



Title of Article

"A clinical study of 'bilva patra kwath avagahan sweda' in the management of arsha in garbhini with special reference to 1st And 2nd-degree internal hemorrhoids."

Rajendra M. Sonekar¹, Sagar D.Chandane², Aruna Sonekar³

1. Professor and HOD Shalyatantra Dept. * R.A.Podar Medical(Ayu.) college, worli Mumbai-18
2. P.G.Scholar (M.S), R.A.Podar Medical(Ayu.) college, worli Mumbai-18
3. Asso. Professor Dept of Shalya Tantra Smt. Vimaladevi Ayurvedic medical College and hospital, Chandrapur

***Correspondence Author:** sagidchandane01@gmail.com

ABSTRACT:

Haemorrhoids are uncomfortable, very common during pregnancy due to various causes. The haemorrhoidal plexus get dilated and inflamed resulting in formation of haemorrhoids. If not treated at proper time may cause bleeding and protrusion of the haemorrhoids. In such a condition, surgical and para-surgical procedures have limitations and use of internally ushna and tikshna kalpas are contraindicated in Garbhini.

Keeping in view these problems **BILVA_Patra Kwath Avgahan sweda** karma in **Charak Chikitsa sthana - 14/47** was selected to evaluate the effect of Avgahan sweda karma in relieving the signs and symptoms of haemorrhoids. Bilva patra kwath sitz bath was given to the GARBHINI patient suffering from haemorrhoids.

Present study has been done on 10 patients and an effort has been made to derive safe, easy accessible treatment in pregnancy. A BILVA patra kwath Avgahan sweda, which has proven **Anti-inflammatory**⁷ property relieves venous congestion, relieves spasm of internal sphincter muscles. Assessment done on the basis of criteria, resulting into PR bleeding and significant reduction in size of piles mass without any untoward side effect in pregnancy.

KEYWORD: Haemorrhoids, BILVA Patra Avagahn, Anti-inflammatory, safe

Cite this article:

"A clinical study of 'bilva patra kwath avagahan sweda' in the management of arsha in garbhini with special reference to 1st And 2nd-degree internal hemorrhoids."

Rajendra M. Sonekar, Sagar D.Chandane, Aruna Sonekar

Ayurlog: National Journal of Research in Ayurved Science-2017 ;(5)(5) 1-6

INTRODUCTION: Pregnancy is such delicate a condition that Acharya Charaka has compared it with handling open container full of oil so that oil should not split out. Haemorrhoids are common during such a delicate condition of pregnancy because of following reasons.

The growing uterus puts pressure on the pelvic veins and inferior vena cava, which can slow the return of blood from the lower half of the body and increases the pressure on the veins which causes them more dilated or swollen. Also increased progesterone hormone during pregnancy which causes vein walls to relax and swell more easily. Progesterone also contributes to constipation by slowing down intestinal tract. Constipation may also one of the cause which aggravate haemorrhoids due to straining.

In pregnancy surgical and para-surgical procedures have limitations and use of internally ushna and tikshna kalpas are contraindicated which can be harmful for life of foetus and mother also along with growth and normal development of the foetus. In Ayurveda- Avagah sweda is the procedure to sit in warm water for a short period of time which promotes healing, ease discomfort by encouraging blood flow to the rectal area, decrease pain due to hot fomentation and relaxes the anal sphincter.

Bilva Patra Kwath is used for Avagah sweda. Bilva is included in **Shothhar**² and **Arshohar Mahakashay**² by Acharya Charaka. Bilva leaves have **Anti-inflammatory**⁷ and **Analgesic** properties and is proved in many recent studies. Also Acharya Charaka has mentioned Bilva Patra kwath Avagahan in *Asrhorog chikitsa adhyaya*.

In present study, on 10 garbhini patients suffering from Haemorrhoids, Bilva Patra Avagah Sweda was given as a safe, easy accessible method which does not cause any harm to mother and her fetus. Combined

properties of Bilva Patra kwath and sitz bath which has proven anti-inflammatory & analgesic properties^(1,2,3), relieves venous congestion, relieves spasm of internal sphincter muscles. Assessment done on the basis of criteria, resulting into bleeding per anus and significant reduction in size of piles mass without any untoward side effect in pregnancy.

