ABSTRACT:

The greed of humans to use everything in excess is a cause of disease. Every disease has got its special etiology with which it creates signs and symptoms. Stravi and Suksha; are two types of Arsha. Stravi Arsh is Pitta and Rakta dominant. Bleeding per rectal is a main symptom of the disease; when left untreated may cause an emergency condition. Arsha is a result of improper dietary habits as well as life style. Stravi Arsha is bleeding pile in modern science. Different treatment modalities are available such as injection therapy, Rubber band ligation, operative treatment but the risk of recurrence and infection in the wound after operation is high. Stravi Arsha or bleeding piles which sometimes ask for immediate treatment can be cured with conservative treatment in Ayurveda. Ayurveda provides cure and prevent recurrences in early stage of diseases. The present study is carried out to see the efficacy of Nagkesar churna and Mishri as a conservative treatment in Ayurveda.

Keywords- Arsha, Stravi Arsh, Suksha Arsha.
INTRODUCTION

Arsha is one of the common diseases of anorectal region which is included under Asthamhagada1. Arsh is a life style disease. In alopathy; it is compared to haemorrhoids which are basically varicosity of blood vessels inside rectum and anus. Improper diet and life style affects the digestive fire i.e., Agni which loses its capacity to digest food and becomes cause of all diseases. Arsha is described by all Ayurvedic classics as a disease which occurs at guda pradesh, a marma sthana. “Arivavt pranen shrinoti hinasti iti arsha” a disease which tortures vital prana of patient as enemy. According to Acharaya Charaka; the site of Arsha is four and half angula in guda pradesha upto guda dwara and the Arsha occurring in the three Gudavalis of Guda are Arsha and the Arsha occurring other than these sites are Adhimasha2. Acharaya Charaka says that there is involvement of Tridosha in three Gudavalis of Guda in Arsha and they are the reason of all the diseases occurring in the body and are difficult to treat3.

Emergency of Arsha Chikitsa-

Acharaya Charaka has clearly mentioned the emergency in treating the disease as delay will cause Badhagudodhara4.

Management of Arsha by Bsheshaj Chikitsa –

The central idea to prevent all diseases is to avoid factors which are listed as causative factor in the development of any diseases. Archaraya Charaka has emphasised the importance of oral medication in the initial stages of piles and has given very clear foresight of the hazardous complications of Agni, Shastra and Kshar Karma5 and
advocated the management of *Arsha* by oral medication and various external application and considers this mode of therapy to be much safer and non relapsing one⁶. Acharaya Sushruta has also given *Bheshaja Chikitsa* as first line of treatment among four curative measures- *Bheshaja, Kshasa, Agni* and *Shashtra⁷*. He further advocates the importance of *Bheshaja Chikitsa* in comparison with surgical treatment⁸. Archarya Sushruta has mentioned the treatment of *Arsha* in a rational way with their indication for *Bheshaja Chikitsa*. He said that *Arsha* must be of *Achirkala, Alpadosha, Alpha Lingam* and *Alpa Updrava⁹*. And in the same manner Acharya Charaka has clearly mentioned the treatment of those *Arsha* only which are in *Visarjani Vali*, with *one Dosha Pradhanta*, early manifested are easy to treat¹⁰. Also Acharya Charaka has divided the treatment of *Arsha* into two main types¹¹:

The *Vata* and *Kapha* dominant *Arsha* are treated under *Sushka Arsha*.

The *Pitta* and *Rakta* dominant *Arsha* are treated under *Stravi Arsha*.

Ayurveda beholds *Arsha* as local manifestation of systemic derangement of *Dosha* and *Agni*, therefore all the Ayurvedic texts presents different internal medicines to treat *Arsha*. Acharya Charaka advocated the use of *Bheshaja Chikitsa*, first line of treatment for *Arsha* and also explained the general properties of these medicines which are used internally must be – *Anulomoka, Agni Deepacka, Pachacka, Samshamaka, Rakta Sangrahak*.

Considering all these above mentioned qualities of drugs an attempt is made to know the efficacy of *Nagkesar Churna* with *Mishri* in *Stravi Arsha*.

**MATERIAL AND METHODS**-

- Selection of the patient was done randomly as per rule of sampling technique in statistics.
- Patients were selected from shalya OPD of SLNAyurvedic Hospital Amritsar
- Patients suffering from signs and symptoms of *Stravi Arsha* as per traditional Ayurveda diagnostic method are selected for study.
- Study of 60 patients was carried out after appropriate counselling and with written consent for participation.

**Inclusion Criteria**-

1. Age group : 18-50years
2. Sex : either
3. Diagnosed patients of *Stravi Arsh* (from Shalya dept.)
4. Patients who do not need any surgical treatment for *Stravi Arsh*.

