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## Clinical Review to Evaluate the Efficacy of Mahanimba Beej Churna in First and Second Degree Hemorrhoids

\*<sup>1</sup>Ajay Kumar Pandey and <sup>2</sup>Dr. Laxmi M Narhare

\*<sup>1</sup>PG Scholar, Department of Shalya Tantra, Yashwant Ayurvedic College, Kodoli, Kolhapur, Maharashtra, India. (ajay.pandey51@gmail.com)

<sup>2</sup>Professor, Department of Shalya Tantra, Yashwant Ayurvedic College, Kodoli, Kolhapur, Maharashtra, India. (drlaxminarhare@gmail.com)

### Abstract

Arsha is comments problem in public health there are so many various drug have been approved for the curing the diseases Arsha (Raktarsha). As per previous research there is various drug have been explored scientifically on arsha while reviewing the literature it was observed that Mahanimba Beej churna was not studied for rakatarsh till date hence hoping this study may contribute further to public health we have decided to use Mahanimba beej churna in the management of rakatarsh and pittaras tendency of bleeding give complication like anemia. To avoid this complication we used Mahanimba beej churna. Mahanimba beej churna easily available all over India and the effect of arshoghna raktastambhan and deepan pachan kapha pittaghna garhi is the main reason for the selection of Mahanimba beej churna in management of the raktarsha so it will be one try to establish and addition in the line of treatment of the raktarsha.

**Keywords:** Arsha, Raktarsha, Hemorrhoids

### Introduction

According to Ayurveda the disease Arsha comes under the heading of Maharogas.

अर्शासीत्यधिमांसविकाराः॥५॥च चि १४/५<sup>[1]</sup>

Arsharoga occurs in Guda, which is undoubtedly a marma (saddhahpranharamarma) and it is well known for its chronicity. Piles or haemorrhoids can affect any person irrespective of sex present time era of fast food or junk food, irregularity food timing changing sedentary life and mental stress all this factor disturb digestive system and resulting into many disease among them one important disease is haemorrhoids. There are different opinions of acharyas regarding the classification arsha<sup>[2]</sup>. Sushruta explain six type of arsh viz vataj, pittaj, kaphaj, raktaj, sannipataja and sahaj on the basis of pre dominance of dosha. According to origin it can be sahaj and kalaj. Acharya sushruta has described 4 methods of treatment of arsh which are bhesaja, kshara, agni and shastra. Chikitsa according to doshaj will be differ on the basis of their characteristics Mahanimba beej churna have explained Mahanimba beej churna in raktaja arsha. Haemorrhoids (Raktarsha) are one of the commonest diseases of the rectum and it has been reported since thousands of years and its prevalence rate is highest among all anorectal diseases. Arsha (Haemorrhoids) is clinically an engorged condition of haemorrhoidal venous plexus along with

abnormally displaced enlarged anal cushion<sup>[3]</sup>. Mahanimb fruit is purgative, Leaves are stimulant of liver. Its bark decoction with honey is useful in jaundice, anorexia, vomiting, dysentery, intestinal worms, liver diseases. Ointment prepared from seeds is applied in piles. Beej churna is also effective in bleeding piles taken internally. In this article effect of Mahanimba beej churna is explained.

### Aim

To evaluate the efficacy of Mahanimba Beej Churna in first & second degree hemorrhoids

### Objective

- To do a comprehensive study on ayurvedic and modern aspect of raktarsha.
- To study the haemostatic action, as a one of predominant action of Mahanimba Beej Churna in raktarsha.

### Materials of Study

- Patients:** Patients of first and second degree hemorrhoids with following complaints as-Sadaha Malpravrutti, Sarakt Malpravritti, Sashula Malpravritti, Gudkandu, Malavashtambh
- Ingredients:** For study group-Mahanimba Beej Churna
  - Mahanimb Beej (Melia Azedarach linn)
  - Sita (Rock candy/Rock sugar)

**Methodology**

**Method**

- i). **Mahanimb Beej Churna:** Mahanimba Beej [4] Churna was prepared as per Sharangdhar Samhita under guidance of experts from the department of Rasashastra and Bhaishajya Kalpana in Ayurved hospital and was standardized in research lab.
- ii). **Sita Churna:** Was taken directly from market.

