

A Clinical Study of 'Bilva Patra Kwath Avagahan Sweda' in Management of Arsha in Garbhini w.s.r. to Haemorrhoids

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An uncomfortable, painful condition that is very common during pregnancy is Haemorrhoids. Due to various causes the haemorrhoidal plexus get dilated and inflamed resulting in formation of haemorrhoids which if not treated at proper time causes profuse bleeding and protrusion of the haemorrhoids. In such a condition, surgical and para-surgical procedures have limitations and use of internal ushna and tikshna kalpas are contraindicated in Garbhini. Keeping these problems in view Bilva patra kwatha avagahana sweda karma in Charaka chikitsa sthana 14/47 was selected to evaluate the effect of avgahana sweda karma in relieving the signs and symptoms of haemorrhoids. Bilva patra kwatha sitz bath given to the Garbhini patient suffering by haemorrhoids.

In the present study, done on 10 patients, an effort has been made to derive safe, easy accessible treatment in pregnancy. Bilva patra kwatha avgahana sweda, which has proven anti-inflammatory property relieves venous congestion, relieves spasm of sphincter muscles, reducing irritation and itching. Assessment done on the basis of criteria, resulted in relieving pain and significant reduction in size of pile mass without any untoward side effect in pregnancy.

Key words - Pregnancy, Haemorrhoids, Bilva patra avagahana, Anti-inflammatory, Safe.

Introduction - व्याधींश्चास्या मृदुमधुरशिशिरसुखसुकुमारप्रायैः औषधाहारोपचारैरुपचरेत्। पूर्णमिव तैलपात्रमसंक्षोभयताऽन्तर्वत्नी भवत्युपचर्या।। च.शा.८/२२

Pregnancy is such delicate a condition that Acharya Charaka has compared it with handling open container full of oil, so 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 increase the pressure on the veins, which makes them more dilated or swollen. Also increased progesterone hormone during pregnancy causes vein walls to relax and swell more easily. Progesterone also contributes to constipation by slowing down intestinal tract. Constipation can also cause and

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 the life, growth and normal development of the fetus. In Ayurveda avagaha sweda is the procedure to sit in warm water for a short period of time, which promotes healing and eases discomfort by encouraging blood flow to the rectal area. It also helps to relax the anal sphincter. Bilva patra kwatha is used for avagaha sweda. Bilva is included in Shothhara and Arshohara Mahakashaya by Acharya Charaka. Bilva leaves anti-inflammatory and analgesic properties and is proved in many recent studies. Also Acharya Charaka has mentioned Bilva patra kwatha avgahana in asrhoroga chikitsa adhyaya.

Aims and Objectives -

- 1) To study the clinical effect of Bilva Patra Kwatha avagah sweda in the Management of Arsha in Garbhini w.s.r. Haemorrhoids.
- 2) To manage and reduce symptoms of Haemorrhoids such as bleeding per rectum, pain, swelling, etc. in Garbhini patients
- 3) To find out simple, able, safe and cost effective therapeutic regimes without any untoward side effect in pregnancy in the management of Rakta Arshas.
- 4) To review the literature about Bilva properties and Arsha vyadhi in Garbhini.

Bilva -

Latin name - *Aegle marmelos*.

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

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

Gana- Shothhara, Arshoghna, Aasthapanoga, Anuvasanopaga (Charaka samhita).

Brihat panchamula, Varunadi gana, Ambshthadi gana.

Ayurvedic properties - • Guna - Laghu, Ruksha

• Ras - Kashay, Tikta • Vipak - Katu • Virya - Ushna

Doshghnata - Kapha-Vataghna.

Property of Patra (leaves) - Locally Shothhara and Vednasthapana

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

Chemical composition -

Fruit: contains marmalasin,

Young bark: coumarin and umbelliferone,

Matured bark: Y-fragrane, 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 and bark mainly contain tannin.

Recent studies - Following studies shows the anti inflammatory and analgesic property of Aegle marmelos leaves and root extracts -

- 1) Anti-inflammatory activity of plants - C.O. Okali, P. A. Akah, S.V. Nwafor, Nigeria.
- 2) Biochemical Variation Studies in Aegle marmelos - Johnson M, Pallyamkttai, Tamilnadu.
- 3) Recent Trends in Medicinal uses and health benefits of Indian traditional herbes - Aegle marmelos = Coimbtore Medical College, Tamilnadu.

Materials and Methods -

No. of Patients - 10

Selection of patients - Diagnosed patients of Haemorrhoids in pregnancy at Hospitals O.P.D. and I.P.D. **Consent -** A well informed written consent has been taken before starting the treatment.

Insrtuments - electric heating instrument, plastic tub for sitting

Drug - Bilva patra kwatha.

Kwatha preparation: 1) Fresh crushed leaves of Bilva boiled in 8 times water upto $\frac{1}{4}$ of total water remains.

