



## ROLE OF SOORNADI MALHARA IN THE MANAGEMENT OF ABHYANTARA ARSHA (INTERNAL HAEMORRHOIDS) - A CASE STUDY

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### ABSTRACT

In modern day to day life of urgency and emergency people neglects proper diet and lifestyle habits. It ends in reducing Agni and making it abnormal. Mandagni means not able to digest food at proper speed and time which results in stagnation of half digested food which disturbs doshas at anorectal region. Arsha is disease affection mankind from thousands of years. Though this condition is not fatal, it is very disconcerting and make the person lose interest in all activity. Mainly the therapies or drugs which are vata, kapha and pitta anulomaka and agni bala vardhaka are beneficial for Arsha.<sup>[1]</sup>

**KEYWORDS:** Arsha, Soornadi malahara.

### INTRODUCTION

Arsha is a disease affecting mankind from thousands of years, it could be traced in vedic period also. In ayurved literature it is mentioned as one of the eight mahagada & is difficult to cure. Vitiation of vata dosha adversely affect the digestive system which results in Mandagni which in turn lead to constipation, prolonged contact of accumulated mala taints gudawali & arsha develops.<sup>[2]</sup>

Ayurvedic achryas mentioned various therapeutic measures in the management of arsha. Medical treatment is the first line of treatment in which malhara is also mentioned.<sup>[3]</sup> Sooranadi malhara contains Surankanda, Haridra, Chitrakmula, Tankan, Guda with kanji which formed into malhara and used for application in internal haemorrhoids. All these drugs have arshoghna properties.

### CASE STUDY

A 40 years old male, Hindu by religion, presented at OPD of our hospital in Govt. ayurvedic Hospital, Nanded, having complaints of per rectal bleeding, constipation, something coming out through anus while defecation since 6 months. Patient was alright before 6 months, then gradually he started developing per rectal bleeding, constipation, something coming out through anus while defecation. He has used many modern medicines for this symptom, but does not get relief. So he came to our hospital. On examination of the patient, vital normal Local examination revealed, per rectal digital examination having no spasm, Assessment by proctoscope revealed II<sup>nd</sup> internal haemorrhoids at 3 and 7 O' clock with fresh bleeding.

**Table 1: Assessment Criteria.**<sup>[4]</sup>

Criteria									
1. Degree of Haemorrhoid				2. Bleeding				3. Pruritis	
I <sup>st</sup>	II <sup>nd</sup>	III <sup>rd</sup>	IV <sup>th</sup>	Absent	Mild	Moderate	Severe	Absent	Present
Slightly coming through anus while defecation	Mass coming through anus & return spontaneously after defecation	Prolapsed mass needs manual reduction	Does not get reduce	No bleeding while defecation	Bleeding less than 10 drops/bowel habit	Bleeding amounting between 10 to 20 drops/bowel habit	Profuse bleeding amounting more than 20 drops / bowel habit		

**Diagnosis**

The condition was diagnosed as Arsha-internal haemorrhoids.

**Management and Observation**

Soornadi malhar- It is applied as a local application on I<sup>st</sup> & II<sup>nd</sup> internal haemorrhoid after per rectal examination with proctoscope. Along with above medicine, he was advised simple life style & food habit that can significantly improve symptoms. The patient took treatment for 7 days & get relief in the symptoms.

**Table 2: Assessment Criteria after Trial.**

Follow up day	Degree of Haemorrhoid	Bleeding	Pruritis
0 <sup>th</sup> Day	II <sup>nd</sup> , 3 & 7'o clock	+++	Present
7 <sup>th</sup> Day	II <sup>nd</sup> degree	++	Present
14 <sup>th</sup> Day	I <sup>st</sup> degree	+	Absent
21 <sup>st</sup> Day	I <sup>st</sup> degree	+	Absent

**DISCUSSION**

Arsha roga is mentioned in Sushruta Samhita & Soornadi Malhara is mentioned for Arsha. Soornadi Malhara contains Sooran, Chitrakmula, Tankan, Haridra, Guda & Kanji which are having Arshghna properties.<sup>[5]</sup> These are useful in case of Arsha.

**CONCLUSION**

Soornadi Malhara is beneficial as its marked relief over symptoms. This treatment is non invasive, easy to implement & does not need hospitalization. Treatment is simple, affordable & effective in Arsha. The study concludes that Soornadi malhara application is effective in the management of Arsha.

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