

A CASE STUDY TO EVALUATE THE EFFECT OF RASANJANA IN THE MANAGEMENT OF RAKTARSHA (BLEEDING INTERNAL HAEMORRHOIDS)

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ABSTRACT

Haemorrhoids are the commonest problem of society nowadays. In Ayurveda *Arsha* is common painful condition and it has been compared with 'an enemy'. *Acharya Sushruta* included it in *Ashta Mahagada* showing the gravity of disease. Haemorrhoids are dilated plexus of superior haemorrhoidal veins in relation to anal canal. It is downward sliding of anal cushions abnormally due to straining or other causes. The main cause of piles are sedentary lifestyles, obesity, lifting heavy objects, low fiber diet, constant straining due to constipation, weak digestion etc. It may occur in any age but mostly seen in the age between 30 to 65 years. Prevalence rate of haemorrhoids is 4.4% in

total world population. *Raktarsha* are the piles which bleed and occur due to dominance of *Pitta* and *Rakta doshas*. In *Raktaja arsha* mild to severe bleeding may occur. Due to severe bleeding there is extreme blood loss which causes weakness, dizziness and anaemia. Many times, for this purpose costly allopathic drugs are prescribed. Hence there is a need to search an alternative ayurvedic medicine with less cost and more effectiveness in bleeding piles. According to *Bhavprakash Nighantu* *Rasanjana* has *Raktasthambhaka* property due to which it can be used in management of *raktarsha*. Here the pt treated with *rasanjana churna* along with *Navneet* for 15 days and sitz bath with luke warm water and *rasanjana churna* for 15 days. Complete relief observed in PR bleeding and reducing size of pile mass in second degree internal haemorrhoid.

KEYWORDS: *Rasanjana, Raktarsha, Haemorrhoids, Ayurveda.*

INTRODUCTION

The word Haemorrhoid is derived from greek word haima (bleed) + rhoos (flowering) which means bleeding. Word pile is derived from Latin word pila which means ball i.e. round mass. Hemorrhoids are dilated plexus of superior hemorrhoidal veins in relation to anal canal. It is downward sliding of anal cushions abnormally due to straining or other causes.^[1] It is a disease, which due to its erect posture, is very specific to human race only. The main cause of piles are sedentary lifestyles, obesity, lifting heavy objects, low fiber diet, constant straining due to constipation, weak digestion etc. hence Hemorrhoids are an extremely common condition, affecting approximately 10 million persons per year. It may occur in any age but mostly seen in the age between 30 to 65 years. Prevalence rate of haemorrhoids is 4.4% in total world population.^[2]

In Ayurveda *Arsha* is common painful condition and it has been compared with ‘an enemy’.^[3] *Acharya Sushruta* included it in *Ashta Mahagada* showing the severity of disease.^[4] *Mahagada*’s are condition in which patient need proper treatment otherwise prognosis of patient may lead to bad. *Raktarsha* is one of the 6 types of *arsha* explained by *Acharya Sushruta*. *Raktarsha* are the piles which bleed and occur due to dominance of *Pitta* and *Rakta doshas*.^[5] In *Raktaja arsha* mild to severe bleeding may occur. Due to severe bleeding there is extreme blood loss which causes weakness, dizziness and anaemia. To arrest bleeding we need a drug which has *raktastambhak* property. Many times, for this purpose costly allopathic drugs are prescribed. Surgical procedures of haemorrhoids also had drawbacks like recurrence, infection, anal stricture, pain and discomfort to patients, formations of ulceration at anal canal. Hence there is a need to search an alternative ayurvedic medicine with less cost and more effectiveness in bleeding piles. According to *Bhavprakash Nighantu Rasanjana* has *Raktastambhaka* property due to which it can be used in management of *raktarsha*.^[6] Hence here patient was treated with *Rasanjana churna* with *Navneet* as an *anupana* orally and sitz bath with *rasanjana churna*.

CASE REPORT

Major complaints

A patient of 38yrs/male came to OPD of Govt. Ayurveda Hospital, Osmanabad with following complaints

Burning sensation at anal region after defecation

PR bleeding on and off

SCOPR

} since 1 year

H/O present illness

Patient was asymptomatic before 1 year then started above complaints for which took treatment from private hospitals but no relief was observed hence come to GAH, Osmanabad for further management.

H/o Past Illness

No H/o HTN, DM, IHD, or any major illness.

There was no any specific medicinal and family history

No H/o any surgical illness.

Personal History

- Occupation- serviceman
- Bowel- constipation
- Micturition - NAD
- Sleep – Disturbed
- Diet – Vegetarian
- Appetite – Decreased
- Addiction – Chronic Tobacco chewer, Tea 3-4 times/day

Examinations

Pulse-70/ min B.P- 110/70 mmHg

CVS- S1S2 normal

CNS- Conscious, oriented

RS- Clear

P/A- Soft, Non Tender

LOCAL EXAMINATION

Perianal region- No e/o fissure in ano or any sentinel tag

No e/o fistula in ano or anorectal abscess

PR Digital- Mild anal spasm

No e/o prostatomegaly

Proctoscopy- E/o 2nd degree internal haemorrhoids at 3 & 7 o clock position

INVESTIGATIONS

CBC- Hb- 12.0 gm%, TLC- 5500/ cu.mm, PLT-253000/ cu.mm

BSL-R- 114mg/dl Urine Routine/ microscopy- WNL

HbsAg- Non reactive HIV 1&2- Non reactive

MATERIALS AND METHODS

A patient was treated with *rasanjana churna* 500mg with *Navneet* as *anupana* twice a day after meals for 15 days orally along with sitz bath with luke warm water and *rasanjana churna* twice a day for 15 days. Pt advised to take black manuka in early morning and *haritaki churna* 5 gm hs for *anulomana*.

