

**“A COMPARATIVE CLINICAL STUDY FOR THE EVALUATION OF  
SOORANADI LEPA AND SHIREESHABEEJADI LEPA IN ARSHAS”.**

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**Abstract**

**Background:** A sound soul in a healthy body can achieve the over lasting and unabated peace and bliss, which is the ultimatum of each and every human being. *Arshas* is an ailment that affects all the economic groups of population. Among the four therapeutic measures of *Arshas* explained by *Acharya Sushruta*, *Lepa* is the first and foremost effective *Bheshaja Chikitsa* explained yet less practiced and demands further exploration. **Objectives:** To evaluate the efficacy of *Sooranadi Lepa* and *Shireeshabeejadi Lepa* in *Arshas* and to compare their efficacy in *Arshas*. In this clinical trial, 40 patients suffering from 2<sup>nd</sup> and 3<sup>rd</sup> degree of *Arshas* fulfilling the inclusion and exclusion criteria were selected and were randomly categorized into Group-A, who were treated with *Sooranadi Lepa* application and Group-B, who were treated with *Shireeshabeejadi Lepa* application. The data was collected from patient before the treatment and after the treatment on 8<sup>th</sup> day, 15<sup>th</sup> day, 22<sup>nd</sup> day and 29<sup>th</sup> day. **Results:** Both the groups, Group A and Group B showed significant results in all attributes of *Arshas*. In comparison about the effect of treatment, there is no statistically significant difference between *Sooranadi Lepa* group and *Shireeshabeejadi Lepa* group in all the parameters. **Conclusion:** In this clinical study, there is no significant difference in the action of either *Sooranadi Lepa* or *Shireeshabeejadi Lepa* in *Arshas*.

**Key words:** *Arshas*, *Sooranadi lepa* ,*Shireeshabeejadi lepa*

**INTRODUCTION**

*Acharya Sushruta* has categorized *Arshas* as one among

*Ashtamahagada*<sup>[1]</sup> owing to the difficulty in its management. It is nothing but a *Mamsakeela* which

obstructs the *Gudamarga* and tortures the patient like an enemy.<sup>[2]</sup>It can be correlated to Haemorrhoids, the most common ailment of the rectum and anal canal which make the sufferers really embarrassed to go for treatment and thus from early stages it will be ended up in complications.

In the present scenario, following unhealthy eating habits along with sedentary life style and stress became a common and inevitable trend. Indigestion and constipation play an imperative role in disease causation especially in case of ano – rectal disorders like haemorrhoids.

Current statistics suggest nearly half of the world's population will experience some form of 'Haemorrhoids'. In India approximately 4 crore people are reported annually, at the rate of 47 per 1000 and this rate increases with age.<sup>[3]</sup> Modern medicine offers treatments like sclerotherapy, infrared photocoagulation, rubber band ligation, cryosurgery and various other topical ointments other than surgical measures. But the options are limited in concern with their recurrence.

Among the four treatment modalities of *Arsha* explained by *Acharya Sushruta* ie: *Bheshaja*, *Kshara*, *Agni* and *Shastra*,

*Lepa* is the first and foremost effective *Bheshaja Chikitsa* explained yet less practiced and demands further exploration<sup>[4]</sup>. This is mainly applicable in *Abhyantara Arshas*. *Acharya Charaka*, who is basically a physician has enumerated these four measures, but has emphasized more on medicinal measures pointing out the risks involved in the remaining three measures if performed by unskilled surgeon. In comparison with other *Sthanika Chikithsa*, *Lepa Yoga* plays the prime role because of its direct action on the 'Haemorrhoidal' mass.

There are plenty of *Arshohara Lepa* explained in different Ayurvedic text books. Among them very few are used in practice because of unavailability and infeasibility of some of the ingredients. *Sooranadi Lepa* and *Shireeshabeejadi Lepa* are mentioned in *Arsho Rogadhikara Adhyaya* of *Bhaishajya Ratnavali*.<sup>[6]</sup>

In the light of above mentioned disease prevalence, here an attempt was made to compare the efficacy of *Sooranadi Lepa* and *Shireeshabeejadi Lepa* in the management of 2<sup>nd</sup> and 3<sup>rd</sup> degree *Arshas*.

