



Effect of Yavanyadi Churna in the management of Raktrasrava w.s.r to Anal Bleed

Dr.Saurabh Banjare¹, Dr.PallaviA.Hegde²

¹Final year PG Scholar

²Professor Department of PG Studies in Shalya Tantra, BVVS Ayurved Medical College and Hospital, Bagalkot, Karnataka.

ABSTRACT

Background: Bleeding per rectum is the commonest but alarming symptom of all the anorectal complaints of the patients. Acute overt Lower Gastro-Intestinal Bleed (LGIB) accounts for approximately 20% of all cases of GI Bleed.

Rectal bleeding has a prevalence of 14% to 19% in adults. 44.9% of general practitioner referrals for colonoscopy presenting rectal bleed found serious abnormalities. Since rectal bleeding is a cardinal symptom of many colorectal diseases including colorectal cancers, haemorrhoids, fissure in ano, fistula in ano, etc. 1st and 2nd degree haemorrhoids present with bleeding- splash in the pan (bright red in colour), and mass per anum (2nd degree haemorrhoids). while acute fissure-in-ano features as bleeding (dropwise or streak along the stool), pain and constipation.

In classics Pittaja and Raktaja varieties of Gudagata Rogas having bleeding per rectum as the commonest symptom. Gudagata Raktrasrava is mainly noted in Pittaja Arsha and Raktaja Arsha associated with Daha and Avagadha Pureesha, while Parikartika is also due to Pittaprapakopa presenting with Tivarashoola and Raktrasrava from Gudpradesha.

In classics we get various treatment modalities for Gudagata Vikara associated with Raktrasrava. Acharya Vagbhata has mentioned about Yavanyadi Churna, which is indicated in the management of Atishonita Pravrutti (Profuse Bleed)

Hence the present study in undertaken to evaluate the Rakta Stambhana effect of Yavanyadi Churna in the management of Anal Bleed.

Key words: Yavanyadi Churna , Raktrasrava, Anal Bleed.

INTRODUCTION

In *Ayurveda*, *Rakta* is given prime importance. It is one among *Saptadhatu* & is *Jeeva* of *Shareera*. Any loss of *Rakta* is indirectly threat to the life.¹ *Raktrasrava* is noted in various conditions as *Raktapitta*, *Nasagata raktrasrava*, *Arsha*, *Atisara*, *Parikartika*, *Bhagandara*, *Gudabharnsha*, *Arbuda* ect. In *Adhogata ratktrasrava* seen mainly in *Arsha* & *Parikartika* conditions. In this condition when *Pitta Dosha* is vitiated it, vitiates its concocurrent *Dhatu* ie. *Rakta*

Gastrointestinal bleeding (GIB) is a term that describes the loss of blood from along the alimentary canal. GIB is classified by its anatomic location relative to the ligament of Treitz.²

Lower GIB (LGIB) accounts for 30% to 40% of all bleeds and is defined as distal to the ligament of Treitz. This most often originates from the colon from diverticular disease or angiodysplasias².

Rectal bleeding, or hematochezia, is a frequently encountered problem in the outpatient setting. It can herald pathology in the proximal lower gastrointestinal tract, but it can also be from diseases specific to the rectal region, such as hemorrhoids, fissures, proctitis, and anorectal malignancy².

Gudagata Raktrasrava is mainly noted in *Pittaja Arsha* and *Raktaja Arsha* associated with *Daha* and *Avagadha Pureesha*³, while *Parikartika* is also due to *Pittaprapakopa* presenting with *Tivraashoola* and *Raktrasrava* from *Gudapradesha*⁴.

To manage the *Raktrasrava*, Acharya *Sushruta* mentioned *Chaturvidha Rakta stambhana upayas* as, *Sandhana karma* by *Kashaya*, *Skandana karma* by *Hima*, *Pachana karma* by *Bhasma*, and *Dahana karma* by *Shalaka*⁵.

In classics we get various treatment modalities for *Gudagata Vikara* associated with *Raktrasrava*. Acharya Vagbhata has mentioned about *Yavanyadi Churna*, in the context of *Arsha* during the management of *Atishonita Pravrutti* (profuse bleed)⁶

As *Yavanyadi Churna*⁷ is indicated for *Shonita Sthapana*, Hence the present study in undertaken to evaluate the *Rakta Stambhana* effect of *Yavanyadi Churna* in the management of Anal Bleed.

AIM:

To study the Stambhana efficacy of Yavanyadi churna in the management of Anal bleed.

