

To Study The Effect Of Darvyadi Kwath In Raktarsha – A Case Report

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Abstract:

In day to day practice we come across many patients of complaining bleeding per anus. This is mainly due to Arsha, known as Raktarsha in Ayurveda.

Due to fast Communication in life style people's are using Bicycle, Bike, Car use of such Vehicles is a causative factor of Arsha.

The treatment with Darvyadi Kwatha shown effective results during and first follow up treatment reducing sign and symptoms. The aim and object of this study is to evaluate efficacy of Darvyadi Kwatha in Raktarsha. Total 30 patients were selected as open random clinical study and all the patients given with Darvyadi Kwatha for 10 days. Significant results are observed in complaints of Raktarsha

Introduction:

Ayurveda is a unique health science. Ayurveda is not merely health science but also it reflects the genuine style of life. Ayurveda is most conscious about Dinacharya and Rutucharya. Altered life style altered bowel habit due to fast food bad habits like tobacco chewing, consumption of alcohol, working I A.C. spicy food eating, etc.

This disease can cause many complications and hazards to the patient if not treated properly. These complications are severe anaemia, and rectal Infections. In Nidansthana of Asthanga Hridya seventh adhya Vagbhatacharya described definition of Arsha. Derangement of Trisha mainly Vata dosha, vitiated dosha localised in gudawali pradhan dhamni and mansdhara kala, and vitiates twaka, meda and rakta. Resulting annavaha srotodushthi.

In modern definition of Haemorrhoids is as follows. Haemorrhoids are swollen and stretched out veins that line anal canal and lower rectum. As present Raktarsha is most common burning problem affecting human being. There are 6 types of Arsha 1) Vataj 2) Pittaj 3) Kaphaj 4) Sannipataj 5) Sahaj 6) Raktarsha.

Acharya Sushruta described four types of chikitsa in Arsha as follows

1) Bhaishajya chikitsa 2) Kshara chikitsa 3) Agni chikitsa 4) Shashtra chikitsa

Obviously first preference should be given to the Bhaishajya chikitsa. If Vyadhi samprapti is pointed out in first stage it gives good response to Bhaishajya chikitsa. Shastikarma is last choice of treatment. Hence treating with Raktarsha conservative line of treatment is as follows

- 1) Agnidipak
- 2) Raktastambhaka
- 3) Dosha Pachak
- 4) Tiktarasastambhak

Darvyadi Kwatha mainly contain Daruharidra, Ushira and Nimba. Properties of these drugs are Raktastambhak, Pittashamak, and kaphapitta shaman respectively. So these drugs are mainly acts on Raktarsha. During research work Darvyadi Kwatha given only in Apan kala i.e. empty stomach. The oral mode of administration is very much convenient to the patient. The dose is also suitable to the patient. Thus the project is very much fruitful with very low cost. Taking into consideration we decided to prepare case report on this subject.

Aims: To study the effect of Darvyadi Kwatha on Raktarsha

Objective: To study the effect of Darvyadi Kwatha in Raktarsha

Material and methods: All the patients received verbal instruction regarding their diet as well as the daily activities till treatment was given, special attention was given on diet.

All the patients received Darvyadi Kwatha 40 ml daily at two times at apan kala with Koshna jala. All these patients given oral instruction regarding their food habits. Type of food veg or non veg not changed but the quality of food was asked to change.

Sample size: 30 patients

Design : Open random clinical study

Inclusive Criteria:

- 1) Age- Age group will be from 10 yr onwards upto 60 yr
- 2) Both male and female
- 3) Marital status- Both marr and unmarried
- 4) The patient of the Raktarsha having following symptoms will be included in the study
 - 1) Gudagata Raktastrava
 - 2) Gudadaha
 - 3) Gudakleda
 - 4) Gudakandu

Exclusive Criteria: Patient suffering from Raktarsha due to following diseases will be excluded

- 1)Hypertension
- 2) Blood dyscrasiasis
- 3) AIDS
- 4) Bleeding disorders
- 5) Ca Rectum
- 6) Rectal polyp

Investigations:Haemogram with ESR ,Clottingtime,Prothombin time,HIV, HBS AG

Examination of patient : External examination by inspection

Internal examination by

- 1) Per rectal examination digital examination and proctoscopy

Mode of action of drug: Darvyadi Kwatha mainly contain Daru haridra, Ushira and Nimba. properties of these drugs are kaphspitta shamak, Raktastambhak, pittashamak, and Kaphapittashaman respectively.

