“EFFECT OF YASHTI-MADHU GHRUTHA IN MANAGEMENT OF AGNIDAGDHA VRANA OF ARSHAS AS POST-OPERATIVE MANAGEMENT”

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ABSTRACT

In current surgical practice we are facing problems in treating Agnidagdha Vrana in Arsha after Agnikarma. The main clinical feature of Agnidagdha Vrana is pain and burning sensation. In present study 20 diagnosed cases of Agnidagdha Vrana in Arsha are selected and treated with Yashti-Madhu-Ghrutha as post operative management and recorded through proforma designed for single group of observational study. The whole trial period including follow-ups was 90 days. Results were achieved on the base of statistical analysis.

RESULT AND CONCLUSION: The application of Yashti-Madhu Ghrutha is useful in Agnidagdha Vrana of Arshas after post operative procedure. It is helpful in reducing the burning sensation (Daha) than pain (Vedana) in Agnidagdha Vrana.

KEYWORDS: Agnidagdha Vrana; Arsha; Agnikarma; Yashti-Madhu-Ghrutha; Pitta.

INTRODUCTION

The disease that is troubling the human beings since the time immemorial is the Arsha because of its manifestation at the Guda Bhaga, the Moola of the Shareera.[1] The classical approach towards the Arsha treatment is the correction of the Agni (Pachakagni) and Vatanulomana along with the removal of the Vyakta Ankura either by Shastra, Kshara or Agnikarma.[2] Agnikarma is one of the important modality among these three.
As the use and importance of Agnikarma is increasing day by day, its post-operative management is also becoming important. The patient suffers from burning sensation and pain at the site of Agnikarma. Hence there is a need to pay special attention towards the post-operative management of Agnidagdha Vrana.

Yashti-Madhu-Ghrutha is one of the preparation mentioned in our classics for effective control of pain and burning sensation of Agnidagdha Vrana. The contents of Yashti-Madhu-Ghrutha are safe and easily available. So the outcome of the clinical study on selected 20 patients of Agnidagdha Vrana in Arsha were treated with Yashti-Madhu-Ghrutha is presented here.

**Aims and Objectives**

To evaluate the effect of Yashti-Madhu-Ghrutha in the post operative management of Agnidagdha Vrana in Arsha with regards to see its effect in pain, burning sensation & wound healing.

**MATERIALS AND METHODS**

**Study design**

It is an observational study of selected 20 patients with pre test and post-test design.

**Objectives of the study**

*To evaluate the effect of Yashti-Madhu-Ghrutha application in post-operative management of Agnidagdha Vrana in Arsha.*

**Source of data**

Patients who are treated by Agnikarma in Arsha will be selected from the in-patient and out-patient P.G. department of Shalya Tantra, N.I.A. Jaipur.

**Inclusion criteria**

1. Patients that are treated with Agnikarma in Arsha.
2. Patients having symptoms like Daha, Vedana etc.

**Exclusion criteria**

1. Plusta Dagdha
2. Durdagdha
3. Atidagdha
4. Sheeta Dagdha

**Diagnostic criteria**
All the wounds formed due to thermal cauterization in *Arsha* and patient having symptom like *Daha*, *Vedana*.

**Examination:** Each case was thoroughly examined and investigated by detailed proforma designed for the present study on *Arsha*.

**Investigation**
a) **Routine.**
b) **Specific:** The VDRL, Culture & Sensitivity of wound discharge & Histo-pathological examination of wound used only when required.

**Methodology**
- Patient was put into lithotomy position
- Then the wound was cleaned using sterile water and gauze.
- The *Ghrutha* & honey was took in equal quantity in Kidney Tray & mixed.
- The application of that mixture over wound was done.
- The *Yashti Madhu* choorna was mixed in *Ghrutha*.
- Now formed paste was applied over the wound.
- The wound was then covered with sterile gauze.

**Follow up:** is done on post – operative 1st day, 2nd, 3rd day, 7th day, 14th day, 21st day, 28th day, 60th day and 90th day to assess the pain (both the pathological and procedure induced), wound healing, relief from the associated complaint, complications of *Agnikarma*. This was noted with the help of the self-gradation of the assessment criteria in the proforma of case sheet of *Arsha* designed for the study.

