



# Evaluation Of The Effect Of Pippalyadi Lepa In The Management Of Arshas W.S.R. To Internal Haemorrhoids

**Dr SANTOSH METRE<sup>1</sup> Dr BASAVARAJ M MULKIPATIL<sup>2</sup> Dr G.N.DANAPPAGAUDAR<sup>3</sup>**

1.Associate Professor & HOD, Dept. of Samhita Siddhanta,

2.Principal, Professor & HOD, Dept. of Kayachikitsa

3.Professor & HOD, Dept. of Rasashastra

Shri Veer Pulikeshi Rural Ayurvedic Medical College, Hospital and Research Centre, Badami, Karnataka

## **ABSTRACT:**

The Arshas in modern concept can be compared with piles or hemorrhoids. Haemorrhoids are varicosity of the plexus of rectal veins lying under mucosa. Due to various etiological factors the hemorrhoid venous plexuses get constricted and after some time they get elongated due to the pressure exerted on them resulting in the formation of haemorrhoids at different positions in the ano-rectal region. the ancient acharyas i.e. sushruta, charaka, chakradutta, vangasena were explained curative measures for management of Arshas. Among them one local application is undertaken for the present study, known as “Pippalyadi Lepam.” The local application was applied to relieve the inflammation and indurations of the pile masses. The ingredients of this preparation acts directly on the arshas. Apart from this, it also relieves pain, reduction of pile masses, arresting of local bleeding and relief from other symptoms. The statistical analysis reveals that therapy is effective in Arshas to stop Bleeding, to relieving Pain, and Itching.

**KEY WORDS:** Arshas, Haemorrhoids, Pippalyadi Lepam

## INTRODUCTION:

Arshas described in Ayurveda as one of the mahagada. The ancient regarded this disease as a surgical domain since final resort of the treatment is surgery. In Vedas the Arshas was referred as durnam. The disease which tortures the person like an enemy is called as Arshas.

The Arshas in modern concept can be compared with piles or hemorrhoids. Hemorrhoids is a Greek word derived from two words “Haem” = Blood, “Rhoos” = flow, means that blood flows and another name is Pile. “Pile” is a Latin word derived from “Pila” denotes the ‘ball’. So it seems to be ‘ball like structure’.

Haemorrhoids are varicosity of the plexus of rectal veins lying under mucosa. Due to various etiological factors the hemorrhoid venous plexuses get constricted and after some time they get elongated due to the pressure exerted on them resulting in the formation of haemorrhoids at different positions in the ano-rectal region.

In modern medicine, it is evident that satisfactory results are not achieved due to appearance of some complications in pre and post operative stages. Apart from surgery, the advanced techniques such as cryosurgery, rubber band ligation therapy as well as infrared coagulation therapy are described.

Sushruta samhita explains detail about bheda, nidan, poorva roopa, roopa of Arsha<sup>1</sup>. Madhava nidan also explained in detail about Arsha<sup>2</sup>. The detail description of Lepa is available in Sharanghadar samhita uttarkhanda<sup>3</sup>.

The ancient acharyas i.e. sushruta, charaka, chakradutta, vangasena were explained curative measures for management of Arshas. Among them one local application is undertaken for the present study, known as “Pippalyadi Lepam<sup>4</sup>”

The local application was applied to relieve the inflammation and indurations of the pile masses. The ingredients of this preparation acts directly on the arshas. Apart from this, it also relieves pain, reduction of pile masses, arresting of local bleeding and relief from other symptoms.

## OBJECTIVE:

Evaluation of the efficacy of Pippalyadi lepana karma in the management of arsha.

## MATERIALS AND METHODS

### MATERIALS:

The materials taken for the study were:-

#### A) Drugs:

- Pippaliyaadi Lepa.

**B) Patients:** The present clinical study was carried out on 20 patients both male and female patients, attending at out-patient department of S V P R A M C, Badami, with complaints of pain & bleeding during and after defecation and inflammation, mucous discharge, discomfort which are diagnosed as Arsha

#### • Preparation of Pippalyadi Lepa

The drugs required for preparation of the medicine "Pippalyadi lepa" mentioned below, were purchased from the vendors of Ayurvedic drugs & duly identified by the botanist and authenticated from Department of Dravya Guna, SVPRAMC and Hospital Badami and samples of specimens were stored in Department.

