

**ANALYTICAL AND OBSERVATIONAL CLINICAL EVALUATION OF
DR. PILES FREE CAPSULES, POWDER AND OIL ON PILES
ASSOCIATED WITH CONSTIPATION, INDIGESTION, RECTAL
BLEEDING, SIGNIFICANT PAIN AND SWELLING IN THE ANAL
AREA IN HEALTHY VOLUNTEERS**

Ravi Raj M. D. Ayurveda*

Associate Professor P. G. Department of Rasa Shastra Evam Bhaishajya Kalpana, Shri
Krishna Govt. Ayurvedic College Kurukshetra & Hospital 136118 Haryana.

Article Received on
21 Jan. 2024,

Revised on 11 Feb. 2024,
Accepted on 01 March 2024

DOI: 10.20959/wjpr20245-31682



***Corresponding Author**

Dr. Ravi Raj M. D.

Ayurveda

Associate Professor P. G.
Department of Rasa Shastra
Evam Bhaishajya Kalpana,
Shri Krishna Govt.
Ayurvedic College
Kurukshetra & Hospital
136118 Haryana.

ABSTRACT

Arsha (Piles) is one of the most common anorectal disorder mentioned in Ayurveda. It is a prevalent condition within the ano-rectal region, categorized among the Asthamahagada (eight great diseases). This condition has been documented for thousands of years, with its prevalence being notably high among all anorectal disorders. Key factors contributing to Arsha (Piles) include a flawed dietary pattern, lifestyle choices, anatomical deformities, and hereditary influences.

The clinical manifestation of Arsha (Piles) involves an engorged state of the hemorrhoidal venous plexus, coupled with the abnormal displacement and enlargement of the anal cushion. This results in inflamed or prolapsed pile masses, rectal bleeding, and some discharge from the anus. It is noteworthy that nearly half of the population experiences at least one hemorrhoidal episode at some point in their lives.

In the realm of modern medical science, various procedures are outlined for hemorrhoid management, with haemorrhoidectomy being a commonly preferred surgical intervention. However, it is important to note that there is a significant likelihood of the disease reappearing after the excision.

Contrastingly, Ayurveda offers a diverse set of approaches for Arsha (Piles) management. These include Bheshaj (Medication), Kshar Karma, Agnikarma, Shashtra Karma (Chedana), and Kshar Sutra, with the choice depending on the chronicity and presentation of the disease. Ayurveda approaches piles treatment by addressing the root cause of this condition and restoring the balance of the body. The primary goal of Ayurveda is to alleviate (To reduce) the sign and symptoms, reduce inflammation, improve digestion and prevent reoccurrence.

This article advocates for further research in this domain to validate the assertions found in ancient Ayurvedic texts, paving the way for the integration of Arsha (Piles) Chikitsa (Therapy) into modern medicine. A combination of Dr. Piles Free Capsules, Powder and Oil is prepared by modification of classical method according to the Ayurvedic pharmacopoeia of India with standard operative procedure which is described for Churana (Powder) and Ghana (Capsules Extract) and Oil preparation. The herbs of " Dr. Piles Free Capsules, Powder and Oil, an Ayurvedic system developing and rejuvenating formulation described several times in the Ayurvedic Texts, underwent an assessment in a controlled observational clinical trial involving healthy males and female volunteers aged between 35 to 55 years. The study administered a daily dose of 1- 2 capsule of Dr. Piles Free Capsules, 2-3 Grams of Powder twice a day, and Oil for local application in a form of Ayurvedic Patent Medicine Duly Approved By AYUSH department of Haryana. Over the course of 30 consecutive days, the results demonstrated a statistically significant increase ($P < 0.05$) in treatment of Piles associated with Constipation, indigestion, Rectal bleeding, significant pain and swelling in the anal area in healthy volunteers.

KEYWORDS: Dr. Piles Free, Arsha, Haemorrhoids, Asthamahagada, Bheshaj Chikitsa, Kshar Sutra, Kshar Karma etc.

