

## CLINICAL APPRAISAL ON MANAGEMENT OF ARSHA (HAEMORRHOIDS) WITH ARSHAKUTHAR RAS AND KASISADI TAILA

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### ABSTRACT

**Introduction** - *Arsha* disease is more common in anorectal disorders. It is more like Hemorrhoids according to its clinical manifestations and pathogenesis. **Objectives** -The objective of the study was to evaluate the safety and efficacy of selected Ayurvedic medicines on the treatment of *Arsha* (Hemorrhoids) during study. **Material & Methods** - In this study 25 patients of *Arsha* (Hemorrhoids) were randomly selected from OPD/IPD of Central Ayurveda Research Institute for Drug Development, Kolkata and it is confirmed by DRE/Proctoscopic examination. 20 patients completed the treatment out of selected 25 patients and 5 patients had dropped out before completion of the treatment. The treatment schedule was 250 mg *Arshakuthar Ras* (Ayurvedic drug) administered orally thrice daily after food with lukewarm water and *Kasisadi taila* (Ayurvedic oil medicine) was applied locally twice in a day over piles mass for 30 days. **Result & Conclusion**-The important cause of *Arsha* (Hemorrhoids) is constipation for prolong period. In the present study maximum patients showed major improvement and no complication was found during this clinical study.

**Keywords:** *Arsha*, haemorrhoids, *ArshakutharRas*, *Kasisaditaila*

### INTRODUCTION

So many diseases have been seen in anorectal region. As per Ayurveda, *Guda Sthan* means anorectal region. Different anorectal disorders are described in Ayurvedic texts as a *Guda roga* in *Guda sthan*. *Arsha* (Piles), *Bhagandar* (*Fistula in ano*), *Parikartika* (Fissure in ano), *Guda bhramsas* (rectal prolapse), *Guda Kandu* (Itching in anal region), *Guda vidhradi* (perianal abscess) etc. are common *Guda roga* (Anorectal disorders)

and *Arsha* disease is more common among these *Guda roga* (anorectal disorders). Nowadays most of the people suffer from *Arsha* (piles) due to more intake of fast food, junk food, nonveg diet, less intake of fiber containing food and doing more sedentary work. According to clinical manifestations and pathogenesis *Arsha* is more like Hemorrhoids. Its prevalence is equal in both sexes. It is occurred in the anal region

due to hereditary, anatomical deformities, physiological causes, diet, secondary to disease, pregnancy etc. The most important reason of *Arsha* (Hemorrhoids) is constipation for prolong period of time and creates more bearing down effort most of the time to pass the stool<sup>1,2,3</sup>. Sushruta has described four kinds of treatment procedure for *Arsha*, which are *Bheshaja*, *Kshara*, *Agni* and *Shastra*.<sup>4</sup> Different oral medicines and local applications are also described in different Ayurvedic classics for the management of *Arsha* (Hemorrhoids). Oral medicine *Arshakuthar Ras* and local application *Kasisadi taila* are selected from Ayurvedic book for clinical study in case of treatment of *Arsha*(Hemorrhoids).

**Objectives:** the main objective of this study is to evaluate the safety and efficacy of selected Ayurvedic medicines on the treatment of *Arsha* (Hemorrhoids) at the time of clinical study.

**Material and Methods:**

Study Type : Interventional  
 Level of Study : OPD level  
 Purpose : Treatment  
 Masking : Open label  
 Control : Not controlled  
 Timing : Prospective  
 End Point : Efficacy and Safety  
 No. of Groups : One  
 Sample Size : 25

**Inclusion Criteria**

1. Patients of either sex aged 18-60 years.
2. *Bahya* (External) and *Abhyantar* (Internal) *Arsha* (Hemorrhoids)

3. With or without bleeding from *Arsha* (Hemorrhoids)
4. Painful or painless *Arsha* (Hemorrhoids).
5. Willing and able to participate in the clinical study for 30 days

**Exclusion Criteria**

1. Age below 18 years & above 60 years
2. Bleeding diathesis
3. Thrombosed & Strangulated pile mass (Hemorrhoids)
4. Liver disorders
5. Kidney Disorders
6. Cardiac Disorders.
7. Crohn’s disease or Ulcerative colitis
8. Patients with case of malignancy
9. Patients on prolonged (> 6 weeks) medication with corticosteoids, antidepressants, anticholinergics, immune suppressants, estrogen replacement therapy etc. or any other drugs that may have an influence on the outcome of the study.
10. Patients suffering from major systemic illness etc.

