

A CASE STUDY ON THE MANAGEMENT OF 1st & 2nd DEGREE INTERNAL HAEMORRHOIDS (ARSHA) WITH APPLICATION OF DURVA GHRITA GUDA PICHU

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ABSTRACT

Haemorrhoids (Arsha) are among the most common anorectal disorders encountered in clinical practice. Haemorrhoids are dilated, elongated & tortuous veins within the anal canal in the sub epithelial region formed by Superior, Middle & Inferior rectal veins.^[1] According to Ayurveda Haemorrhoids correlates with Arsha and hence application of Durva Ghrita Guda Pichu can be beneficial. This case study evaluates the effect of application of Durva Ghrita Guda Pichu in a patient suffering from bleeding haemorrhoids. We hereby Report case of 42 year male patient working as a farmer had complaints of PR Bleeding during defecation, burning sensation in anal region, Constipation since 6 months visited to GAC & H Dharashiv who failed to get cured by variety of treatments at private hospital with different pathies. After thought examination and relevant investigations patient was diagnosed as haemorrhoid.

Ayurvedic management done as application of Durva Ghrita Guda Pichu as it works as Raktstambhana, Pitta-Rakta Shamaka. Ayurvedic management was planned and treated accordingly positive results were observed that are narrated in the given presentation.

KEYWORDS: Arsha, Haemorrhoids, Durva Ghrita, Bleeding Piles.

INTRODUCTION

Haemorrhoids are downward sliding of anal cushions due to straining or other causes having clinical symptoms of PR Bleeding like splash in the pan, bright and fresh blood during defecation, mucoid discharge from anus, pruritus.^[2] In Ayurveda, Arsha is considered a disease involving the vitiation of Vata, Pitta, and Kapha Doshas, particularly affecting the anorectal region. Conservative management focuses on reducing inflammation, controlling bleeding, improving bowel habits, and promoting tissue healing.

Durva Ghrita, prepared using Durva (*Cynodon dactylon*) processed in Ghrita, possesses Sheeta (cooling), Kashaya (astringent), Ropana (healing), and Rakta-stambhaka (haemostatic) properties, making it potentially beneficial in haemorrhoids.

A 42 yr old male resident of Dharashiv, came to GAC & H Dharashiv with C/O PR Bleeding during defecation, burning sensation in anal region, Constipation since 6 months and he diagnosed with 2 nd degree internal haemorrhoids and he was treated with application of Durva Ghrita Guda Pichu. Significant improvement was noticed after the treatment.

MATERIAL AND METHODS

A 42 year old male resident of Dharashiv, came to GAC & H Dharashiv with C/O- Bleeding during defecation for 3 months Burning sensation in anal region, Mild pain during bowel movements, Constipation for 6 months.

HISTORY OF PRESENT ILLNESS

The patient reported fresh bleeding per rectum during defecation, associated with burning sensation and occasional discomfort. Symptoms were aggravated by prolonged sitting and consumption of spicy food. There was no history of major systemic illness.

HISTORY OF PAST ILLNESS

N/H/O – DM/HTN/BA

S/H/O – No any D/H/O – No any

Local Examination

Internal haemorrhoids (Grade II) seen at 3,7 & 11 'O'Clock position N/E/O – Ext. Opening /fissure/ fungal infection

DRE – mild spasm

Mild congestion of anal mucosa No thrombosis

Fresh bleeding on straining

Treatment

Durva Ghrita Guda Pichu was applied locally to the anal region once daily after proper cleansing for 21 days.

Internal and Supportive Measures High-fibre diet

Adequate water intake

Avoidance of spicy and fried foods Regular bowel habits

Sitz bath with lukewarm water Duration of Treatment 21 day

OBSERVATION

Table No. 1: Subjective Criteria.

1. Degree of pile mass

SR.NO	SIGNS	GRADE
1	No pile mass	0
2	Pile mass into anal canal with bleeding occasionally	1
3	Pile mass that protrude during defecation then goes back by itself	2

2. Bleeding Per rectum

SR.NO	BLEEDING SCALE	BLEEDING GRADE
1	No bleeding	0
2	Occasional drop wise bleeding with defecation	1
3	Regular drop wise bleeding with defecation	2
4	bleeding like splash in the pan	3

3. Number of pile mass

SR.NO	NUMBER OF PILE MASS	GRADE
1	No pile mass	0
2	1 pile mass	1
3	2 pile mass	2
4	3 pile mass	3

Table No. 2: Objective Criteria.

1) Photos before and after treatment

OBSERVATION AND RESULT

SR NO	ASSESSMENT TABLE	0 th DAY	7 th DAY	15 th DAY	21 th DAY
1	Degree of pile mass	2	2	2	2
2	PR Bleeding	3	2	2	1
3	Number of pile mass	3	3	3	3

➤ Haemorrhoid proctoscopy photo



RESULTS

The patient showed progressive improvement during follow-up visits. Bleeding was markedly reduced at the end of one month. Burning sensation and discomfort decreased significantly. No adverse reactions were observed during treatment.

DISCUSSION

Rasa – Kashaya, Madhura Vipaka – Madhura

Virya –Sheeta Guna –Laghu

Doshagnatha –Kapha Pita Shamak

Upayoga – Raktsthambhana, vranropana^[3]

MODE OF ACTION

Rakta-stambhana (Hemostatic action) - Durva has Kashaya (astringent) and Madhura Rasa, which help constrict blood vessels and arrest bleeding. It is especially effective in controlling fresh rectal bleeding seen in bleeding internal haemorrhoids.

Pitta-Rakta Shamaka- Durva possesses Sheeta Virya (cool potency), which pacifies aggravated Pitta and Rakta—the principal doshas involved in Raktarsha. This reduces burning sensation, inflammation, and bleeding.

Vrana Ropana (Wound healing) -Internal haemorrhoids often develop mucosal erosions due to repeated trauma during defecation. Durva promotes healing of these ulcerated.

hemorrhoidal cushions and restores mucosal integrity.

Shothahara (Anti-inflammatory action) -The anti-inflammatory properties of Durva help reduce edema and congestion of the hemorrhoidal venous plexus, thereby decreasing the size and tenderness of piles.

Vedanasthapana (Relief of pain) -By reducing inflammation and soothing irritated tissues, Durva alleviate.^[4]

CONCLUSION

As the case showed significant changes in the symptoms of PR Bleeding, Burning pain in ano during the 1 month of treatment with application of Durva Ghrita Guda Pichu. It can be concluded that in 2nd Degree internal Haemorrhoid application of Durva Ghrita Guda Pichu can be a choice of treatment.

1. Ayurvedic sthanik chikista is highly effective in Haemorrhoid.
2. Provides a non invasive technique.
3. Economical and side effect free.
4. Alternative to modern management.

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