

**EFFECTIVE AYURVEDIC MANAGEMENT OF RAKTARSHA USING
GUDAVARTI- A CASE REPORT****Dr. Nitin Biswas*¹ and Dr. Reena Jaiswal²**

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ABSTRACT

Arsha is a historical illness. It is correlated to Hemorrhoids according to contemporary medicine. Nearly all ancient literature contains references of this ailment, which dates back to the Vedic era. Despite not being fatal, the illness torments the victim as if they are an enemy. It affects the passage of the anorectum. Ayurveda regards this illness as one of the *Ashta Mahagada* because of its chronic character, difficulty in treating it with medical methods, involvement of *Tridoshas*, and occurrence at a *Marma Sthana*. Prevalence of Hemorrhoids is about 4.4–5% worldwide. Between 45 and 65 years old is estimated to be the peak age for both genders. **Case Report** - A Female housewife patient of 40 years old came to the outpatient department of Shalyatantra at our hospital with complaints of bleeding per rectum, protrusion of mass while defecation, anal burning pain, anal Itching and constipation. **Aim and Objective** - To evaluate the efficacy of *Durvadi Gudavarti* in the management of *Raktarsha*.

Result - Patient got marked relief in the symptoms of *Raktarsha* that is discussed in the full paper. **Conclusion** – *Raktarsha* is a common ailment now a day due to improper dietary habits, sedentary life style, suppression of natural urges and irregular bowel habits. It occurs due to vitiation of *Pittapradhana Tridosha* with involvement of *Rakta*. *Durvadi Gudavarti* contains herbs that break the pathogenesis of *Raktarsha* due to which it is found to be effective in management of the same.

KEYWORDS: *Arsha, Raktarsha, Gudavarti, Durvadi Gudavarti, Ayurvedic Suppository.*

INTRODUCTION

The word *Arsha* according to Amarkosha is derived with the suffix "ASUN," "SHRU" Dhatu, which means "violent as enemy". While Shabdakalpadruma explained that the word *Arsha* comes from "RUSH" Dhatu after it is suffixed with "ACH".

अरिवत्प्राणिनो मांसकीलका विशसन्ति यत्

अर्शासि तस्मादुच्यन्ते गुदमार्गनिरोधतः॥१॥ अह.नि.७

Vagbhatta and Sushruta both described the definitions of *Arsha* very well, which appear to be roughly the same. *Arsha* is a disease that is similar to an enemy for the patients since it causes fleshy masses to form in the anal canal, obstructing its passage and makes the patient suffer a lot. Charaka stated that masses held at *Gudavali* are referred to as *Arsha* and those held elsewhere in the body are referred to as *Adhimamsa*.^[1]

It affects the passage of the anorectum.^[2] Ayurveda regards this sickness as one of the *Ashta Mahagada* because of its chronic character, difficulty in treating it with medical methods, involvement of *Tridoshas*, and occurrence at a *Marma Sthana*.^[3] Patient with *Mandagni* due to *Virruddhahara*, *Adhyasana*, Improper dietary habits leads to vitiation of *Tridoshas* (predominantly *Vaata*) with involvement of *Rakta*, travels through *Pradhana Dhamani* and affects *Gudavali*, involves *Meda*, *Mamsa*, and *Twak* over *Guda* region and forms fleshy mass called as *Arsha*.

Arsha is classified based on factors including origin, *Dosha* predominance, and bleeding. Following is the classification. It is classified into *Sahaja* and *Janmottarakalaja* on the basis of the origin. The chromosomal abnormalities of the mother and father are thought to be the cause of *Sahaja Arsha*, a congenital abnormality. Its odd size and shape make diagnosis exceedingly challenging. *Janmottarakalaja Arsha* is brought on by everyday transgressions in lifestyle such as unhealthy diet and working patterns.^[4] On the basis of the bleeding nature Acharya Charaka mentioned its two forms. He described them as *Sushka* and *Ardra*.^[5] *Ardra*, also known as *Sravi*, are bleeding piles primarily caused by the vitiation of *Pitta* and *Rakta*. It has again been divided into *Vatanubandhi*, *Pittanubandhi*, and *Kapanubandhi* by Acharya Vagbhatta. In consequence of the vitiation of *Vata* and *Kapha*, *Sushka Arsha* which are non-bleeding pile masses are formed. *Arsha* can be classified on the basis of management into four varieties as follows- *Bheshaja sadhya*, *Ksharakarma sadhya*, *Agnikarma sadhya*,

