



## MANAGEMENT OF ARSHAS (THROMBOSED HAEMORRHOIDS) BY JALOUKAVACHARANA – A CASE STUDY

Santosh Kumar B.\*<sup>1</sup>, Sheshashaye B.<sup>2</sup> and S.V. Shailaja<sup>3</sup>

PG Scholar<sup>1</sup>, Professor<sup>2</sup>, Professor and HOD<sup>3</sup>

Department of Shalya Tantra, Sri Kalabyraveshwara swamy Ayurvedic Medical College, Hospital and Research Center, Bengaluru.

**Corresponding Author: Dr. Santosh Kumar B.**

PG Scholar Department of Shalya Tantra, Sri Kalabyraveshwara swamy Ayurvedic Medical College, Hospital and Research Center, Bengaluru.

Article Received on 09/08/2022

Article Revised on 29/08/2022

Article Accepted on 19/09/2022

### ABSTRACT

A male patient aged 50 years presented with mass per rectum associated with severe pain and burning sensation in anal region 2 years. He is a farmer by occupation. Patient was treated with Jaloukavacharana 3 sitting alternate days in different pile masses. After 30 days patient was fully recovered and got relief from pain and burning sensation. Thus this patient was successfully treated with Jaloukavacharana with no recurrence or any complication.

**KEYWORDS:** Arshas, Thrombosed haemorrhoids, Jaloukavacharana.

### INTRODUCTION

Arsha or haemorrhoids are considered as one among Astamahagada.<sup>[1]</sup> It is a common disease of anal canal. The incidence increases as age advances atleast 50% of people over the age of 50years have some degree of haemorrhoidal symptoms. Sushruta has described arsha as a rakta and mamsa pradoshaja vyadhi.<sup>[2]</sup> Charaka mentioned Jaloukavacharana in Ardra arshas.<sup>[3]</sup> Acharya Vagbhata has also advised Blood letting in Sanchita dushta rudhrira (Thrombosed)<sup>[4]</sup> Shoono (Swelling) & Katina arsha. Bleeding and mass per rectum are common complaints. The complications of arsha include trushna, aruchi, shoola, shonitha pravrutti, shotha, atisara.<sup>[5]</sup> In Ayurveda Ksharakarma and shastra karma are highlighted. But in some conditions these are not possible. Hence, to overcome these difficulties minimal invasive technique like Jaloukavacharana is being practiced. The present study is a case report of 4<sup>th</sup> degree haemorrhoids which was treated successfully with leech application.

### CASE REPORT

A 50years aged male patient with complaints of severe pain and burning sensation in anal region, mass per rectum, bleeding, difficulty in passing stools and constipation. Patient is not known case of DM, HTN and don't have any surgical history.

On per rectal examination, there was a large prolapsed thrombosed pile mass @ 3, 7, 11 '0 clock position of 4<sup>th</sup> degree haemorrhoids.

Patient was conscious, well oriented, vitals were within normal limit.

After examination and relevant investigations, Jaloukavacharana was planned as a first line of treatment. After taking consent from patient. Pt taken in lithotomy position and Jaloukavacharana was applied for thrombosed pile mass for 3 sittings.

Bolabadra rasa 1 BD, Triphala guggulu 2BD, Kamaduga vati 1 BD, Swadista virechana churna 1tsp at bed time, Sitz bath with warm water twice daily was advised.

### Observation noted as follows

SYMPTOMS	BEFORE TREATMENT	DURING TREATMENT	AFTER TREATMENT
<b>Pain</b>	+++	++	-
<b>Tenderness</b>	+++	+++	-
<b>Bleeding</b>	++	++	-
<b>Mass per rectum</b>	+++	++	+

After application of jalouka. Patient got relieved from pain and discomfort, the size of prolapsed haemorrhoids

was also reduced and patient feels better.



Before  
treatment



During  
treatment



After  
treatment

## DISCUSSION

In ancient literature we will get many references regarding application of leech in different conditions. But, we don't get how it act on these conditions. Now-a-days scientific study reveal the actions like anticoagulant, thrombolytic, vasodilator and anti-inflammatory and anaesthetizing effect<sup>6</sup>. In the present study, this helped in management of haemorrhoids with minimal invasive technique with effective management.

## CONCLUSION

Thrombosis of external haemorrhoid is a common acute complication of haemorrhoids. There will be tense and tender swelling in perianal region. In this condition application of leech help to improve circulation by sucking the blood and interstitial fluid from inflammatory swelling and there will be an immediate reduction in the size of swelling, pain and tenderness. Leech therapy is an

effective, safe, simple and non-invasive and is cost effective too.

## REFERENCES

1. Kaviraja Ambika Datta Shastri, Sushruta Samhita Sutra Sthana 33/4, Part I, By Sushruta with Ayurveda Tantvasandipika commentary, Varanasi, Choukhamba Sanskrit Sansthan, 2003; 126.
2. Kaviraja Ambika Datta Shastri, Sushruta Samhita Sutra Sthana 24/9, Part I, By Sushruta with Ayurveda Tantvasandipika commentary, Varanasi, Choukhamba Sanskrit Sansthan, 2003; 101.
3. Kaviraja Ambika Datta Shastri, Sushruta Samhita Sutra Sthana 33/10, Part I, By Sushruta with Ayurveda Tantvasandipika commentary, Varanasi, Choukhamba Sanskrit Sansthan, 2003; 127.
4. Pandit Kashinath Shasrti, Charaka Samhita Chikitsa Sthana 14/61, By Charak with Vidyotani Hindi

Commentary, Varanasi, Choukhamba Sanskrit Sansthan, 2007.

5. Dr. Brahmanand Tripathi, Ashtang Hridaya chikitsa Sthana, 8/28, By Vagbhatta, Varanasi, Choukhamba Sanskrit Sansthan, 2009.
6. Andreas Michalsen, Manfred Roth, Gustav Dobos; Medicinal Leech Therapy, New York, 2007; 132.