

EFFECTIVENESS OF TRIPHALA GUGGULU & SURANADI LEPA IN MANAGEMENT OF ARSHA (HAEMORRHOIDS) - A SINGLE CASE STUDY

Dr. Anjana Kumari*¹, Dr. Deepali Sundari Verma²

¹Post Graduate Scholar, Dept. of Shalya Tantra, Govt. Ayurveda College, Patna, Bihar, India.

²Professor & Head, Dept. of Shalya Tantra, Govt. Ayurveda College, Patna, Bihar, India.

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*Corresponding Author

Dr. Anjana Kumari

Post Graduate Scholar, Dept. of Shalya
Tantra, Govt. Ayurveda College,
Patna, Bihar, India.



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ABSTRACT

Arsha (Hemorrhoids) is a common anorectal disorder described in **Charaka Samhita** and **Sushruta Samhita**. In the present era, the lifestyle of people has changed drastically. Most individuals prefer junk food and fast food rather than healthy *Satvika Ahara*, which was previously considered an important part of a healthy lifestyle. Consumption of non-satvik food, fast food, and junk food has become a major contributing factor to various health problems. One of the common consequences of such dietary habits is constipation, which can further lead to the development of hemorrhoids. Arsha is characterized by the formation of fleshy masses in the anal region and is commonly associated with symptoms such as bleeding per rectum, pain, constipation, and the presence of pile masses. From the modern medical perspective, hemorrhoids occur due to dilatation and inflammation of the hemorrhoidal venous plexus. The present

clinical case study evaluates the therapeutic effect of **Triphala Guggulu** administered orally and **Suranadi Lepa** applied locally in a 50-year-old male patient suffering from Arsha (Hemorrhoids). After the course of treatment, significant improvement was observed in symptoms such as bleeding, pain, constipation, and the number and size of hemorrhoidal masses. The results of this case study suggest that the combined use of Triphala Guggulu and Suranadi Lepa can be beneficial in the management of Arsha by reducing symptoms and improving patient comfort.

KEYWORDS: Arsha, Hemorrhoids, Triphala Guggulu, Suranadi Lepa, Ayurvedic Management, Bleeding, Pain, Constipation, Pile Mass.

INTRODUCTION

Arsha is one of the most common diseases affecting the anorectal region and has been described in detail in classical Ayurvedic texts such as *Sushruta Samhita* and *Charaka Samhita*. According to *Sushruta*, Arsha is considered a *Mahagada* (severe or difficult-to-treat disease) because of its chronic nature, frequent recurrence, and the significant discomfort it causes to patients. The term *Arsha* is derived from the Sanskrit root “Ru Gatau” with the suffix “Asun”, which conveys the meaning of something that troubles a person like an enemy, causing persistent pain and difficulty in daily life.^[1]

In Ayurveda, *Mandagni* (impaired digestive fire) is considered the primary causative factor in the development of many diseases.^[2] Weak digestive power leads to improper digestion of food and the formation of *Ama* (metabolic toxins), which ultimately results in constipation. Persistent constipation leads to excessive straining during defecation, increasing pressure on the anal and rectal veins, resulting in swelling and the formation of hemorrhoidal masses.

Arsha is considered one of the eight most difficult diseases (*Ashta Mahagada*) described by *Sushruta* and *Vagbhata*. It occurs in the *Guda Pradesha* (anal region), which is considered a vital *Marma* (vital anatomical structure). The disease is known for its chronicity and difficulty in management, which reflects its clinical importance.^[3,4]

According to Ayurvedic pathology, vitiated *Doshas*—*Vata*, *Pitta*, and *Kapha*—get localized in the region of *Gudavali*.^[5] Arsha is categorized under *Adhimamsa Vikara*, which involves the vitiation of *Twak* (skin), *Mamsa* (muscle tissue), and *Medas* (fat tissue).^[6] The most characteristic feature of Arsha is the presence of fleshy growth or bud-like projections in the anal region that cause pain, bleeding, and discomfort to the patient.

From the modern medical perspective, hemorrhoids are defined as dilated veins within the anal canal located in the subepithelial region, formed by the radicles of the superior, middle, and inferior rectal veins.^[7] These vascular structures normally help maintain continence, but when they become enlarged or inflamed due to increased venous pressure, they produce symptoms and are termed hemorrhoids.

