



# International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



SJIF Impact Factor : 5.69

ISRA Impact Factor : 1.318

ISSN:2581-785X

Research Article

Volume: 3

Issue: 11

## Management Of *Stravi Arsha* With *Nagkesar* And *Mishri*

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### ABSTRACT:

The greed of humans to use everything in excess is a cause of disease. Every disease has got its special etiology with which is creates signs and symptoms. *Stravi* and *Suksha*; are two types of *Arsha*. *Stravi Arsh* is *Pitta* and *Rakta* dominant. Bleeding per rectal is a main symptom of the disease; when left untreated may cause an emergency condition. *Arsha* is a result of improper dietary habits as well as life style. *Stravi Arsha* is bleeding pile in modern science. Different treatment modalities are available such as injection therapy, Rubber band ligation, operative treatment but the risk of recurrence and infection in the wound after operation is high. *Stravi Arsha* or bleeding piles which sometimes ask for immediate treatment can be cured with conservative treatment in Ayurveda. Ayurveda provides cure and prevent recurrences in early stage of diseases. The present study is carried out to see the efficacy of *Nagkesar churna* and *Mishri* as a conservative treatment in Ayurveda.

**Keywords-** *Arsha, Stravi Arsh, Suksha Arsha.*

Article received on- 3 Nov

Article send to reviewer on- 5 Nov

Article send back to author on- 15 Nov

Article again received after correction on – 23 Nov

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**How to Cite the Article** : . Dr. Sheetal Sharma, Management Of *Stravi Arsha* With *Nagkesar And Mishri*, IRJAY, November: 2020 Vol- 3, Issue-11; 36-47; **Doi:** <https://doi.org/10.47223/IRJAY.2020.31117>

## INTRODUCTION

*Arsha* is one of the common diseases of ano-rectal region which is included under *Asthamhagada*<sup>1</sup>. *Arsh* is a life style disease. In allopathy; it is compared to haemorrhoids which are basically varicosity of blood vessels inside rectum and anus. Improper diet and life style affects the digestive fire i.e., *Agni* which loses its capacity to digest food and becomes cause of all diseases. *Arsha* is described by all Ayurvedic classics as a disease which occurs at *guda pradesh*, a *marma sthana*. “*Arivavt pranen shrinoti hinasti iti arsha*” a disease which tortures vital *prana* of patient as enemy. According to *Acharaya Charaka*; the site of *Arsha* is four and half *angula* in *guda pradasha* upto *guda dwara* and the *Arsha* occurring in the three *Gudavalis* of *Guda* are *Arsha* and the *Arsha* occurring other than these sites are *Adhimasha*<sup>2</sup>. *Acharaya Charaka* says that

there is involvement of *Tridosha* in three *Gudavalis* of *Guda* in *Arsha* and they are the reason of all the diseases occurring in the body and are difficult to treat<sup>3</sup>.

### Emergency of *Arsha Chikitsa*-

*Acharaya Charaka* has clearly mentioned the emergency in treating the disease as delay will cause *Badhagudodhara*<sup>4</sup>.

### Management of *Arsha* by *Bheshaj Chikitsa* –

The central idea to prevent all diseases is to avoid factors which are listed as causative factor in the development of any diseases. *Acharaya Charaka* has emphasised the importance of oral medication in the initial stages of piles and has given very clear foresight of the hazardous complications of *Agni*, *Shastra* and *Kshar Karma*<sup>5</sup> and

advocated the management of *Arsha* by oral medication and various external application and considers this mode of therapy to be much safer and non relapsing one<sup>6</sup>. Acharaya Sushruta has also given *Bheshaj Chikitsa* as first line of treatment among four curative measures- *Bheshaja*, *Kshasa*, *Agni* and *Shashtra*<sup>7</sup>. He further advocates the importance of *Bheshaja Chikitsa* in comparison with surgical treatment<sup>8</sup>. Archarya Sushruta has mentioned the treatment of *Arsha* in a rational way with their indication for *Bheshaja Chikitsa*. He said that *Arsha* must be of *Achirkala*, *Alpadosha*, *Alpha Lingam* and *Alpa Updrava*<sup>9</sup>. And in the same manner Acharya Charaka has clearly mentioned the treatment of those *Arsha* only which are in *Visarjani Vali*, with *one Dosha Pradhanta*, early manifested are easy to treat<sup>10</sup>. Also Acharaya Charaka has divided the treatment of *Arsha* into two main types<sup>11</sup>:

The *Vata* and *Kapha* dominant *Arsha* are treated under *Sushka Arsha*.