METHODS AND MATERIALS

SOURCE OF DATA

A. Literary Source:

- Library - Central and Shalyatantra departmental library of BVVS Ayurved Medical College Bagalkot.
- Relevant research articles from printed, published and e-published journals.
- Related authentic websites.

B. Clinical Source:

The patients having symptoms of per Anal Bleed, attending the OPD and IPD of BVVS Ayurved Hospital, Bagalkot and through various camps conducted for the study.

C. Drug Source:

Drugs required for the study was procured from authenticated pharmacy. Drugs procured were authenticated by expert of *Dravyaguna* department and prepared under the guidance of *Rasashastra* and *Bhaishajakalpna* department in BVVS Ayurved Pharmacy, Bagalkot.

Selection Criteria

Diagnostic criteria: Patients of Anal bleed with special reference to 1st and 2nd degree Haemorrhoids and Acute Fissure in Ano based on following features.

- *Raktasrava* (Bleed per rectum)
- *Daha* (Burning sensation)
- *Shoola* (Pain)
- *Avagadha pureesha* (Hard stool)

Inclusion Criteria:

- Diagnosed Patients of Raktasrava - Anal Bleed in 1st and 2nd degree Haemorrhoids, Acute Fissure-in-Ano.
- Patients of either sex between 20 years to 70 years of age.
- Patients with controlled Hypertension and Diabetes mellitus.

Exclusion Criteria:

- Patients suffering from Bleeding Disorders like- Anal polyp, Prolapsed rectum, Ulcerative colitis, Crohn's disease, Carcinoma of rectum and anus.
- Infectious disease like RVD, HBsAg.
- Pregnant and Lactating women.

METHODS OF COLLECTION OF DATA:

Study Design: Open Labelled Clinical Study.

Sample Size: Total number of patients taken for the study will be 20 excluding dropouts.

Drugs:

Study Group:

Ingredients of Yavanyadi Churna⁷

- Yavani
- Indrayava
- Patha
- Bilwa
- Shunthi
- Rasanjana

Methodology

- Method of Preparation:
- The Study group: *Yavanyadi Churna* was prepared according to *Churna Kalpana Vidhi*¹¹

➤ Posology -

Study group-

- Drug: Yavanyadi Churna
- Route: Oral
- Dosage: 4 grams
- Timing: Three time a day after food
- Anupana: Luke warm water.

- Duration: 10 days
- **Assessment Criteria:**

Subjective parameters:

The following pattern was adopted for scoring and grading.

1. Raktasrava (Anal Bleed):

Per Anal Bleed	Score	Grade
No Anal bleed	0	B ₀
Mild Anal bleed (Streak along the stool)	1	B ₁
Moderate Anal bleed (drop wise)	2	B ₂
Severe Anal bleed (splash in a pan)	3	B ₃

2. Daha (Burning Sensation):

Burning Sensation	Score	Grade
No Burning sensation	0	S ₀
Burning sensation during defecation	1	S ₁
Burning sensation after defecation	2	S ₂
Burning Sensation remains constant after defecation	3	S ₃

3. Shoola (Pain)

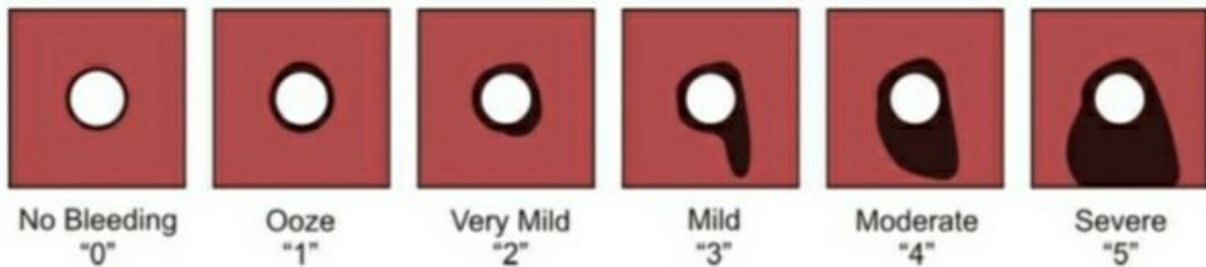
Pain	Score	Grade
No Pain	0	P ₀
Mild Pain (During/ After Defecation)	1	P ₁
Moderate Pain (During/ After Defecation)	2	P ₂
Severe pain (During/ After Defecation)	3	P ₃

4. Avagadha Pureesha (Hard Stool):

Hard Stool	Score	Grade
No Hard stool	0	C ₀
Initial hard stool during defecation.	1	C ₁
Hard stool throughout defecation.	2	C ₂
Separate Hard lump of stool	3	C ₃

Objective Parameters:¹²

1. Raktasrava – Anal bleed



➤ **Observations:**

Observations was according to the case proforma before, during and after treatment and clinical findings was recorded on 0th, 1st, 10th and 17th day.

