

## ROLE OF “RAJANI LEPA” IN THE MANAGEMENT OF ABHAYANTARA ARSHAS w.s.r. TO 2<sup>ND</sup> DEGREE INTERNAL HEMORRHOIDS – A CASE REPORT

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Published online: July, 2018

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### ABSTRACT

Humanity has been toiling hard to conquer pain and suffering since the dawn of human civilization. Pain occurs in different forms. Sometimes it's spiritual, sometimes physical or mental. However medicine is more concerned with the elimination of the physical and mental pain. *Āyurveda*, as the science of life is not a frozen science but an ancient wisdom growing with the movement of life itself. Various fundamentals laid in *Āyurveda*, dealing with whole life of human beings well before its birth to the end of the life and even after death; are still very much relevant in their honest and holistic approach to cure the ailing humanity. The course of any disease depends on various factors. Whether it will subside by itself or it will be cured easily or it will aggravate more with time; this depends on various factors. This review article will explore various factors which affect the prognosis of any disease. Proper knowledge of these factors and their proper implementation will certainly help the physician to conquer any kind of disease.

**Keywords:** *Viṣāda*, *Catuspāda*, *Guruvyādhita*, *Laghuvyādhita*.

### INTRODUCTION

*Arshas*/ Hemorrhoids have been a annoyance for the humans, from time unknown.. Hemorrhoids are dilated veins in the anal canal in the sub epithelial region formed by radicles of superior, middle and inferior rectal vein<sup>1</sup>. In *Ayurveda*, Since *Vedic* period *Arshas* was the main area of concern among anorectal disorders. *Arshas* is considered as one among the eight *Mahagada* and is difficult to cure<sup>2</sup>. It is a local manifestation of systemic derangement of *Dosha*.

Vitiation of *Doshas* adversely affects the digestive fire resulting in *Mandagni*<sup>6</sup>, which in turn leads to constipation. Prolonged contact of accumulated *Ma-la* vitiates *Gudavali* resulting in *Arshas*<sup>6</sup>. Bleeding and prolapsed the two main complaints for which the patient of hemorrhoids usually approach for a medical advice.

*Shalya tantra*, the integral part of *Ayurvedic* system contains detail description of *ShastiUpkarma*<sup>10</sup>.

*Alepa* is mainly use for the *Saman* of local *Kupita Doshas* and reduces sign and symptoms which are detailed explained in *Sutrasthana Mishrak Adhyay*<sup>11</sup>. Most of the patients need quick relief which can be attained by the use of *local application as a Alepa* rather than the use of internal medications. In case of Hemorrhoids different treatment modalities are available like injection therapy, Infrared coagulation, Cryosurgery, Haemorrhoidectomy, Rubber band ligation<sup>3</sup>. However the risk of recurrence or developing infection of wound after the surgical procedure is high.

Bhaisaijya *Ratnavali* explains about *Rajani Lepa*<sup>9</sup> which contains and *Sudha ksheer* (EUPHORBIA NERIFOLIA LINN) and *Haridra* (CURCUMA LONGA LINN) which is used as external application in the management of *Arshas*.

## CASE REPORT

A 39yrs old male patient named Mr. Ganesh Kuduri residence of Koppal. came to OPD of *Shalyatantra* dept. with complaints of with complaints of bleeding while passing stool since 15 days, constipation since 6 months, feeling of mass per rectum and reduced spontaneously, since 3months, clinical proctoscopic examination confirmed the diagnosis 2<sup>nd</sup> Degree Internal Haemorrhoids at 5 and 11 o clock position. Initially Patient was approached to allopathic treatment as well as some other *Ayurvedic* clinics, tried with oral medication but still patient did not felt satisfaction for above mentioned symptoms. On examination blood pressure was 130/80, pulse rate-72bpm, respiratory rate-20/min, R.S-Clear, CVS and CNS no abnormality detected. After a careful discussion regarding the causative factors we planned for "*Rajani Lepa*" application.