The *Pitta* and *Rakta* dominant *Arsha* are treated under *Stravi Arsha*.

Ayurveda beholds *Arsha* as local manifestation of systemic derangement of *Dosha* and *Agni*, therefore all the Ayurvedic texts presents different internal medicines to

treat *Arsha*. Acharya Charaka advocated the use of *Bheshaja Chikitsa*, first line of treatment for *Arsha* and also explained the general properties of these medicines which are used internally must be – *Anulomoka*, *Agni Deepacka*, *Pachacka*, *Samshamaka*, *Rakta Sangraha*.

Considering all these above mentioned qualities of drugs an attempt is made to know the efficacy of *Nagkesar Churna* with *Mishri* in *Stravi Arsha*.

## MATERIAL AND METHODS-

- Selection of the patient was done randomly as per rule of sampling technique in statistics.
- Patients were selected from shalya OPD of SLNAyurvedic Hospital Amritsar
- Patients suffering from signs and symptoms of *Stravi Arsha* as per traditional Ayurveda diagnostic method are selected for study.
- Study of 60 patients was carried out after appropriate counselling and with written consent for participation.

## Inclusion Criteria-

1. Age group : 18-50years
2. Sex : either

3. Diagnosed patients of *Stravi Arsh* (from Shalya dept.)
4. Patients who do not need any surgical treatment for *Stravi Arsh*.

### Exclusive criteria-

1. *Sahaj Arsha*
2. *Suksha Arsha*
3. Patients who require surgical treatment
4. *Fistula in ano*
5. *Rectal prolapse*
6. Infectious pile mass
7. Any systemic disease
8. Pregnant and lactating females.

### Demographic Profile-

Following points were noted under demographic profile:

Name, Sex, Age, Religion, Address, Occupation, Marital Status, Habitat.

### TRIAL DRUG

*Nagkesar churna*- 3gms

*Mishri* - 3gms

Empty stomach ,Once a day

### Criteria of Assessment-

Assessment will be made totally on drug efficacy in *Stravi Arsha*.

*Acharya charaka* has described *Chikitsa* of *Arsha* by dividing it in two main categories; *Suksha Arsha* and *Stravi Arsha*. *Arsha* predominant in *Vaata* and *Kapha* are known as *Sushka* and those predominant in *Rakta* and *Pitta* are *Stravi Arsh*<sup>12</sup>.

### Parameters of Assessment-

1. *Raktastrava*
2. *Sthanik Sheth*
3. *Mansankur*

1. *Raktastrav*  
Absent (-)

Mild (+)

Moderate (++)

Severe (+++)

2. *Sthanik Sheth*  
Absent \_

Mild +

Moderate ++

Severe +++

3. *Mansankur*

Size of pile mass

a) ½ “ (*shuka* < ½ “ (*Gunja*) +

b) *jivha*) +=

c) ½ “ \_ 1” (*kharjura beeja*) +++

d) 1” \_ 1 ½ “ (*panas asthi*) +++++

**Table 1-Assessment of sign and symptoms**

Symptoms	Grading
No	<b>0</b>
Mild	+
Moderate	++
Severe	+++

**OBSERVATION**

**Table 2- ACCORDING TO SIGNS AND SYMPTOMS**

Statistical Analysis (By Wilcoxon Match Pair Test)

RAKTASTRAVA	
MEAN	B.T 1.8
	A.T 0.58
S.D	B.T 0.75
	A.T 0.56
S.E	B.T 0.09
	A.T 0.07
MEAN DIFFERENCE	1.21
S.D. DIFFERENCE	0.69
S.E. DIFFERENCE	0.08
P VALUE	0.0001 (HIGHLY SIGNIFICANT)

Table shows the statistical analysis of data of 60 patients before and after treatment in *Raktastrava*. Here ,S.D is standard

deviation and S.E. is standard error, p value <0.05 which shows the significant effect of drug.

