

**PILOT STUDY ON EFFICACY OF *SNUHIKSHEERHARIDRACHURNA ALEPA* IN
ARSHA WITH SPECIAL REFERENCE TO II AND III DEGREE INTERNAL
HAEMORRHOID***¹Dr. Akanksha Ravindra Rangari and ²Dr. Jyoti Shinde¹PG Scholar, Department of Shalyatantra, Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra, India.²Professor and HOD, Department of Shalyatantra, Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra, India.

*Corresponding Author: Dr. Akanksha Ravindra Rangari

PG Scholar, Department of Shalyatantra, Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra, India.

Article Received on 16/01/2024

Article Revised on 06/02/2024

Article Accepted on 26/02/2024

ABSTRACT

Background - Haemorrhoid is the most common disease amongst anorectal disorders and is becoming one of the common problems in the society now a day. Haemorrhoids also known as *Arsha* according to Ayurvedic science, are characterized by prolapse of mass, per rectal bleeding, pain, itching and discharge. Numerous treatment protocols are available for haemorrhoid in both modern and ayurvedic science. Based on the degree of haemorrhoids, the treatment strategies including conservative management and surgical intervention. Surgical management may lead to complications. So, it becomes necessary to find out the alternative effective therapy as well as affordable treatment option for the disease. **Aim**- To evaluate the effect of local application of *Snuhiksheerharidrachurna Alepa* in the management of II and III degree haemorrhoid. **Material and method** – Total 15 diagnosed patients of *Arsha* were treated with local application along with supportive adjuvant treatment. Follow up was taken weekly till the complete healing of wound. **Observation** –Symptoms like prolapse of pile mass, per rectal bleeding and pain were significantly reduced within 3 weeks along with sloughing of the pile mass and healing of wound. Considering overall effect, out of 15 patients 7 patients were completely cured i.e. 46.66% and 7 patients were markedly improved i.e. 46.66 % and 6.66% i. e 1 patient was moderately improved at the end of 21 days. **Result** – Very encouraging result was obtained with local application of *Snuhiksheerharidrachurna Alepa* in management of II and III degree haemorrhoid. **Conclusion**: Considering the properties of individual drugs, observation and result obtained as well as overall effectiveness of *Snuhiksheerharidrachurna Alepa*, it can be concluded that it can prove safe and effective alternative option for management of II and III degree haemorrhoid.

KEYWORDS: *Arsha*, haemorrhoid, *Snuhiksheerharidrachurna Alepa*.**INTRODUCTION**

Haemorrhoid is the most common disease amongst anorectal disorders and is becoming one of the common problems in the society now a day. One of the cause for its existence is sedentary life style. This problem not only disturbs the daily routine but also it decreases the quality of life of a person. Haemorrhoids are characterized by prolapse of mass, per rectal bleeding, pain, itching and discharge. In Ayurveda science, haemorrhoids are being described as *Arsha*.

Acharya Sushruta categorized *Arsha* under *Ashtamahagada*,^[1] which shows the gravity of the disease. *Arsha* occurs in the *Guda* which is undoubtedly a vital spot i.e *Sadyopranhaar* and *mamsa marma* as per Sushruta. *Arsha* is well known for its chronicity and complexity. It is a local manifestation of systemic derangement of *dosha*. Vitiation of *doshas* adversely

affects the digestive fire resulting in *Mandagni*,^[2] which in turn leads to constipation. Prolonged contact of accumulated *Mala* vitiates *Gudavali* and *Pradhan dhamani* which further vitiates the *twak*, *mamsa* and *meda dhatu* due to *purishvah strotro dushti* leading to development of *Arsha*.^[3] The prevalent *Dosha* involved in the disease is *Vata*, *Pitta* and *Kapha* and *Dushya* are *Twak*, *Rakta* and *Mamsa*. *Arsha* is described in detail by *Bruhatrayi*, according to *Acharya Vagbhata*, well known definition of *Arsha* (haemorrhoid) is, it is an entity in which muscular projections trouble the patients like *enemy*.^[4]

Prevalence of the disease - Globally the incidence ranges from 50-80% and in India it affects around 75% of the population. Haemorrhoids, generally has the peak prevalence at the age of 45 to 65 years and affects both the genders.^[5] As per the modern system of medicine,

Haemorrhoids are the varicose condition of the veins within the anal canal in the sub epithelial region formed by the radicals of the superior, medial and inferior rectal veins. Most frequent symptoms leading to surgical intervention for haemorrhoidal sufferers are bleeding, protrusion, anorectal discomfort, discharge, pain and anaemia.