## **MATERIALS AND METHODS**

Sample source - 40 patients attending OPD and IPD, Alva's Ayurveda Medical college Hospital and Alvas health Centre, Moodbidri were selected and divided into two Group A and Group B. Sample Size - 40 patients fulfilling diagnostic and inclusion criteria were selected and assigned randomly into two equal groups Group A and Group B. Study Design - Comparative Clinical Study.

Selection criteria:

a. Diagnostic criteria

Diagnosis was based on two or more Classical features of *Arshas* as mentioned in classical texts like;

Mamsankura

*Vibandha*

*Arti*

*Daha*

*Pichilata*

*Raktasrava*

*Kandu*

**Proctoscopic Examination** – Position, degree and number of Haemorrhoidal mass were examined.

b. Inclusion criteria

1. Patients of both gender between the age group of 16 – 60 years.

2. Diagnosed cases of Haemorrhoids of second and third degree.

c. Exclusion criteria

1. Haemorrhoids that are thrombosed, strangulated and inflamed were excluded.

2. Haemorrhoids with malignancy, ulcerative colitis, proctitis, abscess, tuberculosis were excluded.

3. Pregnant women.

**d. Procedure for Both Group A and Group B**

**Group A**

**Materials required :**

*Soorana Kanda, Haridra Choorna, Chitraka Moola Choorna, Shuddha Tankana, Guda and Aranaala.*

**Group B**

**Materials required :**

*Shirishabeeja Choorna, Kushta Choorna, Pippali Choorna, Saindhava Choorna and Arka Ksheera.*

**Purva Karma:**

1. Consent of the patient.
2. Part preparation.

**Pradhana Karma:**

1. Asked the patient to lie down in Lithotomy position.
2. Anus and surrounding parts were cleaned with Povidone Iodine Lotion and surgical spirit.
3. A slit proctoscope was introduced into the anal canal after lubricating it with 2 Lignocaine jelly and then obturator was removed.



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Haemorrhoid mass was protruded through the slit of the proctoscope, then the *Sooranadi Lepa* / *Shireeshabeejadi Lepa* was applied over the Arsha and dressing was done.

### **Paschat Karma:**

1. Patient was asked to lie down in comfortable posture for 20 minutes. Both the group were advised to take 5g of *Hareethaki Choorna* with luke warm water orally at bed time for 7 days and to follow proper diet and regimen.

### **Study period**

Including observation and follow up – Total 60 days.

### **Interventions:**

Group A 1 –7 days - *Sooranadi Lepa* after defecation and 5g of *Hareethaki Choorna* along with luke warm water at bed time.

Group B 1 –7 days - *Shireeshabeejadi Lepa* after defecation and 5g of *Hareethaki Choorna* along with luke warm water at bed time.

Assessment was done before the treatment and on 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> day after treatment.

### **Follow up:**

Patient was reviewed on 45<sup>th</sup> and 60<sup>th</sup> day.

### **f) Assessment criteria**

Assessment of the condition was done based on detailed proforma adopting standard scoring method of subjective and objective parameters. Two groups were compared for pre and post values using appropriate statistical analysis ie; Student t Test was done for comparing the effectiveness of treatment between Group A and B. Paired t-test was performed for proving the effectiveness of Group A and B.

Subjective parameters:

1. Degree of Haemorrhoidal mass
2. Bleeding
3. Constipation
4. Pain

Objective parameters:

1. Mass per rectum
2. Bleeding spots

## **DISCUSSION ON RESULTS**

### **Pain**

Pain was not a common symptom in 2<sup>nd</sup> degree Haemorrhoid as commonly it is situated above the dentate line. But in chronic case because of congestion and some amount of prolapse and friction of constipated hard faecal matter most of the patients feel some discomfort and pain. But patients having 3<sup>rd</sup> degree haemorrhoids presented with pain as a major clinical symptom. In both the groups, *Lepa* reduced congestion,

prolapse and the size of mass along with *Hareethaki Choorna*. The *Lepa* has *Shothahara*, *Shoolaghna* and *Arshoghna* properties.

