CLINICAL EFFICACY OF PIPPALYADI TAILA INFILTRATION IN THE MANAGEMENT OF ABHYANTARA ARSHAS
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ABSTRACT:
Arshas (Hemorrhoids) is a common anorectal condition prevalent worldwide. It is highest prevalence. Anuvashanabasti is one of the Panchakarma procedures in Ayurveda. In spite of so many therapies still Arshas is one of the burning problem. In present work by Pippalyadi taila infiltration, an attempt is made to treat the disease. In present study 15 patients are taken for 7 days treatment, & assessment done on alternative day. At the end of clinical study among 15 patients in group A, 33.33% (5 patients) shown complete cure, 13.33% (2 Patients) shown maximum improvement, while 26.66% (4 patients) shown moderate improvement where as 26.66% (4 patients) shown mild improvement

KEY WORDS: Arshas, Pippalyadi Taila, Haemorroids

Introduction:
Changes in life style like sedentary, royalty, change in food habits, tension, stress, worry, improper food habit the human race is suffering from many threatening diseases, Arshas /Hemorrhoid is one among them.
According to statistical analysis it is concluded that about 50% of people, over the age of 50yrs are suffering from hemorrhoids. Youngsters are not devoid of it. It has became a burning problem in now a days. Even though our Acharyas have mentioned so many ways for chikitsa of Arshas, still it is most commonly seen.
So it is very important to note causes & try to solve root problem. Our Acharyas have solution for everything, only the thing is we need to search the right measure for exact cause. & more researches have to be conducted in this field.
In Ayurveda ARSHAS is considered as one of the ASHTAMAHAGADA, because
of its Deerghakaalanubandhi, Dushchikitsa, Tridoshika & involves Marma.

Aims & objectives:
To evaluate the efficacy of Pippalyadi taila infiltration³.

Material & methods:
In present study I have taken 15 patients by simple randomized sampling procedure from OPD & IPD of Sri Sidharoodha Charitable Teaching Hospital of NKJAMC & PG Centre Bidar. After screening by inclusion & exclusion criteria.

Material: Pippalyadi taila, sterile gloves, disposable syringe, rubber catheter.

GROUP 1- (Trial group)
5ml of Pippalyadi taila infiltration done in the anal canal after defecation daily once in a day.

DURATION- Treatment done once in a day for 7 days & assessment done on alternative day.

FOLLOW UP- 3 follow ups are taken with an interval of 15days.

Selection criteria:

INCLUSION CRITERIA-
- Patients with 1st & 2nd degree internal pile mass.
- Irrespective of sex.
- Patient of age group between 20-70years.

Exclusion Criteria
- Patients suffering from external pile mass.
- Patients suffering from 1st & 2nd degree internal mass associated with other proctological disease (fistula in ano, fissure in ano, rectal prolapsed, rectal polyp, malignant growth) will be excluded.
- Patients suffering from other severe systemic disorders like DM, HTN, Gynaecological, & Obstetrical disease etc will be excluded.

Assessment Criteria
Assessment will be done on subjective & objective criteria before & after treatment.

Subjective criteria
- Bleeding
- Constipation

Objective Criteria
- Size of pile mass
- Number of pile mass

Treatment:
Patient was made to lie down in lithotomic position. With the help of
5ml syringe & rubber catheter, 5ml of *Pippalyadi taila* infiltration done in the anal canal. A pad was kept over anal verge. Patient was asked to lie down in supine position for 5-10min. (to prevent immediate expulsion of oil).

**Results:**

In the present Clinical study Management of *Arsha* with *Pippalyadi taila* results of all the cases were noted on the basis of statistical results.