1. Pippali-400gm
2. Saindhav-400gm
3. Kusta-400gm
4. Shirisha phala-400gm
5. Snuhi ksheera- QS

#### Preparation:

All the ingredients in powdered separately by a clean mortar & pestle, and then the coarse powder is mixed together and fine powder is obtained by using electrical pounder in the department of Rasashastra and Bhaishajya kalpana.

**STUDY DESIGN:** A comprehensive Clinical study.

### **A. SELECTION CRITERIA:**

The cases were selected as per-set inclusion and exclusion criteria

#### **❖ INCLUSIVE CRITERIA:**

- Patients with age of 16 to 55 years, irrespective of sex.
- Patients with 2<sup>nd</sup> degree and 3<sup>rd</sup> degree pile mass.

#### **❖ EXCLUSIVE CRITERIA:**

- Patients with 1<sup>st</sup> and 4<sup>th</sup> degree pile mass
- Patients suffering from other systemic disorders were excluded.
- Patients suffering from internal haemorrhoids accompanied with Fistula-in Ano, Fissure-in-Ano, Rectal Prolapse, Ano-rectal abscess, Rectal Polyps, Tumour Conditions, Interno-External haemorrhoids were excluded

### **TREATMENT MODULE:-**

#### **Pippalyadi Lepa**

- After the preparation of patient, he was made to lie down in lithotomy position and the part is cleaned with povidone-iodine solution and spirit, and mopped with sterilized cotton.
- Then Pippalyadi Lepa was applied by a sterile spoon on the pile mass. And after, a sterile gauze piece was kept over the application and T-shaped bandage was done.
- Every day in the morning the dressing was changed. After defecation the patient was advised to take sitz bath. Even after complete regression of masses, they were advised to continue the same for 7 days.

## PARAMETERS FOR ASSESSMENT

### 1. SUBJECTIVE PARAMETERS:

- **BLEEDING PER RECTUM (GUDAGATA RAKTASRAVA)**

G<sub>0</sub> - No bleeding

G<sub>1</sub> - Found on toilet paper

G<sub>2</sub> - Dripping

G<sub>3</sub> - Sluice

- **PAIN [GUDAGATA SHOOLA]:** - was assessed by Visual analog scale

G<sub>0</sub> – Absence of pain/no pain. (0 on scale)

G<sub>1</sub> – Mild – Pain that can easily be ignored. (1 to 3 on scale)

G<sub>2</sub> – Moderate – pain that cannot be ignored, interferes with function, and needs treatment from time to time. (4 to 6 on scale)

G<sub>3</sub> – Severe – That is present most of the time demanding constant attention. (7 to 10 on scale)

- **ITCHING [GUDAGATA KANDU] Grading**

G<sub>0</sub> - No Itching sensation

G<sub>1</sub> - Occasional Itching sensation at night

G<sub>2</sub> - Frequent itching sensation with gap of ½ an hour

G<sub>3</sub> - Itching sensation throughout the day

### 2. OBJECTIVE PARAMETERS:

- **SIZE OF ARSHANKURA (HAEMORRHOID)**

G<sub>0</sub> - Almost none

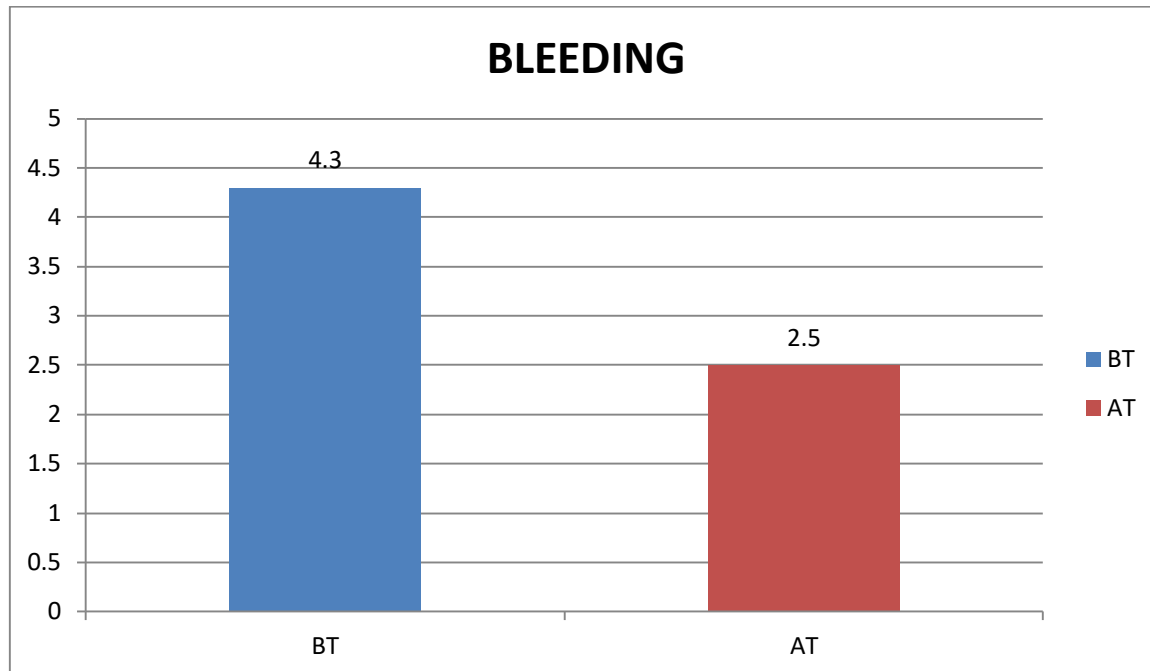
G<sub>1</sub> - Size of the tip of little finger (approx. 2 cm<sup>3</sup>)

