

A CLINICAL STUDY TO EVALUATE THE EFFICACY OF VEDANA STHAPANA MAHAKASHAYA GHANA VATI AND YASHTIMADHU GHRITA VARTI IN POST-OPERATIVE PAIN MANAGEMENT OF ARSHA

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ABSTRACT

Arsha or Haemorrhoid is nowadays, the most common ano-rectal disease worldwide. A haemorrhoid condition and *Arsha*'s characteristics can be related. The disease *Arsha* can be traced back to the Vedic period. It is a disease that tortures people as an enemy. The extensive list of etiological elements, including mechanical lifestyle, nutrition, diet, habits, and indulgences, as well as the comprehensive explanation of its pathophysiology, is evidence of our Acharyas' great vision, profound insight, and scientific understanding. For the treatment of *arsha roga*, Acharya *Sushruta* said *chaturvidha sandhanopaya*, *Shashtra Karma*, or surgery is one of these four techniques. Any surgical or non-surgical procedure that is performed causes excruciating pain that can be classified as post-operative pain and necessitates immediate medication to provide pain relief. In *Ayurveda*, the ability of the practitioner to relieve a patient's pain or suffering following surgery is still a disadvantage. An effort was undertaken to treat post-operative discomfort following *shashtra karma* effectively. Patients experience excruciating pain after *Ksharsutra* ligation. To treat the post-operative pain in *Arsha*, the patients in the current study who had undergone *Ksharsutra* ligation were given the prescriptions *Vedana sthapana mahakashaya ghana vati* orally and *Yashtimadhu Ghritha Varti* locally. This study tried to assess the analgesic effect of *Vedana sthapana maha kashaya ghana vati* and *Yashtimadhu Ghritha Varti* to get relief from the *post-operative* pain in *arsha*.

Keywords: Arsha ,Haemorrhoid,Vedana sthapana mahakashaya ghana vati ,Yashtimadhu Ghritha Varti, Post operative pain.

INTRODUCTION

Arsha or Hemorrhoids have now become the most prevalent anorectal disease globally. The significance of this condition is evident by the fact that the World Health Organization (W.H.O.) has designated 20th November as "World Piles Day". This particular day of recognition highlights the seriousness of haemorrhoid disease and the need to raise awareness about its impact on individuals' health. The characteristics of Arsha can be closely associated with the medical condition known as haemorrhoids, commonly referred to as "piles." The occurrence of haemorrhoids tends to increase with age, with a higher prevalence observed after age 50. Approximately 4% of the population experiences issues related to haemorrhoids, and it is more frequently found in men compared to women, with a ratio of 2:1¹. In the contemporary age, there has been a steady rise in anorectal ailments within society. Among these, Arsha stands out as the most prevalent condition, affecting a significant number of individuals worldwide, thereby presenting a substantial medical challenge. Arsha traces back to the Vedic period, inflicts great suffering upon individuals, likening it to a formidable adversary.

अरिवत् प्राणान् श्रुणाति हिनस्ति ईति अर्श । (Ch. Chi. 14/2,Vimarsha)

The remarkable foresight, profound insight, and scientific understanding of our ancestral Acharyas scholars/practitioners are evident in their extensive list of causative factors, which include mechanical lifestyle, nutrition, diet, habits, and indulgences. Furthermore, their comprehensive explanation of the condition's pathophysiology reinforces their deep understanding and knowledge in this field. Nowadays, Arsha is a prevalent disease occurring in the Anorectal region, i.e., Guda Marga, which is a susceptible area. As per the various Ayurvedic texts, 'Guda' is one of the vital points, i.e., "Marma" in the human body. "Guda" is considered to be one among the nineteen Marmas which are described under "Sadyo Pranahara Marma". According to Acharya Sushruta,

any injury to the anorectal region can lead to death within seven nights, primarily because of its association with the Agni Mahabhoot (fire element). Therefore, it is crucial to promptly treat any pain or injury in this area to avoid the risk of "Sadyo Maran" or immediate death.

