



EFFECT OF AMIKADI LEPA IN BAHYA ARSHA W.S.R. TO EXTERNAL HAEMORRHOIDS-A SINGLE CASE STUDY.

Author :

Dr. Supriya Suresh Pawar¹, Dr. Vijaykumar Biradar², Dr. Ashok Naikar³, Dr. C. Halli⁴

**PG Scholar Dept of Shalya tantra, N. K. Jabshetty Ayurvedic Medical College and P.G. Research Center,
Bidar, Karnataka.**

**Professor and Dean, Dept of Shalya tantra, N. K. Jabshetty Ayurvedic Medical College and P.G. Research
Center, Bidar, Karnataka.**

**Professor and HOD, Dept of Shalya tantra, N. K. Jabshetty Ayurvedic Medical College and P.G. Research
Center, Bidar, Karnataka.**

**Professor and Principal, Dept of Shalya tantra, N. K. Jabshetty Ayurvedic Medical College and P.G.
Research Center, Bidar, Karnataka.**

ABSTRACT

Arsha (hemorrhoids) is a disease that has afflicted humanity for thousands of years. In Ayurvedic texts, it is classified as one of the 'Ashtamahagadas'—the eight most difficult-to-cure diseases. Nearly 45% of patients visiting ano-rectal clinics present with symptoms of Arsha. According to Ayurveda, imbalanced Doshas disrupt digestive fire, leading to Mandagni (weak digestion), which in turn causes constipation. The prolonged contact of accumulated excretory material (Mala) with the anal region (Gudavali) results in the development of Arsha.

Acharya Charaka describes Arsha as an abnormal fleshy growth in the anorectal region, whereas similar growths at other sites are termed Adhimamsa. Despite advancements in modern medicine, there remains limited scope for the effective treatment of hemorrhoids. Surgical techniques such as hemorrhoidectomy, though common, are associated with complications like pain, anal incontinence, and stricture. Other complications, both early (hemorrhage, secondary infection) and late (anal stricture, incontinence, profuse watery discharge), are also well-documented.

In light of these challenges, this study emphasizes the exploration of a non-invasive, effective, and cost-efficient therapeutic approach. This treatment, involving the application of Lepa (medicinal paste), is a simple and painless procedure that has been extensively detailed in ancient Ayurvedic Samhitas for managing Arsha.

KEYWORDS: Bahya Arsha, External Haemorrhoids, Amlikadi Lepa

INTRODUCTION :

Ayurveda, the science of life, focuses on both the prevention of diseases and the promotion of good health. Its foundation lies in the Trisutra—Hetu (causes), Linga (symptoms), and Oushadha (treatment)—with Oushadha being the key element in therapy, particularly as the initial step in treating diseases.

Arshas, a disorder of the anal region, can occur independently or as a result of conditions like Atisara (diarrhea), Grahani (digestive disorders), and Gulma (abdominal lumps). As its name suggests, Arshas troubles a person like an enemy¹ and is considered one of the Mahagadas² (major diseases) in Ayurveda. The ancient texts recommend a fourfold treatment for Arshas: Bheshaja Chikitsa (medicinal treatment), Agni Karma (cauterization), Kshara Karma (application of alkaline substances), and Shashtra Karma (surgery)³.

In contrast, modern medicine offers limited medicinal treatment for haemorrhoids, and the surgical options available often come with complications, requiring specialized training and equipment. Despite being a pioneer in surgery, Sushruta placed minimal emphasis on unnecessary operations in the treatment of Arshas.

In the present era, many patients seek to avoid surgical procedures due to the potential complications involved. Alepa (external application) is a fundamental treatment for all types of inflammatory swellings and plays a crucial role in providing relief⁽⁴⁾. Similar to how water can extinguish a fire, Alepa provides immediate pain relief⁽⁵⁾.

Alepa not only alleviates pain and reduces swelling but also helps balance the doshas, promotes purification (Shodana), and supports the healing process. Acharya Charaka emphasized the importance of lepa in treating diseases of the external pathways, specifically affecting the skin (twak) and muscles (mamsa). After internal purification, if the doshas are localized in the skin and muscles, external applications are used; or, in cases of mild dosha imbalance, lepa is prescribed from the outset.

In the treatment of Arshas (piles), this local application is used to reduce inflammation and hardening of the pile masses. The ingredients of the preparation act directly on the affected area, providing relief from pain, shrinking the pile masses, stopping local bleeding, and addressing other related symptoms.

MATERIALS AND METHODS :

Brief Case History : The diagnosed cases of arsha from the O.P.D. & I.P.D. of shalya tantra department of Sri Siddharoodha Charitable Hospital attached to N.K.J.Ayurvedic Medical College & P.G.Centre, Bidar. A 37 yrs female patients residing in gumpa, Bidar came to Shalya OPD registered with IPD no 24010406 complaints of pain in ano, mass like structure outside the anal canal, itching since 6-8 months .

TREATMENT PROTOCOL :

A thorough assessment and examination of the patients were conducted to determine their suitability for external medication. Amlikadi Lepa⁽⁶⁾ was applied to the external Arsha (hemorrhoids) for 7 days. The evaluation was based on both subjective and objective parameters, conducted before and after the treatment. Written informed consent was obtained from each patient on the day of admission.