G<sub>2</sub> - Size of the tip of index finger (approx. 3 cm<sup>3</sup>)

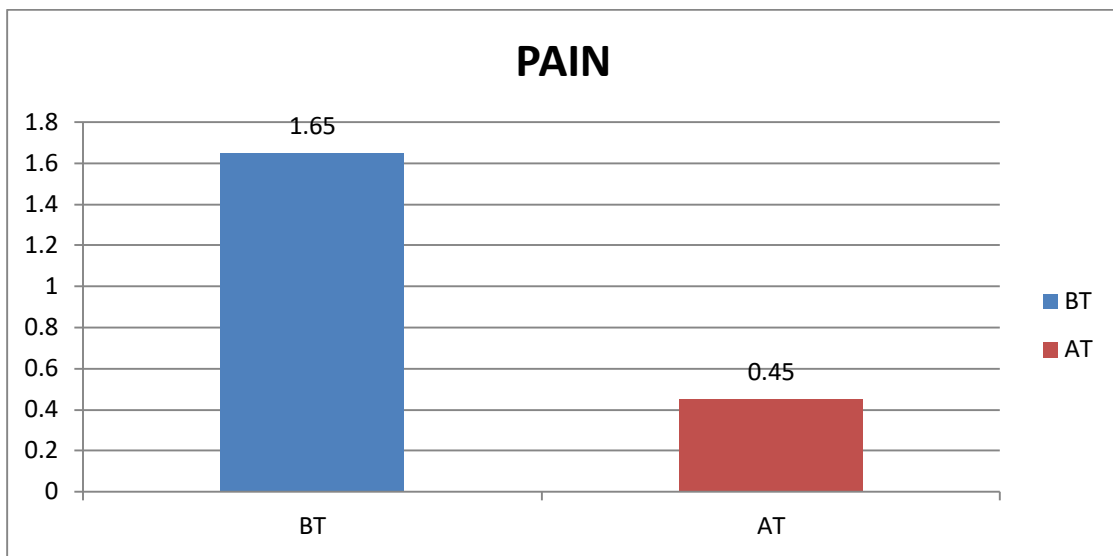
G<sub>3</sub> - ≥ Size of the tip of thumb (approx. 4 cm<sup>3</sup>)

**RESULTS:****1. BLEEDING**

| Parameters | Mean |      | Net  | %     | SD   | SE    | T    | P     | Remarks |
|------------|------|------|------|-------|------|-------|------|-------|---------|
|            | BT   | AT   | Mean |       |      |       |      |       |         |
| Bleeding   | 2.1  | 1.45 | 0.65 | 30.95 | 0.58 | 0.129 | 4.95 | <0.01 | HS      |

