

**A RANDOMIZED CLINICAL STUDY TO EVALUTE THE EFFECT OF KASISADI TAILA AND DANTYADI TAILA IN ARSHAS W.S.R. TO INTERNAL HAEMORRHOIDS**

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**ABSTRACT**

**Background & Objectives:** The present westernized life style, irregularities in food intake, sedentary occupation and mental stress etc. are increasing the prevalence of ano rectal disorders. Arshas (Haemorrhoids) is a commonly seen condition among ano rectal disorders. Haemorrhoids are defined as engorgement of the haemorrhoidal plexus characterized by bleeding per rectum, constipation, prolapse of pile mass, pain and discharge. These above features are seen in the disease Arshas narrated as one among Ashtamahagada in Ayurvedic classics. Bheshaja chikitsa one among Chaturvidhopaya mentioned in management of Arshas by Sushruthacharya. Bheshaja chikitsa is effective mode in Arshas with

recent origin, involving minimal vitiation of Doshas and without any grave symptoms. Among them local [per anal] administration of taila is taken for present study having local action in Arshas. Hence here an attempt was made to study the comparative effect of Kasisadi taila & Dantyadi taila in Arshas. **Methods:** It is a Single blind Randomized clinical study with pre-test and post-test design; wherein 40 patients diagnosed with Arshas were equally divided into two groups of 20 each and were subjected to clinical trial. **Results:** The results were analysed based on History, Clinical Data, Subjective and Objective criteria by a specially designed proforma for this study.

**KEYWORDS:** Arshas; Kasisadi Taila; Dantyadi Taila; Haemorrhoids.

## INTRODUCTION

The prevalence rate of piles is 4.4% in the world, in about 10 million people. It may occur at any age but mostly seen in the age between 30-65 years. Incidence is equal in both the sexes.<sup>[1]</sup> It is manifested due to Virudhaahara Sevana, Adyashana, Uttkatukasana, Vegadharana etc. Which lead to the derangement of Tridosha mainly Vata dosha. These aggravated Dosha vitiates Shonita and spreads through Pradhana Dhamani reaches down and lodges in Guda Pradesha and vitiating Gudavali, give rise to Arshas.<sup>[2]</sup>

Acharya Sushruta has explained 6 varieties of Arsha- Vataja, Pittaja, Kaphaja, Raktaja, Sannipataja and Sahaja and 4 types of Chikitsa- Bhesaja, Kshara, Agnikarma and Shashtra. Sushruta gives importance to Bhesaja Chikitsa as first line of treatment rather than surgery, for this purpose he has advised many local applications. He has explained Kasisadi taila for administration in the anal canal for relieving the complaints of Arshas.<sup>[3]</sup> Similarly, in Gada nigraha there is reference of Dantyadi taila which is said to relieve symptoms of Arshas.<sup>[4]</sup>

In Kasisadi taila main ingredient is Kasisa, which has Kashaya & Amla rasa, Ushna, Tikshna, Snigdha guna, Ushna Virya, has Vatahara, Kaphahara properties and has similar therapeutic actions like Kshara.<sup>[5]</sup>

In Dantyadi taila main ingredient is Danti, which has Katu rasa, Tikshna guna, Katu vipaka, Ushna virya, is Kaphapitta shamaka and the Karma is Arshogna, Virechaka, Kandugna etc.<sup>[6]</sup>

So with this idea, the use of Kasisadi taila or Dantyadi taila in the management of Internal Haemorrhoids came forward.

Other drug like Isabgol has proven results in relieving constipation. Hence this study is to evaluate the effect of Kasisadi taila and Dantyadi taila in Arshas w.s.r. to Internal haemorrhoids.

## MATERIALS AND METHODS

### Source of data

Selection of patient: Patient diagnosed with 1<sup>st</sup> and 2<sup>nd</sup> degree haemorrhoids are selected from the OPD and IPD of S.D.M. Ayurveda Hospital, Udupi.

