath⁹-
Raktachandana has Madhura -Tikta Rasa, Guru - Ruksha Guna, Sheeta Veerya, Katu Vipaka. So, it has Kaphapittashamak, Daahaprasrhamana, Sthambhaka properties.
It acts as Anti-inflammatory, anthelmintic in action.  

Kiratatikta has Tikta – Rasa, Laghu - Ruksha Guna, Sheeta Veerya, Katu Vipaka. So, it has Kaphapittashamak, Raktashodhaka, Agni-Deepana, Aampachhana properties. It acts as antibacterial, antifungal, antiviral, anticancer, anti-inflammatory in action.  

Dhanvayasa has Madhura - Tikta - Kashya Rasa, Laghu - Snigdha Guna, Sheeta Veerya, Madhura Vipaka. So, it has Kaphapittahara, Arshoghna, Daha prashamana, Rakta Shodhaka, Rakta Shambhaka properties. It acts as astringent, antiviral, antimicrobial, antiseptic, anti-inflammatory, antioxidant in action.  

Shunthi has Katu Rasa, Laghu - Ruksha Guna, Sheeta Veerya, Madhura Vipaka. So, it has Vatakaphashamaka, Shothahara, Arshoghna, Vedana sthapana, Agni-Deepana, Pachana, Vatanulomana Properties. It is Anti-inflammatory, Antibacterial, Antipyretic, Antioxidant and Analgesic in action.  

Daruharidra has Tikta - Kashay Rasa, Laghu - Ruksha Guna, Ushna Virya, Katu Vipaka. So, it has Kaphapittahara, Arshoghna, Shothahara, Vedana sthapana, Rakta Shambhaka Properties. It is Anti-inflammatory, Hepatoprotective, Antidiabetic, Anticancer, Antimalarial, Antimicrobial, Antioxidant in action.  

Twak has Madhura – Katu - Tikta Rasa, Laghu – Ruksha - Tikshna Guna, Ushna Virya, Katu Vipaka. So, it has Vatakaphnashaka, Agnimandayahara, Arshoghna, Shothahara, Vedana sthapana, Rakta Shodhaka properties. It is blood purifier, digestive, antiseptic, antifungal, antiviral, antibacterial, antioxidant, anti-inflammatory in action.  

Ushir has Madhura – Tikta Rasa, Laghu – Ruksha Guna, Sheeta Veerya, Katu Vipaka. So, it has Kaphapittahghna, Agni-Deepana, Pachana, Rakta Shodhaka, Rakta Shambhaka Properties. It is antifungal, cooling, haemostatic, expectorant, antispasmodic in action.  

Nimb has Tikta - Kashay Rasa, Laghu Guna, Sheeta Veerya, Katu Vipaka. So, it has Kaphapittahghna, Daahprashmana, Rakta Shodhaka, Vranpachana, Vranashodhanaka Properties. It is Antimicrobial, Antiviral, Anthelmintic, Antiseptic, Anti-inflammatory in action.  

Owing to all the above mentioned properties of the constituents of Chandanadi Kwath, it helps in breaking the pathology of RaktArsha by its Vatanulomana, Deepan, Pachana, Rakta shodhana, Raktastambhana properties.  

4. Gandharav Haritaki Churna:  
   This churna acts as a anulomak thus helps in relieving constipation.  

CONCLUSION:  

1. From the above case study, it was concluded that in Chandanadi Kwath most of the drug are Tikta-Kashay Rasa and Sheeta Veeryamak so it helps in Aagnisandeepana & Pachna of Doshas, Vatanulomaka and Rakta stambhaka.  

2. Gandharv haritaki Churna helps in reliving the constipation.
Conflict of Interest: Non
Source of funding: Nil

Cite this article:

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