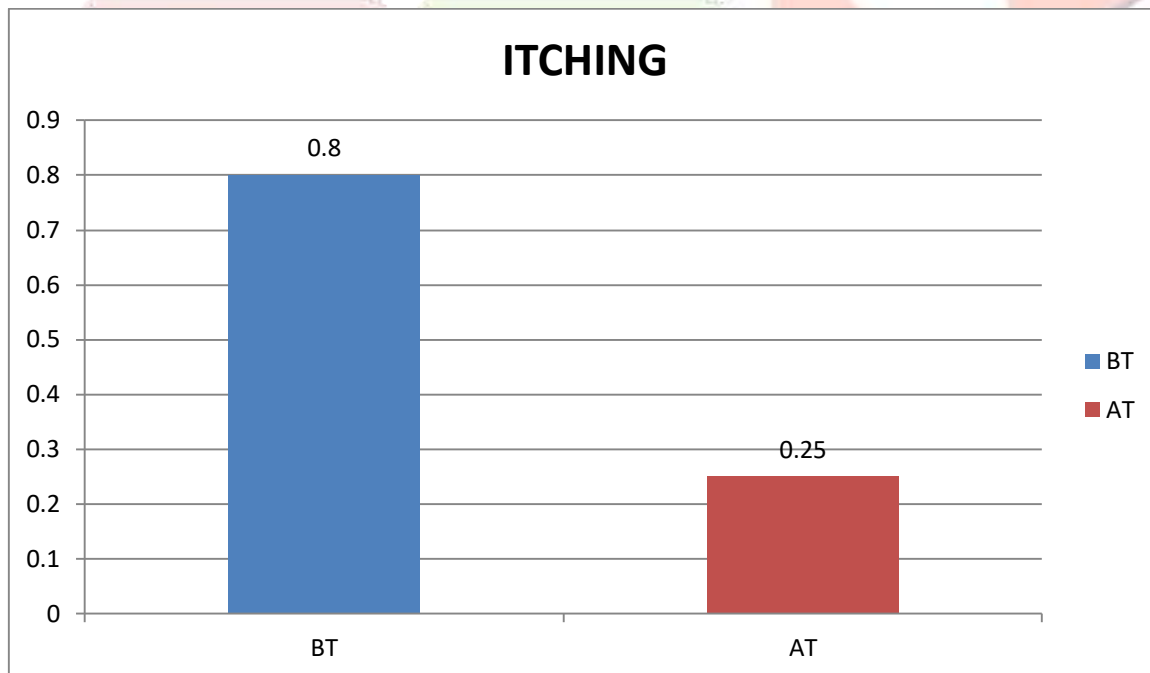
**2. PAIN**

| Parameters | Mean |      | Net  | %     | SD   | SE    | T    | P     | Remarks |
|------------|------|------|------|-------|------|-------|------|-------|---------|
|            | BT   | AT   | Mean |       |      |       |      |       |         |
| Pain       | 1.65 | 0.45 | 1.2  | 72.72 | 0.52 | 0.116 | 10.2 | <0.01 | HS      |