AIMS & OBJECTIVES

- 1) To study the clinical effect of Bilva Patra Kwath Avagah sweda in the Management of Arsha in Garbhini w.s.r. Haemorrhoids.
- 2) Management of symptoms of Haemorrhoids
 - 1) Per rectal bleeding
 - 2) piles mass in Garbhini patients
- 3) To find out simple, amble, safe and cost effective therapeutic regimes without any untoward side effect in pregnancy in the management of Arsha.
- 4) To review the literature about Bilva properties & Arsha Vyadhi in Garbhini.

BILVA TREE



BILVA :

Latin name: - Aegel marmelos corr.

Family: Rutaceae

English name: - Bael, Bengal quince, Golden apple, Wood apple, Stone apple

Sanskrit names:- Bilva, Shandilya, Shailush, Shreefal, Gandhgarbh, Kantaki, Sadafal, Mahakapittha, Malur, Granthil.

GANNA:- Shothhar, Arshoghna, Aasthapanog, Anuvasanopag (Charak samhita)

Brihat panchamul, Varunadi gan, Ambshthadi gan.

Ayurvedic properties: -

- Guna :- Laghu, Ruksha.
- Ras:- Kashay, Tikta.
- Vipak:- Katu
- Virya:- Ushna

Doshghnata : - Kapha-Vataghna.

Property of Patra (leaves) : - Locally Shothhar⁷ and Vednasthapan⁷

Parts used: - roots, root bark, leaves, ripe and unripe fruits.

Chemical composition: - Fruit: contains marmalisin, Young bark: coumarin & umbelliferone, Matured bark: Y-fragine, umbelliferone, marmesin, sterols, triterpenoids. Seeds: aromatic, yellowish greenish oil obtained by pressing, which has laxative effect. Leaves: contains essential oil consisting of B-phellandrine. Roots, leaves& bark mainly contain tannin.

MATERIALS & METHODS

Detail Plan and Protocol -

Centre of Study - Department of Shalya Tantra, M.A.Podar Hospital Worli, Mumbai.

No. of Patients - 10

Selection of patients - Diagnosed patients of 1ST and 2nd internal Haemorrhoids in pregnancy at O.P.D. and I.P.D. M.A.Podar Hospitals, Worali, Mumbai- 18

Consent – A well informed written consent has been taken before starting the treatment.

Drug – Bilva Patra Kwath

Kwath preparation: 1) Fresh crushed leaves of Bilva boiled in 8 times water upto ¼ of total water remains.

Avgah Swedan procedure: 1) Patient was asked to sit in tub filled with warm bilva kwath for 10 minutes.

2) Avgahan sweda given twice a day.

Diet – Pathyapathya advised as follows.

a) Pathya Ahara – Buttermilk, Ghee, milk, Rice, Leafy Vegetables, Citrus Fruits and Plenty of Oral Fluids.

b) Apathya Ahara – Non-vegetarian food, Spicy Food, Alcohol, Tobacco and Unwholesome preserved canned food.

c) Apathy Vihar :- Straining during defecation, utkatasan.

d) Duration of Treatment – Avgah sweda given twice a day for 7 days

e) Follow up- Twice weekly for 1 month

f) CRITERIA FOR SELECTION OF PATIENTS

The patients of GARBHINI having classical signs and symptoms of 1st & 2nd Degree internal Haemorrhoids were selected.

Inclusion criteria-

- 1st & 2nd Degree Haemorrhoids.
- Patients of 1st & 2nd trimesters of pregnancy.
- Patients of age group 18 to 35 years old.

Exclusion criteria :-

- 3rd & 4th degree Haemorrhoids.
- Thrombosed Haemorrhoids, Haemorrhoids with ulcerative colitis, Fissure in Ano, Fistula in Ano, Rectal-Polyps, Solitary Rectal Ulcer and Prolapse of rectum.
- HIV, HBsAg Positive Patients.
- Threatened or any complicated pregnancy having risk to mother or foetus .
- Patients with Hepatic Disorders, Diabetes, Pulmonary & Intestinal Tuberculosis, Carcinomatous conditions of Anorectal region and Syphilis.

INVESTIGATIONS

Routine investigations before treatment -

- Blood:- CBC
ESR
BT
CT
- BSL a) Fasting & b) Post prandial
- LFT
- RFT
- Urine a) Routine & b) Microscopic

- HBsAg
- HIV I and II
- Digital rectal examination
- Proctoscopy

CRITERIA FOR ASSESSMENT

The following pattern will be adopted for scoring.