**Materials required**

Kasisadi taila/ Dantyadi taila, Sterile guaze, Disposal syringe 10ml, Disposal gloves, Red rubber catheter no. 6 or 7.

**Method of Application****Group A & Group B**

Detailed procedure was explained to patient & consent was taken.

**Purva karma:** Anulomana with Isabgol- ½ tsf at bed time with warm water or milk

**Pradhana karma**

1. Patient was advised to lie down in left lateral position.
2. Patient was advised to push 10 ml of Kasisadi taila / Dantyadi taila gently into the anal canal using a red rubber catheter no.6 or 7 and disposable syringe, daily, at bed time, for 15days.
3. Patient was asked to lie down and retain taila for overnight.

**Paschat karma:** Patient was advised to follow proper diet and regimen and come for follow up.

**Study design:** Comparative clinical study.

**Duration of treatment**

It will be applied daily for a duration of 15days.

Follow up will be done after 15days.

**Observation period**

The patients were observed before treatment and on 7<sup>th</sup> day and after treatment.

Follow up of the patient will be done after 15days.

**ASSESSMENT CRITERIA****Subjective****Constipation**

Based on Bowel movement	Gradings
Everyday	0
Once in 2day	1
Once in 2-3 day	2

Once in 3 or more day 3

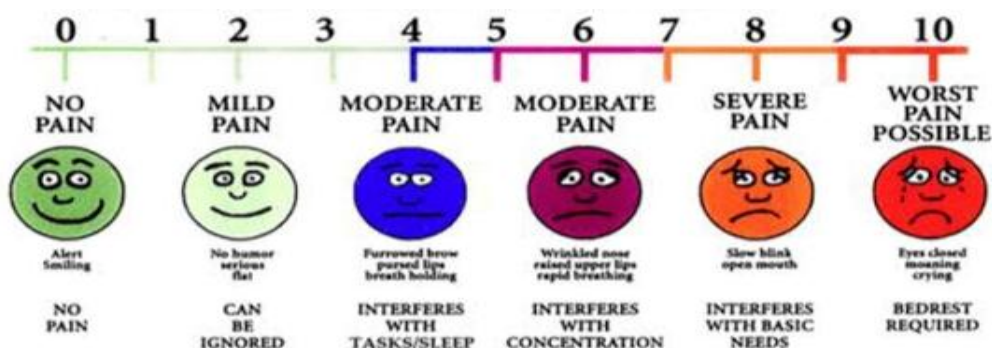
### Bleeding Gradings

Absent	0
Mild 1-2 drops	1
Moderate 2-3 drops	2
Severe more than 3 drops	3

### Itching Gradings

Absent	0
Mild -which does not hinders normal activity	1
Moderate -which hinders normal activity	2
Severe- unable to do any activity	3

### Pain- visual analogue scale



### OBJECTIVE

#### Degree of haemorrhoids Gradings

No mass	0
1 <sup>st</sup> degree	1
2 <sup>nd</sup> degree	2

### INVESTIGATIONS

HB

TC

DC

RBS

HIV

HBsAG

Other investigations if required

## RESULTS AND DISCUSSION

This study was presented with an aim of comparing the effect of two taila, i.e. Kasisadi taila and Dantyadi taila in Arshas.

Most of the points are discussed on clinical study to give clear picture of the concepts regarding Arshas Vis-à-vis Internal Haemorrhoids treated with Kasisadi taila and Dantyadi taila and to understand the results obtained.

The points to be discussed in this study are:

### DISCUSSION ON NEED FOR THE STUDY

The present westernized life style, irregularities in food intake, sedentary occupation and mental stress etc. are increasing the prevalence of ano rectal disorders. Arshas (Hemorrhoids) is a commonly seen condition among ano rectal disorders. The prevalence rate of piles is 4.4% in the world, in about 10 million people. It may occur at any age but mostly seen in the age between 30-65 years. Incidence is equal in both the sexes.

