

TO STUDY THE EFFICACY OF KUTAJAPHALADYA GHRITA MATRABASTI AND DARVIBALADI GHRITA MATRABASTI IN THE MANAGEMENT OF RAKTARSHA

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ABSTRACT

Raktarsha are the piles which bleed and occur due to dominance of Pitta and *Rakta doshas*. In *Raktaja arsha* mild to severe bleeding may occur. Due to severe bleeding, there is extreme blood loss which causes weakness, dizziness and anemia. Many times, for this purpose costly allopathic drugs are prescribed. Hence there is a need to search an alternative ayurvedic medicine with less cost and more effectiveness in bleeding piles. According to *Bhavprakash Nighantu Rasanjana* has *Raktastambhaka* property due to which it can be used in management of *raktarsha*. It was a comparative clinical study with a pre and post design in 60 patients who were diagnosed with *Raktarsha*, were assigned into 2 groups of 30 patients each randomly. After examination Both the groups are having effect on reducing the symptoms statistically. Among the subjective and objective parameters, Group B (*Darvibaladi gritha matra basti*) showed better reduction 70.25% in Bleeding Itching, Pain, Constipation, and pile mass. Group A (*Kutajaphaladya gritha matra basti*) also have statistically significant over Bleeding Itching, Pain, Constipation, and pile mass. Showed reduction 42.75%. Among them *Darvibaladi gritha matra basti* is having more effect on symptoms of *Raktarsha* and shows long lasting result.

KEYWORDS: *Raktarsha*, Bleeding Hemorrhoids, *Kutajaphaladya gritha*, *Darvibaladi gritha*, *Matra basti*.

INTRODUCTION

In Ayurveda Arsha is common painful condition and it has been compared with 'an enemy'.^[1] Acharya Sushruta included it in Ashta Mahagada showing the severity of disease.^[2] Mahagada's are condition in which patient need proper treatment otherwise prognosis of patient may lead to bad. *Raktarsha* is one of the 6 types of arsha explained by Acharya Sushruta. *Raktarsha* are the piles which bleed and occur due to dominance of Pitta and *Rakta doshas*.^[3] In *Raktaja arsha* mild to severe bleeding may occur. Due to severe bleeding there is extreme blood loss which causes weakness, dizziness and anaemia. To arrest bleeding we need a drug which has *raktastambhak* property. Many times, for this purpose costly allopathic drugs are prescribed. Surgical procedures of haemorrhoids also had drawbacks like recurrence, infection, anal stricture, pain and discomfort

to patients, formations of ulceration at anal canal. Hence there is a need to search an alternative ayurvedic medicine with less cost and more effectiveness in bleeding piles.

Hence, a comparative study is undertaken among two groups of *Matra Basti*, where one group is treated with *KUTAJAPHALADYA GHRITA*,^[4] is mentioned in *CHARAKA SAMHITA*. and other with *DARVIBALADI GRITHA* is mentioned in *SAHASRAYOGA* These *Ghrithas* fulfills the line of treatment of *Raktarshas* as its ingredients have properties like *Raktastambaka* and *Shoolahara* properties. to ascertain the effect of either of the treatment modality in management of *Raktarsha*

AIMS AND OBJECTIVES

1. To evaluate the efficacy of *Kutajaphaladyaghritha*

Matrabasti in Raktarshas.

- To evaluate the efficacy of *Darvibaladighrita Matrabasti in Raktarshas.*
- To compare the efficacy of *Kutajaphaladyaghrita Matrabasti* and *Darvibaladighrita Matrabasti in Raktarshas.*

METHODOLOGY

Method of Collection of Data

Sample Size – 60 patients fulfilling the diagnostic and inclusion criteria of *Raktarsha* for the study and randomly assigned into 2 equal groups *Kutajaphaladyaghrita Matrabasti* (Group A) *Darvibaladighrita Matrabasti* (Group B).

Diagnostic Criteria

- Bleeding
- Pain
- Itching
- Constipation
- Pile mass

Inclusion Criteria

- Patients with clinical features of *Raktarsha* like *Varna* of *Vatankurasadrushya*, *Gunjaphalvata*, *Vidrumasadrusha Ankuras* and *Raktasrava*, *Shonita Kshya* and *Shoola*.
- Patients of *Raktarshas* age group between 20 to 60 years irrespective of sex.
- Patients fit for Basti Karma

Exclusion Criteria

- Patients suffering from systemic disease like Hypertension, Diabetes and TB.
- Patients suffering from Thrombosed piles, Piles with Fistula in ano, Piles with Ulcerative Colitis, Portal Hypertension, patients with liver Cirrosis, Patients from HIV/ HbsAg and Pregnant women will be excluded.
- 4th degree Haemorrhoids.