Shastra sadhya.^[6]

Among these treatment modalities, *Bheshaja chikitsa* (conservative treatment) is primarily given. If it fails then the other treatment modalities are tried.^[7] According to contemporary surgery also, conservative treatment is the first line of treatment for symptomatic hemorrhoids, regardless of the grade.

Ayurveda explains *Sthanik chikitsa* along with *Abhyantar aushadh*. One of the *sthanik chikitsa* is *lepa* and this *lepa* can be modified into *Gudavarti* for better compliance of the patient. Contemporary medicines also advocate the use of local application of ointments and suppositories in hemorrhoids but with certain limitations and side effects. So, *Durvadi Gudavarti* was developed and used in a patient of *Raktrasha* to evaluate its efficacy.^[8]

AIM AND OBJECTIVE

To evaluate the efficacy of *Durvadi Gudavarti* in the management of *Ratkarsha*.

MATERIALS AND METHOD

CASE REPORT

Name of Patient- XYZ

OPD No- 2311160009

Age- 40years

Gender- Female

Occupation- Housewife

Religion- Hindu

Habitat- Rural

Marital Status- Married

Education- Graduate

Socio economic status- Middle class

Chief Complaints

1. Bleeding PR – Few (5-10) drops after defecation, since 1 week.
2. Anal burning pain- while defecation, since 1 week.
3. Anal itching- Intermittent, since 15 days.
4. Constipation- Since 1 month.
5. Protrusion of mass while defecation- spontaneous reduction, since 2 months.

Past history

No history of Hypertension, Diabetes mellitus, Asthma, Allergies.

Personal history

Addiction- Tea 3-4 cups a day.

Diet- Mixed (veg and non-veg), mostly spicy, excess of salt intake, irregular time of meals.

Bowel habits- Irregular, constipation.

Family history:- No specific history.

General Examination

G.C- Fair

Pulse- 84/minute, regular

BP- 120/80 mm of Hg

SPO₂- 98%

Weight- 62 kg

RS/ CVS/CNS- NAD

PA- Soft, No Organomegaly, No tenderness

No pallor, No Icterus

Ashtavidh Pariksha

Nadi- 84/min, niyamit

Mala- Malabaddhata, Sarakta mala pravritti, Sadaha mala pravritti

Mutra- Samyak pravritti

Jivha- Alpa saam

Shabda- Spashta, prakrit

Sparsha- Samasheetoshna

Drik- Alpa raktaabh, prakrit

Akriti- Madhyam.

Dashavidh Pariksha

Prakriti- Vatpitta

Vikriti- Vatpitta vardhak aahaar, Dushya- Rakta, twak, mans, meda, Kaal- Sharad ritu, Bala- Madhyam, Lakshana- Sarakta, Sadaha mala pravritti, Malabaddhata, Guda kandu, Gudagata mansankur prachiti

Saar- Rakta

Sanhanana- Madhyam

Pramana- Madhyam

Satmya- Madhyam

Satva- Madhyam

Aahar Shakti- Madhyam

Vyayam Shakti- Madhyam

Vaya- Madhyam

Local Examination:-

Perianal Inspection- Normal

PR- Anal sphincter tone- Normal, Mild tenderness

Anoscopy- 2nd grade hemorrhoids at Lf lateral side of anal canal,

Size of mass – 22mm (measured using transparent millimeter ruler).

