

**“EFFECT OF YASHTI-MADHU GHRUTHA IN MANAGEMENT OF  
AGNIDAGDHA VRANA OF ARSHAS AS POST- OPERATIVE  
MANAGEMENT”**

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**ABSTRACT**

In current surgical practice we are facing problems in treating *Agnidagdha Vrana* in *Arsha* after *Agnikarma*. The main clinical feature of *Agnidagdha Vrana* is pain and burning sensation. In present study 20 diagnosed cases of *Agnidagdha Vrana* in *Arsha* are selected and treated with *Yashti-Madhu-Ghrutha* as post operative management and recorded through proforma designed for single group of observational study. The whole trial period including follow-ups was 90 days. Results were achieved on the base of statistical analysis.

**RESULT AND CONCLUSION:** The application of *Yashti-Madhu Ghrutha* is useful in *Agnidagdha Vrana* of *Arshas* after post operative procedure. It is helpful in reducing the burning sensation (*Daha*) than pain (*Vedana*) in *Agnidagdha Vrana*.

**KEYWORDS:** *Agnidagdha Vrana; Arsha; Agnikarma; Yashti-Madhu-Ghrutha; Pitta.*

**INTRODUCTION**

The disease that is troubling the human beings since the time immemorial is the *Arsha* because of its manifestation at the *Guda Bhaga*, the *Moola* of the *Shareera*.<sup>[1]</sup> The classical approach towards the *Arsha* treatment is the correction of the *Agni (Pachakagni)* and *Vatanulomana* along with the removal of the *Vyakta Ankura* either by *Shastra*, *Kshara* or *Agnikarma*.<sup>[2]</sup> *Agnikarma* is one of the important modality among these three.

As the use and importance of *Agnikarma* is increasing day by day, its post-operative management is also becoming important. The patient suffers from burning sensation and pain at the site of *Agnikarma*. Hence there is a need to pay special attention towards the post-operative management of *Agnidagdha Vrana*.

*Yashti-Madhu-Ghrutha* is one of the preparation mentioned in our classics for effective control of pain and burning sensation of *Agnidagdha Vrana*. The contents of *Yashti-Madhu-Ghrutha* are safe and easily available.<sup>[3]</sup> So the outcome of the clinical study on selected 20 patients of *Agnidagdha Vrana* in *Arsha* were treated with *Yashti-Madhu-Ghrutha* is presented here.

### **Aims and Objectives**

To evaluate the effect of *Yashti-Madhu-Ghrutha* in the post operative management of *Agnidagdha Vrana* in *Arsha* with regards to see its effect in pain, burning sensation & wound healing.

## **MATERIALS AND METHODS**

### **Study design**

It is an observational study of selected 20 patients with pre test and post- test design.

### **Objectives of the study**

*To evaluate the effect of Yashti-Madhu-Ghrutha application in post-operative management of Agnidagdha Vrana in Arsha.*

### **Source of data**

Patients who are treated by *Agnikarma* in *Arsha* will be selected from the in-patient and out-patient P.G. department of Shalya Tantra, N.I.A. Jaipur.

### **Inclusion criteria**

1. Patients that are treated with *Agnikarma* in *Arsha*.
2. Patients having symptoms like *Daha*, *Vedana* etc.

### **Exclusion criteria**

1. Plusta Dagdha
2. Durdagdha
3. Atidagdha

## 4. Sheeta Dagdha

**Diagnostic criteria**

All the wounds formed due to thermal cauterization in *Arsha* and patient having symptom like *Daha*, *Vedana*.

**Examination:** Each case was thoroughly examined and investigated by detailed proforma designed for the present study on *Arsha*.

**Investigation****a) Routine.**

**b) Specific:** The VDRL, Culture & Sensitivity of wound discharge & Histo-pathological examination of wound used only when required.

**Methodology**

- Patient was put into lithotomy position
- Then the wound was cleaned using sterile water and gauze.
- The *Ghrutha* & honey was took in equal quantity in Kidney Tray & mixed.
- The application of that mixture over wound was done.
- The *YashtiMadhu* choorna was mixed in *Ghrutha*.
- Now formed paste was applied over the wound.
- The wound was then covered with sterile gauze.

**Follow up:** is done on post – operative 1<sup>st</sup> day, 2<sup>nd</sup>, 3<sup>rd</sup> day, 7<sup>th</sup> day, 14<sup>th</sup> day, 21<sup>st</sup> day, 28<sup>th</sup> day, 60<sup>th</sup> day and 90<sup>th</sup> day to assess the pain (both the pathological and procedure induced), wound healing, relief from the associated complaint, complications of *Agnikarma*. This was noted with the help of the self- gradation of the assessment criteria in the proforma of case sheet of *Arsha* designed for the study.

**Assessment criteria**

The following criteria were used to assess the *Vedana*, *Daha*, *Vrana Varna*, *Vrana Srava* and *Vrana Akrti*.