The seriousness of the condition emphasises the need for early and effective medical intervention². Acharya Sushruta mentioned chaturvidha sadhanopaya for treating arsha roga, Shastra Karma or surgical procedure is one among these four modalities of treatment mentioned in Sushruta Samhita for the management of Arsha³. When any surgical or para-surgical procedures are done, it creates so much pain, which can be considered postoperative pain, and it needs urgent medication to get relief from the pain. Addressing post-operative pain is crucial for improving patients' well-being and enhancing their recovery process. A multi-modal approach is often employed to achieve this, incorporating both non-pharmacological and pharmacological interventions. However, in Ayurveda, it is still a drawback for the practitioner to subside the pain or agony of the patients after surgeries. So, an effort was made to establish an effective management of post-operative pain after shastra karma. After Ksharsutra ligation, patients suffer from immense pain. In Ayurveda, one of the challenges faced by practitioners is the management of post-operative pain or agony experienced by patients after surgical procedures. Recognising this issue, efforts have been made to establish effective pain management strategies following shastra karma (surgical interventions). For instance, after Ksharsutra ligation, patients often endure intense pain. Addressing and finding solutions to alleviate this pain is crucial to improving the overall patient experience and ensuring successful treatment outcomes in Ayurvedic practice. So, in the present study, the patients who had undergone Ksharsutra ligation for Arsha were subjected to Vedana sthapana

mahakashaya ghana vati orally and *Yashtimadhu Ghritha Varti* locally for the management of post-operative pain in *Arsha*. In this study, an effort was made to assess the analgesic effect of *Vedana sthapana Mahakashaya Ghana Vati* and *Yashtimadhu Ghritha Varti* to relieve post-operative pain in *arsha*.

AIMS AND OBJECTIVES

AIM- To evaluate the efficacy of *vedana sthapana maha kashaya ghana vati* and *yashtimadhu ghritha vary* in post-operative pain management of *arsha* after *shastra* ligation.

OBJECTIVES-

Primary Objectives-

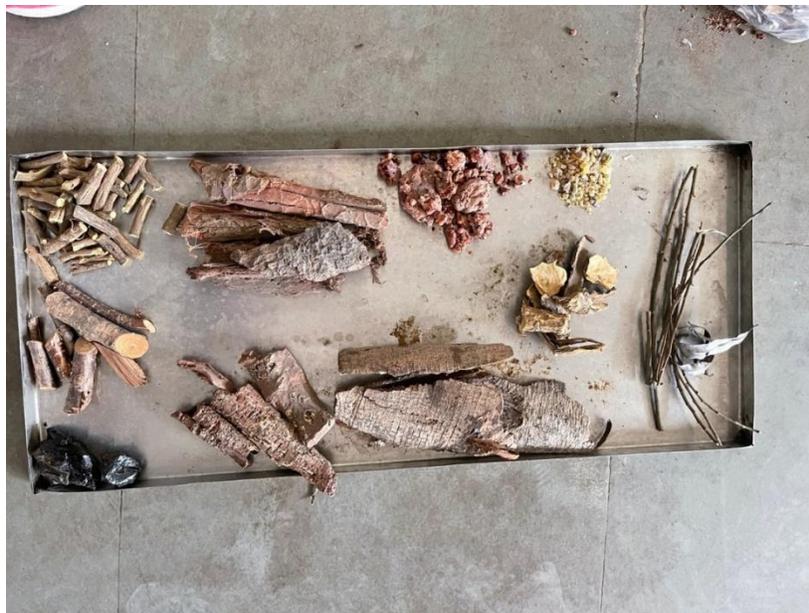
- To establish and assess the analgesic effect of *Vedana sthapana maha kashaya ghana vati* and *Yashtimadhu ghritha varti* to get relief from pain after *ksharsutra* ligation and *transfixion* in *Arsha*.

Secondary Objectives-

- To study the contemporary and comprehensive pain-related problems after operative procedures in *Arsha*.
- To reduce the complications of modern medicines and drug dependency.
- To understand the concept of pain in *Ayurveda*.
- Exploration of possibilities of alternative options for post-operative pain management.