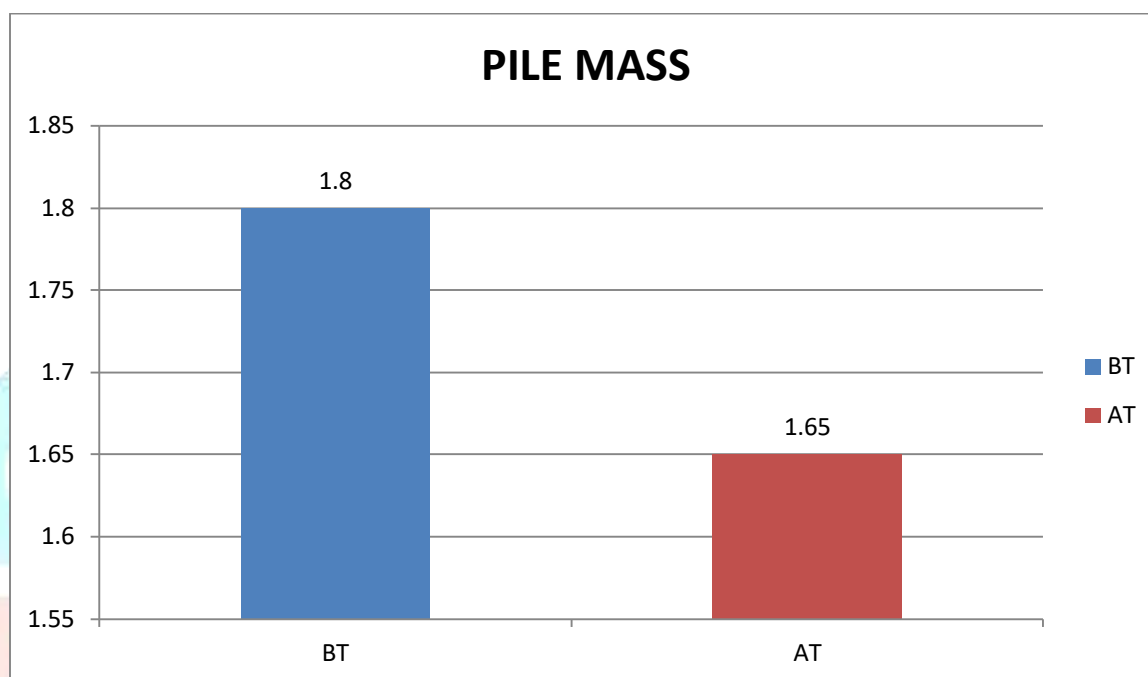
### 3. ITCHING

| Parameters | Mean |      | Net  | %     | SD   | SE   | T value | P value | Remarks |
|------------|------|------|------|-------|------|------|---------|---------|---------|
|            | BT   | AT   | Mean |       |      |      |         |         |         |
| Itching    | 0.8  | 0.25 | 0.55 | 68.75 | 0.60 | 0.09 | 4.06    | <0.05   | S       |



#### 4. PILE MASS

| Parameters | Mean |      | Net  | %    | SD   | SE   | T value | P value | Remarks |
|------------|------|------|------|------|------|------|---------|---------|---------|
|            | BT   | AT   | Mean |      |      |      |         |         |         |
| Pile Mass  | 1.8  | 1.65 | 0.15 | 8.33 | 0.36 | 0.08 | 1.83    | >0.05   | NS      |



**Table:** Showing Statistical Outcome of the study Before Treatment And After Treatment

| Parameters | Mean |      | Net  | %     | SD   | SE    | T value | P value | Remarks |
|------------|------|------|------|-------|------|-------|---------|---------|---------|
|            | BT   | AT   | Mean |       |      |       |         |         |         |
| Bleeding   | 2.1  | 1.45 | 0.65 | 30.95 | 0.58 | 0.129 | 4.95    | <0.01   | HS      |
| Pain       | 1.65 | 0.45 | 1.2  | 72.72 | 0.52 | 0.116 | 10.2    | <0.01   | HS      |
| Itching    | 0.8  | 0.25 | 0.55 | 68.75 | 0.60 | 0.09  | 4.06    | <0.05   | S       |
| Pile Mass  | 1.8  | 1.65 | 0.15 | 8.33  | 0.36 | 0.08  | 1.83    | >0.05   | NS      |

The above statistical analysis shows that in case of **Bleeding** the mean before treatment was **2.1** and was reduced to **1.45** after treatment. The test of significance shows that Pippalyadi lepa is Highly Significant to reduce bleeding with the P-value 4.95.



The above statistical analysis shows that in case of **Pain** the mean before treatment was **1.65** and was reduced to **0.45** after treatment. The test of significance shows that Pippalyadi lepa is Highly Significant to reduce pain with the P-value 10.2.

The above statistical analysis shows that in case of **Itching** the mean before treatment was **0.8** and was reduced to **0.25** after treatment. The test of significance shows that Pippalyadi lepa is Highly Significant to reduce Itching with the P-value 4.95.

In case of **Size of Arshankura** the mean before treatment was **1.8** and was reduced to **1.65** after treatment. The test of significance shows that Pippalyadi lepa is not Significant to reduce **Size of Arshankura** with the P-value >0.05.

## DISCUSSION:

### 1. Discussion on Disease Review.

In our day-to-day practice, Arshas is the commonest among the Ano-rectal disorders. It is a very disagreeable condition for the patient and the disease troubles a person like an enemy.

The review of Ayurvedic literature reveals that Raktarshas is Raktadushtijanya vyadhi, it is considered as one of the Asthamahagadha, and it is difficult to cure, where as its consideration as one of the Raktadushtijanya vyadhi demarcates the resistant nature of the disease to respond to the general lines of treatment i.e. either Vyadhi pratyanka or Dosha pratyanka or Ubhaya pratyanka Chikitsa. Mandagni is the chief causative factor of the disease.

A comparative clinical entity of the disease “Arsha”, according to modern medical science is “Haemorrhoids”. Cause of which is Changing life style of human being which has created several disharmonies, in terms of irregularity in food, and sedentary life style, all these factors disturb the digestive system and play an important role in formation of Haemorrhoids. Psychological disturbance also aggravates the condition which leads to Haemorrhoids. The incidence of Haemorrhoids increased more than 50% of population.

