

A Clinical Study of ' Bilva Patra Kwath Avagahan Sweda' in Management of Arsha in Garbhini With Special Reference to Haemorrhoids.

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Haemorrhoids are uncomfortable, painful condition that is very common during pregnancy due to various causes. The haemorrhoidal plexus get dilated and inflamed resulting in formation of haemorrhoids which are very painful. If not treated at proper time may cause bleeding and protrusion of the haemorrhoids. In such a condition, surgical and para-surgical procedures have limitations and use of internally ushna and tikshna kalpas are contraindicated in Garbhini.

Keeping in view these problems BILVA Patra Kwath avgahan sweda karma in charak chikitsa sthana 14/47 was selected to evaluate the effect of avgahan sweda karma in relieving the signs and symptoms of haemorrhoids. Bilva patra kwath sitz bath given to the GARBHINI patient suffering by haemorrhoids.

In present study, done on 10 patients, an effort has been made to derive safe, easy accessible treatment in pregnancy. A BILVA patra kwath avgahan sweda, which has proven Anti-inflammatory property relieves venous congestion, relieves spasm of sphincter muscles, reducing irritation & itching. Assessment done on the basis of criteria, resulting into relieving pain and significant reduction in size of piles mass without any untoward side effect in pregnancy.

(Key words:- Pregnancy, Haemorrhoids, BILVA Patra Avagahn, Anti-inflammatory, safe.)

Intoduction: -

व्याधींश्चास्या मृदुमधुरशिशिरसुखसुकुमारप्रायै औषधाहारोपचारैः रूपचेत् ।
पुर्णामिव तैलपात्रमसंक्षोभयताऽन्तर्वत्नी भवत्युपचर्या ॥ च. शा. ८/२२.

Pregnancy is such delicate a condition that acharya charak has compared it with handling open container full of oil, so oil should not split out. Haemorrhoids are common during such a delicate condition of pregnancy because of following reasons.

The growing uterus puts pressure on the pelvic veins and inferior vena cava, which can slow the return of blood from the lower half of the body and increases the pressure on the veins, which causes them more dilated or swollen. Also increased progesterone hormone during pregnancy causes vein walls to relax and swell more easily. Progesterone also contributes to constipation by slowing down intestinal tract. Constipation can also cause and aggravate haemorrhoids due to straining.

In pregnancy surgical and para-surgical procedures have limitations and use of internally

ushna and tikshna kalpas are contraindicated which can be harmful for life of foetus and mother, also growth and normal development of the foetus. In Ayurveda- avagah sweda is the procedure to sit in warm water for a short period of time, which promote healing and ease discomfort by encouraging blood flow to the rectal area. It's also help to relax the anal sphincter.

Bilva Patra Kwath is used for avagah sweda. Bilva is included in **Shothhar** and **Arshohar Mahakashay** by acharya Charak. Bilva leaves also have contains which shows **Anti-inflammatory** and **Analgesic** properties, is proved in many recent studies. Also acharya Charak has mentioned Bilva Patra kwath avgahan in asrhorog chikitsa adhyay.

बिल्वक्वाथेऽथवा अवगाहयेत् ॥ च१४ .चि. १४७

In present study on 10 garbhini patients suffering by hemorrhoids, Bilva Patra avgah sweda is given as a safe, easy accessible method, not causing any harm to mother and her fetus. Combined properties of Bilva Patra kwath and its sitz bath which has proven anti-inflammatory & analgesic properties(1,2,3), relieves venous congestion, relieves spasm of sphincter muscles, reducing

irritation & itching. Assessment done on the basis of criteria, resulting into relieving pain and significant reduction in size of piles mass without any untoward side effect in pregnancy.

Aims & Objectives

- 1) To study the clinical effect of Bilva Patra Kwath avagah sweda in the Management of Arsha in Garbhini w.s.r. Haemorrhoids.
- 2) To manage and reduce symptoms of Haemorrhoids such as bleeding per rectum, pain, swelling in Garbhini patients
- 3) To find out simple, amble, safe and cost effective therapeutic regimes without any untoward side effect in pregnancy in the management of Arsh.
- 4) To review the literature about Bilva properties & Arsha vyadhi in Garbhini.