INTRODUCTION

Haemorrhoids, also known as emerods or Piles, refer to the swelling and inflammation of veins in the rectum and anus. The anatomical term "Haemorrhoids" technically denotes "cushions of tissue filled with blood vessels at the junction of the rectum and the anus." Described as the "varicose veins of the anus and rectum," Haemorrhoids are enlarged, bulging blood vessels in and around the anus and lower rectum. They are typically located in three main areas: left lateral, right anterior, and right posterior portions. Positioned beneath the epithelial lining of the anal canal, Haemorrhoids consist of direct arteriovenous communications. These connections primarily occur between the terminal branches of the superior rectal and superior

hemorrhoidal arteries, and to a lesser extent, between branches originating from the inferior and middle hemorrhoidal arteries and the surrounding connective tissue.

The classical texts of Ayurveda, including those of Acharya Sushruta, describe Arsha, equating it with one of the "Ashta Mahagada" (Eight grave diseases). Arsha (Piles) manifests in the Guda region (Anus), recognized as a Marma, and is renowned for its chronic nature and challenging management, underscoring the severity of the ailment.

a) The precise origins of symptomatic haemorrhoids remain elusive, with several factors thought to be influential, including

Irregular bowel habits (Constipation or diarrhea)

Lack of exercise

Nutritional factors (A low-fiber diet)

Increased intra-abdominal pressure (Prolonged straining, intra-abdominal mass, or pregnancy)

Genetic predisposition and absence of valves within the hemorrhoidal veins

Aging

Prolonged periods of sitting

Other factors believed to heighten the risk include:

Classification of Arsha (Piles)

Acharya's perspectives on the classification of Arsha vary:

On the basis of origin:

Sahaja (Origin of its own)

Janmottarakalaja (Genetic Cause)

b) On the basis of bleeding character

Ardra (Sravi): Bleeding Piles due to Rakta and Pitta Dosha vitiation.

Shushka: Non-bleeding Piles due to Vata and Kapha Dosha vitiation.

c) On the basis of dosha predominance

Vataj

Pittaj

Kaphaj

Raktaj

Sannipataj

Sahaj

d) On the basis of prognosis

Sadhya (Curable) variety: Located in Samvarani vali, single Doshika involvement, not very chronic.

Yapya (Palliative) variety: Caused by simultaneous vitiation of any two Doshas, not more than one year chronicity, and located in the second Vali.

Asadhya (Incurable) variety: Sahaja Arsha, caused by the vitiation of three Doshas, located in Pravahini Vali, considered incurable. If accompanied by edema in various body parts or cardiac pain, it is also deemed incurable.

e) On the basis of position

External haemorrhoids: External Haemorrhoids occur outside the anal verge, involving varicosities of veins draining the territory of inferior rectal arteries. They may be painful, accompanied by swelling and irritation. Thrombosis is a risk, potentially leading to a thrombosed hemorrhoid.

Internal haemorrhoids: Internal Haemorrhoids occur inside the rectum, involving varicosities of veins draining superior rectal arteries. Typically painless due to the lack of pain receptors in the area, internal Haemorrhoids may bleed when irritated, often associated with constipation.

f) On the basis of symptoms

Grade I: No prolapses, prominent blood vessels.

Grade II: Prolapses upon bearing down but spontaneously reduce.

Grade III: Prolapses upon bearing down, requiring manual reduction.

Grade IV: Prolapsed and cannot be manually reduced.

Pathophysiology of hemorrhoidal disease: The precise pathophysiology behind the development of haemorrhoids remains unclear. The longstanding theory attributing haemorrhoids to varicose veins in the anal canal has become obsolete, as Haemorrhoids and anorectal varices are now recognized as distinct entities. The widely accepted contemporary theory suggests that Haemorrhoids arise when the supporting tissues of the anal cushions

disintegrate or deteriorate. Haemorrhoids are thus pathologically characterized by the abnormal downward displacement of the anal cushions, leading to venous dilatation.