Assessment criteria:

- 1) Guda Gat Raktastrava

+++ Stream of blood
++ 5-10 drops
+ 2-5 drops
0 Absent

- 2) Guda Daha

+++ More than 15 min after defecation
++ upto 15 min after defecation
+ Present at time defecation only
0 Absent

- 3) Guda Shula

+++ Present more than 15 min after defecation
++ .present upto 15 min after defecation
+ present only defecation
0 Absent

- 4)Guda Kleda

+++ Sticky discharge at anus about 1 hour
++ Sticky discharge at anus before and after defecation
+ mild Sticky discharge at anus at the time of defecation
0 Absent

Criteria for Upashaya:

+++ To +++ Anupshaya
+++ To ++ Heen Upashaya
+++ To + Madhyam
+++ To 0 Uttam Upashaya

Lakshana remains

+++ as +++ 0% Relief
+++ As ++ 33.3% Relief
+++ as + 66.66% Relief

+++ as 0 100% Relief

Symptoms	BT	AT	Difference	SD	SE	%	T TEST	P value
Gudgata Raktatrava	2.9	0.2	2.70	0.47	0.10	93.1	25.65	<0.001
Gudadaha	2.2	0.2	2.00	1.16	0.26	90.9	7.6	<0.001
Gudashula	2.8	0.4	2.40	0.75	0.16	85.71	14.23	<0.001
Gudakleda	1.83	0.53	1.30	0.60	0.11	71.03	10.38	<0.001

Result and discussion:

During the present study on Raktarsha .we have found that Raktarsha is well described in ancient literature by Charak, Sushruta and Vagbhata.

The clinical trials of Darvyadi Kwatha in Raktarsha were performed on 30 patient on an OPD of these patients Out of these 80 % patients are male and 20% patient are female.The occurrence of piles was more predominant in farmer nearly 25% followed by 18.33% in labour and services .students category 10% .The distribution of patients according to nature of work clearly depicted.that the patients involved in physical work is nearly 58.33% of total.prakrutiwise classification of the patient under study revealed that the patients of Vata pitta are 30% of the total.it has been observed that Vata Pitta prakruti is more susceptible to piles.Pitta Vata 21.68% and pitta kapha 16.66% .It has been observed that 100% patients has Gudgata Raktatrava ,Gudadaha ,Gudashula and Gudakleda were observed 75%..GudagataRaktstrava is a cardinal sign of Raktarsha .Uttam Raktastambhak effect was seen j 66.66% patient.madhyam Upashaya was seen 23.33% .in madhyam Upashaya blood does not stop completely its flow definitely decreased.This shows that Darvyadi Kwatha gives excellent relief as Raktastambhak. Gudadaha symptoms 63.33% patient got efemale.Thresult.26.66% got Madhyam and 3.33 % got Anupshaya.Uttam shikhar effect was seen in 50% patient.Madhyam 40% and 6.66 hina upshaya and 3.33 % anupshaya.Gudakleda 85% patient had got excellent results.q0% patient got madhyam and 5 % patient had got Anupshaya.

Conclusion:

- 1)The incidence of Raktarsha is common in persons of Madhyam Vaya
- 2) Arsha are always associated with Agnimandya
- 3) Gudgata Raktatrava , Gudadaha, Gudashula are positively seen in person having Raktarsha
- 4) Hard worker class are the most sufferer of this disease
- 5) In female. Delayed labour and multiparity are the prime cause of Arsha
- 6) Patient with Vata pitta prakruti suffer more
- 7) Non vegetarian are more affected
- 8) Raktarsha is commonly seen in person having physical and mental stress
- 9) Agnivardhak effect is quite encouraging
- 10) Daha shaman effect of Darvyadi Kwatha is quite encouraging

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