Hemorrhoids are one of the most common anorectal disorders worldwide. The prevalence rate is estimated to be approximately 4.4% globally, while about 40–75% of the population may experience hemorrhoids at some stage of life.^[8] In India, it is estimated that one in twenty individuals suffers from hemorrhoids. Symptomatic hemorrhoids affect nearly 50% of the population at some phase of life and around 5% at any given time.^[9]

The common clinical manifestations of hemorrhoids include.

- Bleeding per rectum during defecation
- Presence of anal mass or swelling
- Constipation
- Pain or discomfort during defecation
- Itching around Anal Verge

Although modern medicine offers several treatment modalities such as hemorrhoidectomy, sclerotherapy, cryosurgery, rubber band ligation, and infrared photocoagulation, these procedures may involve higher costs and possible postoperative complications such as bleeding, infection, and recurrence.

In Ayurveda, the management of Arsha focuses on correcting the underlying causes rather than only relieving symptoms. Treatment aims to restore digestive fire (*Agni*), relieve constipation, and reduce swelling and inflammation in the anorectal region. *Sushruta* described four main treatment modalities for Arsha: *Bheshaja* (medicinal therapy), *Kshara Karma* (alkaline therapy), *Agni Karma* (thermal cauterization), and *Shastra Karma* (surgical intervention). Among these, *Bheshaja Chikitsa* is considered the first line of treatment, especially in early stages of the disease, as it avoids complications, pain, and bleeding associated with surgical procedures.

Among external therapies, *Lepana Karma* (application of medicinal paste) is considered an effective and economical treatment modality. It possesses *Lekhana* (scraping), *Shodhana* (cleansing), and *Ropana* (healing) properties and helps in pacifying all three *Doshas*.^[10] One such preparation is *Suranadi Lepa*, which has demonstrated significant relief in hemorrhoidal symptoms due to its anti-inflammatory, cooling (*Shita Virya*), and vascular-stabilizing (*Rakta Stambhana*) properties.

To relieve associated constipation, internal administration of *Triphala Guggulu* is often recommended. It acts as a mild *Rechana* (laxative) and helps regulate bowel movements. In Ayurvedic pharmacology, *Triphala Guggulu* possesses properties such as *Deepana* (enhancing digestive fire), *Pachana* (improving digestion), and *Anulomana* (facilitating proper downward movement of *Vata*). These actions help in correcting *Mandagni* and reducing the accumulation of *Ama* in the body. By balancing aggravated *Vata Dosha*, it promotes smooth and regular bowel evacuation, thereby reducing excessive straining during defecation. Regular use of *Triphala Guggulu* also helps in reducing inflammation, improving tissue healing, and preventing further aggravation of hemorrhoidal masses in patients suffering from *Arsha*.

Considering these principles, the present case study was conducted on a patient suffering from *Arsha* corresponding to first and second degree hemorrhoids. The treatment protocol included external application of *Suranadi Lepa* along with internal administration of *Triphala Guggulu* to evaluate their therapeutic effectiveness in the management of *Arsha*. The combined therapy was aimed at reducing local symptoms such as swelling, pain, itching, and bleeding while simultaneously improving digestion, relieving constipation, and correcting the underlying imbalance of *Doshas*. This integrative approach was expected to provide both local and systemic benefits in the management of hemorrhoids.

AIM AND OBJECTIVES

Aim

To evaluate the therapeutic effect of *Triphala Guggulu* and *Suranadi Lepa* in the management of *Arsha* (Hemorrhoids).

Objectives

1. To assess the reduction in bleeding per rectum.
2. To evaluate improvement in Pain and discomfort.
3. To observe the reduction in number & size of hemorrhoidal mass.
4. To evaluate improvement in constipation.

MATERIALS AND METHODS

Case Presentation

A 50-year-old male patient visited the outpatient department of *Shalya Tantra* at Government Ayurvedic College & Hospital, Kadamkuan, Patna, with complaints of.

- Bleeding during defecation
- Mass protruding from anus
- Constipation
- Discomfort during sitting and passing stool

History of Present Illness

The patient had been suffering from these symptoms for approximately **3.5 months**. Bleeding was fresh and occurred during defecation. The patient also reported constipation and straining.

Past History

No history of diabetes, hypertension, or major surgery.