**Procedure:** Pre-Operative Procedure: Patient was elaborated with all necessary investigations. Inform consent was taken part preparation and bowel preparation was done.

Operative Procedure: patient was asked to be on lithotomy position, - Under Local anesthesia with all aseptic precautions, part painted and draped, per rec-

tal examination done, Slit proctoscope inserted into anus with lignocaine 2% jelly and Pile masses were identified at 5 and 11 o clock position. - Application of *Rajani Lepa* done and kept for about 2minutes, - later Washed with normal saline. Finally YashtimadhuGhruta anal pack inserted and sterile dressing applied.

Post-Operative Procedures: Patient was under observation for 3 hrs in post operative ward, later he was discharged to home with oral medication.

Discharged with following medicines

1.Tab-*Anuloma DS* , *IHS*, after food with normal water.

2.Tab-*Triphala Guggulu* 250mg BD, after food with normal water.

3. Syp *Abhayarista* 2tsp with a 30ml of water BD , after food.

Follow up was called on every week for 2 weeks

## RESULTS

During a first visit of follow up patient complained about occasional bleeding and no appearance of mass per rectal during defecation and on proctological examination the pile mass were slight shrunken. And on 2<sup>rd</sup> visit after 2 week there was no bleeding, and complete shrunken pile masses were found. And other symptoms were also resolved.

## DISCUSSION

*RAJANI LEPA* was applied to 2<sup>nd</sup> degree Internal pile mass which contains *SUDHA KSHEER AND HARIDRA CHURNA*,

*SUDHA KSHEER* having a properties of *Lekhana, Tikshana-Virechaka, kaphaNissaraka, Laghu, Tikshna, Snigda Guna and Ushna Veerya*, The Latex of *EUPHORBIA NERIFOLIA* facilitated the healing process as evidenced by increase in tensile strength, DNA content, epithelization and angiogenesis<sup>6</sup>, and antibiotic action, P<sup>H</sup> of latex is 5.20 as per reference<sup>7</sup>.

And *Haridra Churna* having properties of *Tridosha Shamaka, Varnya, Lekhana, Vishagna, Krimigna, Vranashifhaka, Vranropana and Ushna Veerya*, An-

algescic and Antimicrobiotics.

It was observed that due to above properties it enhances Seize of bleeding and pile mass shrinks., necrosis of tissue followed by fibrosis of plexus helps in prevention of further dilatation of veins and prevents prolapsed of regional mucosa.

In present day practice application of “**Rajani Lepa**” found better because of its easy availability, and easy to prepare than any “*Kshara collection and method of preperation of Kshara*” along with that it is safe, efficacious, and cost effective method for 2<sup>nd</sup> degree internal haemorrhoids.

## CONCLUSION

Application of *Rajani Lepa* found effective in this 2<sup>nd</sup> degree internal haemorrhoids within 15days the patient was followed up regularly and by doing proctoscopic examinations in each visit and there is no evidence of recurrence of bleeding Haemorrhoid, patient was on active treatment for 2months ,diet restriction followed. Combination of *Rajani Lepa*, conservative treatment, diet restriction and lifestyle modification over a period of 1year.

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2<sup>nd</sup> degree pile mass with Bleeding.



Application of **RAJANI LEPA**.



**After Application of *RAJANI LEPA*.**



**After complete Recovery.**

**Source of Support: Nil**

**Conflict Of Interest: None Declared**

How to cite this URL: Ashwin D S et al: Role Of "Rajani Lepa" In The Management Of Abhayantara Arshas W.S.R To 2nd Degree Internal Hemorrhoids – A Case Report. International Ayurvedic Medical Journal {online} 2018 {cited July, 2018} Available from: [http://www.iamj.in/posts/images/upload/1281\\_1284.pdf](http://www.iamj.in/posts/images/upload/1281_1284.pdf)