The factors associated with the development of haemorrhoids encompass constipation, straining during defecation, high fat diet and low fibre intake. Haemorrhoids are clearly divided into two categories-internal and external. Based on the degree of prolapse haemorrhoids are classified into four grades. Thus, first degree piles has visible vessels, second degree piles prolapse with defecation and restore instantly, third degree piles prolapse but requires manual replacement and fourth degree piles prolapse out of the anal canal.^[6] Most frequent symptoms leading to surgical intervention for haemorrhoidal sufferers are bleeding, protrusion, anorectal discomfort, discharge, pain and anaemia.

There are numerous treatment protocols for haemorrhoid in both modern and ayurvedic science. Based on the degree of haemorrhoids, the treatment strategies including conservative management and surgical intervention. Surgery includes sclerotherapy, rubber band ligation, stapler haemorrhoidectomy, scalpel and laser surgery, Infrared coagulation (IRC), Doppler guided hemorrhoidal artery ligation (DGHAL), LASER, radio frequency ablation, etc.^[7] But nowadays in the hard and fast life, people prefer quick relief, less hospital stay. So, it is necessary to find out effective and affordable conservative treatment option for the management of haemorrhoid.

In Ayurveda, Acharya Sushruta advocated four fold treatment for the management of *Arsha* viz., Bhesaja (medical management), *Kshar* (alkaline ayurvedic preparation) *Agni* (cauterization) and *Shastra*(surgery).^[8] Sushruta has given first preference to *Bhesaja Chikitsa*. Application of *Alepa* for the treatment of haemorrhoids can be categorized under bhesaj chikitsa. *Alepa* is one of the treatment modality described in *Shashtiupkrama*,^[9] for the management of *vranashofa* i.e inflammation. *Alepa* is common for all types of inflammatory conditions. It is advocated for the shaman of local vitiated *Doshas*. *Arsha* is the manifestation of vitiated *tridoshas* and *rakta, mamsa dushti* in anal canal. In this context, *Alepa* plays a crucial role in pacifying *doshas* as well as local *rakta, mamsa dushti*.

Despite advances in various procedures and better surgical approaches, post-procedural pain and disease recurrence is the most challenging problems in the treatment of haemorrhoids. On this background, application of *Snuhikskeerharidrachurna Alepa*.^[10] may prove a better treatment option for II and III degree haemorrhoids.

Alepa on Arsha (haemorrhoid) is one such treatment modality mentioned by Sushruta in *Chikitsathan1/14*. Most of the patients need quick relief without complications which can be attained by local application as *Alepa* rather than the use of internal medications. *Alepa* not only relieves the pain and swelling, it also alleviates *dosha*, causes *shodhana* and helps in the healing process.^[11] Acharya Sushruta has described many *Alepa* in the treatment of *Arsha* in Sushruta *Arshachikitsa Adhyaya* 6/12. Amongst them, one is *Snuhikskeerharidrachurna Alepa*. Efficacy of *Snuhikskeerharidrachurna Alepa* is still unexplored sufficiently on scientific base. So present study is planned to evaluate the effect of *Snuhikskeerharidrachurna Alepa* in *Arsha* with special reference to the reduction of size of pile mass as well as bleeding per rectum in II and III degree hemorrhoids.

OBJECTIVES

1. To evaluate the role of *Snuhikskeerharidrachurna Alepa* on reduction of size of pile mass in II and III degree haemorrhoid.
2. To evaluate the effect of *Snuhikskeerharidrachurna Alepa* in *Gudgata raktastrava* (PR Bleeding) and anorectal pain II and III degree haemorrhoid.

MATERIAL AND METHODS

Method of collection of Data

In current pilot study, 15 patients of both genders were randomly selected from the OPD of the Institute. Selected patients were subjected to *Snuhikskeerharidrachurna Alepa* after taking their voluntary consent. All aspects including medical history, physical examination and necessary laboratory investigations were recorded in specially prepared case proforma. Changes in parameters before, during, and after the intervention were recorded as well.