Personal History

- Appetite: Normal
- Bowel: Constipated
- Diet: Mixed diet with low fiber intake
- Lifestyle: Sedentary

Vitals

- Pulse Rate: **84/min**
- Blood Pressure: **120/70 mmHg**
- SpO₂: **99%**
- Temperature: **Normal**

Systemic examination

- **RS-** B/L NVBS, no added sounds
- **CVS-** S1,S2 Normal
- **CNS-** Conscious and Oriented
- **P/A-** Soft and nontender

Local Examination

Position: Lithotomy

Inspection: Inspection was performed before digital or instrumental examination.

- At rest: Hemorrhoidal mass was not visible externally.

- On straining: Hemorrhoids prolapsed out of the anal canal but reduced spontaneously after release of strain.

Palpation: Soft, pink, moist swellings were felt at the anal opening.

Digital Rectal Examination: A lubricated gloved finger was gently inserted into the anal canal. A soft small mass-like structure was palpated.

Proctoscopy: A well-lubricated anoscope was gently inserted into the anal canal and the patient was asked to strain during examination.

Findings

- Prolapse of hemorrhoidal mass into the anoscope on straining
- Red, engorged cushion-like mucosal bulge present at antero-posterior position (6 & 11 o'clock position).

Ashtavidha Pareeksha

- **Nadi:** Vata-Kaphaja
- **Mala:** Asamyak (constipation with hard stool and incomplete evacuation)
- **Mutra:** Anavilam, Samyak Mutrapravartana
- **Jihwa:** Saama
- **Shabda:** Prakrita
- **Sparsha:** Seeta
- **Drik:** Prakrita
- **Akriti:** Madhyama

Digestive Status

- **Agni:** Vishamagni
- **Abhyavaharana Shakti:** Reduced
- **Jarana Shakti:** Reduced
- **Koshta:** Krura Koshta

Prakruti: Vata-pradhana Kaphaja Prakruti

Clinical Examination

Local Examination

- External & Internal hemorrhoidal mass present
- Mild tenderness
- Fresh bleeding observed during defecation

Diagnosis

The case was diagnosed as Arsha (Hemorrhoids) corresponding to Internal Hemorrhoids Grade II.

Treatment Plan

Conservative management: Triphala Guggulu

Dosage

2 tablets twice daily after meals with lukewarm water.

Actions

- Anti-inflammatory
- Mild laxative
- Improves digestion
- Reduces swelling

External Application: Suranadi Lepa

Method

- Applied locally over hemorrhoidal mass once daily after sitz bath.

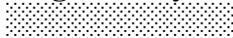
Actions

- Reduces swelling
- Relieves itching
- Promotes healing

Duration of Treatment: 30 days

Followup: Every 7 days

Grading of Assessment Criteria

Bleeding Severity Scale		Pain Intensity Scale			
G0		No bleeding	G0		No pain
G1		Mild bleeding	G1		Mild pain
G2		Moderate bleeding	G2		Moderate pain
G3		Profuse bleeding	G3		Severe pain

Constipation Severity Scale		Pile Mass Grading	
G0	Normal evacuation	G0	No pile mass
G1	Mild constipation	G1	One pile mass
G2	Moderate constipation	G2	Two pile masses
G3	Severe constipation	G3	Three pile masses

OBSERVATION AND RESULTS

Symptom	Before Treatment	After Treatment
Bleeding	Severe (G3)	Absent (G0)
Pain	Mild (G1)	Absent (G0)
Constipation	Moderate (G2)	Minimal (G1)
Number of Pile Mass	One Pile Mass (G1)	No Pile Mass (G0)

The mean symptom score before treatment was 1.75 ± 0.96 , which was reduced to 0.25 ± 0.50 after treatment. The standard error was 0.48 before treatment and 0.25 after treatment. The overall percentage improvement was 85.71%. Statistical analysis using a paired t-test showed $t = 3.00$ with $p = 0.057$, indicating marked clinical improvement in symptoms of Arsha after treatment with Triphala Guggulu and Suranadi Lepa. although the statistical significance is borderline due to the small sample size of the case study.