There are typically three major anal cushions situated in the right anterior, right posterior, and left lateral aspects of the anal canal, along with various minor cushions interspersed between them. Patients with Haemorrhoids exhibit significant pathological changes in these anal cushions, including abnormal venous dilatation, vascular thrombosis, degeneration of collagen fibers and fibroelastic tissues, as well as distortion and rupture of the anal subepithelial muscle. Additionally, hemorrhoidal specimens reveal a severe inflammatory reaction involving the vascular wall and surrounding connective tissue, accompanied by mucosal ulceration, ischemia, and thrombosis.

Signs & Symptoms: The symptoms of pathological Haemorrhoids vary based on the type present. Internal Haemorrhoids typically manifest with painless rectal bleeding, while external Haemorrhoids may produce minimal symptoms or, if thrombosed, significant pain and swelling in the anal area.

Ayurvedic management

Conservative approach

Prevention of constipation: Utilize laxatives such as Triphala churna, Panchasakar churna, Haritaki churna, and Abhayaarista.

Deepan Pachan (Enhancing Digestive Fire): Include Chitrakadi vati, Lavan Baskar churna, and Agnitundi vati in the regimen.

Arshoghna (Anti-hemorrhoidal): Incorporate Sooranpak, Arshakuthar ras, and Shigru guggulu.

Hot sitz bath: Utilize Tankan Bhasma, Sphatic Bhasma, Triphala kwath, and Panchawalkal kwath for an effective hot sitz bath.

Rakta Stambhak (Blood coagulation): Administer Bol Baddha Rasa, Bol Parpati, Kukutandatwak Bhasma, and Praval Pisthi to promote blood coagulation.

Vran Ropak (Wound healing): Apply Jatyadi Tail and Nirgundi Tail for wound healing.

Vednahr (Pain alleviation): Use Madhuyastyadi Tail and Triphala Guggulu for pain relief.

Procedures

Kashar sutra ligation: Ayurvedic Kshar-sutra treatment is a contemporary method derived from ancient Ayurvedic texts.

This non-surgical treatment involves the application of Kshar-sutra to Haemorrhoids under local or general anesthesia.

The pile mass naturally sheds off within seven to ten days with stool passage.

This treatment has shown a high success rate with minimal recurrence, making it a preferable option. Experienced physicians can efficiently administer this procedure.

This Ayurvedic approach combines herbal remedies and therapeutic procedures, emphasizing non-invasive techniques like Kshar Sutra Ligation for effective and lasting management of Haemorrhoids.

Chedana karma (Excision procedure): The Chedana Karma for Arsha involves the use of sharp instruments such as Mandalagra, Karapatra, Nakhashstra, Mudrika, Utpalapatra, and Ardhadhara. A semilunar incision is made, resembling the conventional open hemorrhoidectomy or contemporary ligation and excision procedures. Following Chedana Karma, Agnikarma may be immediately applied if needed, particularly to address any remnants, halt active bleeding, or manage secondary oozing of blood vessels. The procedure includes Kavalika placement followed by Gophana Bandha.

Agni karma (Cauterization): Various cauterization methods, such as electrocautery, infrared radiation, laser surgery, or cryosurgery, have proven effective for Haemorrhoids. Agni Karma is considered when other methods prove unsuccessful.

Ksharkarma (Sclerotherapy): This involves the application of a sclerosing agent, such as Apamarg Kshar or Snuhi Kshar, into the hemorrhoid. The sclerosing agent induces collapse of vein walls, causing the Haemorrhoids to shrink.

Apathya in Arsha (Avoidable Factors)

Avoid the following in cases of Arsha:

Chilies

Fried Foods

Maida Products
Non-Veg
Paneer
Constipating Foods
Constant Sitting
Excessive Pressure during Defecation
Pathya in Arsha (Favorable Factors)
Embrace the following in cases of Arsha
Cow Milk
Butter
Buttermilk
Wheat
Ghee
Rice
Green Vegetables
Regular Sleep
Exercise
Regular Diet
Non-suppression of Natural Urges

AIMS AND OBJECTIVE

The aim of the study is to see the efficacy of the **“Dr. Piles Free Capsules, Powder and Oil”** in the management of Piles associated with Constipation, indigestion, Rectal bleeding, significant pain and swelling in the anal area and acting as Balya.

