



## Clinical Study of Injection of Godugdha as a Sclerosing Agent in Internal Hemorrhoids – A Case Study

Gajanan S. Dhele\*, Dnyaneshwar D. Chavan

Department of Shalyatantra YMT Ayurvedic Medical College & Hospital, PG Institute Kharghar, Navi Mumbai, Maharashtra, India.

\*Corresponding Author: Gajanan S. Dhele

**Abstract:** Haemorrhoids are one of the commonest Ano-rectal diseases. Basic etiology in this condition is congenital weakness of the superior & inferior rectal veins. The common ano-rectal complaints from the patients suffer from haemorrhoidal disease include bleeding, protrusion, discharge, discomfort. With the available non-surgical approaches for hemorrhoids like infrared coagulation, bipolar diathermy, direct current therapy, cryotherapy, etc. the number of haemorrhoidectomies performed has decreased significantly over time. It is a need of the time or scope for new innovations or modalities of treatment to be established without disturbance in the traditional concepts as per need. Present study is an attempt to evaluate sclerosing property of indigenous drug in internal hemorrhoids. Present study is an attempt to evaluate sclerosing property of indigenous drug i.e. Ksheer (Cow milk) in Rakta-Pittaj Arsha (internal haemorrhoids) in comparison with currently using ideal drug Polidocanol. Here some modification are made with technology to inject Cow's milk in submucosal plane of the internal haemorrhoid i.e. Rakta-pittaj Arsha. Previous studies on use of Cow milk as a sclerosing agent have done on animals as well as on humans for Rectal prolapse by simply injecting in the submucosa and articles as well as papers are published by recognised journals.

**Keywords:** Cow's milk, Internal hemorrhoids, Sclerotherapy.

Article Received: 22 June 2021

Revised: 13 July 2021

Accepted: 24 July 2021

### Introduction

Arsha is a common problem in all Ano-rectal condition. It is defined as the symptomatic enlargement and distal prolapse of the normal anal cushions characterized by bleeding per rectum usually resulted by straining during defaecation, chronic constipation or diarrhea [1-5].

There are different opinions of Acharyas regarding the classification of Arsha. Sushruta explained six types of Arsha viz Vataj, Pittaj, Kaphaj, Raktaj, Sannipataj and Sahaj. On the basis of predominance of Dosha. According to origin it can be Sahaj & kalaj. Fourfold Treatment for all Arsha namely-Bheshaj, Kshar, Agni & Shastrakarma Chikitsa according to Doshaj will be differ on the basis of their characteristics. Bhel-Samhita have explained Ksheerbasti in

Rakta-pittaj Arshas, Tikshn chikitsa in kaphaj Arsha & Anuvasana chikitsa in Vataj Arsha in Arshochikitsa adhyay [6].

According Acharya Sushruta Ashta- Ksheer has been explained in Sutrasthan. Among all Godugdha having properties of Rakta-Pittaj vikarhar, Pandu-roghar, Arsha, shoolhar, Balyam and Asthapana karma [7].

Here we injected Cow's milk in submucosal plane of the internal haemorrhoid i.e. Rakta-pittaj Arsha instead of Ksheer Basti. Previous studies on use of Cow milk as a sclerosing agent have done on animals as well as on humans for Rectal prolapse by simply injecting in the submucosa and articles as well as papers are published by recognised journals [2][3].

## Aim and Objective

To Assess the Effectivity of *Godugdha* as sclerosing agent in 1<sup>st</sup> and 2<sup>nd</sup> degree internal Haemorrhoids

## Case History

A 48 years old Indian, married, alcoholic, non-vegetarian male with sitting job with a 1 month history unsatisfactory stool (MRD number-174708) visited Out-patient department of Shalyatantra at Yerla medical trust's Ayurvedic Medical College, Kharghar having complaints of pain and burning sensation at anal region, during and after defaecation, itching at anal region bleeding per anum occasionally after defaecation.

He was known case of hypertension on medication known as Telmisartan 20 mg. Firstly we gave Ayurvedic oral medications like Arogyavardhini vati, Triphala guggul and Gandharva Haritaki for 7 days. Patient got 20 % relief from the symptoms, but for further management patient got admitted in our institute.

## Clinical Findings

Anorectal examination of Patient done in left lateral position. In findings we seen Fissure-in-Ano at 6'o' clock position with Anal spasm. Patient had first and second degree hemorrhoids at 3,7,11 'o' clock position. There was no active bleeding or any discharge while examining. In the surgical profile Patients' blood parameters as well as other radiological investigations were under normal limits. Physician's fitness taken for the procedure Anal dilatation, fissure bed excision and injection sclerotherapy.

## Materials and Methods

### Type of Study

A Clinical trial, Prospective study

### Study Center

Y.M.T. Ayurvedic Medical College and Hospital Kharghar, Panvel, Raigad.

