

ROLE OF GUD-HARITAKI IN MANAGEMENT OF ABHYANTAR ARSHA - A CASE STUDY

Ashwini S. Jarange¹, R. H. Amilkanthwar², Yogesh J. Patel³

¹P.G. Scholar, ²M.D (Shalya), Ph.D Associate Professor, ³P.G. Scholar,
Department of Shalyatantra, Government Ayurved College, Nanded, Maharashtra, India

Email: ashwinijarange@gmail.com

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ABSTRACT

Arsha (haemorrhoid) is a lifestyle disease, caused by change in way in which people live, as a result of advancement of society. Lacks of adequate physical activity, addiction like smoking, alcohol consumption are the main causes of this disease. According to *sushruta*, vitiated *vata dosha* localizes in *guda vali* and vitiates *twak, mansa, meda* and *rakta*, resulting in the *Annavaha srotodushti*. The management of *arsha* involves *Aushadhi chikitsa, kshar karma, Agnikarma* and *shastrakarma*. Modern management of *arsha* is mainly surgical approach but the result was found to be less satisfactory. In this case study an effort was made to evaluate the role of *Gud-haritaki* in management of *Arsha*.

Keywords: *Arsha*, Haemorrhoid, *Gud-Haritaki*.

INTRODUCTION

Ayurveda is a science of life and *Shalyatantra* is its important branch representing the surgical field. *Arsha* is one of the grave diseases included in *Ashta-Mahagada*. Hemorrhoid is enlargement of the venous plexus characterized by bleeding per rectum, constipation, prolapsed etc. It is manifested due to improper diet, faulty habits of defaecation and prolonged standing leading to vitiated *doshas*. Haemorrhoids are dealt rationally under the concept of *arsha*.

According to W.H.O. 40% of people worldwide are suffering from piles.

CASE REPORT-

Up to 80% of haemorrhoidal symptoms can usually be controlled by conservative treatment. There are many treatment modalities like haemorrhoidectomy, sclerotherapy, infrared coagulation therapy, lord's dilation, cryosurgery, rubber band ligation and stapler haemorrhoidectomy, but the options are limited concern to their effectiveness.

We tried *Gud-Haritaki* when the patient is not fit for surgery or not willing for surgery or in conditions where surgery is contra-indicated. This case report consists of a study of case of *abhyantar arsha*, in which *Gud-Haritaki* yoga was administered for 21 days.



A 52 yrs old male patient came to the *Shalyatantra* OPD of Govt. Ayurved College, Nanded, Maharashtra with presenting complaints of bulging at anal region, intermittent per rectal bleeding and pruritus ani since one month. Patient has history of constipation since last 2-3 months. Patient was thoroughly examined and detailed history was taken. The patient was High School teacher by occupation. He didn't have history of any major illness.

ON EXAMINATION

General condition – Moderate and afebrile

P/R – 68 min, Regular

BP- 130/80 mmHg

No pallor or icterus was present.

LOCAL EXAMINATION

P/A- Non tender and soft.

L/E- Perianal region –NAD

Anal verge – No spasm, not painful.



P/S - e/o II⁰ Internal haemorrhoid at 3 o'clock and 11 o'clock.

ABHYANTAR ARSHA

Laboratory Investigations

CBC, BT, CT, RBS were in normal range. HIV I and II and HBsAg were non-reactive.

DIAGNOSIS- II⁰ Internal Haemorrhoids.

Treatment –

1. *Gud- haritaki Yog* for 21 days.
2. Sitz bath with Alum and Turmeric.

Materials-

1. The selected patient diagnosed as *abhyantar arsha* at OPD of *Shalyatantra*, Govt. Ayurved Hospital, Nanded.
2. *Gud* (Jaggery)
3. *Haritaki choorna* (*Terminalia chebula*)

Preparation of Drug-

Gud and *Haritaki choorna* mixed in same quantity and given to patient in tablet form.

GUD-HARITAKI

Dosage- 5gm twice a day orally.

Time- *Apankale* (Before meals)

Duration- 21 Days

Follow up- Patient observed on 7th, 14th and 21st day.

Assessment criteria

Objective Parameters

1. Degree of internal haemorrhoid-
 - a. I⁰ - Pile mass does not come out of anus.
 - b. II⁰ - Pile mass comes out only during defaecation and is reduced spontaneously after defaecation.
 - c. III⁰ – Piles come out only during defaecation and don't return by themselves, but need to be replaced manually and then stay reduced.
 - d. IV⁰ – The piles that are permanently prolapsed.
2. Per rectal bleeding-

- Absent (0) - No bleeding during defaecation.
- Mild (+) - 5-10 drops per bowel habit.
- Moderate (++) - 10-20 drops per bowel habit.
- Severe (+++) - More than 20 drops per bowel habit.

Subjective Parameters-

- Constipation- present/absent.
- Pruritus ani- present/absent.

Observation

Local examination after 21 days-

Perianal region- NAD

P/R digital- no spasm

Proctoscopy- No e/o internal haemorrhoid.

In above case study, patient got relief from his complaints. There was significant reduction in pruritus ani, P/R bleeding and got relief from constipation. At 21st day, there was no pile mass observed in proctocopy.

DISCUSSION

The causes of haemorrhoid are improper digestive system, straining, constipation, *virudha ahar-vihar*, excessive travelling etc. *Gunas* of *Haritaki* are *Deepana*, *Pachana*, *Anulomana* and *Agnivardhana*, which help in *samprapti bhanga* of *Arsha*. *Haritaki* has property to improve functioning of digestive system by clearing the blockage of channels in the digestive system. Due to *Ushna* and *Vata-pittajita* property of *Guda*, *Agnideepana* and *Pachana* of *Aam* takes place. Thus, *Anulomak* property of *haritaki* and *Nissarak guna* of *Guda* help to release *Sanchit Dosha* out through the *Koshtha*. This leads to *Samprapti vighatana* of *Arsha vyadhi*.

CONCLUSION

In this case study, we got good result of *Gud-haritaki yoga*, an *Ayurvedic* medicine. The treatment given for *Abhyantar Arsha* helped in relief of clinical features and also an attempt to provide safe and effective treatment to the patient.

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