**TABLE -3**

<i>STHANIK SHOTHA</i>	
MEAN	B.T. 1.75
	A.T 0.71
S.D	B.T 0.75
	A.T 0.61
S.E	B.T 0.096
	A.T 0.079
MEAN DIFFERENCE	1.033
S.D. DIFFERENCE	0.735
S.E. DIFFERENCE	0.094
P VALUE	0.0001 HIGHLY SIGNIFICANT

Table shows the statistical analysis of data of 60 patients before and after treatment in *Sthanik Shotha* .Here ,S.D is standard

deviation and S.E. is standard error, p value <0.05 which shows the significant effect of drug.

**TABLE- 4**

<i>MANSANKURA</i>	
MEAN	B.T 1.48
	A.T 0.63
S.D	B.T 0.72
	A.T 0.48
S.E	B.T 0.093
	A.T 0.062

MEAN DIFFERENCE	0.85
S.D. DIFFERENCE	0.732
S.E. DIFFERENCE	0.094
P VALUE	0.0001 (HIGHLY SIGNIFICANT)

Here the Table shows the statistical analysis of data of 60 patients before and after treatment in *Mansankura* .Here ,S.D is

standard deviation and S.E. is standard error, p value <0.05 which shows the significant effect of drug.

**DIAGRAM NO: A**

(By Wilcoxon Match Pair Test)

On the basis of mean before and after treatment

***Raktastrava***

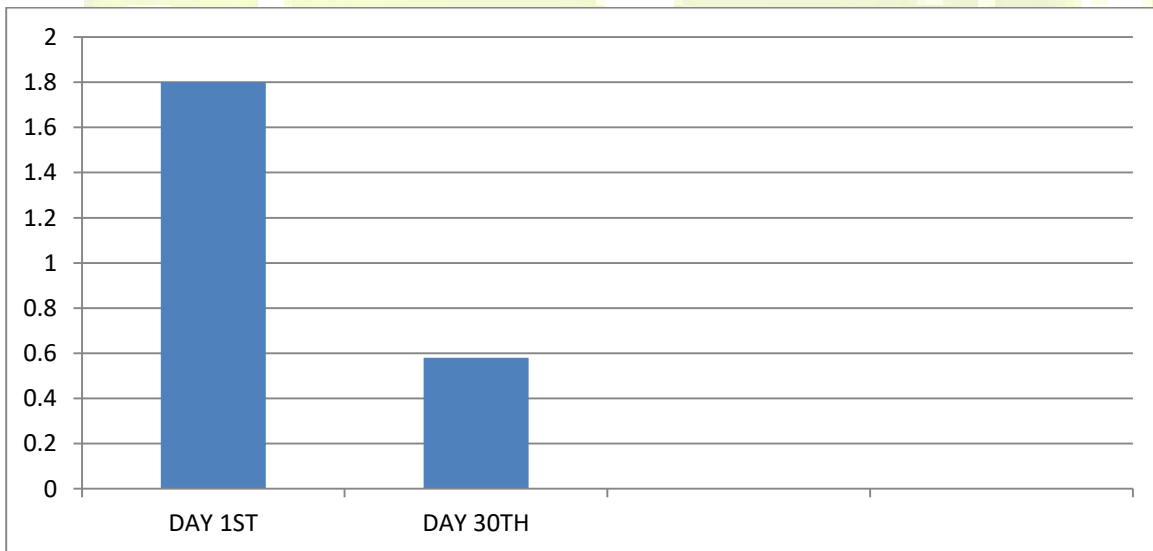


Diagram no A shows the efficacy of drug after treatment. The mean is 1.8 before treatment and it reduces to 0.58 after

treatment. This shows that *Nagkesar* and *Mishri* used on *Stravi Arsha* is effected and checks bleeding