Even though our Acharyas have adopted fourfold treatment principle in the management of Arshas and Shodhana therapies, Shamanoushadies are indicated to treat the disease.

Haemorrhoids have been treated by various methods. Depending on their stage, haemorrhoids currently benefit from wide therapeutic possibility ranging from standard hygiene and dietetic rules of surgery, including medicinal and instrumental treatment.

In this regard lepa plays very important role not only in giving relief but also curing the disease by breaking Samprapti.

## 2. Discussion on Drug Review.

Lepa can be prepared from both dry and wet drugs. The dry drugs are powdered individually in a Khalvayantra to get Vastraghalita Churna. Equal quantity of powdered individual drugs are taken in a vessel and mixed with some liquid media like water, gomutra, ghrita, madhu, kashaya or swarasa etc to get lepa form. This paste is applied over the skin.

### Pippalyadi Lepa

The drugs required for preparation of the medicine “Pippalyadi lepa “ mentioned below ,were purchased from the vendors of Ayurvedic drugs & duly identified by the botanist and authenticated from Analytical and Research lab.Department of Dravya Guna, RGESAMC and Hospital Ron and samples of specimens where stored in Department.

1. Pippali- piper longum, fruit
2. Saindhav-Rocksalt
3. Kusta-Saussurea lappa
4. Shirisha phala- fruit of Albizia lebbeck

“Alka-celathopia procera” plant from Herbal garden duly identified and authenticated required for collection of “Arka Ksheera”

**3. Probable Mode of Action of Pippalyadi Lepa:** The Pitta situated in skin is termed as Bhrajaka Pitta. Which absorbs the drugs applied externally over the skin either in the form of massage, bath, dipping, Lepa etc and also illuminates various shades of complexion.

In human body there are innumerable Tiriyag dhamanies are present which are spread throughout the skin like mesh. Their openings are attached to the Roma Kupa which carries the sweat and Rasa Dhatu inside and outside to nourish them. Through them the active principle of medicaments in the form of Abhyanga, Parisheka, Avagaha, Lepa etc are absorbed after undergoing Paka by Bhrajaka Pitta situated in the skin. The same also carry the sensation of pleasant touch.

All the drugs used in the preparation of Pippalyadi Lepa are having the property of increasing the Agni. Hence by the proper application and absorption of Pippalyadi Lepa it helps in increasing the Agni of the person which in turn results in Samprapti Vighatana of Arsha.

**CONCLUSION :**

Arshas is the commonest among the Ano-rectal disorders. It is a very disagreeable condition for the patient and the disease troubles a person like an enemy. Irregularity in food, excessive exercise and sedentary life style, all these factors disturb the digestive system and play an important role in manifestation of Arshas. Lepa is very effective in Arshas, can be practiced safely without any complication or adverse effect. Pippalyadi Lepa is highly effective in Arshas as Raktasrava from Guda was checked within 3 to 4 days of treatment and other associated symptoms were relived within a week of treatment. Pippalyadi Lepa is statistically effective on the parameters Bleeding, Itching and Size of Pile Mass.

**REFERENCES :**

1. Acharya Sushruta, Sushruta Samhita Part I , Nidanasthana, 2<sup>nd</sup> chapter, Kaviraj Ambika Dutta Shastri editor, Reprint Edition 2009, Varanasi: Chaukhamba Sanskrit Sansthan; 2009 P. 306 - 311.
2. Acharya Madhavakara, Madhavanidana Vol 2<sup>nd</sup>, 5<sup>th</sup> chapter (Roga Vinischaya) Dr Brahmanand Tripathi editor, Reprint edition 2007, Varanasi: Chaukhamba Surabharati Prakashan; P.237- 275.
3. Acharya sharangadhara, sharangadhara samhita, uttarkhanda, 11<sup>th</sup> chapter 1, 2, and 71-76, Parashuram Shastri Vidyasagar editor, Reprint-1986, Varanasi: Chaukhamba Sanskrit Series; 1986. P.355 and 362.
4. Acharya Govinda Das, Bhaishejyaratnavali, 9<sup>th</sup> chapter, Arsharogadhikaar, shloka no 7 & 8, Prof Siddinandan Mishra editor, Reprint Edition 2007, Varanasi: Chaukhamba Surabharati Prakashan; 2007. P. 309 & 310.