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Haemostatic effect of Sphatika in Raktarsha - A Pilot Study

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ABSTRACT:

Raktarsha is a grave disease and it is still a challenge in the medical field. Due to its remission, exacerbations, both the patients and doctors were in embarrassing situation. In Ayurved many preparations and medicines are described as a Raktastambhak for the management of Raktarsha, Raktapitta, Raktatisar etc. but there are few researches on evaluation of haemostatic properties of drugs. So there is a need to have look on the subject and evaluate a medicine which will provide fairly successful and acceptable for the management of bleeding piles. In the present study, the efforts are made to evaluate the haemostatic effect of Sphatika in bleeding piles. The present study we conducted as a pilot study prior to a dissertation work so here the results were not compared with statistical tests. Controlled trials can be conducted to compare efficacy of sphatika with many other haemostatic drugs.

KEYWORDS: Raktarsha, bleeding piles, Rasaushadhi, Sphatika.

INTRODUCTION:

Raktarsha is bleeding pile which appears due to the dominance of Pitta and Rakta. Bleeding piles is a common disease of alimentary canal in India affecting both male and female. It is a condition in patient passes suddenly streaks of bright red blood along with stool. Sometimes it may bleed profusely leading to the common complication like weakness fatigue Anaemia. Due to its high prevalence rate, many efforts have been done in order to search new modalities of treatment. As

mentioned in Ayurvedic texts, sphatika is one of the important drug in Rasaushadhi. Sphatika is generally known as Phitkari, Saurashtri or kankshi as well as turati. In modern science, it is known as Alum or Alum Sulphate. Its chemical formula is $K_2SO_4, Al_2(SO_4)_3, 24 H_2O$. it is Hydrated salt of potassium or Alum Sulphate. According to Ayurveda, Sphatika posses Amla, Katu and Kashay rasa properties sphatika is antiseptic in nature it also performs actions like haemostatic, astringent, antipyretic, anti inflammatory & antibiotic effects when administered internally as well as externally. It has various internal as well as external applications to cure wound and many other diseases. Based on these references, we conducted a pilot study to evaluate the haemostatic effect of Sphatika in Raktarsha.

Current clinical study was conducted on the well diagnosed patients of raktarsha. The Patients for trial were all diagnosed for the disease. For dignosing the 7 International Criterias were used i.e. Bleeding, Pain, Difficulty in passing stool, Protrusion, Confirmatory tests like DRE and Proctoscopy. Patients attending the OPD and IPD of our ayurved college, during the time period

Inclusive criteria:

- 1 Well diagnosed patients of bleeding piles
- 2 the age of 20 to 50 years
- 3 patients with Grade I to III haemorrhoids

Exclusive Criteria:

- 1 known patients of HT, DM, HIV,
- 2 Hb's Ag positive patients, children
- 3 Pregnant women

MATERIALS AND METHODS:

MATERIALS:

Materials used for the present study were
Sphatika,
sterile water ampoules,
disposable syringes with rubber tubes,
lithotomy table,

METHODS:

After screening with the above inclusive and exclusive criteria total 30 patients were selected randomly irrespective of age, sex, caste, religion and occupation.

All patients were given a proper information of the study and their consent taken. patients were divided equally into 2 groups of each 15 patients by alternate method.

Group A:

Patients selected in this group were administered with standerd ayurvedic treatment only

Group B:

Group B was treated with 20 ml Matra basti of sphatika solution (2 gm of Sphatika dissolved in 20 ml of sterile water) per anum along with standard Ayurvedic medicinal treatment for 10 days .

Assessment of the signs and symptoms was done before and after the treatment.

All the patients included in the study were informed about Pathya and Apathya need to be followed. The follow up was taken with clinical assessment daily for next 10 days.

Assessment Criteria:

Assessment of the signs and symptoms was done on the basis of international criteria for Haemorrhoids.