**Exclusive criteria**-

1. *Sahaj Arsha*
2. *Suksha Arsha*
3. Patients who require surgical treatment
4. *Fistula in ano*
5. *Rectal prolapse*
6. Infectious pile mass
7. Any systemic disease
8. Pregnant and lactating females.

**Demographic Profile**-

Following points were noted under democratic profile:

Name, Sex, Age, Religion, Address, Occupation, Marital Status, Habitat.

**TRIAL DRUG**

*Nagkesar churna* - 3gms

*Mishri* - 3gms

Empty stomach, Once a day

**Criteria of Assessment**-

Assessment will be made totally on drug efficacy in *Stravi Arsha*.

*Chikitsa* of *Arsha* by Acharya *Charaka* has described *Chikitsa* of *Arsha* by dividing it in two main categories; *Sukha Arsha* and *Stravi Arsha*. *Arsha* predominant in *Vaata* and *Kapha* are known as *Sukha* and those predominant in *Rakta* and *Pitta* are *Stravi Arsh*.

**Parameters of Assessment**-

1. *Raktastrava*  
   Absent (-)  
   Mild (+)  
   Moderate (++)  
   Severe (+++)  

2. *Sthanik Sheth*  
   Absent _  
   Mild +  
   Moderate ++  
   Severe +++  

3. *Mansankur*  
   Size of pile mass  
   a) $\frac{1}{2}$ “ (shuka $< \frac{1}{2}$ “ (Gunja) +  
   b) jivha) +=  
   c) $\frac{1}{2}$ “ 1” (kharjura beeja) +++  
   d) 1” 1 $\frac{1}{2}$ “ (panas asthi) ++++
### Table 1-Assessment of sign and symptoms

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Grading</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>0</td>
</tr>
<tr>
<td>Mild</td>
<td>+</td>
</tr>
<tr>
<td>Moderate</td>
<td>++</td>
</tr>
<tr>
<td>Severe</td>
<td>+++</td>
</tr>
</tbody>
</table>

### OBSERVATION

**Table 2- ACCORDING TO SIGNS AND SYMPTOMS**
Statistical Analysis (By Wilcoxon Match Pair Test)

<table>
<thead>
<tr>
<th>RAKTASTRAVA</th>
<th>B.T</th>
<th>A.T</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>1.8</td>
<td>0.58</td>
</tr>
<tr>
<td>S.D</td>
<td>0.75</td>
<td>0.56</td>
</tr>
<tr>
<td>S.E</td>
<td>0.09</td>
<td>0.07</td>
</tr>
<tr>
<td>Mean Difference</td>
<td>1.21</td>
<td></td>
</tr>
<tr>
<td>S.D. Difference</td>
<td>0.69</td>
<td></td>
</tr>
<tr>
<td>S.E. Difference</td>
<td>0.08</td>
<td></td>
</tr>
<tr>
<td>P Value (HIGHLY SIGNIFICANT)</td>
<td>0.0001</td>
<td></td>
</tr>
</tbody>
</table>
Table shows the statistical analysis of data of 60 patients before and after treatment in Raktastrava. Here, S.D is standard deviation and S.E. is standard error, p value <0.05 which shows the significant effect of drug.

**TABLE -3**

<table>
<thead>
<tr>
<th><strong>STHANIK SHOTHA</strong></th>
<th>MEAN</th>
<th>B.T</th>
<th>1.75</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>A.T</td>
<td>0.71</td>
</tr>
<tr>
<td></td>
<td>S.D</td>
<td>B.T</td>
<td>0.75</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A.T</td>
<td>0.61</td>
</tr>
<tr>
<td></td>
<td>S.E</td>
<td>B.T</td>
<td>0.096</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A.T</td>
<td>0.079</td>
</tr>
<tr>
<td><strong>MEAN DIFFERENCE</strong></td>
<td></td>
<td>1.033</td>
<td></td>
</tr>
<tr>
<td><strong>S.D. DIFFERENCE</strong></td>
<td></td>
<td>0.735</td>
<td></td>
</tr>
<tr>
<td><strong>S.E. DIFFERENCE</strong></td>
<td></td>
<td>0.094</td>
<td></td>
</tr>
<tr>
<td><strong>P VALUE</strong></td>
<td></td>
<td>0.0001 HIGHLY SIGNIFICANT</td>
<td></td>
</tr>
</tbody>
</table>

Table shows the statistical analysis of data of 60 patients before and after treatment in Sthanik Shotha. Here, S.D is standard deviation and S.E. is standard error, p value <0.05 which shows the significant effect of drug.

