



# Assessment of the Efficacy of 'Arshohar Malhar' (Khadir and Godanti Bhasma) in the Management of 'Arsha'

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## ABSTRACT

Spoiling in unsalutary daily life and diet patterns precedes to digestive disorders, disrupted bowel habits and constipation due to *Agnimandya*. One most important condition occurring from all these is *Gudarsha*. It has been notorious to mankind for a period and one of the *ordinariest* diseases to alter human being. It is revealed in 'Ashtamahagada' classification (cluster of diseases which are difficult to treat) by *Sushruta* and four fold therapy is supported for Arsha viz. Bhashaj (Pharmaceutical treatment), *Kshar* karma (Herbal acidic paste locally), *Agnikarma* (thermal heat burn) and *Shastra* karma (Surgical Procedure). At this time, we are describing a patient of *gudarsh* treated with *Arshohar malhar* and is found effective in reducing symptoms such as per rectal bleeding, pain, and size of pile pedicle. The current study was carried out to demonstrate the beneficial effect of application of *Arshohar malhar* in *Malhar* formula in initial internal haemorrhoids.

**Key Words:** *Sushrut Samhita, Arsha, Ras Ratna samuchay, Haemorrhoids*

## INTRODUCTION

Enlargement of the veins of the internal rectal plexis creates the condition of the internal haemorrhoids which are protected by the mucous membrane. In today's renovated world, change duties, hectic life, eating of harmful foods makes humans more predisposed to the disease like haemorrhoids. <sup>[1]</sup>Due to position of disease many of the patients pause to go to doctor and they postpone the examination and medication which eventually precedes to deteriorate situation of the disease affecting bleeding during passing of stool and prolapse of piles<sup>2,3</sup>.

Corresponding to Ayurvedic and Modern text,

several methods of treatment are accessible for *Abhyantar Gudarsha* (internal piles). The treatment can be categorized into the surgical, para-surgical, and medicinal management. But one way or another all are associated with drawbacks. *Sushruta*, the pioneer of surgery has given the fundamental principles of treatment of *Arsha* as per *Avastha*<sup>4,5,6</sup> i.e. the four-fold treatment includes *Bhashaja*, *Kshar karma*, *Agnikarma* and *Shastra karma*. *Arsha* in at the beginning stage with less signs and symptoms can be cured with medicinal treatment (*Bhashaja*) and which unable to treated with medicines should be treated with *Ksharkarma* and *Agnikarma* and which are not



treated with all beyond treatment should be treated with *Shastrakarman*. The administration of *Abhyantar Gudarsha* (internal piles) is cited in all Ayurvedic traditional manuscripts however in *Sushrut Samhita*, *Acharya Sushrut* has labeled *Arsha* in detail<sup>7,8</sup>. The *Dhatuvaigunya* (organic pathology due to local deformity) of anal structures needs local treatment. As well as the management of *Abyantar Arsha* is termed in Ayurveda classical text which is *Ras Ratna samucchay* in details.

*Arshohar malhar* ointment it is the treatment of option and is more effective locally in initial stage of disease.

Theory of application of *khadir*, *Godanti bhasma* by patient himself not including doctor involvement was assumed and for this intent ointment of *Khadir* and *Godanti bhasma* has been planned for this research the invention was named as *Arshohar malhar*.

Further the research was brought out to demonstrate the therapeutic effect of local treatment of *Arshohar Malhar* in first- and second-degree hemorrhoids.

## CASE REPORT

36 year old male patient having complaint of per rectal bleeding, pain at anal region and feeling of mass at anal region, there is no history of diabetes, hypertension, IHD, colitis, IBD. The family history was not suggestive of anything specific.

On inspection: No fistula or fissure in ano or pilonidal sinus or any discharge.

Per rectal examination:

Digital examination: Shinctor tone normal feeling.

With proctoscope: Pile mass 3 o'clock second degree internal hemorrhoid seen.

Color -reddish

Routine haemogram, urine(R), B.T.- C.T, BSL (Fasting, PP) were within normal limits.

## MATERIALS & METHODS

**Reference of drug:** *In Rasatantra Sara & Siddha yog Sangraha*, *Arshohar malhar* is advocated for piles, which works as *vedanahar & Rakta Stambhak* in research. *Ras ratna samucchay* 3/70.

**Drug profile** – *Arshohar (Godanti bhasma+ khadir) Malhar*

**Drug contents:** *Gaughrut* 80 gram, *Godanti bhasma* 20 gram, *Shwet khadir* 20 gram. *Arshohar Malhar* 30 gram for local application daily

**Treatment details:** Daily application of *malhar* was with the help of finger local application of *Arshohar Malhar* after defecation at morning and before sleeping at night.

**Duration of study:** 14 days

Follow up: daily application of *Arshohar malhar* for 14 days and change in anal mucosa for pile mass was observed. Then follow up was taken on first 7<sup>th</sup> and 14<sup>th</sup> day and when needed

**Ethical Clearance**– Ethical clearance was taken from IEC Dr. D. Y. Patil Ayurvedic Hospital. IEC reference number AY/PG/313/2017-18/IEC.

**Assessment criteria:**

1. Per rectal bleeding
2. Pain
3. Degree of pile mass

**Per rectal bleeding grade:**

- 1 No bleeding
- 2 0 to 10 drops occasionally



- 3 11 to 20 drops
- 4 Profuse bleeding

**Pain: Rating (VAS score)**

- 0 No pain
- 1-3 Mild pain which is last for 1 hour after defecation.
- 4-6 Moderate pain which is last for 1-3 hours.
- 7-10 Severe pain more than 3 hours.

**Degree of pile mass:**

- 1 Complete disappearance
- 2 First degree piles
- 3 Second degree piles

**Effect of treatment:**

**Effect of treatment on PR bleeding:** *Khadir* and *Godanti* contain *tikta*, *kashay rasa* due to which it acts as an antihemorrhagic drug. which stop the bleeding in 1<sup>st</sup> 8 days.

**Effect of treatment on pain:** Pain is gradually decrease due to *tridoshgnata* of *shatdhaut ghrut* and which create lubrication and avoid friction of pile mass and hard stool. Acts as local anesthetic drug.

**Effect of treatment on size of Pile mass:** Combination of *khadir* and *godanti* reduce swelling at blood vessels in 14 days due to *Kapha-Pittagna* property. Which acts as a *Kledaghna*.

**DISCUSSION**

The clinical features of *Arsh* was improved at the end of first week and the *Arsh* was heal almost completely at the end of second week living only 1st degree pile mass.

**CONCLUSION**

On the basis of this case study, it can be concluded that *Arshohar malhar* is found to be effective in

the management of *abhantyar gudarsh* w.s.r. to 1<sup>st</sup> and 2<sup>nd</sup> degree haemorrhoids. *Arshohar malhar* possesses the high efficacy in bleeding piles ,painful ,1<sup>st</sup> and 2<sup>nd</sup> degree piles without producing any adverse effects and relief in sign and symptoms of *Abhyantar Gudarsh*. Thus it can be used as an alternative approach for management of *Arsh*.



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