

A Clinical Study of Pathadi Yoga and Piccha Basti in the Management of Raktarsha Roga

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Abstract: *The prevalence of piles worldwide. It may occur at any age but mostly seen at the age between 30 to 65 years, equally susceptible in both the sexes. Arsha (Haemorrhoids) is a very common clinical condition affecting half of world population by the age of 50 and out of these half of the patients are suffering from bleeding piles (Raktarsha). The trial was comparative, open and randomized divided in four groups (group A given pathadi yoga 3 gms twice a day with cold water for two months, group B given piccha basti 400 ml daily in morning before meal for 10 days, group C given piccha anuvasna basti 50 ml daily in morning before meal for 10 days and group D given pathadi yoga 3 gms twice a day with cold water for 40 days and piccha anuvasna basti 50 ml daily in morning before meal for 10 days in 10 patients of each groups. After complete of trial work, to find out the efficacy of these trial drugs that Pathadi yoga group got 53.88% relief, Piccha basti group got 61.33% relief, Piccha anuvasana group got 55.70% and group D (pathadi yoga and piccha anuvasana basti) got 65.26% relief in all symptoms of raktarsha. So concluded that trial drug in combination were statistically effective in bleeding piles.*

Keywords: *Raktarsha, Pathadi yoga, Piccha basti, Piccha anuvasana basti.*

1. 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 at the age between 30 to 65 years, equally susceptible in both the sexes. *Arsha* is named as a disease which kills the patient like an enemy¹. *Aacharya charaka* says it is originated due to vitiation of *mamsa dhatu*². *Raktarsha* is one of the six types of *arsha*³. Haemorrhoids arise from congestion of the internal and or external venous plexuses around the anal canal. They are extremely common in adults⁴. Symptomatic haemorrhoids affect more than one million individuals in the Western world per year⁵. It is estimated that approximately one half of all Americans have had this condition by the age of 50, and that 50% to 85% of the world's population will be affected by hemorrhoids at some time in their life. However, only a small number seek medical treatment. Annually, only about 500,000 in the U.S. are medically treated for massive hemorrhage, with 10 to 20% of them requiring surgeries. Haemorrhoids are common in economically developed communities but nowadays the numbers of cases increasing India too because of massive change in their diet and life style.

2. AIMS AND OBJECTIVES

- Critical and Conceptual and clinical analysis of *raktarsa* in relation with bleeding piles.
- To assess the efficacy of the *Pathadi Yoga, piccha basti and piccha anuvasana basti* in newlyand chronic case of *raktarsa*.
- To find out the combined effect of *Pathadi yoga and Piccha anuvasana basti* in *raktarsha*.

3. MATERIALS AND METHODS

The study will be conducted on 40 clinically and pathologically diagnosed patients of *raktarsa* [bleeding piles]. The selection of patients will be made from OPD/IPD of Arogyashala, M.M.M.

3.5. Collection of Data

The data was collected from each group before treatment and after treatment. Scoring was given and finally the data was compared and analyzed.

3.6. Statistical Analysis

The data was collected before treatment and after treatment. Thus collected data were subjected to statistical analysis by using student's t-test along with consultation of a bio-statistician.

3.7. Result and Interpretation

Table1. Symptomatic result in all groups.

Symptoms	Group A		Group B		Group C		Group D	
	Mean±SD	P value	Mean±SD	P value	Mean±SD	P value	Mean±SD	P value
1	1.1±0.57	<0.001	1.3±0.67	<0.001	1.8±0.79	<0.001	1.8±0.78	<0.001
2	0.6±0.52	<0.001	0.7±0.67	<0.05	2±0.67	<0.001	1.2±0.63	<0.001
3	0.8±0.63	<0.001	0.4±0.52	<0.05	0.6±0.52	<0.001	0.6±0.51	<0.001
4	0.8±0.63	<0.001	0.3±0.48	NS	0.6±0.70	<0.05	0.4±0.69	NS
5	0.6±0.52	<0.001	0.2±0.42	NS	0.4±0.70	NS	0.3±0.48	NS
6	0.6±0.52	<0.001	0.3±0.48	NS	0.3±0.48	NS	0.6±0.84	<0.05
7	0.8±0.42	<0.001	0.8±0.79	<0.05	0.3±0.48	NS	0.9±0.73	<0.001
8	1.4±0.70	<0.001	2.1±0.57	<0.001	1.9±0.74	<0.001	1.7±0.67	<0.001
9	0.1±0.32	NS	0.2±0.42	NS	0.1±0.32	NS	0.3±0.67	NS
10	0.1±0.32	NS	0.2±0.42	NS	0.9±0.57	<0.001	0.3±0.67	NS
11	0.1±0.32	NS	0±0.00	NS	0±0.00	NS	0±0	NS
12	0.5±0.53	<0.05	0.6±0.52	<0.001	0.8±0.63	<0.001	0.4±0.69	NS
13	0.2±0.42	NS	0±0.00	NS	0.2±0.42	NS	0.2±0.42	NS
14	0.3±0.48	NS	0.3±0.67	NS	0.2±0.42	NS	0.7±0.48	<0.001
15	0.6±0.52	<0.001	0.2±0.63	NS	0.1±0.32	NS	0.2±0.42	NS
16	0.9±0.74	<0.001	0.5±0.71	<0.05	0.4±0.52	<0.05	1.1±0.56	<0.001
17	1.2±0.42	<0.001	1.2±0.92	<0.001	1.4±0.84	<0.001	1±0.47	<0.001
18	0.1±0.32	NS	0.1±0.32	NS	0.1±0.32	NS	0.5±0.52	<0.05
19	0.3±0.48	NS	0±0.00	NS	0.1±0.32	NS	0.2±0.42	NS