MATERIAL AND METHODS

Selection of cases: Patients with Piles associated with Constipation, Indigestion, Rectal bleeding, significant pain and swelling in the anal area selected randomly from OPD of P.G Department of Rasa Shastra at Shri Krishna Govt Ayurvedic College Kurukshetra and Dr. Piles Free Capsules, Powder and Oil action on above said Sign and Symptoms.

Age group

150 Individual from the age group of 35 to 55 Years were taken for treatment and assessment of Piles and associated Sign and symptoms.

Selection of healthy volunteers

The observational clinical trial took place from 2023 October to December 2023 at OPD of P.G Department of Rasa Shastra at Shri Krishna Govt Ayurvedic College Kurukshetra.

The trial design involved the enrolment of healthy volunteers aged between 35 to 55 Years without consideration of their religious affiliation, income level, or occupation. Time to time initially, a total of 150 volunteers were screened for primary eligibility, but 30 individuals were subsequently excluded for various reasons.

Ultimately, 120 volunteers were selected for this trial and were randomly assigned to four groups group that receiving Dr. Piles Free Capsules, Powder and Oil for the treatment of Piles, Constipation, Indigestion, Rectal bleeding, significant pain and swelling in the anal area respectively. Eligibility for participation in the study was determined by specific inclusion and exclusion criteria.

Fours group

30 Individual were taken for Piles.

30 Individual were taken for Piles with Constipation, Indigestion.

30 Individual were taken for Rectal bleeding.

30 Individual were taken for significant pain and swelling in the anal area.

Inclusion criteria

Patients gone through examination in addition to an abdominal examination, the perineal and rectal areas inspected with the patient at rest and while bearing down in the lateral decubitus, lithotomy, or prone jackknife position.

Patients with the presence of external Haemorrhoids or prolapse of internal Haemorrhoids

Patients with detected masses, tenderness, and fluctuance.

Patients with internal haemorrhoids are less likely to be palpable unless they are large or prolapsed.

Exclusion criteria

Age below 35 years and above 55 years.

Patients suffering from sexually transmitted diseases, carcinoma, acquired immunodeficiency syndrome, tuberculosis, congenital abnormalities of genital organs, other disease like phimosis, ulceration, hydrocele, spinal cord lesions, etc.

Investigations

Routine haematological investigations: Haemoglobin %, Total Leucocyte count, Differential Leucocyte count, Erythrocyte Sedimentation Rate.

Biochemical investigations: Fasting Blood Sugar, Post Prandial Blood Sugar, lipid profile, blood urea, serum creatinine.

Urine for routine and microscopic examination.

Stool for routine and microscopic examination.

Assessment criteria

Efficacy was assessed at the end of 4 weeks of treatment as reduction in intensity of Piles associated with Constipation, Indigestion, Rectal bleeding, significant pain and swelling in the anal area.

Drug's Administration (Dose & Duration)

General contents of Dr. Piles Free Capsules, Powder and Oil are mentioned below.

Table 1: Dr. Piles free capsules.

S.N.	Name of herb	Botanical name	Part used	Form used	Quantity	Reference
1	Sanai	<i>Senna alexandrina</i>	Leaves	Extract	100mg	Bhav prakash nighantu
2	Triphala	<i>Emblica officinalis</i> , <i>Terminalia bellerica</i> , <i>Terminalia chebula</i>	Fruits	Extract	150mg	Bhav prakash nighantu
3	Saunf	<i>Foeniculum vulgare</i>	Seed	Extract	75mg	Bhav prakash nighantu
4	Amaltas	<i>Cassia fistula</i>	Fruit	Extract	25mg	Bhav prakash nighantu
5	Ajwain	<i>Trachyspermum ammi</i>	Seed	Extract	75mg	Bhav prakash nighantu
6	Moch ras	<i>Bombax malabaricum</i>	Resin	Extract	25mg	Bhav prakash nighantu
7	Tulsi	<i>Ocimum tenuiflorum</i>	Plant	Extract	25mg	Bhav prakash nighantu
8	Nimba	<i>Azadirachta indica</i>	Seed	Extract	25mg	Bhav prakash nighantu

Table 2: Dr. Piles free oil.

