

## A COMPARATIVE CLINICAL STUDY ON THE EFFICACY OF SHRI BAHUSHALA GUDA AND ARSHAKUTHARA RASA IN THE MANAGEMENT OF ARSHA w.s.r. TO 2nd DEGREE INTERNAL HAEMORRHOIDS

Singh Rahul<sup>1</sup>, Hiremath Sangamesh<sup>2</sup>, Savadi B. S<sup>3</sup>

<sup>1</sup>P.G. Scholar, <sup>2</sup>Associate Professor, <sup>3</sup>H.O.D.,  
Department of Shalya Tantra, S.J.G.A.M.C, Koppal, Karnataka, India

Email: [singhsinghrahul303@gmail.com](mailto:singhsinghrahul303@gmail.com)

### ABSTRACT

Hemorrhoids are one of the most common benign ano-rectal problems worldwide. The prevalence rate of hemorrhoids is 4.4% in 10 million people, more common in 30-65 years of age. Incidence is equal in both the sex; causes may be, in relation to food or faulty life style. In Ayurveda, Hemorrhoids can be equated which is considered as *Arsha* one of the *Ashtamahagada*, because of *deerghakalanubandhi*, *dushchikitsya* as it is *Tridoshaja* and is in *Marma stana*. During the process of pathogenesis vitiated *Apanadi doshas* gets localized in *Mamsa*, *Meda* & *Twak* of *Guda Pradesh* resulting in appearance of abnormal fleshy out growth in *Guda*. Acharya Sushruta has described four principles therapeutic measures in the management of Arshas as *Bhesaja chikitsa* (medical management), *Kshara karma* (caustic therapy), *Agnikarma* (Thermal Cautery), and *Shastra karma* (surgery). Different types of surgical treatments are also being practiced. But results are not very satisfactory and surgical procedures are not free from adverse effects including anal incontinence. Hence there is a need of effective, safe treatment for haemorrhoids. *Shri Bahusala Guda* is one of the drug regimen indicated as internal medicine in the management of *Arshas* by Acharya Govind Das in Bhaishajya Ratnavali. It is clearly mentioned that by taking internal medicine it does *Agnideepana* & it cures *Arshas*. Considering these points the present study is planned.

**Keywords:** *Arsha*, Haemorrhoids, internal uses of *Bahushala guda* and *Arshakuthara Rasa*.

### INTRODUCTION

Ayurveda is the most rational and time tested among the ancient systems of medicine. This science of life aims at alleviation of diseases as well as maintenance and promotion of good health. The entire science of Ayurveda is based upon *Tri sutra* i.e. *hetu*, *linga* and *Aoushadha*. Among these three, *Aoushadha* plays an important role in *chikitsa* as it

is the first major step in treating the diseases.

Hemorrhoids is a disease which is very specific to human being only due to its erect posture. In Ayurveda Hemorrhoids can be equated which is considered as *Arsha* one of the *Ashtamahagada*, because of *deerghakalanubandhi*, *dushchikitsya* as it is *Tridoshaja* and is in *Marma stana*. During the process

of pathogenesis vitiated *Apanadi doshas* gets localized in *Mamsa* in *Guda*.

Acharya Sushruta has described four principles of therapeutic measure in the management of *Arshas* as *Bhesaja chikitsa* (medical management), *Kshara karma* (caustic therapy), *Agnikarma* (Thermal cautery), and *Shastra karma* (surgery).

Modern science has very little to offer in terms of medicinal treatment for Haemorrhoids. Prevalent modern surgical measures are having their own limitations and complications and need special training, skills and equipments for their performance.

Acharya Sushruta in spite of being primarily a surgeon, has laid minimum emphasis on unnecessary surgeries, has emphasized much on the procedure of *Kshara karma* among parasurgical procedures while describing the *Chikitsa* of *Arshas*. The effect of *Kshara* is praised so much that, it can replace *Shastra Karma* since it does the *Chedana*, *Bhedana*, *Lekhana karma* without help of *shastra*. One big advantage of *Bahusala Guda* is that, it is easily available and cost effective. Another merit is that it can be safely and effectively administered even to aged patients & those unfit for surgery without causing significant pain. Hence *Bahusala Guda* is not just an alternative but a better alternative treatment.