***Vedana* :( pain)**

- No pain = 0
- Pain relived without using analgesics = 1

- Pain relived with using analgesics = 2
- Pain not relived even after using analgesics = 3

***Daha:***

- No *Daha* = 0
- *Daha* relived without using analgesics = 1
- *Daha* relived with using analgesics = 2
- *Daha* not relived even after using analgesics = 3

***Vrana Varna***

- Skin colour = 0
- Pale pink granulation = 1
- Red granulation = 2
- Blackish white / grey = 3

***Vrana Srava***

- No discharge = 0
- Serous discharge = 1
- Mucous discharge = 2
- Mucopurulent discharge = 3

***Vrana Akruti***

- Healed *Vrana* = 0
- *Vrana* within 1 cm. = 1
- *Vrana* within 1-2 cm. = 2
- *Vrana* within 2- 3 cm. = 3

**Overall effect of therapy**

Complete remission = Reduction in all 5 symptoms  
 Marked improvement = Reduction in 4 symptoms  
 Moderate improvement = Reduction in 3 symptoms  
 Mild improvement = Reduction in 1 or 2 symptoms  
 Unchanged = Not a single  
 Symptom reduced.

## RESULTS

**Effect of *Yashti-Madhu-Ghrutha* in Healing of *Agnidagdha Vrana* of *Arsha*** were as follows

### Effect on *Vedana*

The initial mean of pain was 2.25, which after the one day of the treatment decreased to the mean score of 2.2 with 2.22% of relief. After the 3 days of the application of *Yashti-Madhu Ghrutha*, the pain further relieved to 22.22%, which was statistically highly significant ( $p < 0.001$ ). After the one week of the application the patient got 51.11% of relief. After 14 day of the treatment the patient got 64.44% of relief, on 21<sup>st</sup> day 91.11% of relief and on 28<sup>th</sup> day 97.78 % of relief was got.

### Effect on *Varna*

The initial mean of *Vrana Varna* was 3 and there was no change of mean seen after one day of treatment. 3 day after treatment 48.78% relief was observed. Similarly after 7 day 51.11 %, 14 day 75%, 21 day 91.66% and after 28 day 98.33 % relief was observed which was statistically highly significant at  $P < 0.001$ .

### Effect on *Srava*

The wound which was dry immediately after the procedure presents with the serous discharge after the 1 day which has got a mean score of 1.85, which is statistically insignificant. After 3 days of the treatment the mean score was 1.55 and after 7 days it was 0.90. 30% of relief was observed after 14 days of treatment and 100 % relief was observed after 21 days.

### Effect on *Daha*

The *Daha* on the procedure day with a mean score of 2.65 has noticed a little decrease with the mean score being 2.25 on the first post-operative day by 15.09% of relief. After 3 days of treatment the *Daha* further relieved by 49.05%, which was statistically significant ( $p < 0.001$ ). After 7 days of the treatment the patient got 83% of relief from the *Daha* and after 14 days 98.11% of relief got from *Daha*.

### Effect on *Akruti*

The *Akruti* on the day of the procedure with a mean score of 2.3 has noticed a little decrease with the mean score being 2.1 on the third day by 8.69% of relief. After 7 day, the change in *Akruti* was by 45.65%, which was statistically significant ( $p < 0.001$ ). 14 day after the

treatment the change in *Akruti* was found to be 60.68%, 21 day the *Akruti* change was noticed by 89.13% and after 28 day it was 97.83 %.

### Overall effect of treatment

On the first day the result is unchanged. After 3 days 10 % patients show mild improvement and 90% are unchanged. 7 days after the treatment the results observed are- 20 % moderate improvement, 40 % mild improvement and 40 % are unchanged. The complete remission was observed in 25 % of the patients, marked improvement in 5 % patient, moderate in 5 %, mild in 60 % and the improvement is unchanged in 5 % patient after the 14<sup>th</sup> day. 75% patients got complete remission and 25 % patients show mild improvement after 21 day. The result after 28 day was 95 % complete remission and mild improvement in 5 % patient .The complete remission of 20 patients mean 100 % result was seen after 60 day of the treatment.

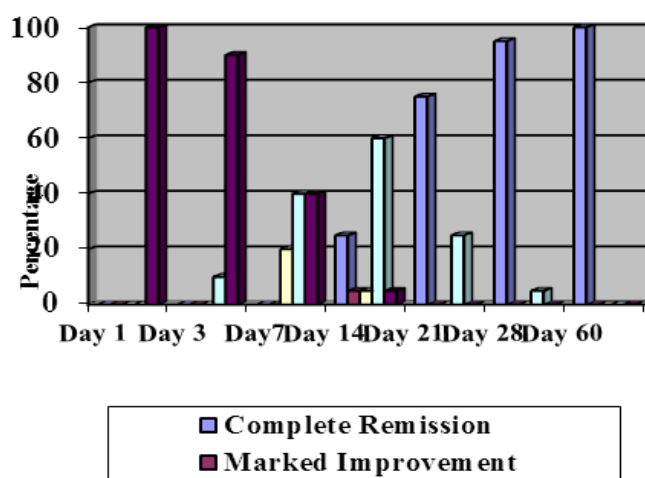


Fig No: 7 Showing Overall Effect of Treatment

### DISCUSSION

The main clinical features of *Agnidagdha Vrana* due to *Agnikarma* in *Arsha* are pain and burning sensation. These features might be due to *Prakopa* of *Pitta Dosha* which is because of *Agnikarma*.