Study Design

- Comparative clinical study with minimum 60 patients
- Patients were assigned into two groups consisting minimum of 30 patients each group fulfilling the inclusion criteria.

Posology

- Group A** (*Kutajaphaladya ghrita Matra Basti*) - Patients of this group will be administered *Matra Basti* with *Kutajaphaladya ghrita* in dose of 60 ml for 15 days.
- Group B** (*Darvibaladi ghrita Matra Basti*) Patients of this group will be administered *Matra Basti* with *Darvibaladi ghrita* in dose of 60 ml for 15 days.

Intervention: Treatment procedure of *Matra Basti*. *Poorva Karma*

Abhyanga is done followed by *Nadi Sweda*. Patient is

advised to have Light Diet, Patient is asked to evacuate bowel and bladder, Patient is made to lie in the left lateral position with the right leg flexed.

Pradhana Karma

The Tip of the catheter is smeared with oil. The anal orifice is lubricated with oil. The catheter is then introduced into the anal canal till 4- 6 inches. When all the oil is pushed into the rectum, the catheter is gently pulled out.

Paschath Karma

Sphik Thadana is done. Patient is made to lie on supine position. Patient is made to rise the legs by flexing the hip 3-4 times.

Study Duration

- Total 45 days.
- Treatment duration will be 15 days
- Readings will be observed on 1st day, 15th day, Follow up – 45th day.

Assessment Criteria

Assessment of the condition will be done based on the detailed Proforma adopting standard method of scoring of subjective and objective parameters which will be analyzed statistically.

Subjective Parameters

- Bleeding
- Pain
- Itching
- Constipation

Objective Parameters

Pile mass

Statistical Analysis

For the statistical analysis, the data obtained in the group were recorded, presented in tables, diagrams and graphs. The following statistical tests are used for assessment of parameters:

- Assessment of parameters within the group (after treatment and after follow up) – Wilcoxon sign rank test.
- Assessment of parameters between the groups – Mann-Whitney U test.

The corresponding p value was noted and obtained results were interpreted as follows:

- For p value > 0.05 – interpreted as no significant.
- For p value < 0.05 – interpreted as significant.

OBSERVATIONS AND RESULTS

The observations give a detail descriptive statistical analysis about all the 60 patients suffering from *Raktarsha* according to their Age, Sex, Religion, Education, Socioeconomic status, Marital status, Occupation, Diet, *Prakrithi*.

RESULTS

Statistical analysis of Subjective and Objective parameters

Group	Mean score		%	S.D (±)	Z Value	p value	
	BT						
Group A on Bleeding	2.50	AT	1.67	33	0.547	4.46	<0.001
		AF	1.27	49	0.640	4.82	<0.001
Group B on Bleeding	2.50	AT	1.27	49	0.503	4.82	<0.001
		AF	0.80	68	0.510	4.92	<0.001
Group A on Itching	0.17	AT	0.10	41	0.305	1.41	>0.05
		AF	0.10	41	0.305	1.41	>0.05
Group B on Itching	0.23	AT	0.10	57	0.503	2.00	<0.05
		AF	0.07	70	0.510	2.24	<0.05
Group A on Pain	0.23	AT	0.20	13	0.407	1.00	>0.05
		AF	0.13	43	0.346	1.73	>0.05
Group B on Pain	0.20	AT	0.13	35	0.503	1.41	>0.05
		AF	0.07	65	0.510	2.00	<0.05
Group A on Constipation	0.80	AT	0.60	25	0.621	2.45	<0.05
		AF	0.50	38	0.450	3.00	<0.01
Group B on Constipation	0.77	AT	0.27	65	0.503	3.64	<0.001
		AF	0.17	78	0.510	3.63	<0.001
Group A on Pile mass	0.60	AT	0.60	0	0.770	0.00	>0.05
		AF	0.60	0	0.718	0.00	>0.05
Group B on Pile mass	0.97	AT	0.97	0	0.503	0.00	>0.05
		AF	0.97	0	0.510	0.00	>0.05

Comparative results of Signs and Symptoms of Group-A and Group-B.

Overall Result After Treatment				
Parameters	GROUP A		GROUP B	
	Mean	±SD	Mean	±SD
BLEEDING	1.67	0.547	1.27	0.640
ITCHING	0.10	0.305	0.10	0.305
PAIN	0.20	0.407	0.13	0.346
CONSTIPATION	0.60	0.621	0.27	0.450
PILE MASS	0.60	0.770	0.97	0.718

Comparative analysis of the overall effect of the treatments in both the groups was done by statistically with Mann Whitney test. The test shows that the treatment is significant in Group B when compared to Group A. Group A overall result is 42.75% and Group B overall result is 70.25%.