➤ **Follow-Up:**

After completion of the treatment patient was asked for follow-up on 17th day.

Statistical Analysis:

Data will be collected and statistically analyzed by using Student T test and Z test.

OBSERVATIONS BASED ON SUBJECTIVE AND OBJECTIVE PARAMETERS

INCIDENCE OF CHIEF COMPLAINTS:

Distribution of patient Based on Chief complaints

Sign & symptoms	Study Group	
	Number	%
<i>Raktasrava</i>	20	100%
<i>Daha</i>	03	15%
<i>Shoola</i>	09	45%
<i>Avagadha pureesha</i>	20	100%

**INCIDENCE OF DISEASE WITH ANAL BLEED –
Distribution of patient Based on Disease with anal bleed.**

Disease	Group A	
	Number	%
<i>Arsha</i>	12	60%
<i>Parikartika</i>	8	40%
<i>Total</i>	20	100

Distribution of patient Based on degree of *Raktasrava* (Anal Bleed)

<i>Raktasrava</i>	Study Group	
	Number	Percentage
Mild Anal bleed (Streak along the stool)	03	15%
Moderate Anal bleed (drop wise)	05	25%
Severe Anal bleed (splash in a pan)	12	60%

Distribution of patient Based on *Daha*/ Burning Sensation

Burning Sensation	Study Group	
	Number	%
No Burning Sensation	17	85%
Burning Sensation during defecation	01	05%
Burning Sensation after defecation	02	10%
Burning Sensation remains constant after defecation	00	00%

Distribution of patient Based on Shoola/ Pain

Pain	Study Group	
	Number	%
No Pain	14	70%
Mild Pain (During/ After Defecation)	00	00%
Moderate Pain (During/ After Defecation)	05	25%
Severe pain (During/ After Defecation)	01	5%

Distribution of patient Based on Avagadhpuresha/ Hard Stool

Hard Stool	Study Group	
	Number	%
Initial hard stool during defecation.	06	30%
Hard stool throughout defecation.	13	65%
Separate Hard lump of stool	01	05%

OBSERVATION OF OBJECTIVE PARAMETERS**Grade wise observation on Raktasrava/ Anal Bleed**

Symptoms	Grading	BT	%	DT	%	AT	%	F/U	%
No Bleeding	0	0	00	0	00	13	65	14	70
Ooze	1	1	5	1	5	1	5	2	10
Very Mild	2	1	5	1	5	3	15	2	10
Mild	3	1	5	1	5	1	5	2	10
Moderate	4	5	25	5	25	2	10	00	00
Severe	5	12	60	12	60	00	00	00	00

OVERALL ASSESSMENT OF RESULT AFTER TREATMENT

Result	Improvement	Group A (On day 10 th)
<i>Raktasrava/ PR Bleeding</i>	Maximum Improvement	81.63%
<i>Daha/ Burning Sensation</i>	Maximum Improvement	83.33%
<i>Shoola/ Pain</i>	Maximum Improvement	91.66%
<i>Avagadha pureesha</i>	Maximum Improvement	80%
Total		84.15%

OVERALL EFFECT OF THE MEDICINE.

Improvement	No.of Patients	%
Cured (Reduction in 4 parameters)	09	45%
Marked Improvement (Reduction in 3 parameters)	08	40%
Moderate Improvement (Reduction in 2 parameters)	02	10%
Mild Improvement (Reduction in 1 parameters)	01	05%
No Improvement (No change in any Parameter)	00	00
Raised of symptoms	00	0

In the present study 09 patients all 4 parameters were reduced, in 08 patients reduction in 3 parameters noted, in 02 patient reduction in 2 parameters was reduced and in 01 patient reduction in 1 parameter was noted, no patients without any change in parameters or raise of symptoms were noticed.

