

**CLINICAL STUDY TO EVALUATE EFFICACY OF KUTAJ SUNTHI
KWATH WITH GOGHRUT IN RAKTARSH****Dr. Sonali Rameshwar Surkar^{*1}, Dr. Yunus G. Solanki² and Dr. Akash B. Bhatjire**¹M.S. (Scholar), R.A.Podar Medical College (Ayu), Worli, Mumbai.²Professor, R.A.Podar Medical College (Ayu), Worli, Mumbai.³M.S. (Scholar), R.A.Podar Medical College (Ayu), Worli, Mumbai 8551040711.Article Received on
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Surkar**M.S. (Scholar), R.A.Podar
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Worli, Mumbai.,**ABSTRACT**

In this new millennium everyone is trying their best to get better amenities', better prospect of life, hence it does not offer life to follow stipulated rule of ideal routine (Dincharya). The diet has been changed and replaced, change in habits lead to increase in no. of patient attaining anorectal OPD. Hemorrhoidal disease is one of the prime condition amongst ano-rectal diseases, out of this, Raktaj arsha (Bleeding hemorrhoids), which gives complication like anemia because of bleeding, hence requires immediate management. There is always a need and scope for medicinal treatment, be it a contraindication for surgery or patient unwilling to face surgery.

Present study is an attempt to explore and validate Ayurvedic conservative Treatment already described in Ayurvedic literature, to evaluate hemostatic property of indigenous drug Kutaj Sunthi kwath with goghrut in bleeding hemorrhoids. We studied 30 patient of Raktaj Arsha (bleeding hemorrhoids). Kutaj sunthi kwath with Goghrut will be prepared as per describe in Sharangdhar samhita.

KEYWORDS: Kutaj, Sunthi, Kwath, Goghrut, Rakta-arsh, Raktastambhan.**INTRODUCTION**

Hemorrhoids are inflammation of veins in rectum and anus. The anatomical term "hemorrhoids" technically refers to cushion of tissue filled with blood vessels at the junction of rectum and the anus. However, the term is popularly used to refer to varicosity of the hemorrhoidal veins and inflammation of cushioning tissue.

Sushruta Samhita, the ancient available literature for surgery, describes in all 6 types of Arsha– hemorrhoids, namely–Vaataj, Pittaj, Kaphaj, Raktaj, Sannipaataj and Sahaj, and 4-fold treatment of hemorrhoid namely – Bheshaj, Kshar, Agni, Shastrakarm. Out of these 6 types, it is Raktaj Arsh which gives complication like anemia because of bleeding which may be from mild to severe and hence requires immediate management. Present study is an attempt to evaluate hemostatic property of indigenous drug Kutaj Sunthi kwath with goghрут in bleeding hemorrhoids.

Kutaj – *Holtyrrhena Antidysenterica* and Sunthi – *Zingiber Officinale* are herbal remedies used in number of gastro-intestinal ailments. In present study a water based decoction is prepared with these two herbal ingredients and 10 ml of ghee, prepared from cow milk is added at the time of consumption.

कुटजत्वङ्ग निर्यूहः सनागरः स्निग्धरक्तसङ्ग्रहणः I च.चि. 14/185

Present study is one of the attempts to explore and validate Ayurvedic conservative treatment already described in ancient literature.

MATERIAL AND METHODS

Study type - open clinical study.
No. of patients - Total 30 pts. Were included in this study.

Inclusion criteria

1. Age group - between 20 to 40 years of age,
2. Sex - male and female were selected.
3. I^o and II^o bleeding internal hemorrhoids.
4. Hemoglobin more than 10 gm./ 100 ml.

Exclusion criteria

- 1) III^o and IV^o internal hemorrhoid.
- 2) Thrombosed hemorrhoid
- 3) Fissure in Ano and prolapse of rectum.
- 4) Hemorrhoid with ulcerative colitis, Koch's, DM, Hepatic disorders,
- 5) Blood dyscrasias,
- 6) HIV and HbsAg positive pts.

After taking a detailed history, a complete general, systemic examination and local anorectal examination was carried out in all the patients. Kutaj Sunthi kwath was prepared as per described in Sharandhar Samhita.

Preparation of Kutaj Sunthi Kwath with Goghrut as Prakshep

Kutaj Sunthi kwath will be prepared with its bharad churna (crudely grinded hurb) as per guideline of Sharangdhar samhita 40 gm crushed kutaj and sunthi (20gm each) (40gm=1pal) mixed with 16 pal i.e. 640 ml of water. The mixture is then boiled upto 1/8 th of total liquid i.e. 80 ml kwath obtain. 10ml of cow ghee is added just before consumption.

- Dosage - 40 ml Kutaj Sunthi kwath with goghrut, twice daily, before meal was advised for a total period of 7 days
- Follow up - At 1st, 2nd, 3rd and 7th day of drug administration.
- Kaal - Apankaal (before meal)
- Prakshep - Goghrut
- Duration of Study - 1 week.