Method of drug Preparation- A *kwath* of stems of *daruharidra* is prepared by adding 16 times water into *daruharidra bharad churna* before one day of preparation. Then it is boiled and reduced to 1/4th quantity. Equal quantity of goat's milk is added into it. Again boiled and reduced to 1/4th quantity and then allowed to cool n settle. Then it is poured on the leaves of same plants or other plants. It is allowed to dry completely in sunlight. Then fine powder of *Rasanjana* is obtained.^[7]

Properties of rasanjana^[8]

Rasa- *Katu, Tikta* **Guna-** *Laghu, Ruksha*

Virya- *Ushna* **Karma-** *Chedana, rasayana*

Vipaka- *Katu*

Therapeutic uses- *Jwarahara, Arshoghna, Shothaghna, Raktashodhak, Shleshmaghna, Vranaropaka, Netravikarahara.*

Dosage- 250mg- 1gm

Subjective parameters

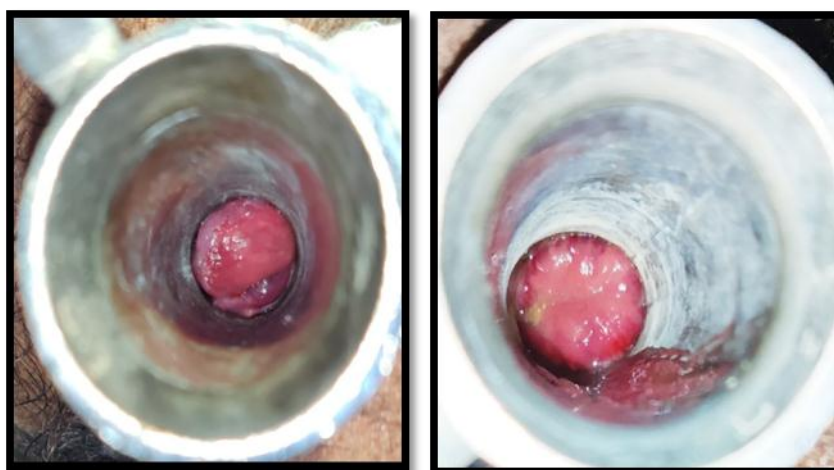
| PR PAIN | |
|---------|-------|
| Sign | Grade |
| Absent | 0 |
| Present | 1 |

| PR Bleeding | |
|--|-------|
| Sign | Grade |
| No bleeding | 0 |
| Mild bleeding (<5 drops) | 1 |
| Moderate bleeding(5-10 drops) | 2 |
| Severe bleeding (more than 10 drops) that is soiling the cloth | 3 |

| PILE MASS | |
|--|-------|
| Sign | Grade |
| No pile mass | 0 |
| Pile mass into anal canal | 1 |
| Piles that prolapse during defecation, but returns back spontaneously. | 2 |

RESULTS

| Parameters | 0 th day | 7 th day | 15 th day |
|-----------------|---------------------|---------------------|----------------------|
| PR Bleed | 3 | 1 | 0 |
| Pile Mass | 2 | 2 | 1 |
| Per rectal pain | 1 | 0 | 0 |



Figures- 1- before treatment 2- after treatment.

DISCUSSION

➤ *Rasanjana* is a solid extract of *Daruharidra* (*berberis aristata*). *Daruharidra* has predominance of *Tikta Rasa* and due to this *rasa* it eliminates the main cause of

Raktarsha that is *agnimandya* by doing *agnideepana* and *aam pachana*. It also has predominance of *kashaya rasa* due to which it has *stambhana* activity in *raktarsha*.^[9]

- The *Ushna veerya* and *Chhedana karma* of *Rasanjana* also helps in reducing the size of pile mass.
- Due to *Ruksha* and *Laghu guna* it stops the excessive bleeding as *Ruksha guna* has *shoshaka* property
- Also the goat's milk used as the main ingredient in preparation of *Rasanjana* has *Madhura*, *Kashaya* and *Sheeta* qualities due to which it pacifies the vitiated *pitta* and *rakta* and relieves from the symptoms of *raktarsha*. It also has *Raktapittahar*, *Grahi* and *Laghu* property.^[10]
- *Arshoghna*, *Shothaghna*, *Raktashodhak* and *Vranaropaka* properties of *rasanjana* are also described by *bhavprakash nighantu*.

CONCLUSION

- *Rasanjana churna* oral administration & Sitz bath with *Rasanjana churna* in luke warm water are effective conservative treatment option in *Raktarsha*.
- All symptoms of *Raktarsha* i.e. PR bleeding, Pile mass and per rectal pain can be successfully managed with above treatment.
- It is easily available, cost effective treatment for *raktarsha*.

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