MATERIAL WITH STANDARDIZATION

दूर्वादियोग (अर्श चिकित्सा):

“दूर्वाघृतप्रदेहः शतधौतसहस्रधौतमपि सर्पिः। व्यजनपवनः सुशीतो रक्तस्त्रावं जयत्याशु।।

समंगामधुकाभ्यां तिलमधुकाभ्यां रसाञ्जनघृताभ्यां । सर्जरसघृताभ्यां वा निम्बघृताभ्यां वा ।।

दार्ढ्वित्वकसर्पिभ्यां सचंदनाभ्यामथोत्पलघृताभ्यां। दाहे क्लेदे च गुदभ्रंशे गुदजाः प्रतिसारण्याः ।।” (च.चि. १४/२१९-२२१)

Durvadi Gudavarti was prepared according to the *Paka* method mentioned in the ayurvedic classical texts at Dattatraya Ayurveda Rasashala, MGACH&RC, Salod (H) Wardha. Its standardization, packaging done and stored in refrigerator.

It contains *Durva*, *Yashtimadhu*, *Daruharidra*, *Sarjarasa*, *Neem*, *Manjishtha churna*.

Varti made using *paka* method in *Guda* (Jaggary).

Criteria for Assessment^[8]

Objective Parameter: Size of Pile mass.

Anoscopy using slit anoscope done to measure the size of pile mass using transparent millimeterruler.

Subjective Parameter

Bleeding Per rectum, Anal pain, Anal itching, constipation, protrusion of mass

Assessed qualitatively as Yes or No.

Quantitatively Bleeding PR and Anal pain assessed as-

1. Bleeding Per rectum

Variable	Score 0	Score 1	Score 2	Score 3
Frequency of Bleeding PR	Never	1-2 times weekly	Daily or Alternate	
Severity of PR Bleeding	No	Mild bleeding - Found in toilet paper/ Fingers	Moderate bleeding- Few (~01-10) drops/Dripping	Severe- Splash of blood/ Sluice.

2. Anal pain: Visual Analog Scale

Severity of Anal pain (VAS)	0- no pain	1-3 as mild pain	4-6 as moderate pain	7-10 as severe pain
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Clinical evaluation was done on Baseline, 7th day and 15th day (after treatment).

Treatment: *Durvadi Gudavarti*- One *varti* 12 hourly for 2 weeks.

Procedure: On first day the patient was demonstrated to administer the *varti* at opd after lying down on left lateral position, *Gudavarti* was gently inserted in anal canal about 1inch, ensuring sufficient lubrication with *Goghrita*. Then patient was asked to lie down for a minimum period of 10 minutes in same position.

From 2nd day up to the 2weeks of treatment period patient was advised to administer by self at home after defecation twice daily (12 hourly).

Diet: Patient was directed to follow *Pathya* according to the etiology of *Raktarsha* and was advised to take a regular and proper fibrous diet and adequate quantity of water.

Result

Parameter	Before Treatment	7 th day	15 th day
Size of Pile mass(mm)	22	15	7
Bleeding PR (frequency)	2	1	0
Bleeding PR (Severity)	2	1	0
Anal pain (VAS)	6	2	0
Anal Itching	Yes	No	No
Constipation	Yes	No	No
Protrusion of mass	Yes	No	No

Above table shows Pile mass reduced after treatment by 68%, subjective parameters BleedingPR, Anal pain, Anal Itching, Constipation and Protrusion of mass was relieved after treatment.

DISCUSSION

The patient of *Raktarsha* was diagnosed on the basis of *Nidan Panchaka* and treated according to the concept of Ayurveda- *Nidana Parivarjana* and with *Bheshaja* (*sthanik chikitsa*) using *Durvadi Gudavarti*. Most of the herbs in *Durvadi Gudavarti* are *Kashaya Tikta rasatmak* and *Sheet Virya*. It leads to pitta *Shamana*, *Raktasthambhana*, *Stava shoshana* and *Sandhana*. Due to which Bleeding PR, Anal Itching, and size of pile mass reduced. Due to its *Ushna Snigdha Guna* and *Anuloman, Deepan* property it normalize the *Vata Dosha*, causes *Agnideepana*. Thus, it breaks the *Samprapti* of *Raktarsha* leads to reduction in the sign and symptoms of *Raktarsha*.

CONCLUSION

From the above case study it is concluded that *Durvadi Gudavarti* as a *sthanik chikitsa* along with *nidana parivarjana* and *pathya ahara vihara* according to Ayurveda is effective in the management of *Raktarsha*.

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