### Effect of therapy on *Vedana* (post-operative pain)

The increase in the pain immediately after procedure was due to burning of the tissues that resulted in necrosis. And further reduction of pain might be due to the *Vedanasthapaka* property of *YashtiMadhuka* and *Shoolahara* property of *Ghrutha*.

**Effect of therapy on *Vrana Varna***

On the procedure day, due to application of *Agni*, the tissue burns and becomes blackish-white / grey in colour. After the application of *Yashti-Madhu-Ghrutha*, the colour of *Vrana* gradually changes to normal. This might occur due to *Vranashodhana* and *Vranaropana* properties of *Madhu* and *Vranaprasadana* property of *Ghrutha*, which helps in removing dead and necrosed tissue and also helps in the development of healthy granulation.

**Effect of therapy on *Vrana Srava***

The minimal *Srava* on the procedure day is because of the *Shushka Sankuchita Vrana* (*Samyak Dahana*). But as the healing starts, the discharge increases from the next day onwards for a short period and gradually decreases after the 7<sup>th</sup> day to complete cessation up to 21<sup>st</sup> day.

**Effect of therapy on *Daha***

Patient's complaint of *Daha* can be attributed to *Rakta* and *Pitta Prakopa* because of *Agni*. But application of *Yashti-Madhu-Ghrutha* which are having *Madhura Rasa*, *Madhura Vipaka* and *Sheeta Virya* relieves the *Daha* by the *Rakta* and *Pitta Prasadana*.

**Effect of therapy on *Vrana Akruti***

By seeing the changes in *Akruti* we can say that the application of *Yashti-Madhu –Ghrutha* helps in wound healing. *Madhu* is a know healer of wound and also plays a role in the initial debridement. It has antimicrobial capability against gram positive and gram negative organism. It signifies that *Madhu* is a beat agent which does *Vranashodhana*, *Lekhana*, *Ropana* and is a best tissue healing promoter which helps in fast wound healing.



**Figure no.8 Before Treatment**



**Figure no.9 After Treatment**

### **Probable mode of action of drug according to Ayurveda**

*Agnidagdha Vrana* is formed because of *Agni* which leads to the vitiation of *Pitta* and *Rakta*. This vitiated *Pitta* and *Rakta* causes pain and burning sensation at the *Dagdha*<sup>4</sup> site. *YashtiMadhu* and *Ghrutha* are having *Gunas* like *Madhura Rasa*, *Madhura Vipaka* and *Sheeta Veerya*. These properties help in the reducing the vitiated *Pitta* and *Rakta* and further reduces pain and burning sensation.

Discharge and slough are main problems for wound healing. For the removal of slough and discharge, the drugs should have the qualities of *Laghu*, *Rooksha*, and *Kashaaya Rasa*. *Madhu* is having all these requisite qualities. *Madhu* by its “*Lekhana*”<sup>5</sup> and “*Shodhana*” property may stop the unhealthy granulation tissue development and remove the slough in the ulcer. By its *Ropana* property may help in the development of healthy granulation tissue.

### **Probable mode of action of drugs according to modern**

1. *YashtiMadhuka* is one of the ingredients of *Yashti-Madhu-Ghrutha* which is having anti-inflammatory and analgesic property, this may relieve the pain.
2. In *Madhu*, Vitamin-C and calcium are the important chemical ingredients. In wound healing, for the maturation of collagen, Vitamin-C is important factor. For example in Scurvy, though vascular granulation tissue is formed, yet there is failure of collagen formation. Instead there are reticular fibers. Maturation of collagen does not occur in the absence of vitamin-C.<sup>[7]</sup>

Calcium is considered as important factor for the granulation tissue development.

3. As infection is one of the important factors which is responsible for the delay of wound healing. The Gram positive and Gram negative bacteria are the main micro organisms for infection. *Madhu* has anti-microbial capability against gram positive and gram negative organism. It also does the initial wound debridement and thus may enhance tissue repair and wound healing.

4. Application of *Ghrutha* on *Agnidagdha Vrana* creates a moist atmosphere in the wound which helps in mild vasodilatation of constricted vessels caused because of *Agnikarma*. This vasodilatation might help in maintaining tissue perfusion. This may help in enhancing tissue repair and wound healing.

## CONCLUSION

On the basis of the review of literature and observations made by this clinical study, the following conclusions can be drawn.

1. *Agnikarma*<sup>[6]</sup> happens to be the ultimate treatment modality for the *Vataja* and *Kaphaja Arsha* that present with *Kathina*, *Parusha*, *Sthira* and *Karkasha Lakshana*.
2. The application of *Yashti-Madhu-Ghrutha* can be use as analgesic in *Agnidagdha Vrana*.
3. *Yashti-Madhu-Ghrutha* application is very helpful for reducing burning sensation in *Agnidagdha Vrana*.
4. *Yashti-Madhu-Ghrutha* application also helps in wound healing by removing the slough and keeping the wound clean.

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