

EFFECT OF SHIREESHA BEEJADI LEPA IN BAHYA ARSHA W.S.R TO EXTERNAL HAEMORRHOIDS -A SINGLE CASE STUDY**Dr. Debashri Maiti¹, Dr. Noorat Badariya², Dr. Hemant D. Toshikhane³ and Dr. Harish Daga⁴**^{1,2}Final Year P.G. Scholar, Department of Shalya Tantra, Parul Institute of Ayurveda, Limda, Vadodara, Gujrat, India.³Professor and Dean of the Department of Shalya Tantra, Parul Institute of Ayurveda, Limda, Vadodara, Gujrat, India.⁴Associate Professor, Department of Shalya Tantra, Parul Institute of Ayurveda, Limda, Vadodara, Gujrat, India.***Corresponding Author: Dr. Debashri Maiti**

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ABSTRACT

The term Arshas is generally defined as the diseases, which tortures the person like an enemy is called as Arshas.^[1] Arshas is considered as one of the Asthatmahagada roga by Acharya Susruta for which different methods of management such as Bheshjakarma, ksharkarma, Shastrakarma Agnikarma and Raktamokshana. The approach of Lepa Chikitsa has been mentioned in the context of disease as Arsha, Arbuda, Bhagandar, Sira, Snayu, Asthi, Sandhigata Vata Vikaras etc. in which pain is a predominant symptom. The term 'Bahyaarshas' comprises of two words Bahya and Arshas. The word 'Bahya' means external 'arsha' means haemorrhoids. External haemorrhoids are located at the anal verge, covered with skin and situated outside the anal orifice. It results from the varicosity of the external haemorrhoidal plexus. According to Ambika datta shastry, Bahya arshas are predominant with vata dosha or kapha dosha which are shuska in nature and painful. Lepa Chikitsa can be ideate as ancient pain treatment tool. Arsha is an extremely common problem reported since many years with prevalence rate that is highest among all the anorectal disorders. But in Ayurveda four fold according to chronicity Lepan Karma procedure seems to be more effective in clinical basis in the management of Arsha.

KEYWORDS: Bahya Arsha, External Haemorrhoids, Shireesha Beejadi Lepa.**INTRODUCTION**

Maintenance of Health in terms of Preservation, Promotion as well as Longevity always has been a challenge in the history of mankind. Arshas is certainly one of the commonest ailments among ano-rectal disorders that afflict mankind. It affects the both sexes. As Arshas connect to a disease occurring in ano-rectal region, it gives agony to the patient's daily routine after creating burden on ano-rectal passage. As it is difficult to treat completely it has been placed in the group of Ashta Mahagada.^[2] Overall prevalence is stated to be 4.4% worldwide and 17% of Indians may experience hemorrhoids. Ayurveda propounded a comprehensive chikitsa for Arshas includes medicinal, surgical treatments as prevailing today Sushruta advocates the management of Arshas under four headings as follows, Ausadha karma, Shastra karmas, kshara karmas and Agni karmas.^[3] In the present era more number of patients to avoid the surgical procedures due to complications. Alepa is the initial treatment which is common to all inflammatory swellings and the most important one.^[4] Just like house burning by fire can be extinguished by pouring water, similarly alepa also relieves pain instantaneously.^[5] Alepa not only relieves pain and swellings, it also alleviates dosha, causes shodana and

helps to in healing process.^[6] Acharya Charaka gives important to lepa in diseases pertained to Bahya roga margas i.e.twak and mamsa.After shareera shodana if doshas located in twak and mamsa external application is given or if alpa doshavasta then lepa is prescribed from the very beginning.^[7] This local application was applied to relieve the inflammation and induration of the pile masses. The ingredients of this preparation acts directly on the Arshas.Apart from this,it is also relives pain, reduction of pile masses, arresting of local bleeding and relief from other symptoms.

MATERIALS AND METHOD

Brief case history:-The diagnosed cases of arsha from the OPD of Parul institute of ayurved limbda, Vadodara. A 37 years male patients residing in dabhoi Gujrat,came to Shalya OPD registered with IPD NO.18013022 complaints of pain in ano, burning sensation and outside of anal canal mass like structure since 3 months 3 O'clock positions. Pain in ano during and after defaecation.