**Plan of Study:**

In this study 25 patients of *Arsha* (Hemorrhoids) were randomly selected from OPD/IPD of CARIDD, Kolkata and it is confirmed by DRE/Proctoscopic examination. 20 patients completed the treatment out of selected 25 patients and 5 patients had left the treatment before completion of the treatment. The treatment schedule was 250 mg *Arshakuthar Ras* (Ayurvedic drug)<sup>5</sup> administered orally thrice daily after food with lukewarm water for 30 days and *Kasisadi taila* (Ayurvedic oil medicine)<sup>6</sup> was applied locally twice in a day over piles mass for 30 days. Some instructions were given to the patient during the therapy those were to avoid nonveg, fast food, junk food, tobacco, smoking, alcohol.

**Table 1:** Assessment Criteria

S.No.	Parameter	Criteria	Grade
1	Pain	No	0
		Yes	1
2	Burning sensation	No	0
		Yes	1
3	Itching sensation	No	0
		Yes	1
4	Bleeding	No	0
		Yes	1
5	Swelling / mass size	Same	0
		Reduced	1

## OBSERVATIONS AND DISCUSSION

The total number of selected patients was 25 for the study and 20 patients completed the treatment, so ob-

servation on 25 patients and results on 20 patients are described as follows.

**Table 2:** Age wise distribution on 25 patients of *Arsha*

Age (in years)	Number of Patients	Percent (%)
18 – 30	8	32
31 – 40	10	40
41 – 50	4	16
51 – 60	3	12

**Table 3:** Sex wise distribution on 25 patients of *Arsha*

Sex	Number of Patients	Percent (%)
Male	17	68
Female	08	32

**Table 4:** Diet habit wise distribution on 25 patients of *Arsha*

Diet habit	Number of Patients	Percent (%)
Veg	06	24
Nonveg	19	76

**Table 5:** Occupation wise distribution on 25 patients of *Arsha*

Occupation	Number of Patients	Percent (%)
Sedentary	18	72
Non sedentary	07	28

**Table 6:** Chronicity wise distribution on 25 patients of *Arsha*

Chronicity (in years)	Number of Patients	Percent (%)
Less than 1 years	14	56
1+ to 2 yrs	06	24
2+ to 3 yrs	03	12
Above 3 yrs	02	08

**Table 7:** Mass situation wise distribution on 25 patients of *Arsha*

Mass situation	Number of Patients	Percent (%)
Internal	16	64
External	09	36

**Table 8:** Number of mass wise distribution on 25 patients of *Arsha*

Number of mass	Number of Patients	Percent (%)
1	12	48
2	8	32
3	4	16
More than 3	1	04

**Table 9:** Effect of the Therapy on 20 patients of *Arsha*

Effect of the Therapy	No. of Patients	Percentage (%)
Complete Remission	02	10
Major Improvement	10	50
Minor Improvement	08	40
No-Improvement	00	00

Most of the patients i.e. 40% belonged to 31 – 40 years of age group. 68% patients were male. Maximum numbers of patients i.e. 76% were having Non-veg diet habit, as maximum non vegetarians suffer from constipation due to fewer intakes of fibers containing food. So non vegetarians are prone to suffer from this disease if they suffer from constipation for prolong period. 72% patients were having sedentary in occupation, because maximum patients are lived in urban area and they do mainly less physical activity as well as they do work on sitting posture for most of the time in a day and it causes less blood circulation in anorectal region due to pressure on that region for maximum time. Most of the patients i.e. 56% were having Chronicity of less than 1 year. Majority of the patients i.e. 64% were suffering from internal *Arsha* (Piles) and Maximum numbers of patients i.e. 48% were one mass of *Arsha*. In this clinical study effect of the therapy on 20 patients was evaluated that maximum patients i.e. 50 % showed major improvement, 40 % showed minor improvement, 10 % showed complete remission & no improvement was nil. There was no adverse effect observed on the patients at the time of study period.

## CONCLUSION

*Arsha* looks more like hemorrhoids or piles based on its clinical features and pathogenesis. The important cause of *Arsha* (Hemorrhoids) is constipation for prolong period. Maximum patients of *Arsha* (hemorrhoids) showed major improvement in this clinical study and no complication was found during this clinical study. Furthermore, research works are essential for up gradation and better validation of the Ayurvedic treatment on *Arsha* (hemorrhoids) management.

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