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A COMPREHENSIVE CLINICAL STUDY ON THE ROLE OF VASA GUDA IN THE MANAGEMENT OF SRAVI ARSHAS

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ABSTRACT

Many diseases manifest due to present food habits and modern life style affecting the gastrointestinal tract. Most common among them is Arshas. Acharya Vagbhata describes this disease as 'arivat pranino mamsa kilaka visasanti yat' i.e, it tortures the person just like an enemy. Acharya Sushruta includes Arshas under Ashta mahagadas. Charaka included it under kostagatha Vata rogas. Due to improper eating habits, increased intake of Viruddhahara (guru, madhura, sheeta, abhishyandha, vidahi, viruddha, shushka, puti mamsa, snehapana and madhya), Agnigets impaired. Viharaja nidanas (Sitting on hard surfaces for continuous hours, suppression of natural urges, excessive straining on stools, improper squatting position, continuous and improper seating on travel, excessive sex, excessive exercise, miscarriage & abortion in women) vitiates Apana vayu affects guda valis producing different shapes of Mamsa ankura. Arshas can be divided into 2 groups, Shushkarshas & Sravi arashas. Shushkarshas is due to VataKaphaja and Sravi arshas is Pitta Raktaja in nature. In this present clinical study Sravi arshas is taken into consideration. Based on Lakshanas, it can be compared with bleeding haemorrhoids. Acharya Charaka explains samanya chikitsa as "Agnisandeepanartham cha Raktam sangrahanaya cha, Doshanam pachanartham cha param tiktairupachareth..." Vasa guda is one such yoga which is Raktasthambhaka, Vatanulomaka & Agnideepaka, Doshapachaka. Hence an attempt is made to study the comprehensive action of Vasa guda as Shamanoushadhi in Sravi arshas.

Key words: Sravi arshas, Shamana Chikitsa, Vasa guda.

INTRODUCTION

Ayurveda is one of the rational and scientific among the systems of medicine. This science of life aims at alleviation of diseases as well as maintenance and promotion of good health. A disease arises due to some disturbances of this constituents and Sravi arshas is one among them. Due to intake of improper diet and lifestyle, Doshas get aggravated and these aggravated Doshas, vitiates (impairs) the Twak, Rakta, Mamsa, Meda, leading to projection like mass (Gudankura) at anorectal region and leading to disease Arshas¹. Here person will be suffering from constipation & other complaints like pain, burning, bleeding, and itching at anorectal region. In this clinical study Sravi arshas was selected. In contemporary medical science Sravi arshas can be compared to Haemorrhoids with bleeding. Haemorrhoids also called as piles, are clumps of dilated veins in the anus and lower rectum. These become swollen and inflamed causing pain and rectal bleeding while defecation. Arshas is the most common condition affecting millions of people around the world and represents a major medical problem. Among 2000 consecutive proctological examinations, 72% incidence of hemorrhoids was found. Various study shows that above 50% of the population of the world suffer from hemorrhoids². There are four fold modalities in Ayurveda for Arshas like Bheshajachikitsa, Agnikarma, Kshara karma and Shashtra karma. Among these, administration of bhesaja (internal medication) is the most acceptable means of management as it has least interference with the daily activity of the patient. Sushruta has described internal medications accepting their limitations in the surgical diseases. Acharya Sushrutha³ and in Bhaishajya ratnavali⁴, the Oushadha Chikitsa is given importance and considered as first step in management of Arshas. Since Rakta is considered as jeeva which has to be protected. Here comes the need for an effective drug which can cause Rakta stambhana. As Vasa is having the properties like Raktastambhana, Samshamana to relieve Raktasrava, Gudadaha, it is widely in practice for Rakta stambhanartha with great success. In Shadvidhopakrama, the treatment of Sravi arshas is considered under Stambhana therapy⁵. Sravi arshas is one of the diseases to be treated through the Sthambhana chikitsa⁶. Vasa is considered as one of the best effective Sthambhana drug because of its bitter taste Sheetha and Rooksha guna⁷. Charaka emphasized bitter tasted drugs, to be used in Sravi arshas⁸. Dravya Guda got Madhura,

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Snigdha, Sheeta, Anulomana quality, which may help in correction of Vibandha⁹, also rakth Arshas is a type of adhoga RaktaPitta, where madhura rasa is given importance (AH)¹⁰. So in clinical study Vasa was taken with inclusion of Guda^{11 12}.