< 0.001 → highly significant

< 0.05 → Significant

N.S. → Non-significant

Table2. showing result in all Symptoms in different groups.

S.No.	Symptoms	Group A	Group B	Group C	Group D
1.	Vibandha(constipation)	50%	60%	50%	65%
2.	Gudankura(anorectal pile)	60%	50%	55%	65%
3.	Adhmaan(flatulence)	70%	100%	25%	75%
4.	Gudakandu(Itching at anal)	55%	50%	25%	55%
5.	Gudashotha (anal swelling)	30%	65%	30%	50%
6.	Gudadaha (burning sensation)	45%	70%	45%	75%
7.	Gudashula (pain)	30%	55%	25%	70%
8.	Raktasrava(secretion)	55%	85%	55%	85%
9.	Pravahika (mucous secretion)	-----	100%	100%	100%
10.	Parikartika(cutting type pain)	100%	65%	45%	100%
11.	Karshya(weakness)	75%	-----	-----	-----
12.	Pandu(anemia)	65%	50%	55%	45%
13.	Sangrahani (mucous Secretion)	50%	-----	100%	100%
14.	Katishula(backache)	80%	35%	65%	75%
15.	Udarashula (abdominal pain)	65%	65%	30%	65%
16.	Arochaka(anorexia)	45%	55%	100%	55%
17.	Agnimandya(indigation)	60%	70%	45%	50%
18.	Hatoujasa(ed Immunity power)	25%	50%	100%	70%
19.	Pindikodveshtana(cramps)	50%	-----	50%	65%

Table:3 -Statistical Analysis by ANOVA Technique

	F value	P value		F value	P value
1	3.86	<0.05	11	0.04	NS
2	16.10	<0.001	12	3.42	<0.05
3	14.52	<0.001	13	1.34	NS
4	1.88	NS	14	2.756	NS
5	0.86	NS	15	2.243	NS
6	0.04	NS	16	41.32	<0.001
7	0.16	NS	17	21.57	<0.001
8	9.47	<0.001	18	0.98	NS
9	0.87	NS	19	0.004	NS
10	7.54	<0.001			

At D.F. 3 & 37

4. DISCUSSION AND CONCLUSION

- The Conclusions drawn on the basis of this clinical study conducted on 40 participants of *Raktarsha* are as follows:
- In group A overall result was 53.88% and maximum (72.72%) relief was observed in *aadhman*. In *raktasrava*, *gudakandu*, *udarashula*, *katishula*, *vibandha* and *agnimandya* result was 58.33%, 57.14%, 66.66%, 60%, 52.38% and 60% respectively.
- In group B overall result was 61.33% and maximum (84%) relief was observed in *raktasrava*. In *vibandha*, *gudashula*, *pandu* and *agnimandya* result was 59.16%, 57.14%, 50%, 50%, and 68.15% respectively.
- In group C overall result was 55.70%. In *vibandha*, *gudankura*, *raktasrava*, *parikrtika*, *pandu* and *agnimandya* result was 52.99%, 57.50%, 52.77%, 45%, 57.14% and 48.27% respectively.
- In group C overall result was 65.26%. In *vibandha*, *gudankura*, *gudashula*, *arochaka* and *agnimandya* result was 64.28%, 63.15%, 69.23%, 55% and 47.61% respectively.
- After using ANOVA test it is found that study shows significant result in reduction in size of Piles, *aadhman*, *raktasrava*, *parikartika*, *arochaka* and *agnimandya*. So, this study concludes that *pathadi yoga* and *Piccha basti* together give better result.
- In group A no one was having *Pravahika*. In group B no one was having *karshya*, *sangrahani* and *pindikodveshtana*. In group C and D no one was having *karshya*.

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