1)PR bleeding –

- 0- No bleeding.
- 1- Mild bleeding with defecation.(up to 10 drops)
- 2- Moderate bleeding.(10 to 20 drops)
- 3- Profuse bleeding.(more than 20 drops)

2)Size of Internal Haemorrhoid – assessed by Inspection and Proctoscopy.

- 0 – Complete Reduction
- 1 – Size Reduction by 25 %.
- 2 – Size Reduction by 50 %.
- 3 – No Change in Size.

Assessment of effect of therapy (result)

- **Cured** :-76% to 100 % relief in signs and symptoms.
- **Markedly improved**:- 51% to 75% relief in signs and symptoms.
- **Improved**:-26% to 50% relief in signs and symptoms.
- **Unchanged**:-upto 25% relief in sign and symptoms.

Observation and Results

Sr. No	Symptom	B T	A T	Diff	%
1	PR bleeding	7	3	4	57.14 286
2	Size of Haemorrhoid	9	4	5	55.55 556
3	Total	23	8	15	65.21 739

Data obtained from observation of 10 pts, unpaired 't' test applied to data shows that , PR bleeding was relieved by 57.14% while 55.55% relief occurs in Size of Internal Haemorrhoid. This shows overall averagely 65.21% relief in all symptoms which is highly significant.

Discussion:

Bilwa patra kwath avgah sweda has been explained by Acharya Charaka in Chikitsa sthana in Arsha Chikitsa adhyay. Present study was carried out on 10 patients. After clinical observation and statistical analysis, sign and symptoms before and after treatment were thoroughly observed. Bilva has Ushna Virya and Kashay-Tikta Ras due to which it is Vata-Kaphaghna. Hemostasis of P/R bleeding achieved by its Kashaya rasa and Tikta rasa relieves venous congestion. As it is having ushna guna & vata-kapha shamak property swelling reduces. BILVA Patra kwath contains **B-phellandrine & tannin**⁷ has proven **Anti-inflammatory** property relieves venous congestion as well as swelling of the pile mass.

Bilva Patra Avagah sweda is the procedure to sit in medicated warm water for a short period of time which promotes healing and ease discomfort by encouraging blood flow to the rectal area, relieves the congestion of pile mass and relaxes the anal sphincter

muscle due to hot fomentation. It shows marked improvement in symptoms like PR bleeding along with significant decrease in the size of Haemorrhoids.

Conclusion:

The Bilva Patra Kwath Avgahan Swedan clinically proved as effective in treatment of 1st and 2nd degree internal Haemorrhoids in GARBHINI and gives significant relief from all symptoms, proving it as safe, cost effective, standard and easy accessible treatment of internal Haemorrhoids in pregnancy without any untoward effect to mother and foetus.

References

1. Susrutasamhita with Ayurved tattva sandipika, Ambikadatta Shastri, editor. 4th ed. Varanasi: Chaukhambha Sanskrit Samsthan; 2005, chikitsa sthan, Arshchikitsa Adhyay,
2. Charak Samhita with vaidyaratnam commentary, Acharya Vidyadhar Shukla and Prof. Ravidatta Tripathi, Reprint 2009, Chaukhambha Sanskrit Pratisthan, Varanasi, chikitsa sthan, Arsh chikitsa Adhyay 14\ 47, P 350. Cha. Sha.8/22, Cha.Chi.14/9
3. Bhaishajya Ratnawali with Siddhiprada commentary, Prof Siddhinandan Mishra, Reprint 2013. Chaukhambha Surbharti Prakashan, Arshorogadhikar ,9\62 & 63, P 315.
4. Ashtanga Hrudayam with Nirmala Comentary, Dr Bramhanand

Tripathi, Reprint 2009, sutra.
Dravyadravya vijnyaniyam , 5/47,
P 75. Va. Ni. 7/14-15

5. A concise textbook of surgery, S. Das, 4th Edition, May 2006, SD Publication, P 1078.
6. Sharangdhar Samhita with dipika commentary, sharangdharacharya. Reprint 2009. Madhyam khand 2/1-2.
7. Dravyaguna sutrama, Prof. Priyavat Sharma, Chaukhambha Surbharti Prakashan, 5th Edition.

Before treatment internal haemorrhoids at 3 and 7 o'clock position



After treatment internal haemorrhoids at 3 and 7 o'clock position