**TABLE- 4**

<table>
<thead>
<tr>
<th><strong>MANSANKURA</strong></th>
<th>MEAN</th>
<th>B.T</th>
<th>1.48</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>A.T</td>
<td>0.63</td>
</tr>
<tr>
<td><strong>S.D</strong></td>
<td>B.T</td>
<td>0.72</td>
<td></td>
</tr>
<tr>
<td></td>
<td>A.T</td>
<td>0.48</td>
<td></td>
</tr>
<tr>
<td><strong>S.E</strong></td>
<td>B.T</td>
<td>0.093</td>
<td></td>
</tr>
<tr>
<td></td>
<td>A.T</td>
<td>0.062</td>
<td></td>
</tr>
</tbody>
</table>
Here the Table shows the statistical analysis of data of 60 patients before and after treatment in Mansankura. Here, S.D is standard deviation and S.E. is standard error, p value <0.05 which shows the significant effect of drug.

<table>
<thead>
<tr>
<th>MEAN DIFFERENCE</th>
<th>0.85</th>
</tr>
</thead>
<tbody>
<tr>
<td>S.D. DIFFERENCE</td>
<td>0.732</td>
</tr>
<tr>
<td>S.E. DIFFERENCE</td>
<td>0.094</td>
</tr>
<tr>
<td>P VALUE</td>
<td>0.0001 (HIGHLY SIGNIFICANT)</td>
</tr>
</tbody>
</table>

**DIAGRAM NO: A**
(By Wilcoxon Match Pair Test)
On the basis of mean before and after treatment

*Raktastrava*

Diagram no A shows the efficacy of drug after treatment. The mean is 1.8 before treatment and it reduces to 0.58 after treatment. This shows that *Nagkesar* and *Mishri* used on *Stravi Arsha* is effected and checks bleeding.
Diagram B shows the efficacy of *Nagkesar* and *Mishri* on *Stravi Arsh* after treatment. The mean of *Sthanik Shotha* is 1.75 before treatment and it reduces to 0.71 after treatment. This shows the efficacy of drug on *Sthanik Shotha*.

**DIAGRAM NO: C**

**MANSA ANKU**
Diagram no C shows the efficacy of Nagkesar and Mishri on Stravi Arsh after treatment. The mean of Mansa Ankur is 1.48 before treatment which is reduced to 0.63 after treatment. This shows efficacy of Nagkesar and Mishri on reducing Mansa Ankur.

**DISCUSSION**

Arsha is caused by unhealthy diet and sedentary life style which leads to impairment of all the three Doshas mainly Vaata. An aggravate Vaata cause low digestive fire leading to constipation. Patient strains to have bowel movement which caused swelling in the veins and around the anus. Sometimes this straining leads to bleeding that scares patient and if remains uncontrolled may lead to an emergency condition. The therapeutic objective in Arsha is prevention of bleeding along with inflammation, pain, constipation.

Nagkesar Mishri when used gave positive result in curing the bleeding as well as the pain and inflammation. Nagkesar is Kasaya, Usna Virya, Ruksha, Laghu and Aampachak. It is useful in Jwara and Kandu, Thirst, Sweating, Vaman, Hrilaas, Durgand, Kustha, Visarpa and eradicates Kapha, Pitta and Visha. Mishri is Taraka, Laghu, Sheetviry, Vaata, Pitta and Shamaka. It is said to be Saraka and facilitates ingestion of medicines.

Probable mode of action of Nagkesar and Mishri on symptoms of Stravi Arsh:

1. **Raktastrava-** Both Mishri and Nagkesar are known to be used in bleeding disorders. Nagkesar is Kasahaya Tikta and Mishri is Pittasra and when both are used together they check the bleeding disorder Stravi Arsh.

2. **Mansa Ankur-** Nagkesar is Shopara; thus internal use of Nagkesar Churana reduces the swelling of pile mass and brings marked change in the size of Mansa Ankur thus reducing the size of pile mass and obstruction in the passage of mala and relives the discomfort and pain.

3. **Mandagni-** Mandagni is the main symptom in the disease. Ruksha, Tiksha and Lagu Guna of the Nagkesar works at the level of Agni. It helps in the Pachana of Aama collected and helps in regaining the appetite. Mishri is Ruchiya thus with Nagkesar it works in increasing the Agni.
Mishri is Kshalakshenhara and Balakara thus it helped in removing the general debility of the patients and Nagkesar checks the Kandu at site of pile mass by being Kandughna.

CONCLUSION-

In this study, it was observed that both Nagkesar and Mishri when used together, they worked efficiently in bringing the stability of vitiated Dosha at Guda level. Thus, the conservative treatment in Stravi Arsh can be successfully done in OPD level if they are new in origin and without complications.

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Conflict of interest :- Nil
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