BEFORE TREATMENT



AFTER TREATMENT

DISCUSSION

Arsha (Hemorrhoids) is described in Ayurveda as a disease caused by the vitiation of Doshas, particularly Vata and Pitta, along with impairment of digestive fire (Agni Mandya). Due to improper diet and lifestyle, digestion becomes weak, resulting in the formation of Ama and constipation (Vibandha). Constipation leads to excessive straining during defecation, which increases pressure on the rectal venous plexus, causing dilation and swelling of veins in the anal canal, resulting in hemorrhoids.

In the present case study, the patient had a history of irregular dietary habits, junk food consumption, sedentary lifestyle, and constipation, which are considered important etiological factors for the development of Arsha.

The treatment protocol used in this study included internal administration of Triphala Guggulu and external application of Suranadi Lepa, which act both systemically and locally to manage the disease.

Triphala Guggulu is known for its Deepana (appetizer), Pachana (digestive), and mild Rechana (laxative) properties, which help to correct Agni Mandya and regulate bowel movements. It also possesses anti-inflammatory and detoxifying properties, which help in reducing inflammation and improving the overall digestive function. By relieving constipation, it reduces the straining during defecation and prevents further aggravation of hemorrhoids.

Suranadi Lepa is a classical Ayurvedic formulation used in the management of Arsha. The ingredients of Suranadi Lepa include Suranakanda, Haridra, Chitraka, Tankana, Guda, and Aranala. These ingredients possess properties such as Deepana, Kaphahara, Ruchya, and Raktapittahara. Most of the drugs present in this formulation have Katu and Kashaya Rasa and Ushna Virya, which help in stopping bleeding and reducing congestion in hemorrhoidal veins.

The formulation also exhibits Shothahara (anti-inflammatory) property, which helps in reducing swelling and edema of the prolapsed pile mass. The Vedanahara (analgesic) effect helps relieve pain and discomfort during and after defecation. Additionally, the Stambhana (astringent) property helps reduce bleeding by causing vasoconstriction of the dilated vessels.

Suran-kanda (*Amorphophallus campanulatus*) has a special therapeutic property known as Arshoghna Prabhava, making it a classical drug of choice for the treatment of hemorrhoids. Due to its Ushna and Tikshna Guna, it improves circulation in the Rakta Dhatu and removes congestion in the Raktavahi Sira, thereby reducing inflammation and decreasing the size of the pile mass.

Most of the ingredients in Suranadi Lepa, such as Suran, Chitraka, and Shunthi, are dominated by Katu Rasa and Ushna Virya. These properties help in dissolving blood congestion in the veins, as mentioned in Ayurvedic texts under the action “Shonita Sanghata Bhinnati”, meaning the breaking of blood accumulation.

The primary cause of Arsha is considered to be Mandagni and Vibandha (constipation). Ingredients such as Chitraka and Shunthi possess Deepana, Pachana, and Vatanulomaka properties, which help in improving digestive power and regulating the downward movement of Vata. This mechanism helps in correcting the underlying pathology and preventing recurrence.

In the present study, observations were recorded before and after the treatment based on symptoms such as bleeding, pain, constipation, and number of pile masses. The results demonstrated significant improvement in all symptoms, with complete relief in bleeding and pain, reduction in constipation, and disappearance of pile mass.

Thus, the combined therapy of Triphala Guggulu and Suranadi Lepa proved to be a safe, effective, and non-surgical approach for the management of Arsha, providing both systemic and local therapeutic benefits.

CONCLUSION

The results of the present study suggest that Suranadi Lepa showed significant improvement in the management of Arsha (Hemorrhoids). The therapy was found to be effective in reducing major symptoms such as bleeding, pain, constipation, and pile mass. The overall efficacy of the treatment was statistically significant after completion of therapy.

Through the local application of Suranadi Lepa, Samprapti Vighatana (breaking the pathogenesis of the disease) can be effectively achieved. The ingredients present in the formulation help in reducing inflammation, swelling, bleeding, and congestion of hemorrhoidal veins, thereby promoting healing of the affected region.

The combined administration of Suranadi Lepa externally along with Triphala Guggulu internally helps in correcting Mandagni, relieving constipation, and reducing local pathological changes, providing both systemic and local therapeutic effects.

Therefore, it can be concluded that Suranadi Lepa along with Triphala Guggulu is a safe, effective, economical, and non-surgical approach in the management of Arsha (particularly first and second degree hemorrhoids). However, further studies with larger sample size and longer follow-up are required to validate the findings.

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