AIMS AND OBJECTIVES

1. To study the Sravi arshas clinically.
2. To know the specific action of Vasa Guda in different conditions of Sravi arshas like:
 - a) Chronicity
 - b) Severity
 - c) Vatanubandhaja and Kaphanubandhaja and PittaRakta pradhana types of Sravi Arshas
 - d) Sravi arshas along with other conditions like vibandha

MATERIALS AND METHODS

Study design: A comprehensive clinical study

Sample size:

30 patients fulfilling the diagnostic and inclusion criteria were selected.

DATA COLLECTION

A. SOURCE: All the classical and contemporary science information, recent advances through various information sources including internet, the published scientific papers in reputed journals both in printed and online media about mentioned diseases and drugs in the present study were thoroughly reviewed and recorded

B . METHODS

a) Inclusion criteria:

- Patients having the classical Lakshanas of Sravi arshas (Vata and Kaphanubandhaja).
- Madhyama and Avara Roga Bala

- Patients in between 16 years and 70 years of age irrespective of gender, caste and religion and occupation were selected.

b) Exclusion criteria:

- Patients below 16yrs & above 70yrs
- Other cases of Anorectal disorders apart from Sravi arshas
- Pregnant women and lactating women
- Patients with other serious systemic disorders
- Patients with Pravara roga bala

C) DIAGNOSTIC CRITERIA

1) Subjects with signs and symptoms of Sravi arshas mentioned in classical and contemporary text such as: Rakta pravrutthi(bleeding per rectum), gudankura(pile mass), varcha Vibandha (Constipation) , Katishoola, Uru shoola, Pandu varnatha, heena bala and utsaha etc were monitored and graded accordingly.

2) Per rectum examination conducted in each patient and results was graded

Intervention:

- No of patients: 30
- Medicine : Vasa guda
- Dose :1 Karsha (2 Kola)
- Anupana : Ushna Jala
- Time of administration: morning before food (Pragbhaktha)
- Duration of administration: 14 days
- Follow up : 7 days
- Total study duration: 21 days

- Review: patients were assessed clinically on 7th, 14th and follow up on 21st day after treatment.
- Pathya: Patients were advised to avoid known causative factors (Nidanaparivarjana).

D) ADVERSE EFFECTS

No adverse effects were noted during the study

E) ASSESSEMENT OF OUTCOME

Subjective parameters:

Pain

Burning sensation

Vibandha

Agnimandhya

Nature of pureesha

About consistency

Colour

Frequency

Mucus discharge

Objective parameters

Mass per rectum (Proctoscopic information in size)

Nature of pile mass (on touch)

ASSESSMENT CHART

Clinical Parameters

Sa shabda purisha absent	Grade 0
Sa shabda purisha present	Grade 1
Sa gradita purisha absent	Grade 0
Sa gradita purisha present	Grade 1
Katishoola absent	Grade 0
Shoola occurs occasionally 2-3 times per week	Grade 1
Shoola occurs daily	Grade 2
Severe shoola which disturbs the routine of pt	Grade 3
Uru shoola absent	Grade 0
Shoola occurs occasionally 2-3 times per week	Grade 1
Shoola occurs daily	Grade 2
Severe shoola which disturbs the routine of pt	Grade 3
No shoola in Guda	Grade 0
Mild shoola in guda while passing stools	Grade 1
Moderate shoola in guda while passing stools	Grade 2
Severe shoola in guda while passing stools	Grade 3
Dourbalya absent	Grade 0
Dourbalya present	Grade 1
No mutra vibandha	Grade 0
Passing urine 2-3 times/day with difficulty	Grade 1
Passes urine once/day with difficulty	Grade 2
Won't passes urine for more than a day and above	Grade 3
No varcha vibhandha	Grade 0
Passes stools once in a day with difficulty	Grade 1
Passes stools every alternative days with difficulty	Grade 2

Won't passes stools for more than 2 days and above	Grade 3
No adhmana	Grade 0
Adhmana present if no stool passed	Grade 1
Adhmana present even after passing stools	Grade 2
No daha in Guda	Grade 0
Mild daha in guda while passing stools	Grade 1
Moderate daha in guda while passing stools	Grade 2
Remaining day time also daha present in guda	Grade 3
No Rakta pravritti	Grade 0
Little bleeding with streaks along with stools	Grade 1
Moderate quantity of bleeding along with stools	Grade 2
Profuse bleeding along with stools	Grade 3
Heena varnata absent	Grade 0
Heena varnata present	Grade 1
Heena bala absent	Grade 0
Heena bala present	Grade 1
Heena utsaha absent	Grade 0
Heena utsaha present	Grade 1
Kandu absent	Grade 0
Kandu present	Grade 1
Sa picchila and guruta of gudankura Absent	Grade 0
Sa picchila and guruta of gudankura Present	Grade 1
Agnimandya absent	Grade 0
Agnimandya present	Grade 1