**Assessment criteria**
The following criteria were used to assess the *Vedana*, *Daha*, *Vrana Varna*, *Vrana Srava* and *Vrana Akruti*.

**Vedana : (pain)**
- No pain = 0
- Pain relived without using analgesics = 1
• Pain relived with using analgesics = 2
• Pain not relived even after using analgesics = 3

**Daha:**
• **No Daha** = 0
• **Daha relived without using analgesics** = 1
• **Daha relived with using analgesics** = 2
• **Daha not relived even after using analgesics** = 3

**Vrana Varna**
• Skin colour = 0
• Pale pink granulation = 1
• Red granulation = 2
• Blackish white / grey = 3

**Vrana Srava**
• No discharge = 0
• Serous discharge = 1
• Mucous discharge = 2
• Mucopurulent discharge = 3

**Vrana Akruti**
• Healed Vrana = 0
• Vrana within 1 cm. = 1
• Vrana within 1-2 cm. = 2
• Vrana within 2-3 cm. = 3

**Overall effect of therapy**
- Complete remission = Reduction in all 5 symptoms
- Marked improvement = Reduction in 4 symptoms
- Moderate improvement = Reduction in 3 symptoms
- Mild improvement = Reduction in 1 or 2 symptoms
- Unchanged = Not a single symptom reduced.
RESULTS

Effect of Yashti-Madhu-Ghrutha in Healing of Agnidagdha Vrana of Arsha were as followes

Effect on Vedana

The initial mean of pain was 2.25, which after the one day of the treatment decreased to the mean score of 2.2 with 2.22% of relief. After the 3 days of the application of Yashti-Madhu Ghrutha, the pain further relieved to 22.22%, which was statistically highly significant (p<0.001). After the one week of the application the patient got 51.11% of relief. After 14 day of the treatment the patient got 64.44% of relief, on 21st day 91.11% of relief and on 28th day 97.78 % of relief was got.

Effect on Varna

The initial mean of Vrana Varna was 3 and there was no change of mean seen after one day of treatment. 3 day after treatment 48.78% relief was observed. Similarly after 7 day 51.11 %, 14 day 75%, 21 day 91.66% and after 28 day 98.33 % relief was observed which was statistically highly significant at P<0.001.

Effect on Srava

The wound which was dry immediately after the procedure presents with the serous discharge after the 1 day which has got a mean score of 1.85, which is statistically insignificant. After 3 days of the treatment the mean score was 1.55 and after 7 days it was 0.90. 30% of relief was observed after 14 days of treatment and 100 % relief was observed after 21 days.

Effect on Daha

The Daha on the procedure day with a mean score of 2.65 has noticed a little decrease with the mean score being 2.25 on the first post-operative day by 15.09% of relief. After 3 days of treatment the Daha further relieved by 49.05%, which was statistically significant (p<0.001). After 7 days of the treatment the patient got 83% of relief from the Daha and after 14 days 98.11% of relief got from Daha.

Effect on Akruti

The Akruti on the day of the procedure with a mean score of 2.3 has noticed a little decrease with the mean score being 2.1 on the third day by 8.69% of relief. After 7 day, the change in Akruti was by 45.65%, which was statistically significant (p<0.001). 14 day after the
treatment the change in Akruti was found to be 60.68%, 21 day the Akruti change was noticed by 89.13% and after 28 day it was 97.83%.

Overall effect of treatment
On the first day the result is unchanged. After 3 days 10% patients show mild improvement and 90% are unchanged. 7 days after the treatment the results observed are- 20% moderate improvement, 40% mild improvement and 40% are unchanged. The complete remission was observed in 25% of the patients, marked improvement in 5% patient, moderate in 5%, mild in 60% and the improvement is unchanged in 5% patient after the 14\textsuperscript{th} day. 75% patients got complete remission and 25% patients show mild improvement after 21 day. The result after 28 day was 95% complete remission and mild improvement in 5% patient. The complete remission of 20 patients mean 100% result was seen after 60 day of the treatment.

![Graph showing overall effect of treatment]

**Fig No: 7 Showing Overall Effect of Treatment**

**DISCUSSION**
The main clinical features of Agnidagdha Vrana due to Agnikarma in Arsha are pain and burning sensation. These features might be due to Prakopa of Pitta Dosha which is because of Agnikarma.