MATERIALS AND METHOD

A total of 30 patients fulfilling the inclusion criteria were selected randomly in this trial. A Special Case Proforma was prepared with details of history taking, signs, and symptoms mentioned in our classics and ailing sciences. A parameter of signs, symptoms, and investigations was scored based on the standard method and analysed statistically. This study was completed on a minimum of 30 clinically diagnosed subjects of *Arsha* complaining of postoperative pain after *shastra* ligation and *transfixion* were selected from the OPD and IPD of UPGIAS&R, Dr S.R.RAU, JODHPUR, irrespective of age, sex, religions, occupation etc. based on the pre-determined criteria. Written informed consent was taken from each subject before the initiation of the trial. The subjects complaining of Pain, Burning Sensation, and Tenderness were included. Patients aged between 25-65 years are known case *Arsha*, not suffering from rectal cancer, HIV, AIDS, Tuberculosis and other malignancies. Patients associated with uncontrolled systematic diseases like HTN and Diabetes were taken after Laboratory investigations were carried out before treatment to rule out any other pathological conditions. Routine haematological investigations done were: - Hb %, TLC, DLC- N __ %, L __ %, R __ %, M __ %, BT, CT, ESR, vRBS, FBS (If required), PPBS (If needed), HIV, HBsAg, VDRL.



Vedanasthapana mahakashaya ghana vati and *Yashtimadhu ghritha varti*

DISCUSSION

Observations were made in 30 patients before, during and after treatment using both the formulations *Vedanasthapana mahakashaya ghana vati* and *Yashtimadhu ghrta varti* in a single group of patients, respectively, about the post-operative pain management considering the pain and burning sensation as subjective criteria and tenderness as the objective parameter. Statistical analysis, notably the Wilcoxon signed-rank test, was used to assess the treatment's efficacy, and it produced incredibly significant results in all 30 patients. Tenderness (59.34%) (Z-4.54), one of the three criteria, had a lower alleviation percentage than the other two (Z-4.54). It was also determined that the relief percentage for pain (63.93%) (Z-4.45) was highly significant. However, Burning Sensation (66.66%) had the highest alleviation percentage (Z-4.62), also considered an effective result.

The drugs in *Vedana sthapana mahakashaya ghana vati* and *Yashtimadhu ghrta varti* worked through different mechanisms, such as balancing *Vata dosha*, reducing inflammation, promoting wound healing, and directly relieving pain, to alleviate painful stimuli in the human body effectively. *Shaala*, *Shirisha* and *Vetasa* have a sweet taste (*madhura rasa*), which aids in balancing *Vata dosha*. Drugs like *Katphala*, *kadamba*, *padmaka*, *Ashoka* etc., contain chemical compounds such as myricitrin, myricetin, pentosan, genistein, etc. These compounds have demonstrated analgesic and anti-inflammatory effects, contributing to their ability to relieve pain. *Yashtimadhu* has active chemical constituents like glycyrrhizin, sugar, starch, aspirin, malic acid, resin, submarine, and cinnamic acid. Having properties like *sita virya*, *guru & snigdha guna*, it acts as *Vrana Ropaka* and *Daha Samaka*. Thus, it helps to heal and subside the burning sensation. *Ghee (ghrta)* or “clarified butter” with properties like *Snigdha, shalakhana, guru, yogavahi, alpabhishyandi*, and *Soumya*, helps in the healing of wounds, thus reducing pain. Both the formulations acted upon *Vata dosha*, the main responsible factor for pain, and their combined effect displayed a highly

effective synergistic action in all the assessment criteria. Upon conducting the overall assessment after the treatment, the results of the therapy showed that among the 30 patients observed, only one patient achieved complete remission, seven patients experienced marked improvement, the highest number of patients, a total of 18, showed moderate improvement, and the remaining four patients displayed mild improvement after the treatment.

CONCLUSION

The interventional care incorporating the use of these formulations, *Vedana Sthapana Mahakashaya Ghana Vati* and *Yashtimadhu Ghrta Varti*, have demonstrated success in lowering the signs and symptoms of *Arsha* (haemorrhoids) with no harmful side effects. As a result, it might be suggested as a practical therapeutic choice for people with this illness. Following the therapy, the study demonstrated incredibly significant improvements in all three measures (pain, burning sensation, and tenderness). The acquired results show a statistically exceptional result with a P-value of 0.0001, accepting the alternative hypothesis H1 is true.

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