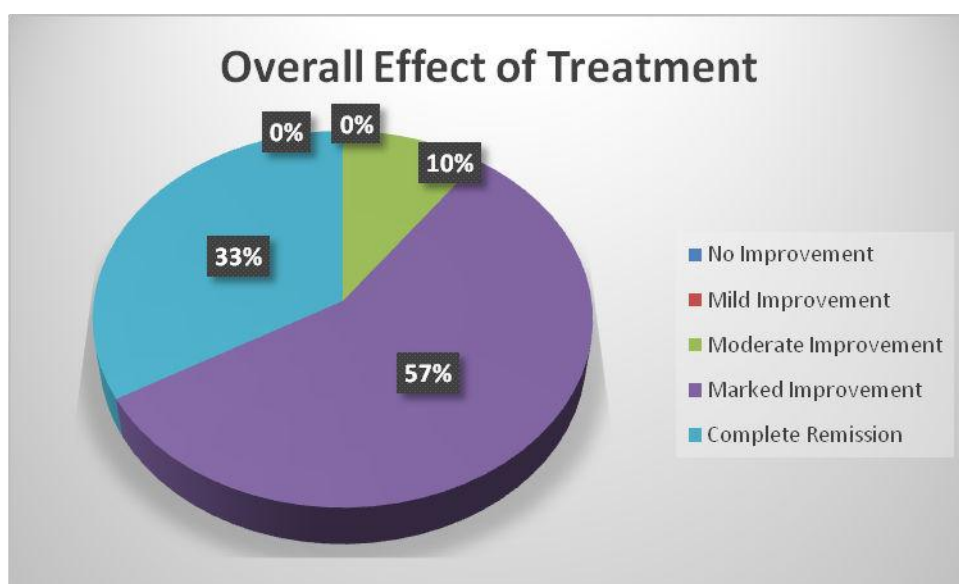
F) STATISTICAL ANALYSIS

1. Based on the information gathered by means of observation before and after treatment, various parameters were subjected to statistical analysis.
- 2) The mean, standard deviation, Standard error, 95% confidence interval of mean, p value & t value were calculated.
- 3) Student's t test was carried out and the obtained results were interpreted

G) TOTAL ASSESSMENT OF THE THERAPY

Worsened	
Unchanged	0% relief
Slightly Improved	1 – 30 releif
Moderately Improved	30 – 60% relief
Markedly Improved	60 – 99% relief
Completely Cured	100% relief

RESULTS



Interpretation

The overall effect of treatment, statistical analysis showed that the mean score which was 0.89 in before treatment was reduced to 0.55 in after treatment and reduced to 0.15 in follow up, and there is a statistically significant change. ($P < 0.05$)

DISCUSSION

Even though Kshara Karma, Sastra karma and Agni Karma are explained elaborately by Acharya Sushruta, he has not mentioned much about how to stop the bleeding in these cases though Haemostasis is still challenging one for today's physicians. Further there is a reference available in most of the texts regarding the Raktastambhana quality of Vasa to be used for the treatment of Adhogata RaktaPitta vikaras like Sravi arshas. On the basis of this reference about Vasa guda, the present study was done.

The effect of Vasa guda on the signs and symptoms of Sravi Arshas are interpreted as follows

Effect on Sa grathiita Pureesha (defecation in small quantity)

Here Vasa guda possess double the quantity of Guda dravya which helps Vatanulomana and controls the Vata by its Snigdha guna which may helps the patient for the complete evacuation of Pureesha.

Effect on Guda shoola (pain in the rectum)

Due to Apana Vata vaigunya, Rukshathva increases which in turn leads to dry and hard stool. The Snigdha and Vatanulomana property of the drug reduces the Rukshathva. Thus results in reduction of Shoola during defecation.

Effect on Varcha vibandha (constipation)

All drugs in Vasa guda are Deepana and Vatanulomana in nature which cures Vibandha.

Effect on Adhmana (distension of abdomen)

The Anulomana action of Guda dravya restores the Anuloma gati of Vata thus reducing the Adhmana of stomach.