**DIAGRAM NO:B**

***STHANIK SHOTHA***

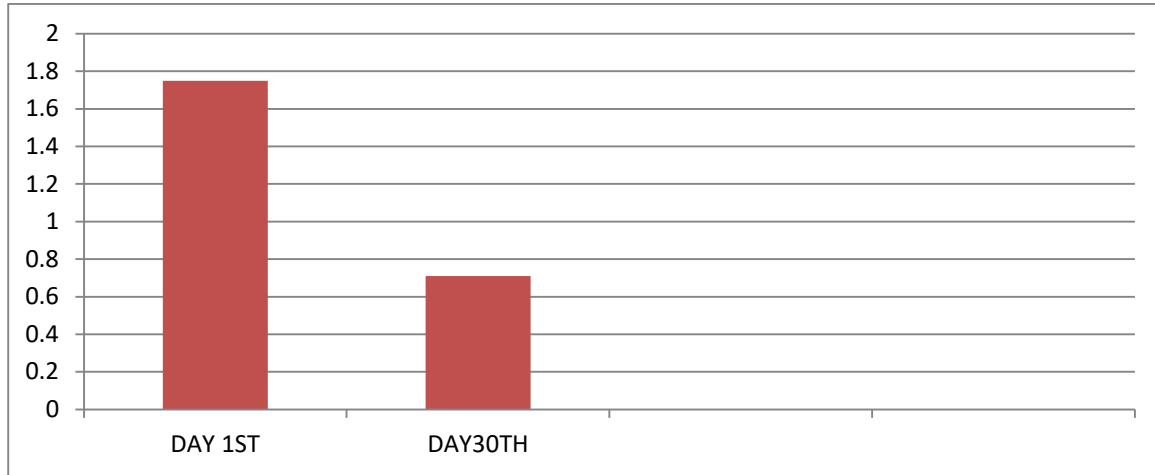


Diagram B shows the efficacy of *Nagkesar* and *Mishri* on *Stravi Arsh* after treatment. The mean of *Sthanik Shotha* is 1.75 before

treatment and it reduces to 0.71 after treatment. This shows the efficacy of drug on *Sthanik Shotha*.