Group A – bleeding per anum

| Patient No. | Day of Treatment | | | | | | | | | |
|-------------|------------------|-----|-----|-----|-----|-----|-----|-----|-----|------|
| | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th | 8th | 9th | 10th |
| 1 | +++ | +++ | +++ | +++ | +++ | +++ | ++ | ++ | ++ | ++ |
| 2 | +++ | +++ | +++ | +++ | ++ | ++ | ++ | ++ | + | + |
| 3 | +++ | ++ | ++ | ++ | + | + | + | + | + | - |
| 4 | +++ | ++ | +++ | +++ | ++ | ++ | ++ | ++ | ++ | + |
| 5 | ++ | ++ | ++ | ++ | + | + | + | + | + | + |
| 6 | ++ | ++ | ++ | + | + | + | + | + | - | - |
| 7 | +++ | ++ | ++ | ++ | ++ | ++ | ++ | ++ | + | + |
| 8 | ++ | ++ | ++ | ++ | + | + | + | + | - | - |
| 9 | ++ | ++ | ++ | ++ | ++ | ++ | ++ | ++ | + | + |
| 10 | +++ | +++ | +++ | ++ | ++ | + | + | + | - | - |
| 11 | ++ | ++ | ++ | ++ | ++ | + | + | + | + | - |
| 12 | ++ | ++ | ++ | ++ | + | + | + | + | - | - |
| 13 | +++ | +++ | ++ | ++ | ++ | + | + | - | - | - |
| 14 | ++ | ++ | ++ | ++ | ++ | + | + | + | + | + |
| 15 | ++ | ++ | ++ | ++ | ++ | + | + | + | - | - |

Bleeding per Anum in group B

| Patient No. | Day of Treatment | | | | | | | | | |
|-------------|------------------|-----|-----|-----|-----|-----|-----|-----|-----|------|
| | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th | 8th | 9th | 10th |
| 1 | +++ | ++ | ++ | ++ | + | - | - | - | - | - |

| | | | | | | | | | | |
|----|-----|-----|----|----|----|---|---|---|---|---|
| 2 | ++ | ++ | + | + | + | - | - | - | - | - |
| 3 | +++ | ++ | + | + | + | + | - | - | - | - |
| 4 | +++ | +++ | ++ | ++ | + | + | + | + | + | - |
| 5 | ++ | + | + | + | + | - | - | - | - | - |
| 6 | ++ | + | + | + | + | + | - | - | - | - |
| 7 | +++ | ++ | ++ | ++ | + | + | + | - | - | - |
| 8 | +++ | ++ | + | + | + | + | - | - | - | - |
| 9 | ++ | ++ | ++ | ++ | ++ | + | + | + | + | + |
| 10 | +++ | ++ | ++ | + | + | + | - | - | - | - |
| 11 | ++ | ++ | + | + | + | + | + | - | - | - |
| 12 | ++ | + | + | + | - | - | - | - | - | - |
| 13 | + | + | - | - | - | - | - | - | - | - |
| 14 | +++ | ++ | ++ | ++ | + | + | + | + | - | - |
| 15 | ++ | ++ | + | + | + | - | - | - | - | - |

(+ : Mild bleeding with less than 10 drops/ occasionally between 2 to 3 days

++ : Mild bleeding with 10 to 30 drops in each defaecation.

+++ : Stream/ more than 50 drops in every defecation)

OBSERVATIONS:

It was observed that the patients from the group B got maximum relief from bleeding within the short period of 2 to 3 days comparative to the patients from group A. Along with this pain, difficulty in passing stool, pruritus ani, mucosal discharge and degree of prolapsed reduced significantly in group B which was given 20 ml Matra basti of Sphatika solution for consecutive 10 days along with standard herbal medicinal treatment.

RESULTS:

The total effect 20 ml Matra basti of sphatika solution in bleeding piles was satisfactorily found to be highly significant over the standard Ayurvedic medicinal treatment.

DISCUSSION:

Thus, the study shows that Sphatika is an effective local haemostatic agent in controlling bleeding piles. Sphatika solution exerts its astringent and haemostatic effect through a chemical reaction with blood proteins which results in controlling the bleeding. It is also safe, cost effective and easily accessible way to arrest the bleeding in arsha.

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