**Clinical Method**

- Patient selected randomly.
- 35 patient was treated with Mahanimba beej churna with sita churna
- Kala: Apankala
- Matra: 2gram Mahanimba beej churna with 1gm sita taking thrice in a day
- Anuapan: Koshna Jal
- Follow Up: 0,5,10,15 day

**Selection Criteria**

Randomly selected 35 patients of Raktarsha Roga from O.P.D. and I.P.D. of Shalyatantra Dept. of Yashvant Ayurvedic College, Kodoli, Kolhapur.

**Inclusive Criteria**

- Patient having following symptoms included for study.
- i). **Age:** 20-60years irrespective of sex and marital status.
  - ii). **Sadaha Malpravrutti:** Burning defecation.
  - iii). **Sarakt Malpravritti:** Per rectal bleeding.
  - iv). **Sashula Malpravritti:** Painful defecation.
  - v). **Gudkandu:** Perianal itching
  - vi). **Malavashtambh:** Constipation

**Exclusive Criteria**

- Patient having following symptom.
- i). Crohn’s disease.
  - ii). Ulcerative colitis.
  - iii). Carcinoma of-Large intestine, anal canal and rectum.
  - iv). Rectal Polyps.
  - v). Uncontrolled Diabetic Mellitus and Accelerated hypertension.
  - vi). Fistula in ano(high anal and low anal, complex fistula).
  - vii). Pregnant woman.
  - viii). Severe anaemic patient, Blood dyscrasia.
  - ix). Patient taking anticoagulant e.g. aspirin and low molecular weight heparin).

**Assessment Criteria**

**Subjective and Objective Criteria:**

Assessment of effect of trial medicine on symptoms which were present before treatment.

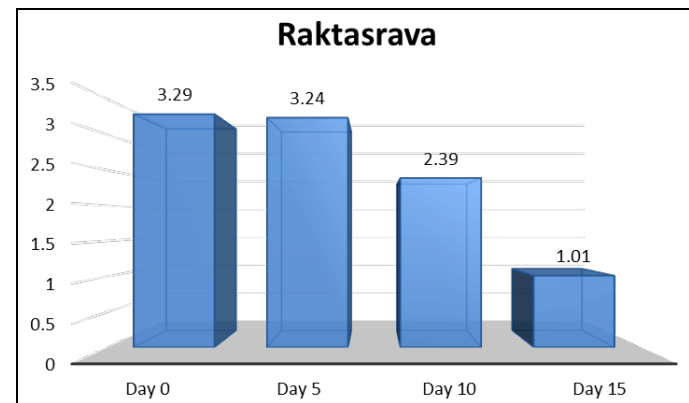
**Table 1:** Following symptoms was observed before treatment and at every follow up

Sr. No	Symptoms & Sign	Grade			
1	Raktasrava (Bleeding P/R)	0	No Bleeding		
		1	Bleeding along with defecation		
		2	Dropwise bleeding after defecation		
		3	Profuse bleeding		
		2	Gudadaha (Burning)	0	No Burning
				1	Burning remains for 1 hour after defecation
		2	Burning remains for 2 hours after defecation after day		
		3	Malvibandh	+ -	Present Absent

**Investigation:** CBC, BT-CT

**Observation and Results:**

- i). **Raktasrava (Bleeding P/R):** Follow up wise result by Friedman test as follows:

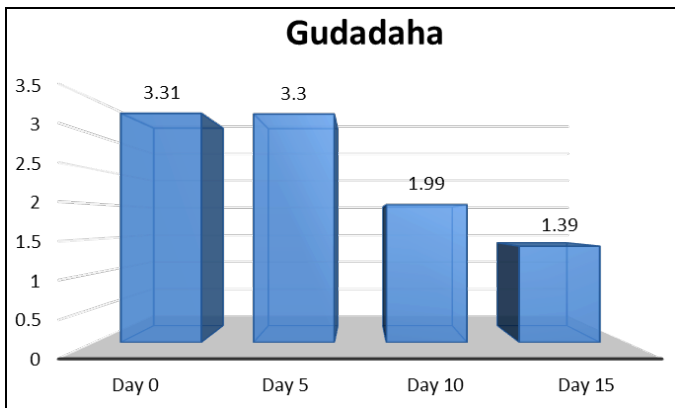


**Graph 1:** Showing effect of raktarsha on follow up date

**Table 2:** Follow up wise result by Friedman test

Raktasrava	Mean Rank	Test Statistic	P value
Day 0	3.29	86.929	<0.001
Day 5	3.24		
Day 10	2.39		
Day 15	1.01		