Treatment Protocol:-Complete assessment and examination of patients was subjected for external medication for lepa Shireesha beejadi lepa over the

Bahya Arsha for 7days. Assessment was done on the subjective and objective parameters before and after treatment. On the day of admission, after taking written informed consent.

Materials:-1. Shireesha Beejadi Lepa. 2. Sterile glove 3.

Sterile cotton swab. 4. Sterile gauze 5. Luke warm water.

Procedure:-1. Under aseptic condition the area was cleaned with luke warm water 2. The topical application of shireesha beejadi ointment was done 3. And Bahya Arsha covered with sterile gauze piece.

Table 1: Ingredients of Shireesha Beejadi Lepa.

Drug name	Botanica l name	Family	Parts Use D	Rasa	Guna	Virya	Vipaka	Karma
Shireesha	Albazialebbe ck	Mimosciadeae	Bark	Tikta	Laghu	Ushna	Katu	Twak doshharas othahara
Kustha	Sauserrialepa	Asteraceae	Root	Tikta	Laghu	Ushna	Katu	Kapha and vata hara
Pippali	Pipperlongu m	Piperaceae	Fruit	Katu	Laghu	Ushna	Madhur	Vata and kapha hara
Arka	Calotropis gigantean	Asclepiadace ae	Patra	Katu	Laghu	Ushna	Katu	Tridosahar a
Sarsapa Taila	Brassica juncea	Cruciferae	Seed oil	Katu	Laghu	Ushna	Katu	Kapha vata hara
Saindhava lavana	Himalayan salt	-	-	Lavana	Laghu	Sheeta	-	Tridosha hara

Above mentioned drug having laghu, ushna, katu, madhur properties which is mentioned by Bhaishajya Ratnavali.

The method of gradation and assessment has been explained Table No 2:

1. *Ruja* (Pain)

GRADE 0	No pain	
GRADE 1	Mild pain	Tolerable without medicine
GRADE 2	Moderate pain	Tolerable with medicine
GRADE 3	Severe pain	Not tolerable with medicine

2. *Daha* (Burning Sensation)

GRADE 0	No Daha	
GRADE 1	Mild Daha	Tolerable without medicine
GRADE 2	Moderate Daha	Tolerable with medicine
GRADE 3	Severe Daha	Not tolerable with medicine

3. *Kandu* (Itching)

GRADE 0	No Kandu	
GRADE 1	Mild Kandu	Tolerable without medicine
GRADE 2	Moderate Kandu	Tolerable with medicine
GRADE 3	Severe Kandu	Not tolerable with medicine

Objective Criteria

1. *Vaivarnya* (discolouration)

GRADE 1	Skin colour
GRADE 2	Red & bluish colour

2. *Gatra* (size of the pile mass)

GRADE 0	Complete regression of the pile mass
GRADE 1	Upto 0.5cm
GRADE 2	0.5cm to 1cm
GRADE 3	More than 1cm

Assessment of Total Effect of Therapy

Symptoms	1 st day	3 rd day	5 th day	7 th day
Ruja	3	1	0	0
Daha	2	0	0	0
Kandu	0	0	0	0
Vivarnya	1	1	1	1
Size of pile mass	2	2	1	1



Before treatment

During treatment

After treatment

DISCUSSION

The patient was reported with the history of sudden pain in ano, burning sensation and outside the anal canal mass like structure. The case was clinically diagnosed as Bahya arsha (external haemorrhoids), in this case local application of shireesha beejadi lepa in the management of pain in ano, burning sensation and mass like structure in anal region, relieved sudden pain and reduced the size of arshankur. The prior to the application of lepa also contributed in tridosahara, sothahara, visarpaghna, vranahara, Varnya, kushtaghna, kandughna, twak doshahara.

In these 7 days pain, burning sensation got relieved and reduced size of arshankur, the pain assessment with vas scale gradation from 3rd grade to reduced to 0 (no pain). Daha by self gradation reduced till no daha, similarly no kandu, as from above results there is no change in vivarnya and size of arshankur reduced significantly and reduced from 2 grade to 0 grade.

CONCLUSION

In the samhita kala regarding application of lepa kalpa for therapeutic and cosmeceutics purposes for much better. From above study it can be concluded that shireesha beejadi lepa is more effective in Bahya arsha. Shireesha beejadi lepa is completely curative, safe and effective in relieving symptoms. Also useful in patients who are unwilling for surgery.

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