S. n.	Name of herb	Botanical name	Part used	Form used	Quantity	Reference
1	Kutaj	<i>Holarrhena antidysenterica</i>	Seed	Coarse powder	25mg	Bhav prakash nighantu
2	Nagkeshar	<i>Mesua ferrea</i>	Seed	Coarse powder	25mg	Bhav prakash nighantu
3	Haritaki	<i>Terminalia chebula</i>	Fruit	Coarse powder	25mg	Bhav prakash nighantu
4	Mochras	<i>Bombax ceiba</i>	Resin	Coarse powder	25mg	Bhav prakash nighantu
5	Haldi	<i>Curcuma longa</i>	Rhizome	Coarse powder	25mg	Bhav prakash nighantu
6	Sarso	<i>Brassica compestris</i>	Seed	Oil	30%	Bhav prakash nighantu

Table 3: Dr. Piles free powder.

S. n.	Name of herb	Botanical name	Part used	Form used	Quantity	Reference
1	Esabgol	<i>Plantago ovata</i>	Seed husk	Fine powder	250mg	Bhav prakash nighantu
2	Sanai	<i>Cassia angustifolia</i>	Leaves	Fine powder	50mg	Bhav prakash nighantu
3	Harar (small)	<i>Terminalia chebula</i>	Fruit	Fine powder	50mg	Bhav prakash nighantu
4	Saunf	<i>Foeniculum vulgare</i>	Seeds	Fine powder	100mg	Bhav prakash nighantu
5	Gulab	<i>Rosa damascena</i>	Flower petals	Fine powder	50mg.	Bhav prakash nighantu
6	Harar	<i>Terminalia chebula</i>	Fruit	Fine powder	100 mg	Bhav prakash nighantu
7	Bahera	<i>Terminalia bellerica</i>	Fruit	Fine powder	100mg.	Bhav prakash nighantu
8	Aawla	<i>Emblica officinalis</i>	Fruit	Fine powder	100mg.,	Bhav prakash

						nighantu
9	Mulethi	Glycyrrhiza glabra	Root	Fine powder	100mg.,	Bhav prakash nighantu
10	Panch lavan	A mixture of five salts	Powder	Fine powder	100mg.	Bhav prakash nighantu

The Dr. Piles Free Capsules, Powder and Oil are Ayurvedic Patent Medicine Duly Approved by AYUSH department of Uttar Pradesh and prepared in the R n' D Lab of Captain Biotech 27/12/2, M.I.E., Part-A, Bahadurgar Contact No.: 8570851605 Manufacturing License Number:- 631-ISM (HR) and Marketed by SAT KARTAR SHOPPING LTD, 603 Mercantile House, KG Marg New Delhi- 110001.

Dr. Piles Free Capsules, Powder, and Oil are formulated with the unique ability to penetrate deeper tissues. This is achieved by utilizing minute alkaloids known for their capacity to traverse the Sukshma Srotas (Micro channels), the most delicate channels in the body. The properties of the herbs included in these formulations are particularly beneficial for promoting the well-being of the digestive system, large and small intestines, and the Anal Canal. These properties are based on insights from the Bhav Prakash Nighantu and Materia Medica.

Properties of herbs

Sanai, also known as Senna, is a natural laxative that helps in relieving constipation. This stimulates peristaltic movement of intestine; this keeps alimentary canal clean. Thus it is helpful in treating constipation problem during piles and makes stomach to function well with good digestion.