- 2. **Gudadaha (Burning):** Follow up wise result by Friedman test as follows:

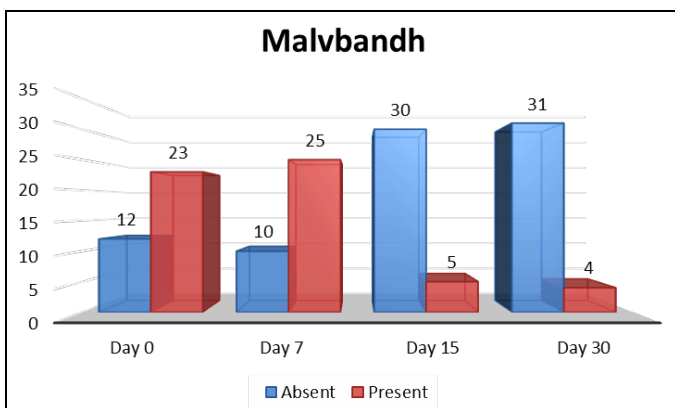


Graph 2: Showing the effect on gudadaha on follow up date

Table 3: Follow up wise result by Friedman test

Gudadaha	Mean Rank	Test Statistic	P value
Day 0	3.31	72.787	<0.001
Day 5	3.30		
Day 10	1.99		
Day 15	1.39		

**3. Malavbandh:** Follow up wise result by Cochran’s Q test as follows



Graph 3: Showing effect on malavbandh on follow up date

Table 4: Follow up wise result by Cochran’s Q test

Malvbandh	Absent	Present	Test Statistic	P value
Day 0	12	23	58.805	<0.001
Day 5	10	25		
Day 15	30	5		
Day 30	31	4		

**Discussion**

**i). Raktasrava**

**Interpretation:** As p value < 0.05, there is significant difference in grades of ‘Raktasrava’ after treatment. Negative rank indicates it reduces after treatment. Ties indicate it remains same. In all patients it gets reduced, so the treatment is effective to reduce grades of ‘Raktasrava’.

**ii). Gudadaha (Burning)**

**Interpretation:** As p value < 0.05, there is significant difference in grades of ‘Gudadaha’ after treatment. Negative rank indicates it reduces after treatment. Ties indicate it remains same. In almost all patients it gets reduced, so the treatment is effective to reduce grades of ‘Gudadaha’.

**iii). Malvbandh**

**Interpretation:** As p value < 0.05, there is significant difference in presence of ‘Malvbandhv’ after treatment. Before treatment ‘Malvbandh’ was present in 23 patients and in remaining 12 patients it was absent. After treatment it is absent in 31 patients. So, treatment is effective to reduce ‘Malvbandh’.

**Conclusion**

Mahanimb beej churna is significantly effective in bleeding (piles first and second degree hemorrhoids).

**Discussion on Probable Mode of Action of Drug**

- **Effect over Per Rectal Bleeding:** There was statistically significant difference in the symptom per rectal bleeding same in both the groups. Mahanimba possesses laghu and ruksha guna, Tikt, Katu, Kashay Rasa, katu vipaka and ushna virya. It also has special property i.e it acts as arshoghna by virtue of its prabhava. Mahanimba through its Tikta and Kashay Rasa, Ruksha guna acts as Rakt Sangrahak. Tikta Rasa and Laghu guna act as Deepak and pachak which help in treating the mandagni and also helps in improving the general health of the patient by improving the digestion process.
- **Effect over Painful Defecation:** There was statistically significant difference in the symptom Painful defecation (Sashulmalpravrutti), more in control group. Pain (sashul malpravrutti) in raktarsha is due to vatdosha prakopa, with the help of ushna virya of Mahanimba beej churna, vatdosha shaman takes place and gives relief from painful defecation. Seed of Mahanimba possesses anti-inflammatory action, so acts as analgesic and relieves the pain.
- **Effect over Burning Defecation:** As Mahanimba beej possesses laxative property, thus reduces the straining and ultimately reduces the burning defecation. It also possesses anti-inflammatory property which helps in reducing the symptom i.e. burning defecation.
- **Effect over Constipation:** There was statistically significant difference in constipation (Malavashatmbha), more in study group. Mahanimba Beej possesses laxative property, which also acts as Sarak (laxative). Hence relieves the constipation.

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