

EFFECT OF *CHITRAK-HARIDRA MALAHAR* IN 2nd DEGREE INTERNAL HAEMORRHOIDS-A SINGLE CASE STUDY

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ABSTRACT

In today's society Anorectal diseases have emerged as a quite common occurrence with progressive nature. Aetiological factors such as sedentary life style, prolonged straining, irregular bowel habit, low fiber diet etc are responsible. Haemorrhoids are a clinical condition of dilated and engorged Haemorrhoidal venous plexus along with abnormally displaced, enlarged Anal Cushion. *Arsha* (hemorrhoids) is included in one of the *Astho Mahagada* by *Sushruta*. In *Ayurveda* various measures have been mentioned for management of *Abhyantar Arsha*, among which *Lepa karma* is one of them. Objectives- The study was carried out to find the effectiveness of *Chitrak-Haridra*

Malahar in 2nd degree internal hemorrhoids. Materials and Methods –Here the patient of 2nd degree internal hemorrhoids was selected and *Chitrak-Haridra* was advised for 7 days daily as local application.

KEYWORDS: *Chitrak-Haridra Malahar*, Hemorrhoids.

INTRODUCTION

Arshas is certainly one of the commonest ailment among anorectal disorder that affect mankind. In Modern Science this condition is correlated with piles (Haemorrhoids). When muscle like fleshy projections kill a person like an enemy and creates obstruction in *Guda marga* is called *Arsha*. In Modern science this condition is correlated with hemorrhoids. Having clinical features like P/R bleeding which is splash in pan, Mass per anum, Mucoid discharge from anus.^[1]

According to *Acharya Sushruta* it is described under the headings of *Asthomahagada*.^[2]

According to *Acharya Sushruta* the management of *Abhyantar gudarsha* is of four types which include *Aushadhi Chikitsa* (Conservative) *Ksharkarma*, *Agnikarma*, *Shastrakarma* (Surgical).^[3] The *dhatuvaigunya* of anal mucosa requires local treatment, As *Malahar* has therapeutic advantages like easy pharmaceutical procedure, easy mode of application, higher self life etc so owing to this study is carried out to evaluate the efficacy of *Chitrak-haridra malahar* in 2nd degree internal hemorrhoids.

CASE REPORT

A Male patient of 50yrs old having complaints of per-rectal bleeding, burning pain in ano after defeacation, something coming out per rectum.

History of Present illness

Patient was apparently well before 3-5 yrs ago later he developed complaints of P/R bleeding for which took treatment and got relief later after 1 year again was presented with same complaints.

History of past illness

H/o-Chikenguinea (15 yrs ago)

Family history

No any deformity noted

History of medical illness

No any significant history

History of surgical illness

No any surgical illness

Personal History

1. Bowel-1/2 times/day
2. Micturition-Regular
3. Diet-Mixed
4. Appetite-Normal
5. Addiction-Alcohol consumption (1-2 times/month)

6. Sleep-Tea
7. Occupation-Ex-Serviceman

General physical examination-

P-68/min

B.P-130/80 mmhg

Wt-68kg

Systemic Examination-

CVS-S1S2+

CNS-Consious and oriented

RS-AEBE clear

Investigations

C.B.C-

H.B-12g

WBC- 5.6×10^3

Platelet- 259×10^3

BSL(R)-96mg/dl

HIV/HBsAG-Negative

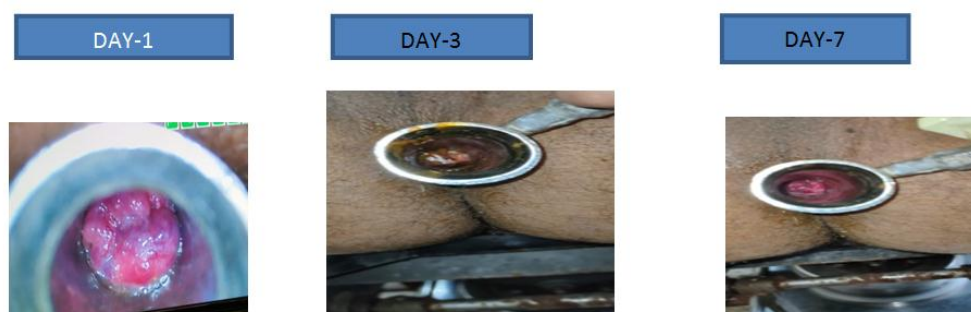
Urine-NAD

Local Examination

Inspection-No such findings

Palpation-No anal spasm, no tenderness, no active bleeding

P/R-2nd degree internal heamorrhoidal mass was found on 3,7,11 clock position.

**METHODOLOGY**

- 1) Patient was diagnosed of 2nd degree internal haemorrhoids

- 2) The treatment protocol included Application of Chitrak-Haridra malahar daily for 7 days with Applicator from per rectum route.
- 3) The patient was advised to take light and easily digestible diet and avoid incompatible foods.

Duration of treatment-7 days

Follow up-1,7th day

Assesment Criteria

1.Size of pile mass

Sr.No	Signs	Grade
1	No pile mass	0
2	Pile mass into anal canal	1
3	Pile mass comes out from anal canal during defecation then goes back by itself	2

2.Bleeding per rectum

Sr.No	Bleeding Scale	Bleeding Scale
1	No Bleeding	0
2	Less than 5 ml	1
3	5 to 10 ml	2
4	More than 10 ml	3

3.Per Rectal Pain

Sr.No	Sign	Grade
1	Absent	0
2	Present	1

DISCUSSION

Arsha is common problem seen in anal region due to physiological causes, diet, pregnancy, secondary to diseases etc.^[4] Even though wide range of treatment options like ksharasutra, Sclerotherapy Rubber-band ligation, LASER hemorrhoidectomy, etc are available today. They may lead to sloughing due to faulty technique of sclerotherapy, severe pain and secondary hemorrhage etc.^[5] Chitrak has Arshoghna, lekhanitya, bhediniya, shooharhan, krumigann properties^[6] and Haridra which is lekhanitya shothahar, vranashodhan, vranarpok, krumihar etc.^[7] So due to combine effects and properties of ointment, inflammation pain is stopped which act locally to relieve the pain and bleeding in arsha.

CONCLUSION

The above study concluded in showing effective results in management of arsha with no adverse effect.

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