Triphala (A combination of Harar, Bahera, Aawla)

Triphala acts as natural laxative with antioxidant and anti-inflammatory properties to promote regular bowel movements and preventing constipation. It has anti-inflammatory properties that provides relief from Piles.

Saunf (*Foeniculum vulgare*): Properties for Piles and Constipation

Saunf is carminative and helps to cure constipation, abdominal pain, irritable bowel syndromes (IBS) indigestion, reducing the chances of constipation. It may provide relief from bloating and gas, common symptoms associated with Piles and constipation.

Amaltas (Cassia fistula): Properties for Piles and Constipation

Amaltas has mild laxative properties, aiding in the relief of constipation.

It may help in softening stools, making bowel movements more comfortable for individuals with Piles.

Ajwain (Trachyspermum ammi): Properties for Piles and Constipation

Ajwain has carminative properties, reducing gas and bloating, which can contribute to constipation. It may alleviate digestive issues, promoting regular bowel movements.

Moch ras: Properties for Piles and Constipation

Moch Ras is an Ayurvedic medicine known for its benefits in Piles treatment. It may help reduce inflammation and discomfort associated with Piles.

Tulsi (Ocimum sanctum): Properties for Piles and Constipation

Tulsi has anti-inflammatory properties that may provide relief from Piles.

It can support digestion and may help prevent constipation.

Nimba (Azadirachta indica): Properties for Piles and Constipation

Nimba, or Neem, has anti-inflammatory properties that may help in managing symptoms of Piles. It is known for its detoxifying effects on the digestive system.

Kutaj (Holarrhena antidysenterica): Properties for Piles and Constipation

Kutaj is traditionally used to treat digestive disorders and may aid in relieving constipation. It has astringent properties that may be beneficial in managing symptoms of Piles.

Nagkeshar (Mesua ferrea): Properties for Piles and Constipation

Nagkeshar has astringent properties and may help in reducing bleeding associated with Piles. It can aid in digestion, preventing constipation.

Haldi (Turmeric, Curcuma longa): Properties for Piles and Constipation

Haldi has anti-inflammatory properties and may help in managing inflammation associated with Piles. It can support overall digestive health.

Esabgol (Plantago ovata): Properties for Piles and Constipation

Esabgol is a natural fiber source and helps in regulating bowel movements, preventing constipation. It adds bulk to the stool, making it easier to pass, and may be beneficial for individuals with Piles.

Panch Lavan (Mixture of five salts): Properties for Piles and Constipation

Panch Lavan, being a combination of salts, may have mild laxative effects, aiding in constipation relief. It may help balance electrolytes and support digestive health.

Properties of Dr. Piles Free Capsules, Powder and Oil

Regular practice of Dr. Piles Free Capsules, Powder (Internally) and Oil (for local application) help in improving digestion, relieving constipation, curing Piles, clotting of blood and reducing inflammation and pain in Anal region. It strengthens the muscles of anal canal and anal region. To achieve the benefits of Dr. Piles Free Capsules, Powder and Oil, it is used best in combined form, internally Powder and Capsules and locally the Oil.

Dr. Piles Free Capsules, Powder (Internally) and Oil (For local application) help a patient of Piles in following manner

Prevention of constipation – (Laxative)

Deepan pachan – Improving Digestion

Arshoghna – Treating Piles

Rakta stambhak – Blood Clotting

Vran ropak – Inflammation relieving and lesion Treating

Vednahan – Pain Relieving.

Groups of the patients

30 Individual were taken for Piles.

30 Individual were taken for Piles with Constipation, Indigestion.

30 Individual were taken for Piles with Rectal bleeding.

30 Individual were taken for significant pain and swelling in the anal area.

Administration of Dr. Piles Free Capsules, Powder and Oil to patients

For the patients with Piles – Dr. Piles Free Capsules, Powder was administered One capsule BD and 2 gram Powder BD for 30 days and found remarkable relief.

For the patients with piles with Constipation, Indigestion – Dr. Piles Free Capsules, Powder was administered One capsule BD and 2 gram Powder BD for 30 days and found remarkable relief.