Study design

An observational, clinical, non- comparative study.

Method of selection of study subjects

• Inclusion criteria

- 1) Diagnosed patients of II and III degree haemorrhoids in the age group of 18-60yrs.
- 2) Selection will be irrespective of gender, religion, education and socio-economic status of the patients.

• Exclusion Criteria

- 1) Patients with grade II and III degree haemorrhoids.
- 2) Patients suffering from different pathologies of anal canal and rectum like carcinoma rectum and anal canal, ulcerative colitis, proctitis etc.
- 3) Patients with uncontrolled diabetes mellitus, immune-compromised patients
- 4) Known patients of portal hypertension will be excluded.

Methods of treatment

All patients under the study were treated on OPD basis. *Snuhiksheerharidrachurna Alepa* was applied locally in patients with II and III degree haemorrhoid and next sitting was done on 7th day if required. Follow up of the patients was taken weekly upto three weeks. Adjuvant treatment comprising *Triphala churna* 5 gm orally with luke warm water at bed time and sitz bath with *triphala kwath* thrice a day was advised.

Method of preparation of Alepa

- *Haridra churna* was prepared from desiccated rhizomes of *haridra*.
- The *churna* of *haridra* was mixed properly with *Snuhi Ksheer* to form *Alepa*.
- This *Alepa* will be used on grade II and III degree haemorrhoids.
- Investigations: Routine haemogram, blood sugar level, HIV, HBSAg, physician fitness were carried out.
- It will be conducted according to the principles of *trividha karma*.
- Procedure for application of *Snuhiksheerharidrachurna Alepa*.

Purva karma

1. Routine investigations mentioned were done.
2. Written and informed consent of the patient taken.
3. Physician's fitness done.
4. Evacuation of bowel be done by soap water enema in morning prior to procedure.
5. Shaving and preparation of parts done.

Pradhan karma

Method of drug application

1. Under all aseptic precautions, the patient laid down in lithotomy position.
2. Painting and drapping of perianal area will be done.
3. Then, a slit proctoscope lubricated with Lignocaine 2% jelly was introduced in the anal canal.
4. The pile mass was fixed at the suitable place into the aperture.

5. Pile mass was identified and cleaned with dry gauze and remaining mucosa was covered with gauze to avoid *Alepa* application on normal tissue.
6. *Snuhiksheerharidrachurna Alepa* was applied over the fixed pile mass.
7. Applied *Alepa* was kept for 2 minutes in situ.
8. *Alepa* was removed using cotton swabs and normal saline. Same procedure was repeated for each pile mass.

Paschat karma

1. *Trifala churna* at night was administered with luke warm water.
2. Sitz bath with *triphala kwatha* was advised thrice a day.
3. Follow up was taken on 7th, 14th day. Second sitting was done on 8th day if required.

Criteria for assessment

Patients were assessed on following criteria.

Assessment Criteria

The signs and symptoms of haemorrhoid as per rectal bleeding, pain, prolapse of mass, constipation were noted in the special case proforma during history taking of the patient. Assessment of the result was done on different criteria like reduction in size of pile mass, per rectal bleeding, and ano rectal pain.

Table 1:

Sr. No.	Assessment Parameters	Assessment Criteria	Grade
1.	Size of pile mass	75% and above reduction in size of pile mass	0
		50% to 74% reduction in size of pile mass	1
		25% to 49% reduction in size of pile mass	2
		Below 24% reduction in size of the pile mass	3
2.	Per rectal bleeding	No bleeding	0
		Bleeding during defecation up to 5 ml	1
		Bleeding during defecation up to 10ml	2
		Splash in a pan	3
3.	Pain	No pain (score on VAS - 0)	0
		Mild pain (score on VAS- 1-3)	1
		Moderate pain (score on VAS - 4-6)	2
		Severe pain (score on VAS- 7-10)	3

Photos



OBSERVATIONS AND RESULTS

Table 2: Result of the parameters.