**DIAGRAM NO: C**

***MANSA ANKU***

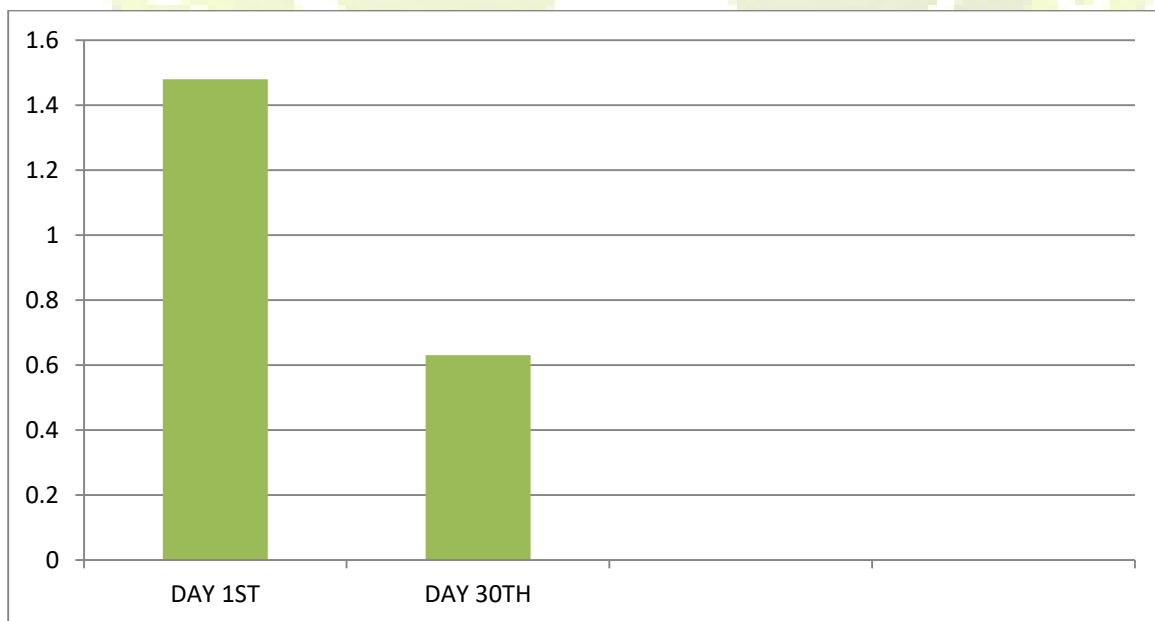




Diagram no C shows the efficacy of *Nagkesar* and *Mishri* on *Stravi Arsh* after treatment. The mean of *Mansa Ankur* is 1.48 before treatment which is reduced to 0.63 after treatment. This shows efficacy of *Nagkesar* and *Mishri* on reducing *Mansa Ankur*.

## DISCUSSION

*Arsha* is caused by unhealthy diet and sedentary life style which leads to impairment of all the three *Doshas* mainly *Vaata*. An aggravate *Vaata* cause low digestive fire leading to constipation. Patient strains to have bowel movement which caused swelling in the veins and around the anus. Sometimes this straining leads to bleeding that scares patient and if remains uncontrolled may lead to an emergency condition. The therapeutic objective in *Arsha* is prevention of bleeding along with inflammation, pain, constipation.

*Nagkesar Mishri* when used gave positive result in curing the bleeding as well as the pain and inflammation. *Nagkesar* is *Kasaya*, *Usna Virya*, *Ruksha*, *Laghu* and *Aampachak*. It is useful in *Jwara* and *Kandu*, Thirst, Sweating, *Vaman*, *Hrilaas*, *Durgand*, *Kustha*, *Visarpa* and eradicates *Kapha*, *Pitta* and *Visha*<sup>14</sup>. *Mishri* is *Taraka*,

*Laghu*, *Sheetvirya*, *Vaata*, *Pitta* and *Shamaka*. It is said to be *Saraka* and facilitates ingestion of medicines.

Probable mode of action of *Nagkesar* and *Mishri* on symptoms of *Stravi Arsh*:

1. *Raktastrava*- Both *Mishri* and *Nagkesar* are known to be used in bleeding disorders. *Nagkesar* is *Kasahaya Tikta* and *Mishri* is *Pittasra* and when both are used together they check the bleeding disorder *Stravi Arsh*.
2. *Mansa Ankur*- *Nagkesar* is *Shophara*; thus internal use of *Nagkesar Churana* reduces the swelling of pile mass and brings marked change in the size of *Mansa Ankur* thus reducing the size of pile mass and obstruction in the passage of mala and relives the discomfort and pain.
3. *Mandagni*- *Mandagni* is the main symptom in the disease. *Ruksha*, *Tikshna* and *Lagu Guna* of the *Nagkesar* works at the level of Agni. It helps in the *Pachana* of *Aama* collected and helps in regaining the appetite. *Mishri* is *Ruchya* thus with *Nagkesar* it works in increasing the Agni.

*Mishri* is *Kshalakshenhara* and *Balakara* thus it helped in removing the general debility of the patients and *Nagkesar* checks the *Kandu* at site of pile mass by being *Kandughna*.

### CONCLUSION-

In this study, it was observed that both *Nagkesar* and *Mishri* when used together, they worked efficiently in bringing the stability of vitiated *Dosha* at *Guda* level. Thus, the conservative treatment in *Stravi*

*Arsh* can be successfully done in OPD level if they are new in origin and without complications.

**Acknowledgement:- Nil**

**Financial Assistant:- Nil**

**Conflict of interest :- Nil**

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