For the patients with Piles with Rectal bleeding, significant Pain and Swelling in the anal area - Dr. Piles Free Capsules, Powder was administered One capsule BD and 2 gram Powder BD for 30 days and Dr. Piles Free Oil was applied locally on external Piles for pain and inflammation and the results found were remarkable

Statistical analysis

The statistical analysis of data gathered from the two treatment groups at various study intervals was conducted through paired Student's 't-test'

RESULT

Dr. Piles Free Capsules, Powder and Oil offers several benefits in the treatment of Piles. It helps in reducing the inflammation and swelling of the Piles. The **Dr. Piles Free Capsules, Powder and Oil** also aids in relieving the pain and discomfort associated with Piles.

Additionally, **Dr. Piles Free Capsules, Powder and Oil** promotes the healing of the damaged tissues and improves the overall health of the anal region. It is a natural and effective remedy for Piles.

Dr. Piles Free Capsules, Powder and Oil is a combination of ayurvedic herbs and is modification of traditional Ayurvedic medicine that has been used for centuries to promote overall health and well-being. It is known for its rejuvenating properties and is often used to support the immune system, improve digestion, and enhance vitality.

Furthermore, the study revealed a significant ($P < 0.001$) improvement in Piles (Haemorrhoids) (+70.6%).

The study revealed a significant ($P < 0.001$) improvement in case of **Piles with Constipation, Indigestion** (+ 75%).

The study revealed a significant ($P < 0.001$) improvement in case of **Piles with Rectal bleeding, significant pain and swelling in the anal area** (+ 76%).

Men and women often exhibit a range of vague and non-specific symptoms that could potentially be linked to Piles (Haemorrhoids).

The subjects' overall health status was confirmed by evaluating various hematological and biochemical parameters, which included serum urea, creatinine, ALT, AST, Hb% (hemoglobin percentage), total RBC (red blood cell) count, total and differential counts of WBC (White blood cells), RBC/WBC morphology and ESR (erythrocyte sedimentation rate) associated with infection.

DISCUSSION

Arsha (Piles) is the most afflicting disease man is facing present days. Urbanization, changing life style, dietary and bowel habits are contributing factors in increasing prevalence of bleeding piles. So far as the treatments of piles is concerned, Bheshaj Chikitsa (Treatment with Medicines) is the first line of management because there is no fear of complication in comparison of other procedures and is necessary to be adopted with the other three line of treatments like shastra (Surgery) or kshara (Ksharsutra) etc. Moreover, most of the drugs are Vatapittashamak, Tridosahara. Raktarsha is Pitta dominated Tridoshaj Vyadhi, so sheeta veerya and Raktasambhana properties help in this condition. Hence the drugs included in Dr. Piles Free have certainly provided the Dosha Pratyanih i.e therapeutic effect. Most of the ingredients are arranged so scientifically that definitely they help in breaking the Samprapti of Arsha (Piles) at different levels. To cure Raktarsha, drug should have Rakta Stambhan (Blood clotting) property. There are so many drugs which are mentioned in Ayurveda which are the drug of choice for Arsh (Piles). The potent and effective drugs from there drug of choice are included in Dr. Piles Free Capsules, Powder and Oil.

CONCLUSION

Ayurveda offers comprehensive procedures for the management of Piles, encompassing both conservative and surgical approaches. Patients are encouraged to openly discuss their concerns with Ayurvedic physicians without delay. Kshar Sutra ligation stands out as a highly effective treatment for Arsha (Piles), requiring less time for the procedure. This technique is suitable for patients with various heart conditions, eliminating the need for hospital admission and proving to be economically advantageous. In comparison to hemorrhoidectomy, Kshar Sutra emerges as a more beneficial option. Arsha (Piles), is influenced by lifestyle, age, occupation, and dietary factors. Adhering to the ideal living patterns outlined in Ayurvedic classics can lead to a disease-free and healthy life. Factors

such as a lack of fiber in the diet, faulty eating habits, abnormal body posture, complicated delivery, repeated abortion, psychological imbalances, and physical injury to the anal region are highlighted in Ayurvedic texts for the manifestation of Arsha. Despite its challenging nature, Ayurveda holds immense potential for successfully managing all stages of Arsha without complications. Patients can benefit from Ayurvedic interventions, ensuring effective management of this condition.