Avagahana Swedan procedure - 1) patient is asked to sit in tub filled with luke warm bilva kwatha for 10 minutes
2) Avgahana 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 - Nonv-egeterian food, Spicy Food, Alcohol, Tobacco and Unwholesome preserved canned food,
- c) Apathya Vihara - straining during defeacation, in utkatasana.

d) Duration of Treatment - Avagahan sweda given t a day for 7 days

e) Follow up - Twice weekly for 1 month and patie assessed for clinical symptoms on alternate days

f) Criteria of selection of patients - The patients of Gart having classical signs and symptoms of Arsha be sele

Inclusion criteria -

- 1) 1st, 2nd and 3rd Degree Haemorrhoids.
- 2) the patient of all trimesters of pregnancy
- 3) Patients of age group 18 to 35 years old.

Exclusion criteria -

- 1) 4th degree Haemorrhoids.
- 2) Thrombosed Haemorrhoids, Haemorrhoids v ulcerative colitis, Fissure, Fistula, Rectal-Polyps, Soli Rectal Ulcer and Prolapse of rectum.
- 3) HIV, HBsAg Positive Patients.
- 4) Threatened or any complicated pregnancy, where tl is mother or foetus are at risk .
- 5) Patients with Hepatic Disorders, Diabetes, Pulmor and Intestinal Tuberculosis, Carcinomatous condition Anorectal region and Syphilis.

Investigations -

Routine investigations before treatment -

- Blood - CBC, ESR, BT, CT
- BSL - a) Fasting and b) Post prandial
- LFT
- RFT
- Urine - a) Routine and 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) Pain - For assessment of pain

Visual Analogue Scale (Mac' gills pain scale)
The following scale was used to help out assessing t severity of pain. Patients were asked to locate a finger any of the numerical over the scale and the severity pain was assessed according to that for which the r merical are labelled.

0	1	2	3	4	5	6	7	8	9	10
No pain	Mild		Discomforting		Distressing		Horrible		Excruciating	
Nil	Mild		Moderate				Severe			

Grade 0 - Nil
Grade 1 - Mild
Grade 2 - Moderate
Grade 3 - Severe

3) Size of Internal Haemorrhoid -

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

Symptom	BT	AT	Diff	%
PR bleeding	7	3	4	57.14286
Pain	7	1	6	85.71429
Size of Internal Haemorrhoid	9	4	5	55.55556
Total	23	8	15	65.21739

Data obtained from observation of 10 pts, shows that, pain was relieved by an average of 85.71%, PR bleeding was relieved by 57.14% while 55.55% relief occurs in Size of Internal Haemorrhoid. This shows overall average of 65.21% relief in all symptoms which is highly significant.

Discussion - The clinical study done on 10 patients and its analysis shows marked improvement in symptoms like PR bleeding and significant decrease in size of Haemorrhoids, also about all patients got relieved from pain, and continued pregnancy without any complication.

Conclusion - The Bilva Patra Kwatha Avgahana Swedana is clinically proved as effective in treatment of Haemorrhoids in Garbhini and gives significant relief from all symptoms, proving it as safe, cost effective, standard, easy accessible treatment for internal Haemorrhoids in pregnancy without any untoward effect to mother and foetus.

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• सर्व आयुर्वेदीय वैद्यवर्ग व विद्यार्थ्यांसाठी एक आवाहन •

सध्याच्या internet च्या युगात सर्वच जण mobile, computer या यंत्रांशी जोडले गेले आहेत. त्यातून जगाच्या कानाकोपऱ्यातील माहिती क्षणार्धात सर्वांना मिळते. 'वाचाल तर वाचाल' ही संकल्पना तर सर्वच ठिकाणी आपण पाहतो, पण वाचण्यासाठी असणारे मटेरियल आपल्यापर्यंत पोहोचले पाहिजे. आज आयुर्वेदाला चांगले दिवस आलेले आहेत. आयुर्वेदीक वैद्यांची नवीन पिढी नवनविन प्रयोग करू पाहात आहेत. त्यांना योग्य मार्गदर्शन मिळण्यासाठी किंवा ज्येष्ठ वैद्यांचे विचार कळण्यासाठी खरं म्हणजे 'मासिक' ही संकल्पना आहे. तसेच आजच्या पिढीतील विद्यार्थ्यांचे संशोधन हे सर्वापुढे येण्याचे मासिक हे माध्यम आहे. यासाठी कृपया आपणा सर्वांना ही विनंती आहे की, आयुर्वेदाच्या ज्ञानाची देवाण-घेवाण करण्यासाठी कृपया नवनविन लेख आमच्यापर्यंत पाठवावेत.

• विविध औषधी कल्पांचा निरनिराळ्या व्याधींमध्ये केला जाणारा उपयोग (Practical approach). • एकेरी वनस्पतींचा चिकित्सेत केला जाणारा वापर. • आयुर्वेदीय संकल्पनांचा चिकित्सेमधील सूक्ष्म विचार.

वाचकांची अधिक मागणी वरील स्वरूपाच्या लेखांसाठी आहे. तसेच विविध विशेषांक प्रकाशित केले जातात. त्यानुसार कृपया लेख पाठवावेत ही विनंती! धन्यवाद!!