### Table 1. STATISTICALLY ASSESSED SIGNS AND SYMPTOMS-TRIAL GROUP

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>BT Mean ± S.E.</th>
<th>AT Follow up Mean ± S.E.</th>
<th>AT1 Mean ± S.E.</th>
<th>AT2 Mean ± S.E.</th>
<th>AT3 Mean ± S.E.</th>
<th>AT4 Mean ± S.E.</th>
<th>Df</th>
<th>T-value</th>
<th>p-value</th>
<th>Effectiveness %</th>
<th>Correlation</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bleeding</td>
<td>1.80 ± 0.107</td>
<td></td>
<td>1.80 ± 0.107</td>
<td>1.80 ± 0.107</td>
<td>0.87 ± 0.133</td>
<td>0.13 ± 0.091</td>
<td>14</td>
<td></td>
<td>14</td>
<td>0%</td>
<td>0.87</td>
<td>NS</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Constipation</td>
<td>1.13±0.019</td>
<td></td>
<td>1.13±0.019</td>
<td>1.07±0.118</td>
<td>0.33±0.126</td>
<td>0.23±0.091</td>
<td>14</td>
<td></td>
<td>14</td>
<td>0%</td>
<td>0.81</td>
<td>NS</td>
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</tr>
<tr>
<td>Number of Pile mass</td>
<td>1.33±0.16</td>
<td></td>
<td>1.33±0.16</td>
<td>1.27±0.15</td>
<td>1.13±0.19</td>
<td>0.33±0.5</td>
<td>14</td>
<td></td>
<td>14</td>
<td>0%</td>
<td>0.91</td>
<td>HS</td>
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<td></td>
</tr>
<tr>
<td>Size of Pile Mass</td>
<td>1.07±0.07</td>
<td></td>
<td>1.07±0.07</td>
<td>0.87±0.09</td>
<td></td>
<td></td>
<td>14</td>
<td></td>
<td>14</td>
<td>0%</td>
<td>0.10</td>
<td>NS</td>
</tr>
</tbody>
</table>
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<table>
<thead>
<tr>
<th></th>
<th>AT 3</th>
<th>0.07±0.07</th>
<th>1.87</th>
<th>0.08</th>
<th>93.4%</th>
<th>0.83</th>
<th>HS</th>
</tr>
</thead>
<tbody>
<tr>
<td>AT 4</td>
<td>0.07±0.07</td>
<td>14.0</td>
<td>0.00</td>
<td>93.4%</td>
<td>0.81</td>
<td>HS</td>
<td></td>
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</table>

1) The above statistical analysis shows that in case of **Bleeding**, the mean ± S.E. before treatment was **1.80 ± 0.107** and it was **0.13±0.091** on 7th day .The test shows that *Pippalyadi taila* is not significantly effective in reducing bleeding with **87.2%** and the P-value **0.0001** in 3rd, 5th & 7th day of assessments respectively.

2) In case of **Constipation** the mean ± S.E. before treatment was **1.13±0.23±0.091** after 7 days .The test of significance shows that *Pippalyadi taila* is not significantly effective in reducing Constipation with **79.6%** the P-value **0.0001** in 3rd 5th 7th day of assessment respectively. & is not significant.

3) In case of **number of pile mass**, the mean ± S.E. before treatment was **1.33 ±0.16** ,where as it was **0.33±1.5** after 7 days. The test of significance shows that *Pippalyadi taila* is highly significantly effective in reducing the number of masses with **75.2%** the P-value **0.0001** in 3rd 5th & 7th day of assessment respectively.

4) In case of **Size of the pile mass** the mean ± S.E. before treatment was **1.07±0.07** and was reduced to, **0.07±0.07** after 7 days. The test of significance shows that *Pippalyadi taila* is significantly effective in reducing the size of the pile mass with the P-value **0.0001** in 3rd 5th & 7th day of assessment respectively & is highly significantly effective.

**Discussion:**

The drugs like *Pippali, Kushta, Citraka, Bilwa, Prativisha, & Shathi* are **ARSHOGHNA**. So they help in shrinking of pile mass & reduces their size. *Kutaja* is specially indicated in **RAKTARSHA. Prativisha also does the karma of RAKTASTHAMBANA. RAKTASHODHANA** is done by the drugs like *Kushta, Madanaphala, Devadaaru, Prativisha. Bilwa, Devadaaru, Shatakva* these drugs does the function of **VATANULOMANA**. Except *Yashtimadhu* remaining all drugs does the function of **DEEPANA**, **PAACHANA**, by this...
AGNIMANDYA is treated (Nidaana Parivarjana). Where as Madanaphala, Shatahva, Kalinga does the function of Vرانаrопана. Thus we can see the changes, as mentioned in above tables.

Conclusion:

“Pippalyadi taila” is curative, safe and effective in reliving symptoms in early stage of disease and also useful in patients who are unwilling for surgery . “Pippalyadi taila” helps in relieving agony and discomfort to the patients without hospitalization. Hence it may be a poor man’s choice as it is easily available, more economical and effective. So the use of “Pippalyadi taila” is an ambulatory type of treatment which gives quick action and no adverse effect.

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