Arsha (Piles) is a Tridoshj disease that arises from Mandagni (Indigestion) and Ama formation. In respect with the Bheshaj Chikitsa of Arsha, the Vatanuloman effect is desired, the principle of treatment of Arsha (Piles), includes three chief clinical effects- (1) Agni Deepan, (2) Vatanuloman and (3) Raktastambhan. Dushyas affected here are Twacha, Rakta, Mamsa and Meda. Bleeding is the principle and earliest symptoms of haemorrhoids for which patient seeks medical advice. Bheshaja Chikitsa (Medical therapy) is more effective in early stage of Raktarsha (Haemorrhoids) and has greatest advantage of wider acceptability by the patients. Also this measure has to be adopted along with the other line of treatment like shastra karma etc. The main principle of the management of Raktarsha is Rakta shodhana, Raktastambhana, Pitta Kapha Shamana, Vatanulomana, Deepan and Pachana. Deepaniya and Pachaniya drugs are essential in the treatment of Raktarsha for improvement in Agni Bala. All these properties and protentional is possessed by **Dr. Piles Free Capsules, Powder and Oil. The formulation is easy to use and convent for consumption & application without any adverse effect.**

REFERENCE

1. Shastri Kaviraja Ambikadutta Sushrutasamhita (Sutra Sthaana). Varanasi: Chaukhambha Sanskrit Sansthan, 2010; 163.
2. Chaturvedi Gorakha Nath and Shastri Kasinath Charak samhita (Chikitsa sthana). Varanasi: Chaukhambha Bharati Academy, 2011; 46-50.
3. Chaturvedi Gorakha Nath and Shastri Kasinath Charak samhita (Chikitsa sthana). Varanasi: Chaukhambha Bharati Academy, 2011; 419.
4. Chaturvedi Gorakha Nath and Shastri Kasinath Charak samhita (Chikitsa sthana). Varanasi: Chaukhambha Bharati Academy, 2011; 430-433.
5. Kukreja Ajit Naniksingh Anorectal Surgery Made Easy. New Delhi; Jaypee Brothers MedicalPublishers (P) Ltd. Replika Press Pvt.Ltd, 2013; 307.

6. B.D. Chaurasia human anatomy New Delhi; CBS Publications, 2004; 2: 381-383.
Chaturvedi Gorakha Nath and Shastri Kasinath Charak samhita (Chikitsa sthana).
Varanasi: Chaukhambha Bharati Academy, 2011; 416.
7. S. Das A Concise text book of surgery Kolkata; Dr. Published by S. Das. Old Mayor's
Court, 2014; 13: 1075-1076.
8. S. Das A Concise text book of surgery Kolkata; Dr. Published by S. Das. Old Mayor's
Court, 2014; 13: 1077.
9. M Sriram Bhat SRB's Manual of Surgery New Delhi; Jaypee Brothers Medical
Publishers (P) Ltd, 2013; 1042.
10. Chaturvedi Gorakha Nath and Shastri Kasinath Charak samhita (Chikitsa sthana).
Varanasi: Chaukhambha Bharati Academy, 2011; 416.
11. Chaturvedi Gorakha Nath and Shastri Kasinath Charak samhita (Chikitsa sthana).
Varanasi: Chaukhambha Bharati Academy, 2011; 419.
12. Shastri Kaviraja Ambikadutta Sushruta Samhita (Nidana Sthaana). Varanasi:
Chaukhambha Sanskrit Sansthan, 2010; 306.
13. Shastri Kaviraja Ambikadutta Sushruta Samhita (Nidana Sthaana).Varanasi:
Chaukhambha Sanskrit Sansthan, 2010; 310.