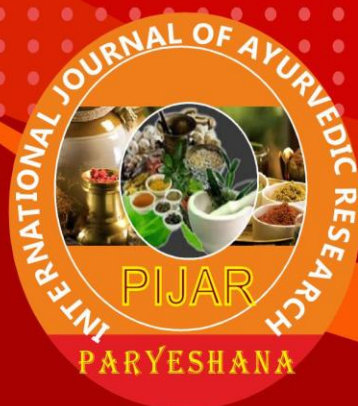


MARCH - APRIL-2017

VOLUME 1

ISSUE 4

ISSN-2456-4354



# PIJAR

## PARYESHANA

INTERNATIONAL JOURNAL OF  
AYURVEDIC RESEARCH

[www.pijar.org](http://www.pijar.org)

## CLINICAL EFFICACY OF PIPPALYADI TAILA INFILTRATION IN THE MANAGEMENT OF ABHYANTARA ARSHAS

### 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. *Anuvaasanabasti* 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, Haemorrhoids*

#### 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 become 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

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of its *Deerghakaalanubandhi*, *Dushchikitsa*, *Tridoshika* & involves *Marma*.

### Aims & objectives:

To evaluate the efficacy of *Pippalyadi taila* infiltration<sup>3</sup>.

### 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 1<sup>st</sup> & 2<sup>nd</sup> 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 1<sup>st</sup> & 2<sup>nd</sup> 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

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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 . STATISTICALLY ASSESSED SIGNS AND SYMPTOMS-TRIAL GROUP**

Symptoms	BT Mean $\pm$ S.E.	AT Follow up	Mean $\pm$ S.E.	Df	T-value	p-value	Effectiveness %	Correlation	Remarks
Bleeding	1.80 $\pm$ 0.107	AT 1	1.80 $\pm$ 0.107	14	-	-	0%	-	NS
		AT 2	1.80 $\pm$ 0.107		-	-	0%	-	NS
		AT 3	0.87 $\pm$ 0.133		14.00	0.0001	51.67%	0.87	HS
		AT4	0.13 $\pm$ 0.091		13.23	0.0001	87.2%	0.196	NS
Constipation	1.13 $\pm$ 0.019	AT 1	1.13 $\pm$ 0.019	14	-	-	0%	-	NS
		AT 2	1.07 $\pm$ 0.118		1.00	0.334	5.3%	0.81	HS
		AT 3	0.33 $\pm$ 0.126		7.400	0.0001	70.8%	0.55	HS
		AT 4	0.23 $\pm$ 0.091		13.23	0.0001	79.6%	0.196	NS
Number of Pile mass	1.33 $\pm$ 0.16	AT 1	1.33 $\pm$ 0.16	14	-	-	0%	-	NS
		AT 2	1.27 $\pm$ 0.15		1.0	0.334	4.5%	0.91	HS
		AT 3	1.13 $\pm$ 0.19		1.87	0.082	12.8%	0.83	HS
		AT 4	0.33 $\pm$ 1.5		10.247	0.0001	75.2%	0.81	HS
Size of Pile Mass	1.07 $\pm$ 0.07	AT 1	1.07 $\pm$ 0.07	14	-	-	0%	-	NS
		AT 2	0.87 $\pm$ 0.09		-	0.0001	9.3%	0.10	NS

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		AT 3	0.07±0.07		1.87	0.082	93.4%	0.83	HS
		AT 4	0.07±0.07		14.0	0.0001	93.4%	0.81	HS

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

2) In case of **Constipation** the mean  $\pm$  S.E. before treatment was **1.13 $\pm$ 0, 0.23 $\pm$ 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 3<sup>rd</sup> 5<sup>th</sup> 7<sup>th</sup> day of assessment respectively. & is not significant.

3) In case of **number of pile mass**, the mean  $\pm$  S.E. before treatment was **1.33  $\pm$  0.16**, where as it was **0.33 $\pm$ 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 3<sup>rd</sup> 5<sup>th</sup> & 7<sup>th</sup> day of assessment respectively.

4) In case of **Size of the pile mass** the mean  $\pm$  S.E. before treatment was **1.07 $\pm$ 0.07** and was reduced to, **0.07 $\pm$ 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 3<sup>rd</sup> 5<sup>th</sup> & 7<sup>th</sup> 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*, *Shatahva* these drugs does the function of *VATANULOMANA*. Except *Yashtimadhu* remaining all drugs does the function of *DEEPANA*, *PAACHANA*, by this

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*AGNIMANDYA* is treated (*Nidaana Parivarjana*). Where as *Madanaphala*, *Shatahva*, *Kalinga* does the function of *VRANAROPANA*. 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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Source of Support: NIL

Conflict of Interest : None declared

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