Bilva :

Taxonomical Classification :-

Kingdom: Plantae
 Unranked: Angiosperms
 Unranked: Eudicots
 Unranked: Rosids
 Order: Sapindales
 Family: Rutaceae
 Subfamily: Aurantioideae
 Tribe: Clauseneae
 Genus: Aegel correa
 Species: A.marmelos
 Binomial name: Aegel marmelos (L.) Correa

Latin name: - Aegel marmelos corr.

English name: - Bael, Bengal quince, Golden apple, Wood apple, Stone apple

Sanskrit names:- Bilva, Shandilya, Shailush, Shreefal, Gandhgarbh, Kantaki, Sadafal, Mahakapittha, Malur, Granthil.

Gan:- **Shothhar, Arshoghna, Aasthapanog, Anuvasanopag (charak samhita)**
 Brihat panchamul, Varunadi gan, Ambshthadi gan.

Ayurvedic properties: - Guna :- Laghu, Ruksha.

Ras:- Kashay, Tikta.

Vipak:- Katu

Virya:- Ushna

Doshghnata : - Kapha-Vataghna.

Property of Patra (leaves) : - **Locally Shothhar and Vednasthapan**

Parts used: - roots, root bark, leaves, ripe and unripe fruits.

Chemical composition: - **Fruit:** contains marmalotin, **Young bark:** coumarin & umbelliferone, **Matured bark:** Y-fragine, umbelliferone, marmesin, sterols, tritepenoids. **Seeds:** aromatic, yellowish greenish oil obtained by pressing, which has laxative effect. **Leaves:** contains essential oil consisting of B-phellandrine. **Roots, leaves& bark** mainly contain tannin.



Recent studies: - many following studies shows the anti inflammatory & analgesic property of Aegel marmelos leaves and root extracts

- 1)Anti-inflammatory activity of plants :- (Journal of natural remedies) C.O. Okali, P. A. Akah, S.V. Nwafor, Nigeria. (2002)
- 2)Biochemical Variation Studies in Aegel marmelos (Journal of chemical and pharmacological research) :-Johnson M, Pallyamkttai, Tamilnadu (2010)
- 3)Recent Trends in Medicinal uses and health benefits of Indian traditional herbes:- Aegel marmelos Coimbtore medical college , Tamilnadu .(2012)

Materials & Methods

Detail Plan and Protocol -

Centre of Study - Department of Shalya Tantra, Yashwant Rao Chavhan Ayurved Medical College, Nipani-Bhalgaon, Beed Road Aurangabad-431001, Maharashtra.

No. of Patients - 10
Selection of patients - Diagnosed patients of Haemorrhoids in pregnancy at M.A.Podar Hospitals O.P.D. and I.P.D.

Consent – A well informed written consent has been taken before starting the treatment.

Instruments: - electric heating instrument, plastic tub for sitting

Drug – Bilva Patra Kwath

Kwath preparation: 1) fresh crushed leaves of Bilva boiled in 8 times water upto ¼ of total water remains.

Avgah Swedan procedure: 1) patient is asked to sit in tub filled with luke warm bilva kwath for 10 minutes

2) Avgahan sweda given twice a day.

Diet – Pathyapathya advised as follows.

- a) **Pathya Ahara** – Buttermilk, Ghee, milk, Rice, Leafy Vegetables, Citrus Fruits and Plenty of Oral Fluids.
- b) **Apathya Ahara** – Nonvegetarian food, Spicy Food, Alcohol, Tobacco and Unwholesome preserved canned food,
- c) **Apathy vihar** :- straining during defecation, utkatasan.
- d) **Duration of Treatment** – Avgah sweda givan twice a day for 7 days
- e) **Follow up**- Twice weekly for 1month, and patient is assessed for clinical symptoms on alternate days
- f) **Criteria Of Selection Of Patients**

The patients of GARBHINI having classical signs and symptoms of Arsha be selected.

Inclusion criteria-

- 1) 1st, 2nd & 3rd Degree Haemorrhoids.
- 2) the patient of all trimesters of pregnancy
- 3) Patients of age group 18 to 35 years old.

Exclusion criteria :-

- 1) 4th degree Haemorrhoids.
- 2) Thrombosed Haemorrhoids, Haemorrhoids with ulcerative colitis, Fissure in Ano, Fistula in Ano, Rectal-Polyps, Solitary Rectal Ulcer and Prolapse of rectum.
- 3) HIV, HBsAg Positive Patients.

