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

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Abstract: The prevalence of piles the 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 anuvasan group got 55.70% and group D (pathadi yoga and piccha anuvasan 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 anuvasan 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.

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Govt. Ayurveda College, Udaipur (Raj.). Forty participants satisfying the eligibility criteria were divided into for equal groups. Each group contains ten participants.

3.1. Grouping: Group A

Pathadi Yoga 3gm BD with cold water for two months, **Group B-** Piccha basti 400ml daily morning before food for 10days, **Group C-** Piccha anuvasana basti 50ml daily morning after food for 10days, **Group D-** Pathadi Yoga 3gm BD for 40days and Piccha basti 50ml daily in the morning after meal for 10days. **Study Design**: Comparative Clinical Trial **Sample Size**: 40 participants (10 in each group)

3.2. Exclusion Criteria

- > Known cases of diabetes mellitus and pregnancy.
- > Age less than 16year.
- > Cases with malignancy and rectal prolapsed.
- > Patients with third and fourth degree will be excluded.

3.3. Inclusion Criteria

- > Age above 16 years and below 70 years.
- > Chronic cases less than two year.
- ➤ No sex discrimination.

There are four folds of treatments for *arsha*, these includes *bheshaja*, *kshara*, *agni and shastra* $karma^6$. As most common protocol is medicinal treatment for arsha and as a part of *shamana* therapy it is planned to manage the *raktarsha* with two different combinations. One was given through oral route i.e. *Pathadi yoga* and another was given through anal rout i.e. *piccha basti*.

Pathadi yoga is well explained by aacharya charaka in chikitsa sthana⁷ this yoga contains six medicines patha, rasanjana and indrayava etc. These drugs are having great role in bleeding disorders. Pathadi yoga is also having an analgesic effect, so this Pathadi yoga was selected for the study by oral route.

Piccha basti is prepared by some especial medicines that include *yavasa*, *kush*, *nyagrodha*, *ashvattha*, *shalmali*, *mocharasa*⁸ etc. These all drugs having *stambhana* (astringent) properties and widely used in increased intestinal motility. Piccha basti also was selected in both pattern of basti i.e. *anuvasana* and *nirooha* for the study.

3.4. Criteria for Assessment

- ➤ Hemorrhoid on 3 O' Clock / 7 O' Clock / 11 O' Clock / Other Position
- ➤ All symptoms of Raktarsha as per ayurvedic text.
- > Overall assessment of all the symptoms of raktarsha:

 Complete relief 	100%
Marked relief	Above 75%
Moderate Relief	51-75%
• Mild relief	26-50%
 No relief 	Below 25%

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	Grou	Group A Group		p B Group		С	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

 $< 0.001 \rightarrow \text{highly significant}$

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.	Sangrahni (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%

< 0.05 → Significant

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 batter 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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