Criteria for Assessment and Result

1. Per Rectal Bleeding

- 0 - No bleeding.
- 1 - occasional bleeding with defecation. (Once or two times in week)
- 2 - Regular bleeding with defecation (Few drops)
- 3 - Regular profuse bleeding with defecation (splash in the pan).

2. Itching (Gudakandu)

- 0 - No Itching
- 1 - Mild Itching (itching remains for 1 hour after defecation).
- 2 - Moderate Itching (itching remains up to 4 - 5 hours after defecation).
- 3 - Severe itching (itching remains for whole day).

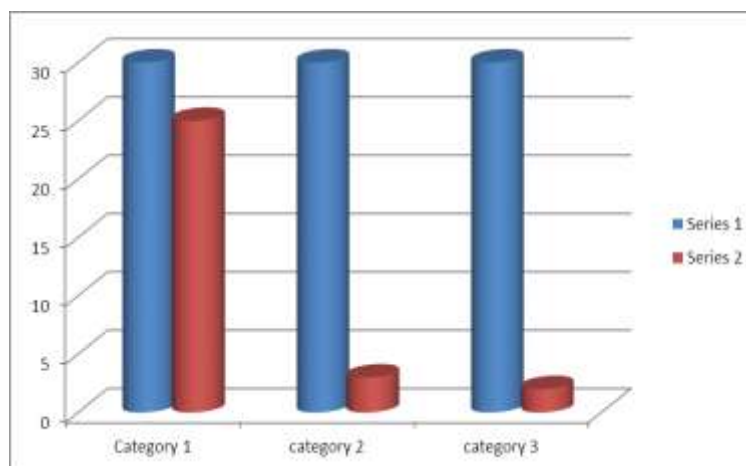
3. Pile Mass

- 0 - No pile mass
- 1 - Pile mass into anal canal
- 2 - Pile mass comes out from the anus during defecation then goes back Inside by itself

Criteria for Result Assessment

1. Cured - More than 75% relief in sign and symptoms.
2. Improved - Above 50% but below 75% relief in sign and symptoms
3. Relieved - Relief in sign and symptoms between 25% to 50%
4. Not cured - Less than 25% relief in sign and symptoms

RESULTS



1 series – indicate total no. of patients

2 series – indicate no. of patient cured / improved / not cured

It was found that out of 30 patients, 25 patients response to Kutaj Sunthi kwath with goghrut was excellent, bleeding stopped completely, 3 patients had shown poor response, bleeding reduced and another 2 patient had shown no response, bleeding not stopped neither reduced.

None of the patient complained of any side effects. The patient compliance was satisfactory and in general, they reported a sense of well being. Out of 30 patients, 6 complained nausea on first day of medicine.

DISCUSSION

Probable mechanism of action of Kutaj Sunthi kwath in Rakta-arsh (bleeding hemorrhoid)

- Arsh Dosha - vayu, kapha, pitta, rakta.
 Ashraya - mamsa, meda, twaka.

Agnimandya causes constipation leads to Gudagata Raktastrav – per rectal bleeding. For disintegration of samprapti of raktarsh vyadhi, the drug must have some essential properties such as Agnivardhak, Aampachak, Tridoshashamak, Strotodushtihar, Dhatudushtinashak,

Snigdha, Madhur, Kashay, Sheeta etc. property in it. The properties of Kutaj Sunthi kwath with goghrut are just similar to the properties described above.

Kutaj – Holarrhena Antidysenterica

Ras - katu, kashay
Veerya - sheeta veerya
Vipak - katu
Karma - raktastmabhak.

Kashay ras and sheeta veerya leads to Raktastambhan i.e. haemostasis in Raktarsha Sushruta also mentioned Kutaj as shreshtha dravya in Raktarsha.

Sunthi – Zingiber Officinale

Ras – katu
Vipak – madhur
Veerya – ushna
Guna – laghu, snigdha and Grahi.
Karm – Aam pachak, dipan, agnivardhak.
Doshaghnata – Kaphavatashamak

Mandagni is main cause of etiopathology of Raktarsha, moreover it is main cause of all diseases as per Vagbhata. All above properties of Sunthi help in the destruction of the pathogenesis of Raktarsh.

Madhur vipak, ushna veerya – alleviates the pitta and vata dosha and also helps as a vatanuloman.

According to modern science

Sunthi is carminative and stimulant to GIT and increases motility to expel residual stool. It inhibits the prostaglandin synthesis and thus produces anti-inflammatory action.

Goghrut – Cow ghee

Ras – madhur
Vipak – madhur
Veerya – sheeta
Guna – snigdha, sheeta, mridu,
Doshaghnata – vatta- pitta shamak.

It has unique property like yogavahi. It is Anulomak and Agnivardhak and vata-shamak and it softens the hard constipated stool thereby promoting the regulatory bowel evacuation.

CONCLUSION

From the above study, it can be concluded that Kutaj Sunthi kwath with Goghрут, is a safe and effective conservative treatment in improving signs and symptoms of bleeding I⁰ and II⁰ hemorrhoids.

However, there is need for a larger scale clinical trial to further evaluate its efficacy in III⁰ and IV⁰ internal hemorrhoid.

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