### **Bleeding**

Bleeding was not a major complaint in 2<sup>nd</sup> degree when compared to 3<sup>rd</sup> degree haemorrhoids. Stoppage of bleeding is due to *Rakta Stambhaka* and *Vrana Ropana* properties of both the *Lepa*. *Sooranadi Lepa* contains *Tankana Bhasma* as one of the ingredient helps to heal the bleeding spots as early as possible in Group A. *Arka Ksheera*, one of the ingredient in Group B, because of its *Kshareeya Guna*, fibrosis of haemorrhoidal mass occur and thus the bleeding stops. Laxative effect of *Hareethaki* helps in smooth passage of faecal matter and reduces friction to the haemorrhoidal mass which ultimately reduces injury to haemorrhoids. And it is justified that the present is highly effective in reducing bleeding.

### **Size of Mass & Mass P/A (degree of the haemorrhoids)**

It is clear that Group B (Shireeshabeejadi Lepa) got faster result than Group A (Sooranadi Lepa) in reduction of size. *Shothahara*, *Lekhana*, *Rakta Prasadana* and *Arshoghna*

properties of the ingredients in both groups helped in reducing the size of the mass and thereby worked against the pathology and bringing back of the prolapsed mass in to the earlier stage. Than 3<sup>rd</sup> degree, cure of 2<sup>nd</sup> degree haemorrhoids were found to be drastic. Hence it can be understood that the both *Lepa* are much effective in treating primary degrees of haemorrhoids than progressed stages.

### **Constipation**

Constipation is one of the main causative factor for Haemorrhoids. It was reduced due to *Ushna*, *Teekshna* and *Vata-Kapha hara* properties of *Lepa* along with *Vata Anulomaka* property of *Hareethaki*. Thus both are observed beneficial. The former is being more beneficial than latter one.

### **Bleeding Points**

Bleeding Points were elicited by proctoscopic examination and sponging with the help of sterile gauze. Bleeding spots were healed gradually after the reduction of bleeding and it took more days after treatment.

### **PROBABLE MODE OF ACTION**

Majority of the ingredients in Sooranadi Lepa ie; Soorana Kanda, Haridra, Chithraka Moola, possess Katu Rasa, Ushna, Teekshna, Laghu Guna, Ushna

Veerya and Katu Vipaka except the Rasa of Aranala and Guda which are Amla and Madhura respectively. Because of Vata- Kapha Hara properties of most of the drugs along with Kshareeya quality and Tridosahara property of Guda, this Lepa gave good result in Arshas.

In *Shireeshabeejadi Lepa*, most of the drugs ie; *Shireeshabeeja*, *Kushta* and *Pippali* are showing almost similar *Rasa Panchaka* and *Doshaghnatha* same as of ingredients of *Sooranadi Lepa*. In that *Shireeshabeeja* due to its *Pitta Shamaka* action, reduces the probable complications possible because of *Ushna*, *Tikshna Guna* and *Katu Vipaka* of the ingredients. *Saindhava Lavana*, one among the ingredient of this Lepa, because of its *Laghu Guna* makes the absorption of medicine much more effectively and it is *Vata-Kapha Hara* also. *Arka Ksheera* because of its *Kshareeya Guna* does the fibrosis of haemorrhoidal mass.

Most of the drugs individually possess *Shothahara*, *Vrana Ropana*, *Vedana Sthapana* and *Arshoghna* action because of their *Rasa Panchaka*.

After the application of *Lepa*, the rectal mucosa absorbs the medicine more swiftly and helps in regression of pile

mass by sloughing and the subsequent ulceration and mucosal fibrosis fix the tissue to the underlying sphincter muscle, preventing sliding of the anal mucosa. Thus the presented two *Lepa* act at the seat of disease pathogenesis and destroy *Arshas*.