#### OBJECTIVES OF THE STUDY

- To evaluate the effect of Shri Bahusala Guda with Arshakuthara Rasa in the management of 2nd degree internal hemorrhoids.
- To carry out intensive study in relation to aetio-pathogenesis & clinical manifestation of *Arshas* and its management.
- To derive a standard and easily accessible, cost effective treatment for 2nd degree internal haemorrhoids.

#### MATERIALS AND METHODS:

##### Source of Data:

- a) Clinical Source: Patients of either sex was randomly taken from OPD & IPD of S.J.G.A.M.C & Hospital, P.G Studies and Research Centre, Koppal.
- b) Literary Source: Literary aspect of study was collected from Classical Ayurvedic text, modern

texts, recent journals and e-medical journals.

- c) Drug Source: The drugs were collected from market and the medicine was prepared in the Pharmacy section of S.J.G.A.M.C & Hospital, P.G Studies and Research Centre, Koppal.

##### **Bahusala Guda Preparation**

50 gm of *Trivrit*, *Tejovati*, *Danti*, *Swadamstra*, *Citraka*, *Sati*, *Gavakshi*, *Visva*, *Musta*, *Vidanga* and *Haritki*, 400 gm of *Aruskar*, 300gm of *Vridhadaru* and 800 gm of *Surana*. Boil them together with 26 liter of water till one fourth of the original remains. This decoction should be added with 950 gm of *Guda* and further boil till it takes a shape of confection and stick to the spoon. This should than be removed from the oven. To this, the powder of 93 gm each of *Trivrit*, *Tejovati*, *Kanda*, and *Chitraka* and 280 gm each of *Ela*, *Twak*, *Maricha* and *Gaja Pipali* should than be added. The preparation should be stirred properly and preserved in glass jar.

##### **Method of Administration**

It should be given to the patient in the dose of 12-36 gm, along with cold water daily. After its digestion the patient should be served milk and meat soup and light items to eat.

##### **METHOD OF COLLECTION OF DATA**

30 patients age 20-60 yrs attending OPD & IPD suffering from *Abhyantara Arsha* were selected for the study.

Data regarding history, duration of illness, findings on clinical examination and other relevant information were recorded in Before the Treatment/After the treatment.

The Performa was designed based on the clinical features of the condition *Arshas* w.s.r. to second degree internal Hemorrhoids.

##### **Inclusion Criteria**

1. Patients with features of first & Second Degree Internal haemorrhoids.
2. Patients of either sex
3. Age group between 20 to 60 yrs.

##### **Exclusion criteria**

1. Patient having systemic pathology – Malignancies, HIV, HBV, Ulcerative colitis, Diabetes and Pregnancy.

2. 3<sup>rd</sup> and 4<sup>th</sup> degree External thrombosed pilemass.
3. Patients pile mass.

**Intervention**

Patient is advice to take BAHUSHALA GUDA 6 gm, twice daily after food with water as *anupana* in one group.

Another group is advice to take ARSHAKUTHAR RA-SA 125 mg, twice a day after food with water as *anupana*.

**ASSESSMENT CRITERIA:**

Parameters of assessment: Subjective parameters:

The following criteria were used to assess the treatment Bleeding, Constipation and regression of Haemorrhoids.

**Bleeding:**

- Nil= 0, Occasional= 1, Drop by drop = 2, Syringing= 3

**Constipation:** Present = 1; Absent = 0

**Table 1:** Overall Response After Treatment

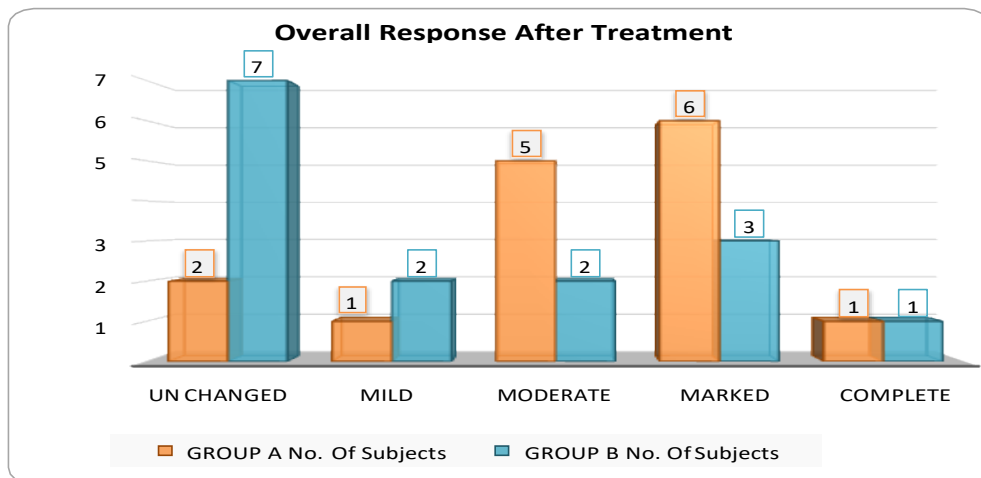
Response	Group A		Group B	
	No. of Subjects	%	No. of Subjects	%
Unchanged	2	13%	7	47%
Mild Response	1	7%	2	13%
Moderate Response	5	33%	2	13%
Marked Response	6	40%	3	20%
Complete Response	1	7%	1	7%
Total	15	100%	15	100%