Hemorrhoids are defined as engorgement of the haemorrhoidal plexus characterized by bleeding per rectum, constipation, prolapse of pile mass, pain and discharge. These above features are seen in the disease Arshas narrated as one among Asthamahagada in Ayurvedic classics. Bhesaja chikitsa one among Chaturvidhopaya mentioned in management of Arshas by Sushruta Acharya. Among them local [per anal] administration of taila was taken for the study having local action in Arshas. Based on the treatment priority the present study was planned with Kasisadi taila & Dantyadi taila in Arshas. Hence here an attempt was made to study the comparative effect of both the taila in Arshas.

### DISCUSSION ON REVIEW OF LITERATURE

The word Arshas is self-explanatory that the disease hunts a person like an enemy. It is manifested due to Virudhaahara Sevana, Adyashana, Uttkatukasana, Vegadharana etc. which lead to the derangement of Tridosha mainly Vata dosha. These aggravated Dosha vitiates Shonita and spreads through Pradhana Dhamani reaches down and lodges in Guda Pradesha and vitiating Gudavali, give rise to Arshas.

Acharya Sushruta gives importance to Bhesaja Chikitsa as first line of treatment rather than surgery, for this purpose he has advised many local applications. He has explained Kasisadi

taila for administration in the anal canal for relieving the complaints of Arshas. Similarly, in Gada nigraha there is reference of Dantyadi taila which is said to relieve symptoms of Arshas.

## DISCUSSION ON MATERIALS AND METHODS

Bheshaja chikitsa is effective mode in Arshas with recent origin, involving minimal vitiation of Dosha and without any grave symptoms.

Kasisadi taila as local application in 1<sup>st</sup> and 2<sup>nd</sup> degree Arshas (Haemorrhoids), was effective in reducing the size of pile mass without hampering normal mucosa of the anal canal by its corrosive (acidic nature pH 3.7) or lekhana action and by its same property it reduced the size of the pile mass by its corrosive action on the wall of the affected veins; pain may be reduced due to decreased pressure of stool on veins & sphincter by soothing effect of Kasisadi taila. Ushna, Tikshna, Snigdha guna may correct the Vata Dushti & regulate the function of Apana vayu which breaks Samprapti and thus relieves the complaints of the disease. It was also found beneficial in relieving itching sensation. Dantyadi taila which has Katu rasa, Tikshna guna, Katu vipaka, Ushna virya, is Kaphapitta shamaka and the Karma is Arshogna, Virechaka, Kandugna which is said to relieve the symptoms of Arshas.

## DISCUSSION ON STATISTICAL RESULTS

### Within the GROUPS

In both the groups, intervention was done from 1<sup>st</sup> day to 15<sup>th</sup> days. Patients were observed on 7<sup>th</sup> day, and after treatment on 15<sup>th</sup> day. Follow up was done on 30<sup>th</sup> day to assess the Constipation, Bleeding, Itching, Pain and Degree of Haemorrhoids. Results were obtained using Wilcoxon signed rank test and were interpreted statistically.

### In GROUP A

When results were compared between Day 1 and Day 7, criteria's like Constipation, Bleeding, Pain and Degree of Haemorrhoids were highly significant. Whereas results compared between Day 1 and Day 7, for the criteria like Itching was statistically significant.

When results were compared between Day 1 and Day 15, criteria's like Constipation, Bleeding, Pain and Degree of Haemorrhoids were highly significant. Whereas results compared between Day 1 and Day 15, for the criteria like Itching was statistically significant.

When results were compared between Day 1 and Day 30, criteria's like Constipation, Bleeding, Pain and Degree of Haemorrhoids were highly significant. Whereas results compared between Day 1 and Day 30, for the criteria like Itching was statistically significant.

### **IN GROUP B**

When results were compared between Day 1 and Day 7, criteria's like Constipation, Bleeding, Pain and Degree of Haemorrhoids were highly significant. Whereas results compared between Day 1 and Day 7, for the criteria like Itching was statistically significant.