### **CONCLUSION**

*Sooranadi Lepa* as well as *Shireeshabeejadi Lepa* were found to be effective in reducing the signs and symptoms - pain, bleeding per rectum, mass per anum, constipation, bleeding spots and size of haemorrhoidal mass. Recurrence of bleeding was observed in Group B during follow up.

Therefore on the basis of observations from the present study, it may be concluded that even though there is slightly better result was seen in Group A than Group B, both are effective in managing *Arshas* without any significant difference.

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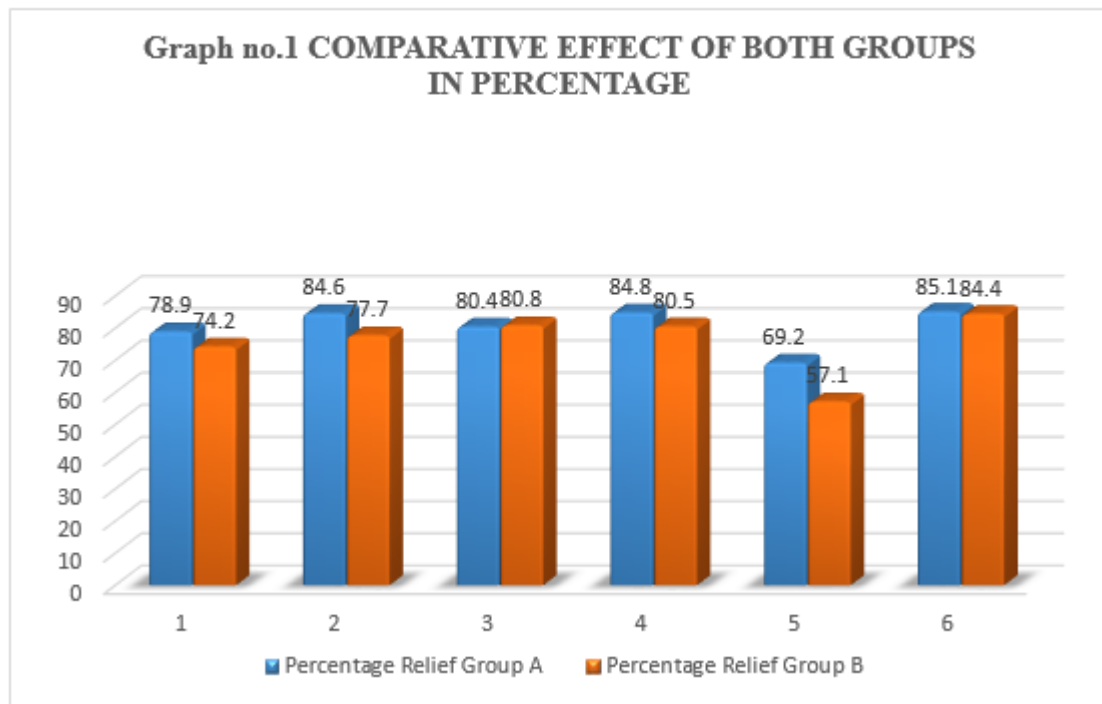
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Table 1: Comparative effect of treatment in signs and symptoms between the groups

Signs and Symptoms	Mean Difference		Percentage Relief		"t" value	"p" value
	Group A	Group B	Group A	Group B		
Pain	1.5	1.3	78.9	74.2	0.38	0.71
Bleeding	1.1	1.05	84.6	77.7	-0.55	0.59
Mass per anum	1.85	1.9	80.4	80.8	0.35	0.73
Constipation	1.4	1.45	84.8	80.5	0.97	0.34
Bleeding spots	0.45	0.40	69.2	57.1	0.312	0.76
Size of mass	2.00	1.9	85.1	84.4	1.53	0.129

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Graph 1: Comparative effect of treatment between the groups in percentage.



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