From the above given data, Group A is better than Group B. In Group A 13% patients have unchanged result, 7% patients have mild response, 33% patients have moderate response, 40% patients having marked response and 7% patients have complete response.

In Group B, 47% patients have unchanged result, 13% patients have mild response, 13% patients have moderate response, 20% patients have marked response and 7% patients have complete response.

**Table 2:** Overall Result After Treatment

Mean of Parameters	Group A		Group B	
	Mean	SD	Mean	SD
Bleeding	1.27	0.704	1.40	0.632
Constipation	0.20	0.414	0.60	0.507



## DISCUSSION

It manifests due to improper diet, prolonged standing and constipation, causing derangement of *Tridosha*, mainly *Vata Dosha*. Vitiated *dosha* localizes in *Gudavali*, *Pradhana Dhamani* and *Mamsadhara Kala* and vitiates *Twak*, *Mamsa*, *Meda* and *Rakta*, resulting in the *Maha Sroto Dushti*.

The term “Haemorrhoid” derived from the Greek words “Haima” means “blood” and *Rhoos* means “flowing” i.e. blood to ooze & term “Piles” is derived from the Latin word *Pile* which means “a ball” i.e. Round mass. Haemorrhoids is engorgement of the haemorrhoidal venous plexus i.e. the dilated veins within the anal canal and in the sub epithelial region formed by radicals of the superior, middle and inferior rectal veins, characterized by bleeding per rectum, constipation, size of pile mass, number of pile mass. Internal Haemorrhoids associated with external haemorrhoids results from progression of the later to involve both haemorrhoidal plexus and one best thought of being external extensions of internal haemorrhoid, external haemorrhoid located distal to the dentate line and are covered with anoderm which is richly innervated; thrombosis of an external haemorrhoid may cause significant pain.

Hence, having several similar features the disease arshas can be co-related with haemorrhoids.

### TREATMENT

A comparative clinical entity of the disease “*Arsha*”, according to modern medical science is “Haemorrhoids”. Modern Medicine offers many varieties of treatment modalities like injection therapy, cryosurgery, photocoagulation, infra-red coagulation etc for the treatment of Haemorrhoids. This changing trend in the management of Haemorrhoids from time to time in itself proves that A perfect treatment for Haemorrhoids is yet to be developed in modern Science. Since antiquity, *Arshas* and its management has been a challenge for all the systems of medicine. Modern medicine as discussed earlier has its own limitations. Moreover the general public is always cautious about the side effects that modern

medicine offers. Thus the need to develop an effective Ayurvedic remedy for *Arshas* becomes all the more important.

Ayurveda is known for its simple, preventive, curative and holistic approach. Hence the responsibility of finding an effective medicine for *Arshas* is bestowed on the shoulders of the Ayurvedic fraternity. Various types of principles of management like *Agnikarma*, *Raktamokshana*, *Ksharakarma*, *Jaloukavacharana*, *Sastrakarma* and *Bheshajakarma* etc are indicated for the management of *Arsha* in classics. Among these modes of treatment *Bheshaja Karma* gives relief to patient without fear of any complication.

The best treatment for the management of *Arshas* would be a drug combination, which comprises of an *Arshogna* drug, an *Agnideepaka* drug and an *Anulomaka dravya* along with restriction of *Nidana sevana*. All the Acharya have emphasized on the importance of *Takra* in the treatment of *Arshoroga*.