Effect on Daha (Burning sensation in rectum)

All drugs of Vasa guda are Sheeta veerya in nature, reducing the ushnatha and daha which is present in Sravi arshas. Guda helps in easy evacuation of Pureesha. This yoga helps in causing Raktastambhana and Vatanulomana thus curing Guda daha.

Effect on Raktapravrutthi(Bleeding per rectum)

In Vasa guda, Vasa is Deepana-Pachana in nature and being Raktastambhaka it increases Bala of Agni. This yoga helps in causing stoppage of bleeding due to Tikta rasa thus curing Ati raktapravrutthi.

Effect on Kandu (itching on rectum)

Vasa guda possess Vasa which is rooksha (Kaphahara in nature) which reduces Kandu. Effect on Sa picchila and Guruta of Gudankura(sliminess and heaviness in pile mass) Picchilata and Guruta of Gudankura is the main symptom which is present in Sravi arshas due to Kaphadikyatha. Vasa guda possess Vasa which is rooksha helps to control the Kapha in the present condition. The probable mode of action of Vasa guda as follows: In this study, Vasa mentioned in the context of RaktaPitta by Charaka was considered. Vasa is Best Rakta sthambhaka, but in the context of Adhogatha rakta Pitta madhura rasa is indicated. So Vasa with guda is selected for the study in Sravi arshas. Vasa is tikta rasa, because of which it reduces Raktaptavruthi, Daha of Pitta and acts as Rakta sthambhaka, causes Agni deepana. Purana Guda is Pathya, Anabhishtandha and Agnipustikara, its Snigdha guna reduces Rukshathva of Vata. Hence all the drugs of Vasa guda in combination is Tiktarasa pradhana, Agni Deepana and Vatanulomana in action. Guda helps to reduce all the PittaVataja symptoms.

The analytical studies conducted on vasa shows the presence of tannins, phenolic and calcium compounds, Vitamin c and active principles such as Vasicine and Vasicinone which bring about coagulation on one hand, and also coumarin compounds which act as an anticoagulant and dissolves blood clots. It contains enough sugar, Sucrose, Protein and vitamins which may acts as a mild laxative in other way. The pH value of the drug is 5 and it is slightly acidic in nature.

CONCLUSION

- Observation of the present study reveals that incidence of the disease is more among the age group of above 60 years (23%) and below 30 yrs (23%). Present sample had both sexes but males were found to be more (67%).
- Many patients were from middle class income group, nonvegetarians, VataPitta Prakrithi, indulging in strenuous work.
- Most of the patients were of Madhyama (43.34%) and Krura Koshta (50%). Maximum number of patients had haemorrhoids at 7 o clock position (43%).
- Vasa guda gives remarkable improvements in Sa gradita pureesha (81.82%), Guda shoola (88.57%), Varcha vibandha (83.67%), Adhmana (86.21%), Daha (86.11%), Daurbalya (80%) and Raktapravritti (95.38%), Heena varnatha (100%), Heena bala (83.33%), Heena utsaha (90.48%), Kandu (86.67%), Agnimandya (88.89%). All these were found to be statistically significant $P < 0.05$ except Mutra vibandha ($P > 0.05$)
- Based on onset of disease, patients with less than 1 year (50%) reported reduction in both Raktapravritti and pile mass. Where as more than 1 year (50%) reported reduction only in Raktapravritti.
- Out of 30 patients more patients (20) were suffered with Vibandha and they got good result (83.67%).
- Based on severity in present clinical study Madhyama vyadhi bala (77%) (Moderate number of symptoms) and Avara vyadhi bala (13%) (less number of symptoms) having more results than that of Pravara vyadhi bala (10%) (maximum number of symptoms).
- Out of 30 patients, maximum patients Koshta were Krura (50%) followed by Madhyama Koshta (43.34%), Mrudu koshta (6.66%). Patients with Madhya Koshta showed great improvement than Krura Koshta where the disease is stronger.

- Out of 30 patients, 13 (42.29%) patients were having Vatanubandhija Sravi arshas, 10 (32.48%) patients were having Pittarakta pradhanaja Sravi arshas and 7 (25.23%) patients were having Kaphanubandhaja Sravi arshas.
- Out of 30 patients, Pittarakta pradhanaja Sravi Arshas (91.06%) got more results compared with Vatanubandhaja (77.26%) and Kaphanubandhaja conditions (76.91%).

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