**Effect of therapy on Vedana (post-operative pain)**
The increase in the pain immediately after procedure was due to burning of the tissues that resulted in necrosis. And further reduction of pain might be due to the Vedanasthapaka property of YashtiMadhuka and Shoolahara property of Ghrutha.
Effect of therapy on Vrana Varna

On the procedure day, due to application of Agni, the tissue burns and becomes blackish-white / grey in colour. After the application of Yashti-Madhu-Ghrutha, the colour of Vrana gradually changes to normal. This might occur due to Vranashodhana and Vranaropana properties of Madhu and Vranaprasadana property of Ghrutha, which helps in removing dead and necrosed tissue and also helps in the development of healthy granulation.

Effect of therapy on Vrana Srava

The minimal Srava on the procedure day is because of the Shushka Sankuchita Vrana (Samya Daha). But as the healing starts, the discharge increases from the next day onwards for a short period and gradually decreases after the 7th day to complete cessation up to 21st day.

Effect of therapy on Daha

Patient’s complaint of Daha can be attributed to Rakta and Pitta Prakopa because of Agni. But application of Yashti-Madhu-Ghrutha which are having Madhura Rasa, Madhura Vipaka and Sheeta Virya relieves the Daha by the Rakta and Pitta Prasadana.

Effect of therapy on Vrana Akruti

By seeing the changes in Akruti we can say that the application of Yashti-Madhu –Ghrutha helps in wound healing. Madhu is a know healer of wound and also plays a role in the initial debridement. It has antimicrobial capability against gram positive and gram negative organism. It signifies that Madhu is a beat agent which does Vranashodhana, Lekhana, Ropana and is a best tissue healing promoter which helps in fast wound healing.

Figure no.8 Before Treatment
Probable mode of action of drug according to Ayurveda

Agnidagdha Vrana is formed because of Agni which leads to the vitiation of Pitta and Rakta. This vitiated Pitta and Rakta causes pain and burning sensation at the Dardha site. 
YashtiMadhu and Ghrutha are having Gunas like Madhura Rasa, Madhura Vipaka and Sheeta Veerya. These properties help in the reducing the vitiated Pitta and Rakta and further reduces pain and burning sensation.

Discharge and slough are main problems for wound healing. For the removal of slough and discharge, the drugs should have the qualities of Laghu, Rooksha, and Kashaaya Rasa. Madhu is having all these requisite qualities. Madhu by its “Lekhana” and “Shodhana” property may stop the unhealthy granulation tissue development and remove the slough in the ulcer. By its Ropana property may help in the development of healthy granulation tissue.

Probable mode of action of drugs according to modern

1. YashtiMadhuka is one of the ingredients of Yashti-Madhhu-Ghrutha which is having anti-inflammatory and analgesic property, this may relieve the pain.
2. In Madhu, Vitamin-C and calcium are the important chemical ingredients. In wound healing, for the maturation of collagen, Vitamin-C is important factor. For example in Scurvy, though vascular granulation tissue is formed, yet there is failure of collagen formation. Instead there are reticular fibers. Maturation of collagen does not occur in the absence of vitamin-C.[7]

Calcium is considered as important factor for the granulation tissue development.

3. As infection is one of the important factors which is responsible for the delay of wound healing. The Gram positive and Gram negative bacteria are the main micro organisms for infection. Madhu has anti-microbial capability against gram positive and gram negative organism. It also does the initial wound debridement and thus may enhance tissue repair and wound healing.
4. Application of Ghrutha on Agnidagdha Vrana creates a moist atmosphere in the wound which helps in mild vasodilatation of constricted vessels caused because of Agnikarma. This vasodilatation might help in maintaining tissue perfusion. This may help in enhancing tissue repair and wound healing.

CONCLUSION
On the basis of the review of literature and observations made by this clinical study, the following conclusions can be drawn.
1. Agnikarma\(^6\) happens to be the ultimate treatment modality for the Vataja and Kaphaja Arsha that present with Kathina, Parusha, Sthira and Karkasha Lakshana.
2. The application of Yashti-Madhu-Ghrutha can be use as analgesic in Agnidagdha Vrana.
3. Yashti-Madhu-Ghrutha application is very helpful for reducing burning sensation in Agnidagdha Vrana.
4. Yashti-Madhu-Ghrutha application also helps in wound healing by removing the slough and keeping the wound clean.

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