### PROBABLE MODE OF ACTION:

#### **Bahusala Guda:**

**Effect on Agni-** Out of 18 drugs of Bahusala Guda, *Tejovati* is having properties of *Deepana*, *Pachana*, *Rukshna*. *Chitraka* is best in *Deepana*, it has also property of *Pachana* and *Agnivardhana*. *Vasa* is having property of *Deepana* and *Pachana*. *Haritaki* is having property of *Deepana*. While *Surana* is *Deepaniya* and *Rucya*.

**Effect on Annavaasrotas:** *Chitraka* is *Agnivardaka*. *Gavaksi* is *Udar Rogaghna*, *Vasa* and *Musta* are having properties of *Kapha-Pittahara*. While *Haritaki* is *Deepaniya*.

**Effect on Malapravarti:** *Trivit* is having property of *Sukhavirechana*. *Vidanga* is having *Anulomana* property. *Haritaki* is best *Anulomana dravya* according to *Sarangadhar*. And *Swadamstra* is useful for *Virechana*.

**Effect on Bleeding:** Out of 18 drugs, 7 drugs have *Kashaya Rasa* and according to Acharya Charak, *Kashaya rasa* is having property of *Sandhana*, *Sodhana* and *Ropana* which help in stopping of bleeding.

**Effect on Arsha:** Out of 18 drugs, of *Bahusala Guda*, *Chitraka*, *Aruskar*, is having *Arsoghna* property. *Musta* is *Sothahara* and *Twak doshahara*. According to Acharya Charak, *Haritaki*, *Bilva* and *Vidanga*, have *Arsoghna* properties. Among 18 drugs, most of the drugs (16) are having *Katu Rasa*, and *Katu rasa* is having properties of *Agnideepana*, *Katu Rasa*, *Agnideepana*, *Virechana*, *Kandunashana*. And in *Bahusala Guda*, 12 drugs are having *Tikta Rasa*, which have the properties of *Agni Deepana*, *Arsohana*, *Kustahara*, and help in reduction of the size of *Arsha*.  
By taking *Bahusla Guda* internally, it does *Agnideepana*, *Anulomana*. *Mandagni* which is the main causative factor of *Arsha* is treated by *Bahushala guda* and hence cure *Arsha*.

## CONCLUSION

The disease described as *Arshas* in Ayurvedic literature can be regarded as haemorrhoids in contemporary system of medicine. Observation of present study reveals that, the incidence of disease *Arshas* is more among the age group of above 30-60 years, males, middle income & poor group, non vegetarians with hard stools. Maximum number of patients had haemorrhoids at 7 and 11 O'clock positions. Shree *Bahushala Guda* and *Arshakuthar Rasa* for the present study are very effective in management of bleeding and constipation in patients suffering from 2nd degree haemorrhoids.

As the dose of drug, sample size and duration of study was limited, high claims cannot be made as regards the total out come. Patients reported relief within 20 days of the treatment.

## REFERENCES

1. Agnivesha: charaka samhita, Edited by Vaidya Jadavji Trikamji Acharya. Reprint 2009. Chaukamba Orientali. (Cha. Chi14/244)
2. Sushruta Samhita: with Nibandha Sangraha, Acharya Yadavji Trikamji, Chaukamba Orientali, Varanasi, Reprint 2012. (Su.Ni2/4)
3. Acharya Vagbhata: Ashtanga Hridaya By. Hari Sadashiva Shastri Paradakara. Chaukamba Samskrit Samsthan. Reprint 2012.P 956 (A.Hr. Sha 28<sup>th</sup> chap-

ter 4<sup>th</sup> slokas)

4. John Goligher, Surgery of Anus Rectum and Colon.
5. Recent trends in the management of arshas/Haemorrhoids. By Dr.P. HemanthKumar. Chaukamba Sanskrit Pratistana, Second Revised Edition 2011. (Page12)

**Source of Support: Nil**

**Conflict Of Interest: None Declared**

How to cite this URL: Singh Rahul et al: A Comparative Clinical Study On The Efficacy Of Shri Bahushala Guda And Arshakuthara Rasa In The Management Of Arsha w.s.r. To 2nd Degree Internal Haemorrhoids. International Ayurvedic Medical Journal {online} 2019 {cited November, 2019} Available from: [http://www.iamj.in/posts/images/upload/1970\\_1974.pdf](http://www.iamj.in/posts/images/upload/1970_1974.pdf)