When results were compared between Day 1 and Day 15, criteria's like Constipation, Bleeding, Pain and Degree of Haemorrhoids were highly significant. Whereas results compared between Day 1 and Day 15, for the criteria like Itching was statistically significant.

When results were compared between Day 1 and Day 30, criteria's like Constipation, Bleeding, Pain and Degree of Haemorrhoids were highly significant. Whereas results compared between Day 1 and Day 30, for the criteria like Itching was statistically significant.

### **BETWEEN THE GROUPS**

In both the groups, intervention was done from 1<sup>st</sup> day to 15<sup>th</sup> day. Patients were observed on 7<sup>th</sup> day, and after treatment on 15<sup>th</sup> day. Follow up was done on 30<sup>th</sup> day to assess the Constipation, Bleeding, Itching, Pain and Degree of Haemorrhoids. Results were obtained using Mann Whitney test and are interpreted statistically.

When results were compared between the groups, Day 1 and Day 7, Group A had better clinical improvement in Constipation, Pain but statistically the results were non-significant. But in case of Bleeding the result was statistically significant.

Whereas results compared between Day 1 and Day 7, for the criteria like Degree of Haemorrhoids Group B showed better improvement clinically even though statistically the result was non-significant. Both the groups showed reduction in itching but were statistically non-significant.

When results were compared between the groups, Day 1 and Day 15, Group A had better improvement in Bleeding and was statistically significant and similarly there was clinical improvement in Itching, Degree of Haemorrhoids but the results were statistically non-significant.

The results compared between Day 1 and Day15, for the criteria like Constipation, Pain Group B showed better improvement and the results were statistically non-significant.

When results were compared between the groups, Day 1 and Day 30, Group A had better improvement in Bleeding which was significant and in Itching, Pain the results were statistically non-significant.

When results were compared between Day 1 and Day 30, for the criteria like Constipation, Degree of Haemorrhoids Group B showed better improvement which even though was statistically non-significant.

## MODE OF ACTION

### Rectal transmucosal administration

A drug that is administered rectally will have a faster onset of absorption, higher bioavailability, shorter peak, and shorter duration than oral administration. The rectal route bypasses around two-thirds of the first-pass metabolism as the rectum's venous drainage is two-thirds systemic (middle and inferior rectal vein). Mucous membrane of mouth, rectum, vagina absorb lipophilic drugs. Rectal administration provides rapid absorption of many drugs.

### Probable mode of action of Kasisadi taila

- Ingredients of Kasisadi taila like\_Kasisa, Pippali, Shunti, Kusta along with other drugs has Kapha-Vata shamana property.
- Also most of the ingredients of Kasisadi taila are having Arshogna, Shoolagna, Shothagna, Kandugna, Vibandhahara property.
- Taila has the property of Vata shamana.
- Kasisadi taila in this study shows effect on Bleeding, Pain, Itching.

### Probable mode of action of Dantyadi taila

- Most of the drugs of Dantyadi taila are having Usna virya, Katu rasa and Tridosha shamaka property.
- Dantyadi taila has Vrana ropaka, Arshogna, Shoolagna, Shothagna, Kandugna property.
- Taila has the property of Vata shamana.
- Thus the properties of Taila along with other ingredients might have contributed in reducing Constipation, Bleeding, Pain and Degree of Haemorrhoids.



### Mode of action of Isabgol

- It has gentle laxative, cooling and diuretic property. The laxative properties of this drug helps in easing bowel movement in intestine.
- Isabgol being non-digestable fiber helps in softening of the bowel and hence helps in reducing the pressure on the hemorrhoidal veins and the sphincters and thus helps to relieve the hard consistency of the stools in the patients and thus helps in the relief of the symptoms of haemorrhoids.

