

Clinical effect of *Arshohar Vati* in the management of *Arsha* (1st and 2nd grade haemorrhoids) - Short communication

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Abstract:

Management of *Arsha* (hemorrhoids) has been a challenge for physicians of all the system of medicines. Sushruta has mentioned four types of treatment of *Arsha* and has given more emphasis on *Bhaisajya Chikitsa*. In this clinical study the *Arshohar Vati* two tablets thrice a day were advised to be taken for 2 weeks continuously with plain water. Along with this adjuvant drugs like sitz bath with *Panchavalkal* and *Yarandbhrishta Haritaki, Triphala Guggulu* was used in 10 patients. The observation and assessment was done with gradation to symptoms. In result 88.33% relief was noted in bleeding per rectum, 91.33% relief noted in painful defecation, 100% relief noted in discharge per rectum and 68.75% relief noted in prolapse of piles were noted. The study was concluded that *Arshohar Vati* was effective in the 1st and 2nd grade piles

Key words: *Arsha, Arshohar Vati, Hemorrhoids, Panchavalkal, piles*

Introduction:

Management of *Arsha* (hemorrhoids) has been a challenge for physicians of all the system of medicines. *Sushruta* has described the anatomy and physiology of *Guda* as well as contribute separate chapters for its diagnosis and management. *Sushruta* narrated it under the “*Ashta Mahagadas* (eight grave diseases).”^[1] *Sushruta* has mentioned four types of treatment of *Arsha* and has given more emphasis on *Bhaisajya Chikitsa*.^[2] *Charaka* has also given a full chapter on *Arsha* and elaborately described *Arsha Nidan, Rupa, Chikitsa* etc.^[3] Patients of *Arsha* are increasing rapidly nowadays, it may be due to the change in life style and dietary regimen which is more spicy and unwholesome as well as *Viruddha Ahara* in nature is being adopted by the young generation of population.

Frequent long sitting job cultures, rides on speedy vehicles are the common factors which may be held responsible to increase the number of piles cases.

In the *Nidana* of *Arsha*, heredity plays an important role, prolong sitting on hard surface, riding on horse etc. sedentary nature of work, continuous irritation at anal region etc. are the important factors for manifestation of *Arsha*. The complete manifestation of the disease causes bleeding per rectum and discomfort in anal region. The patients having *Arsha* should follow the *Pathya-Apathya* (diet regimen). Under that one should refrain from addictions, excessive intake of tea, *Vishtambhi* food and in *Vihara*, avoid too over indulgence in sex, ridding over speedy vehicle etc.^[4]

Haemorrhoids can be defined as dilatation of the veins of the internal rectal plexus

constitutes the condition of the internal haemorrhoids, which are covered by mucous membrane. Haemorrhoids are classified under two headings according to cause i.e. primary and secondary, according to location internal, external and interno-external; on the basis of protrusion it is divided as 1st, 2nd, 3rd and 4th degree piles. The complications of haemorrhoids are mainly anemia, ulceration, thrombosis, strangulation, fibrosis and even gangrene. Regarding the treatment of haemorrhoids different modalities have been described as preventive as well as curative. Under curative measures conservative, para-surgical like sclerotherapy, Rubber band ligation, Cryosurgery, Lord's Anal Dilation, LASER treatment, DGHAL, IRC and surgical Haemorrhoidectomy (open & closed) methods are described. After having the knowledge of different treatment modalities, one can better decide to treat the haemorrhoids perfectly. Hence in this study it was planned to find clinical effect of *Arshohara Vati* in the management of *Arsha* (Internal piles).

MATERIALS AND METHODS:

10 patients *Arsha* (Internal Haemorrhoid 1-3 grade) were selected irrespective to their sex, caste religion & occupation from the O.P.D. of *ShalyaTantra* IPGT &RA, hospital Jamnagar. The study was started after approval of Institutional Ethics Committee, vide letter no. PGT/7/-A/Ethics/2015-16/1490, dated 25/08/15.

Inclusion Criteria:

- Patient of age- 18 years to 60 years were included in this study.
- Patient who were suffering from 1st and 2nd degree internal piles were included.
- Controlled cases of HTN, DM and Cardiac disorders having hemorrhoid were included.

Exclusion Criteria:

- Patient having 3rd 4th grade piles were excluded.
- Patient having rectal prolapse were excluded.
- Hemorrhoid associated with fissure and fistula-in-ano were excluded.
- Patient having uncontrolled HTN, DM, Cardiac disorder were excluded.
- Patients with malignancy of any organ were also excluded.
- Pregnant women.
- Hepatitis B, Tuberculosis, HIV & VDRL positive cases were excluded.

Diagnostic Criteria:

All the patients were diagnosed on the basis of symptoms local findings and P/S examination. In P/S (proctoscopic Examination) findings of piles (hemorrhoids) that are site, size, position and consistency were noted. The routine Haematological, Biochemical investigations were carried out to assess the patient.

Drug and posology:

Two tablets thrice a day were advised to be taken for 2 weeks continuously with plain water.

- Sitz bath two times daily with 20gm *Panchavalkala Kvatha*.^[8]
- *Triphala Guggulu* two tablet of 500mg thrice a day.^[9]
- *Erandabristha Haritaki* powder 5gm with warm water at bed time.^[10]

Follow-up of all patients was done weekly for 4 weeks.