Analysis report

Sr. No.	Parameters	Time	Mean	SD	Median	Range	F- value	P value
1.	Size of pile mass	Before treatment	3	0	3	0-3	295.35	<0.0001
		1 st day	2	0	2	0-2		
		7 th day	1.06	0.25	1	1-2		
		14 th day	0.2	0.56	0	0-1		
2.	Per Rectal Bleeding	Before treatment	2.73	0.45	3	2-3	134.80	<0.0001
		1 st day	1.73	0.45	2	1-2		
		7 th day	1	0.53	1	0-2		
		14 th day	0.2	0.41	0	0-1		
3.	Pain	Before treatment	2.66	0.48	3	2-3	75.74	<0.0001
		1 st day	2.6	0.50	3	2-3		
		7 th day	1.33	0.48	1	1-2		
		14 th day	0.4	0.50	0	0-1		

Statistical Analysis

Data analysis was done with the help of Statistician. Data was coded and entered in MS- Excel worksheet and analyzed by appropriate statistical software. Data was collected from the analytical data it was initiated that, the incidence rate of Haemorrhoid was more in 21-40 years of age group (66.67), and also male were more prone to this disease (56%). Also patient having mixed diet i.e. both vegetarian and non-vegetarian diet were found to be more prone to this study.

In the present study, interval of every 7 days assessment was done to find out the efficacy of local application of *Snuhiksheerharidra churna alepa* in terms of reduction in the size of Arsha, per rectal bleeding and pain in II and III degree haemorrhoid. Being the qualitative data, one-way repeated measure ANOVA test was applied. Highly significant results were obtained with p- value < 0.001 in all three parameters.

On comparing the effectiveness of treatment on reduction of size of pile mass, in every follow up, it was found that before treatment mean score was 3 which was gradually reduced to 2, 1.06 and 0.2 on 1st, 7th and 14th day respectively. P-value was 0.001 which is highly significant. This shows that this treatment modality was effective in the reduction of size of pile mass.

On comparing the effectiveness of treatment in reducing per rectal bleeding, in every follow up, it was found that before treatment mean score was 2.73 which was gradually reduced to 1.73, 1 and 0.2 on 1st, 7th and 14th

day respectively. P-value was 0.001 which is highly significant. This shows that this treatment modality was effective in reducing the per rectal bleeding.

On comparing the effectiveness of treatment in reducing ano rectal pain, in every follow up, it was found that before treatment mean score was 2.66 which was gradually reduced to 2.6, 1.33 and 0.4 on 1st, 7th and 14th day respectively. P-value was 0.001 which is highly significant. This shows that this treatment modality was effective in the reducing the ano rectal pain.

Overall assessment of therapy

Table 3:

Assessment criteria	No. of patients	Percentage
100% complete cure	7	46.66
76 – 100 markedly improved	7	46.66
50 – 75 moderately improved	1	6.66
25 – 50	0	0
<25 Unchanged	0	0

Considering the overall effect 7 i.e 46.66 % patients were completely cured while there was moderate improvement seen in 6.66 % patients.

Overall effect of therapy is 91.84%.

DISCUSSION

The disease haemorrhoid affects the patients irrespective of their gender and age. It was commonly found in males who work in the service sector and have more of sitting work and are likely to suffer from habitual constipation. In this study maximum number of patients were from the age group of 21- 40 years of age. Also students were more susceptible due to prolonged sitting and having spicy and junk food in their diet.

In this study, *Snuhiksbeer* and *Haridra* are the major ingredients of the *Alepa*. *Snuhi*.^[13,14] possesses some qualities which are same as that of *Kshar*. *Snuhiksbeer* has pH of 4.96 and *haridra* has pH 7.4 and the combination of *snuhiksbeer* mixed *haridra* paste has a pH of 8.7, this increase in the alkaline nature of drugs which have the potency to burn (cauterize).^[12] *Snuhiksbeer* is the latex of the plant *Euphorbia nerifloria*, having *ras katu*, *laghu* and *tikshna guna*, *vipak- katu* and *virya – ushna*. *Sudhaksbeer* having properties of *Lekhana*, *Tikshan-Virechak*, *Kapha Nisarak laghu*, *Tikshna Snigdha Guna* and *ushna virya*. It cauterizes the pile mass directly because of its corrosive nature thus reducing the size of pile mass.