DISCUSSION

Discussion on Drug review
Kutajaphaladya ghrita

- Which is explained in *Charaka Samhita Chikitsasthana* 14/197, is selected for present study. This *ghrita* is indicated in *Raktarshas chikitsa*.
- The ingredient of this *Kutajaphaladya ghrita* includes *Kutaja, Nagakesara, Nilotpala, Lodhra and Dhataki* these drugs were used in preparation.
- For the preparation of *Kutajaphaladyaghrita*, First we have to take Kalka dravya i.e. *Kutajaphala, Kutajatwak, Nagakesara, Nilotpala, Lodhra, Dhataki* all together 1 part, *Ghritha* 4 part and 16 part water by mixing the above *Dravyas Ghritapaka* should be done and *Kutajaphaladyaghrita* is

prepared as mentioned in *Sharangadhara Samhita Ghrita* Preparation and it has properties like *Raktastambaka, Shoolahara and Shothahara*.

Darvibaladi Gritha

- Which is explained in *Sahasrayogam* is selected for present study as a control group. This *ghrita* is indicated in *Raktarshas*.
- The ingredient of this *ghrita* includes *Daruharidra, Balamula, Gokshura, Prishnaparni, Apamarga, Kutaja, Nyagrodha, Udumbara, Ashwatta, Plaksha, Parisha, Punarnava, Changeri, Trayamana, Chandana, Ajamoda, Kushta, Shatavari, Yashtimadhu, Hribera, Shunti, Chavya, Chitraka, Pippali, Pippalimula, Syama, Shalaparni, Narikela, Devadaru, Gambhari, Katuki, Rasanjana, Musta, Kantakari, Vidari, Ativisha, Lavanga, Gokshira, Goghrita* these drugs were used in preparation.
- For the preparation of *Darvibaladi gritha*, first we have to take Kalka dravya all together 1 part, *Ghritha* 4 part and 16-part water and *drava dravyas* by mixing the above *Dravyas Ghritapaka* should be

done and *Darvibaladi gritha* is prepared as mentioned in *Sharangadhara Samhita Ghrita* Preparation and it has properties like *Raktastambaka*.

Discussion on Probable Mode of Action

Matrabasti. In *Raktarshas* the *Pitta pradhana tridosha Dosh* i.e. mainly *Apanavata, Samanavata, Vyanavata, Pachakapitta, Kledakakapha* and *Rakta* are mainly involved and the vitiated *Doshas* along with *Rakta* travels downwards through *pradhana Dhamani* and reaches *Guda pradesha* and affects *Gudavalis* and produces *Mamsankura utpatti* and which leads to *Gudagata raktarava, Shoola* and etc. In *Raktarshas*, Drugs which is having the *Raktastambaka, Shoolahara* and etc. and which gives relief in Symptoms of *Raktarshas*. The *Kutajaphaladyaghrita* and *Darvibaladi gritha* are having these properties. As the *Matrabasti* quantity is less, the administered *Bastidravya* stays 5 to 7 hours in *Pakvashaya* and it will reach to the affected area quickly by the *Anupravarabhava* and may acts locally and systemically after absorption of active principles from *Bastidravya*. By considering above examination, it is clear that *Bastidravya* is absorbed through rectal mucosa gives Systemic effect along with Local effects like *Raktastambaka, Shoolahara* and etc.

Discussion on results

Group A - In Overall effect of treatment in *Raktarsha*, out of 30 patients in this study, 12 patients (40%) were getting Poor improvement, 15 patients (17%) were getting mild improvement, and 13 patients (43%) were getting Moderate improvement. Group B - In Overall effect of Group B in *Raktarsha*, out of 30 patients in this study, 3 patients (10%) were getting Poor improvement, 17 patients (57%) were getting mild improvement, 8 patients (27%) were getting Moderate and 2 patients (7%) were getting Marked improvement. Comparative analysis of the overall effect of the treatments in both the groups was done. The test shows that the treatment is significant in Group B when compared to Group A. Group B overall result is 70.25% and Group A overall result is 42.75%.

CONCLUSION

At the end of the study both the groups are having effect on reducing the symptoms statistically. Among the subjective and objective parameters, Group A showed better reduction 82.58%. Group B Showed reduction 55.06%. in Pain, Steak of fresh blood, Itching, Sphincter spasm, Ulcer.

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