DISCUSSION**DISCUSSION ON PARAMETER**

- **Raktasrava/Anal bleed:** In this study out of 20 patients, 3 (15%) patients had mild anal bleed (Streak along the stool), 05(25%) moderate anal bleed (drop wise) and 12(60%) had severe anal bleed (splash in a pan). As most of the patients had difficulty in bowel movement, so they strain during defecation. Hard stool causes friction on anal mucosa leading to tear resulting in capillary bleed or venous bleed. Quantity of bleed tells about severity of diseases.
- **Daha/ Burning Sensation:** In this study out of 20 patients, 01 (5%) patient had burning sensation during defecation, 02 (10%) had burning sensation after defecation and no patients with burning sensation that remained constant after defecation. Due to high consumption of mixed diet and spicy foods, less water intake, *pitta dosha* aggravates and thus it causes *daha*.
- **Shoola / Pain -** In this study out of 20 patients, 05(25%) patient had moderate pain, 01(05%) patient had severe pain. In this study maximum patients found to have passing hard stool after defecation, which shows role of hard stool in causation of pain. Pain is caused due to vitiated *Vata Dosha* and disturbs the daily routine work.
- **AvagadhaPureesha / Hard Stool:** In this study out of 20 patients, 6 (30%) patient passed initial hard stool during defecation, 13 (65%) patients passed hard stool throughout defecation and 1(05%) patient passed separate hard lump of stool. In this study maximum patients found to have pass hard stool throughout defecation which shows role of hard stool in causation of anal bleed. as maximum patients consumed mixed diet associated with less water intake could be the cause for hard stool.

DISCUSSION ON RESULTS**Raktasrava/ Anal Bleed**

In the present study, statistical analysis showed that the mean score which was 2.45 before treatment was reduced to 0.45 on 10th day of treatment with 81.63 % of reduction in anal bleed and during follow-up the mean score was 0.30 with 87.75 % reduction in anal bleed with p value <0.001 i.e. statistically significant. Most of the Ingredients of *Yavanyadi Churna* are having *Katu, Tikta, Kashaya Rasa* which leads to *Kaphashamana* and *Raktastambhana* properties which may help in reducing *Raktasrava*.

Daha/ Burning Sensation

In the present study, statistical analysis showed that the mean score which was 0.30 before treatment was reduced to 0.05 on 10th day of treatment with 83.33% of reduction in *daha* and during follow-up the mean score and % of reduction in *daha* same as after treatment with p value <0.0961 i.e. not

significant. *Indrayava* having *shitavirya* properties and *indrayav* and *patha* is having *pittashamaka* and *Vranaropana* actions; where as these properties help in reducing *Daha*.

Shoola / Pain

In the present study, Statistical analysis showed that the mean score which was 0.60 before treatment was reduced to 0.05 on 10th day of treatment with 91.66% of reduction in *shoola* and during follow-up the mean score was 0.05 and % of reduction in *shoola* as same after treatment with p value <0.0121 i.e. statistically significant. *Yavani*, *Indrayava*, *Patha*, *Shunthi* are the ingredients of *Yavanyadi Churna* are having *Deepana*, *Pachana*, *Anulomana* properties and *vatahara* and *Shothahara karma* and *Vranaropana* qualities helped in relieving *Shoola*.

Avagadhapureesha/ Hard Stool

In the present study, Statistical analysis showed that the mean score which was 1.75 before treatment was reduced to 0.35 on 10th day with reduction in stool consistency by 80% in *avagadha pureesha* and during follow-up the mean score was 0.30 with 82.85% reduction in stool consistency in *avagadhapureesha* with p value <0.001 i.e. statistically significant. *Yavani* and *Shunthi* is a one of ingredient of *Yavanyadi Churna* is having *Deepana*, *Pachana*, *Anulomana*, properties of *Yavani* and *Shunthi* may help in relieving *Avagadhapureesha*.

PROBABLE MODE OF ACTION OF DRUGS

STUDY GROUP- YAVANYADI CHURNA

The compound formulation *YavanyadiChurna* prepared from *Yavani*, *Indrayav*, *Patha*, *Shunthi*, *Bilwa* & *Rasanjana*. Properties of *Yavanyadi Churna* are *Katu*, *Tikta*, *Kashaya Rasa* which leads to *Kaphashamana* and *Raktasthambhana*, *UshnaVeerya* and *KatuVipaka* leads to *Kaphashamana*, *Aamapachana* and *Agnideepana*. It reduced anal bleed.

➤ OVERALL EFFECT OF THE THERAPY

In the current study, the overall assessment of result of study group showed that, 09 (45%) patients showed reduction in all 4 parameters i.e. 100% Cured, in 08 (40%) patients reduction in 3 parameters noted i.e. 75% Maximum Improvement, in 02 (10%) patient reduction in 2 parameter was noted i.e. 50% Moderate Improvement, in 01 (05%) patients reduction in 1 parameter was noted i.e. 25% Moderate Improvement, and no patients had no change in parameters i.e. No Improvement and raised of symptoms.

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