Criteria for assessment:

The improvement provided by the therapy was assessed on the basis of relief in signs & symptoms of *Arsha*. All the signs & symptoms were assigned by adopting score depending upon their severity. The overall assessment was done in percentage relief of all symptoms (Table-2).

Table -1 Ingredients of *Arshohara Vati* : Each film-coated tablet contains:

No.	Plant Name	Botanical Name	Quantity
1.	<i>Dugdhika</i> ^[5]	Extract of <i>Euphorbia thymifolia</i> Linn	350mg.
2.	<i>Ativisha</i> ^[6]	Extract of <i>Aconitum heterophyllum</i> Wall	250mg.
3.	<i>Daruharidra</i> ^[7]	Extract of <i>Berberis aristata</i> DC	200mg

Ingredients of *Arshohara Vati*

Fig-1: Dugdhika



Fig-2: Ativisha



Fig-3: Daruharidra

Table-2: Overall assessment of therapy:

Result	Percentage
Complete Remission	>80-100% relief
Marked Improvement	>65-80% relief
Moderate Improvement	>40-65% relief
Mild Improvement	>25-30% relief
Unchanged	< 25% relief

Table-3: Percentage of relief in complaints of Arsha: (n=10)

Symptom	% relief
Bleeding per rectum	88.33%
Painful Defecation	91.33%
Discharge per rectum	100%
Prolapse of piles	68.75%

Table-4: Statistical analysis: (n=10)

Symptom	Mean Score		Mean Different	S.D	S.E.M	P	Significance
	B.T	A.T					
Bleeding per rectum	2	0.3	1.7	0.48	0.15	0.002	VS
Painful defecation	0.8	0.1	0.7	0.41	0.17	0.031	S
Prolapse of piles	1.1	0.4	0.7	0.35	0.12	0.016	S
Discharge per rectum	0.5	0	0.5	0.58	0.33	0.025	NS

Observations:

In this study maximum 7 patients were observed in age groups 18-40 years. Male (8) patients were more than female (2). Due to Hindu dominant region maximum 7 patients belongs to Hindu religion. In symptoms, all patients reported bleeding per rectum. The nature of bleeding was drooping in 6 patients and after defecation in 6 patients. The normal sphincter tone was observed in 9 patients. The prolapsed of piles was found in 8 patients and spontaneous reduction was noted in 5 patients while manual reduction of piles was noted by 3 patients. The position of

piles at 3,7,11 o clock position was noted in 3, 2, 3 patients respectively. The second degree piles were found in 7 patients and first degree piles was observed in 3 patients.

Result and Discussion:

Improvement of 45% noted on the 7th day, 81.81% improvement on 14th day, 50% improvement on the 28th day, and 100% improvement on the 28th day was found in relief of bleeding per rectum. This might be happened due to the of *Stambhan* properties of the drugs. The relief in painful defecation was noted 37.50% on

the 7th day, 80% improvement on 14th day, 100% improvement on the 21st day. This might be happened due to *Tridosahara* property.

The reducing the prolapse of piles was 45.45% on the 7th day, 33.33% improvement on 14th day, 100% improvement on 21st day. This might be due to its *Vilayan* and *Shoshan* properties of ingredients present in *Arshohar vati*. Discharge per rectum was relieved 40% on the 7th day and 100% improvement on 14th day due to *Pachan*, *Shoshan*, *Stambhan* properties of ingredients presents in *Arshohar Vati*. In overall effect of therapies it was found that 30% (n=3) of patients were cured, 50% (n=5) of them achieved marked, and mild improvement, 10% (n=1) of them achieved mild improvement, whereas none of them had unchanged result.

Probable Mode of Action of *Arshohara Vati*:

Arshohara Vati is a combination of three herbal drug (*Dugdika*, *Ativisha*, *Daru Haridra*) that are capable to squeeze the pile cushion (formed by the blood vessels, connective tissue, and smooth muscles), thus reducing the congestion of the blood in the pile mass. This formulation also helped to regulate the bowel movements and in turn lessen the need to strain at stools. This drug improves digestion by improved production of the digestive enzymes, and reduces venous engorgement. Thus it can be said that the drug was effective for the symptomatic management of *Arsha* (1st and 2nd grade piles).

The 88.33% relief was noted in bleeding per rectum, 91.33% relief noted in painful

defecation, 100% relief noted in discharge per rectum and 68.75% relief noted in prolapse of piles were noted (Table-3). Significant result was noted in bleeding per rectum (P=0.002), significant result was noted in both painful defecation (P=0.031) as well as prolapse of piles (P=0.016) and non-significant result noted in discharge per rectum (P=0.025). [Table-4]

Routine Lab. investigations were done in all patients before and after the treatment to assess the effect of drugs on these investigations. It was found that there was no significant difference in the lab investigations before and after the treatment which goes in favor that drug is safe. After completion of the treatment for 4 weeks, the follow up was done for one month and during that period, none of patient was reported of any kind of recurrence or complications.

Conclusion:

The study was concluded that *Arshohar Vati* was effective in the 1st and 2nd grade piles to control the bleeding and associate symptoms. The study was need in large sample for its scientific validation.

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