Snuhi and *haridra* both having *Ushna Virya*, *Snuhi* latex coagulates the haemorrhoidal plexus leading to the seize of per rectal bleeding and fibrosis of the plexus, thus sloughing of the necrose tissue. Also *haridra*.^[15,16] has *tikta katu ras*, *ruksha laghu guna* and *katu vipak* and *ushna virya*. *Haridra* possesses *tridoshamak*, *varnya*, *lekha* *vishaghna*, *krimighna*, *vrananashak* property,

ushna virya, analgesic and antimicrobial properties. *Haridra* has anti-inflammatory activity so this *alepa* helps in reducing the size and prolapse of of pile mass and maintains the local hygiene due its anti-bacterial, anti- fungal activity and hence also helps in the healing of wound and reduces the itching caused in the anal region. *Snuhi* and *haridra* both have *shoolhara* properties which helps in reducing the anorectal pain subsequently after 3 -4 days.

Thus, *Snuhiksbeer haridra churna Alepa* is a better therapeutic combination in the management of *Arsha*.

CONCLUSION

Based on the analysis of statistical data, it can be concluded that application of *Snuhiksbeer haridra churna Alepa* significantly reduces the size of pile mass, per rectal bleeding and ano-rectal pain. Therefore, considering overall effectiveness, it can be concluded that *Snuhiksbeer haridra churna Alepa* can prove safe and better alternative option for management of haemorrhoids. There were no adverse effect observed during the course of treatment with *Snuhiksbeer haridra churna Alepa*.

REFERENCES

1. Sushrut samhita. Sushrutasmhita, Ayurved Tatva Sandipika. Dr. Ambikaduta Shastri. Sutra Sthan- 33/4 12th ed. Chaukhamba Sanskrit Sansthan Varanasi, 2001; 126.
2. Agnivesh CharakSamhita, Chakrapanidutta, Kashinath Shastri. Chikitsasthan Sanskrit Sansthan. Varanasi, 2006; 355-356.
3. Purishvah stroto Agnivesh. Charak Samhita. Savimarshvidhyotini hindi Vyakhya, publisher Chaukhamba bharti academy, Chikitsa Sthan, 2011; 14/6.

4. Enemy Vagbhat, Ashtangrhubdayam, Vidyotini commentary. Kaviraj Atridev Gupt. Nidan Sthan-7/3. Reprint Ed, Chaukhamba Sanskrit Sansthan Varanasi, 2005; 243.
5. Incidence Prashant R Shinde A study of surgical profile of patients with heamorroids at a tertiary care, 2019.
6. Dr.S.Das. A Concise Textbook of Surgery, published by Dr.S.Das.Calcutta, printe in March. 11th ed., 2020; 1074.
7. Dr.S.Das. A Concise Textbook of Surgery, published by Dr. S. Das. Calcutta, printe in March. 11th ed.pg no.1074 treat modalities, 2020.
8. Bheshaj Sushrut. Sushrut Samhita, Ayurved Tatva Sandipika. Dr. Ambikadutta Shastri. Chikitsasthan-6/3 12th Ed, Chaukhamba Sanskrit sansthan Varanasi, 2001; 36-37.
9. Shashti upkram Sushrut, Sushrut Samhita, Ayurved Tatva Dr. Ambikadutta Sandipika by. shastri, Chaukhamba Sanskrit Sansthan, Chikitsasthan, 1/8; 5.
10. Snuhiksheer aleapa Sushrut, Sushrut Samhita, Ayurved Tatva Sandipika by Dr.Ambikadutta shastri, Chaukhamba Sanskrit Sansthan, Chikitsasthan, 6/12: 49.
11. Alepa alleviates dosha Sushrut, Sushrut Samhita, Ayurved Tatva Sandipika by Dr. Ambikadutta shastri, Chaukhamba Sanskrit Sansthan, Chikitsasthan, 1/14: 6.
12. The Ayurvedic Pharmacopoeia Of India, Part-1, Volume-1, first edition printed, published by the controller of publications civil lines, delhi, 1990; 134,135.
13. Prof.P.V Sharma, Dravyaguna Vigyan vol-2 published by chaukhamba bharti academy, 2015; 430.
14. The Ayurvedic Pharmacopoeia Of India, Part-1, Volume-1, first edition printed – 1990, published by the controller of publications civil lines, delhi, 60,61
15. Prof.P.V Sharma, Dravyaguna Vigyan vol-2 published by chaukhamba bharti academy, 2015; 162.