MATERIALS

- Amlikadi lepa
- Shalaka/kurcha (probe, Spoon)
- Sterile cotton pads.
- Sterile Gloves.

PROCEDURE:

1. Under aseptic conditions, the affected area was cleaned with lukewarm water.
2. Amlikadi lepa was topically applied.
3. The external Arsha was then covered with a sterile gauze piece.

Table 1: Ingredients of Amlikadi Lepa.

SR NO.	DRUG NAME	BOTANICAL NAME	FAMILY	PART USED	GUNA	KARMA
1.	Amlika	Tamarindus indica	Fabaceae	Beeja	Rasa – Kashaya Guna- Guru, Ruksha Veerya- Ushna Vipaka- Amla	Arshoghna, kaphavatahara, agnidipak
2.	Tila	Sesamum indicum	Pedaliaceae	Beeja	Rasa – madhura, Kasha ya, tikta. Guna- Guru, Snigdha. Veerya- Ushna Vipaka- Madhura	Vatashamaka, Arshoghna.
3.	Madhuka	Glycyrrhiza glabra	Papilionaceae	Moola	Rasa – Madhura Guna- Guru, Snigdha. Veerya- Sheeta Vipaka- Madhura	Shothahara, Vranaropana, Vedanahara, Kaphahara.
4.	Ghrita				Rasa – Madhura Guna- Guru, Snigdha. Veerya- Sheeta Vipaka- Madhura	Tridoshahara
5.	Kanji				Rasa – Amla Guna- Ushna, tikshna, Laghu. Veerya- Ushna	Vatakaphahara , bhedankara

The method of gradation and assessment has been

explained Table No 2:

GRADING OF PARAMETERS : ACCORDING TO SEVERITY

PAIN: (VAS SCALE) OR MRC GRADING.

Grade 0 : Nil or no pain

Grade 1 : Mild pain during defecation,

Grade 2 : Moderate pain during & after defecation.

ITCHING/PRURITIS:

Grade 0-No pruritus.

Grade 1-Mild pruritus.

Grade 2-Moderate pruritus.

Grade 3-Severe pruritus.

Grade 3 : Severe pain during defecation and difficulty in sitting and walking.

OBJECTIVE CRITERIA :

SIZE OF THE PILE MASS (CIRCUMFRENCE LENGTH):

Grade 0 : complete regression of the pile mass.

Grade 1 : 0.5-2 cm

Grade 2 : 2.1-4 cm

Grade 3 : 4.1-6 cm

COLOUR CHANGE OF THE PILE MASS:

Grade 0-normal skin colour

Grade 1-Blackish

Grade 2-Reddish black

Grade 3-pale/reddish brown

Table No 2 : Assessment of Total Effect of Therapy

Symptoms	1 st day	3 rd day	5 th day	7 th day
Pain	1	1	1	0
Pruritis	1	1	1	0
Size of pile mass	2	2	1	1
Color change	3	2	1	0



Figure 1 before treatment



Figure 2: during treatment



Figure 3 After Treatment

DISCUSSION :

The patient presented with a history of a mass outside the anal canal & pain in the anal region, Pruritis. Clinically, the case was diagnosed as Bahya Arsha (external hemorrhoids). In this case, the local application of Amlidi Lepa was used to manage the pain, pruritis, and size of the mass in the anal region. This treatment effectively relieved the pain and reduced the size of the Arshankur (hemorrhoidal mass).

Over the course of 7 days, the pain and pruritis were relieved, and the size of the Arshankur significantly decreased. Pain, assessed using the VAS scale, reduced from grade 1st to 0 (no pain), and similarly itching (kandu) was also completely eliminated. Also change in color (vivarnya) was also seen significantly, the size of the Arshankur decreased significantly, reducing from grade 2 to 1.

CONCLUSION :

In the Samhita period, the use of Lepa for both therapeutic and cosmetic purposes was highly valued. Based on the present study, it can be concluded that Amlikadi Lepa is Significantly effective in treating Bahya Arsha (external hemorrhoids). It is a completely curative, safe, and effective treatment for relieving symptoms and is particularly beneficial for patients who are unwilling to undergo surgery.

REFERENCES :

1. Murthy Srikant, Ashtang Hridaya, vol-2, Rep, Varanasi: Choukhambha Krishnadas Acadamy, 2006.66pp.
2. Shastry Kaviraj Ambika Dutta, Sushruta Samhita, Hindi translation vol-1, Rep. Varanasi choukhamba Sanskrit Samsthan, 2014. 46pp.
3. Shastry Kaviraj Ambika Dutta, Sushruta Samhita, Hindi translation vol-1, Rep. Varanasi choukhamba Sanskrit Samsthan, 2014. 163pp.
4. Murthy Srikant, Ashtang Hridaya, vol-2, Rep, Varanasi: Choukhambha Krishnadas Acadamy, 2009.430pp
5. Yadavji trikamji charaka samhita with ayurved dipika commentary of chakrapanidatta,chaukhamba orientalia. varanasi. Edition: Reprint,2009; 738-50
6. Tripathi Hariprasad, Vangasen Samhita, 1st edi, Varanasi Choukhamba Sanskrit Samsthan Publishers, 2009. 309pp.