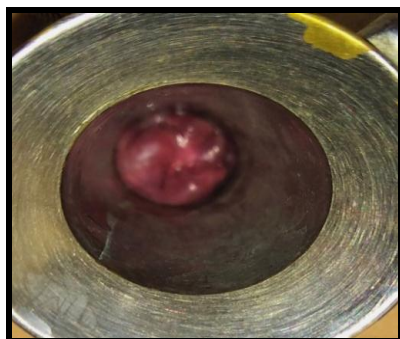
### CONCLUSION

In this present study it was aimed to compare the clinical efficacy of Kasisadi Taila and Dantyadi taila in the management of Arshas Vis-à-vis Internal Haemorrhoids. Total of 40 patients diagnosed with Arshas were divided into two groups of 20 each, were subjected to clinical trial. After Observation and Statistical Evaluation of assessment criteria following conclusions can be drawn:

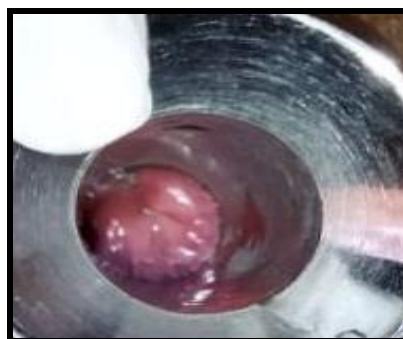
- The disease described as Arshas in Ayurvedic literature can be regarded as Haemorrhoids in other system of medicine. A clear-cut description of anatomy and physiology of anorectal region is detailed.
- The causative factors for the manifestation of Haemorrhoids shows significant similarity with Nidana that are mentioned for Arshas, with little bit of modification like Bike riding and distant travelling in place of Prushtayana. Sitting for long hours especially those people who are Accountants, IT Professionals etc in place of Utkatasana.
- Majority of the patients in this study happened to be males, aged above 50 years, in middle class group who are non-vegetarians, having mild strenuous job.
- Analyzing the Bowel habits and Bowel consistency, majority were having regular bowels with hard stools.
- Maximum number of patients had Haemorrhoids at Primary sites i.e. 3, 7, and 11 O' clock position.
- Few of the patients had Fissure-in-ano as an associated complaint.
- Majority of the patients were having 2 masses and 2<sup>nd</sup> degree Haemorrhoids.
- Most of them had Hypertonic sphincter tone.
- Majority of the patients had Shonitaja Arshas.
- Kasisadi taila in this study shows better effect in relieving Bleeding, Pain, Itching.
- Dantyadi Taila also relieves Constipation, Bleeding, Pain and Degree of Haemorrhoids.

- Isabgol supported the results in both the groups by relieving the complaints of constipation.
- In both the groups clinically treatment showed very good results in immediate arrest of bleeding.

#### KASISADI TAILA

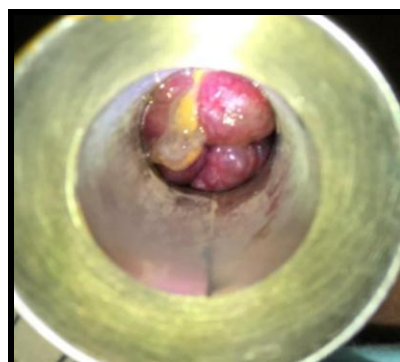


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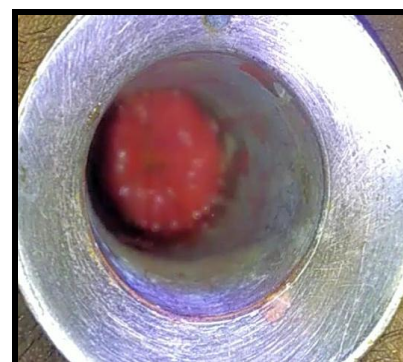


**AFTER TREATMENT**

#### DANTYADI TAILA



**BEFORE TREATMENT**



**AFTER TREATMENT**

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