4) Threatened or any complicated pregnancy, where there is mother or foetus are at risk .

5) Patients with Hepatic Disorders, Diabetes, Pulmonary & Intestinal Tuberculosis, Carcinomatous conditions of Anorectal region and Syphilis.

Investigations

Routine investigations before treatment -

1. Blood:- CBC
 1. ESR
 2. BT
 3. CT
2. BSL a) Fasting & b) Post prandial
3. LFT
4. RFT
5. Urine a) Routine & b) Microscopic
6. HBsAg
7. HIV I and II
8. Digital rectal examination
9. Proctoscopy
10. Sigmoidoscopy (if required)

Criteria For Assessment

The following pattern will be adopted for scoring.

1) PR bleeding –

- 0- No bleeding.
- 1- Mild bleeding with defecation.(up to 10 drops)
- 2- Moderate bleeding.(10 to 20 drops)
- 3- Profuse bleeding.(more than 20 drops)

2) Pain :- For assessment of pain

Visual Analogue Scale: (Mac’ gills pain scale)

The following scale was used to help out assessing the severity of pain. Patients were asked to locate a finger at any of the numerical over the scale and the severity of pain was assessed according to that for which the numerical are labelled.

0	1	2	3	4	5	6	7	8	9	10
N o p a i n	Mil d	Discomfo rting	Distres sing	Horri ble	excrucia ting					
Ni l	Mil d	Moderate			Severe					

- Grade 0 - Nil
- Grade 1 – Mild
- Grade 2 – Moderate
- Grade 3 – Severe

3)Size of Internal Haemorrhoid – (i.e. Inflammation) will be assessed by inspection, Proctoscopy and Photographs

- 0 – Complete Reduction.
- 1 – Size Reduction by 25 %.
- 2 – Size Reduction by 50 %.
- 3 – No Change in Size.

Assessment of effect of therapy (result)

- Cured** –76% to100 % relief in signs and symptoms.
- Markedly improved** – 51% to 75% relief in signs and symptoms.
- Improved** –26% to 50% relief in signs and symptoms.
- Unchanged** -upto 25% relief in sign and symptoms.

Observation and Results

Sr No	Symptom	B T	A T	Dif f	%
1	PR bleeding	7	3	4	57.142 86
2	Pain	7	1	6	85.714 29
3	Size of Haemorrhoid	9	4	5	55.555 56
4	Total	23	8	15	65.217 39

Data obtained from observation of 10 pts, unpaired ‘t’ test applied to data, shows that, pain was relieved by averagely 85.71%, PR bleeding was relieved by 57.14% while 55.55% relief occurs in Size of Internal Haemorrhoid. This shows overall averagely 65.21% relief in all symptoms which is highly significant.

BEFORE TREATMENT



AFTER TREATMENT





Before Treatment



After Treatment

Discussion:

The clinical study done on 10 patient and its analysis done. A Bilva is Ushna Virya Dravya and have Kashay-Tikta Ras, due to which it is Vata-Kaphaghna. Due to Kashay ras, hemostasis of P/R carried out, tikta ras gives relieve venous congestion, due to ushna & vata-kapha shamak property, pain and swelling is reduced. A BILVA Patra kwath, which contains B-phellandrine & tannin has proven Anti-inflammatory property relieves venous congestion & it also reduce the pain and swelling of pile mass.

Bilva Patra Avagah sweda is the procedure to sit in warm water for a short period of time, which promote healing and ease discomfort by encouraging blood flow to the rectal area, relieves the congestion of pile mass, relax the anal sphincter muscle & relieves the pain due to hot fomentation. It shows marked improvement in symptoms like PR bleeding and significant decrease in size of Haemorrhoids, also about all patient get relieved from pain, and continued pregnancy without any complication.

In obstetrics we also observed in study that prevalence of haemorrhoids is more in third trimester(7 out of 10 patients) of pregnancy.

Conclusion:

The Bilva Patra Kwath Avgahan Swedan is clinically proved as effective in treatment of Haemorrhoids in GARBHINI and gives significant relief from all symptoms, proving it as safe, cost

effective, standard, easy accessible treatment of internal Haemorrhoids in pregnancy without any untoward effect to mother and foetus.

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