

**ROLE OF GHOSHAPHALA VARTI IN MANAGEMENT OF
ABHYANTAR ARSHA (INTERNAL PILES) – A CASE STUDY****Dr. Yadav Vijay Ganesh***

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ABSTRACT

Arsha is a disease, caused by change in lifestyle. Now a day it is more common because of fast and busy life schedule. As per the importance of the disease it is mentioned in Asthtamahagada. According to Acharya Sushruta, the vitiated vata dosha accumulate in the Guda vali and vitiate twaka, mamsa, meda and rakta resulting in Annavaaha srotodushti. Our Acharyas have mentioned the line of treatment of Arsha by Aushadha chikitsa, Kshara karma, Agnikarma and Shastrakarma, whereas as per modern science there is mainly surgical procedure mentioned as first line of treatment.

KEYWORD: Arsha, Ghoshaphala Varti, Piles.

INTRODUCTION

Ayurveda is a science of life and shalyatantra is its important branch among the eight branches (*Asthanga Ayurveda*) mentioned as per Sushruta. Shalya tantra represents the surgical and Para-surgical concepts but the approach of any disease is not directly dealt with surgeries rather with the internal medicine and changes in life style as the first line.

Arsha mentioned as disease which gives trouble like an enemy. It is manifested due to irregular and improper diet, with improper habits, disease increase day by day due to adverse effect of lifestyle.^[1] As Arsha occurs in the Guda- pradesh which is also the vital part (*Marma*) and as per its importance, WHO has declared “world piles day” on 20th of November of every year.

According to WHO 40% of people all over the world are affected from the disease. Ayurveda classified different types of Arsha viz. Vataja, Pittaja, Kaphaja, Sannipataja, Raktaja and

Sahaja. Our Acharyas have mentioned the line of treatment of Arsha by Aushadha chikitsa, Kshara karma, Agnikarma and Shastrakarma, whereas as per modern science there is mainly surgical procedure mentioned as first line of treatment.

Hemorrhoids are abnormal mass of dilated plexus of blood vessel occur internally in the anal canal or around the anal canal. Hemorrhoids are classified according to their location i.e. external, internal and intero-external. According to position it is classified as primary and secondary. According to prolapsed, it is divided into four category 1st degree, 2nd degree, 3rd degree and 4th degree.

CASE REPORT

A 28 year old male patient came to the OPD of Shalyatantra of Dayanand Ayurvedic Medical College and Hospital, Siwan, Bihar with presenting complaints of swelling at anal region, pain, pruritis, bleeding on and off since one month, patient had a history of regular constipation since last one month. Detailed history of the patient was taken and examined thoroughly. The patient was a student and was having a history of sitting for longer duration.

On examination

- General condition- Afebrile
- Pulse- 70/min
- Blood pressure- 120/78 mmHg
- Temperature- 97.6 F
- Resp. rate- 18/min
- Weight- 65 kg
- Height- 155 cm
- No pallor or icterus and Lymphadenopathy was present

Personal history

- Diet- Mixed
- Appetite- Normal
- Micturition- Normal
- Sleep- Disturbed
- Addiction- Chewing Pan masala

Local examination

- P/A- Soft
- L/E- perianal region-NAD
- Anal verge- Mild pain
- P/S- II⁰ Internal pile masses at 7 o' clock and 11o' clock.

Laboratory investigation

Hb, TLC, DLC, BT, CT, RBS in normal range HIV and HBsAg non reactive

Diagnosis: As per clinical examination and with the help of Proctoscope examination it was diagnosed as II⁰ Internal piles at 7 o' clock and 11o' clock.

Treatment

Ghoshaphal Varti for 15 days

Sitz bath with luke warm water added with Tankan.

Material

1. The selected patient diagnosed as Abhyantara Arsha at OPD of Shalyatantra, Dayanand Ayurvedic Medical College and Hospital, Siwan, Bihar.
2. Guda(jaggery).
3. Ghoshaphala.

Preparation of Drug: Guda (purana) is heated and when it starts melting dried powder of leaves and root of Ghoshaphala is added and heated to thick consistency. It is then rolled and made into wicks (varti).

Dose and Duration: Angushtha pramana, one wick is placed every day up to 15 days.

Assessment criteria**Subjective parameter**

- Pain
- Swelling
- Bleeding per rectum
- Difficulty in defecation

Objective parameter

- Size

- No of pile mass

Observation

Local examination after 15 days

Perianal region –NAD

P/R- no spasm

Proctoscopy - no e/o internal piles.

In the above case study, patient got relief from his complaints. Patient had significant reduction in pain, swelling, pruritus ani and also got relief from constipation.

DISCUSSION

The main cause of Arsha is Virudha Ahara Vihara which causes constipation and plays important role in the aetio-pathogenesis of the disease. Guna of Ghoshaphala is Amapakwashaya shodhaka which relieves constipation in turn reduces the risk of vessel dilatation in the rectum. Due to the shothahara property, it reduces the swelling and inflammation.

CONCLUSION

Arsha is a disease caused due to change in life style disorder, the main root of the disease is constipation. So if we clear the constipation, the etio-pathogenesis of the disease is suppressed and the other complications developed also gets suppressed. In this present study Ghoshaphala varti act as Amapakwashaya shodhaka, shoolahara and shothahara. As Amapakwashaya shodhaka it stimulates jathragni by which the root cause is cured.

The result obtained in this case was satisfactory and can be further used in treating Abhyantra Arsha (internal piles).

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