### Procedure

Gir Cow's Milk is boiled for 10 minutes to sterilize and cooled down. Then filled in syringe with needle for use [2].

This procedure will be done under all aseptic precautions during routine procedure under spinal anaesthesia. Needle inserted in the submucosal layers of primary hemorrhoids and cow milk injected in amount of 1-2 ml in each pedicle depending upon the size of the pedicle.

### Pre and Post-operative Care of the Patient

- Preparation of the part and soap water enema.
- T. Toxoid Prophylaxis
- Pre-medication with Atropine sulphate.
- Sclerotherapy will be done as per standard procedure.
- Bowel regulation.
- Symptomatic management in case of any other related complaints.
- Post operatively as per routine protocol Hot Sits bath, Non-steroidal anti-inflammatory medicines and antibiotics were given for prophylaxis.

### Assessment Criteria

Effects of sclerotherapy were assessed before, during and after the procedure by using following parameters.

**Table 1: Objective criteria**

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
Pain (Shoola) (VRS)	No Pain	Pain but bearable	Pain, relieved with sitz bath	Most severe pain needs analgesics
Tenderness (Sparshasahatwa)	No tenderness	Tenderness on deep palpation	Tenderness on Moderate Palpation	Tenderness even on Touch
Prolapse	No Prolapse	1 <sup>st</sup> Degree	2 <sup>nd</sup> Degree	-----

**Table 2: Subjective criteria for assessment**

<b>Bleeding</b>	No bleeding	Few drops	Spurts of blood	Continuous bleeding with clots
<b>Prolapse</b>	Prolapse Absent	Prolapse Present		

**Assessment and Follow-up**

Assessment criteria for the outcome of the result: On 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> day regular

weekly follow up. Then follow up taken monthly for 6 months.

**Observation and Results****Table 3: Result of study**

Symptoms		7 <sup>th</sup> day	14 <sup>th</sup> day	21 <sup>st</sup> day	28 <sup>th</sup> day	2 <sup>nd</sup> month	3 <sup>rd</sup> month	4 <sup>th</sup> month	5 <sup>th</sup> month	6 <sup>th</sup> month
Pain (Shoola) (VRS)		1	1	0	0	0	0	0	0	0
Tenderness(Sparshasahatwa)		2	1	0	0	0	0	0	0	0
Prolapse		1	1	0	0	0	0	0	0	0
Day	7 <sup>th</sup> day	14 <sup>th</sup> day	21 <sup>st</sup> day	28 <sup>th</sup> day	2 <sup>nd</sup> month	3 <sup>rd</sup> month	4 <sup>th</sup> month	5 <sup>th</sup> month	6 <sup>th</sup> months	
<b>Bleeding</b>	0	0	0	0	0	0	0	0	0	
<b>Prolapse</b>	0	0	0	0	0	0	0	0	0	

**Discussion**

As there are different modes of treatment for internal hemorrhoids depending upon the degrees. In first degree and early second degree internal hemorrhoids injection sclerotherapy is widely used and its results are satisfactory.

Cow milk injection sclerotherapy is simple and should be considered as the first line treatment of First and second degree internal hemorrhoids.. We did not use a sclerosant agent such as polidocanol, 30% saline or phenol in almond oil because cow milk as sclerosing agent is inexpensive, easy for application, and the procedure is safe with no side effects [3].

Effect of therapy seen in 6 months of post procedure depending on the above given objective and subjective parameters. Injection of sterilized cow milk diluted in same amount of distilled water seen promising and without any complications. Effects of this sclerotherapy reveal that it works like other currently used sclerotherapy agents. Results observed till 6 months of period and relief from prolapse, bleeding was promising.

**Conclusion**

Sclerotherapy is effective in early stage of Arsha (haemorrhoids) and has greatest advantage of wider acceptability. In this case report we found injection sclerotherapy to be

a suitable office procedure for the treatment of hemorrhoids. Pre-operative and post-operative protocol was same for this case. Hospital stay also was for 2 days only.

Probable mode of action of cow's milk in the submucosa of anal canal is milk contains proteins, fats, carbohydrate which induces inflammation in submucosa. Which further creates fibrosis in that area. It helps to prevent further prolapsed of internal hemorrhoids. There is more scope for the further research study.

**References**

1. Baslingappa K et.al.: Role of Sclerotherapy in Arshas (Hemorrhoids). A comparative study of rubber band ligation and sclerotherapy in patients with second degree hemorrhoids Dissertation Submitted for M.S. degree (Branch I) General surgery april 2012 The Tamilnadu Dr. M.G.R Medical University Chennai-Madurai Medical College, Madurai.
2. Zganjer M, Cizmic A, Cigit I, Zupancic B, Bumci I, Popovic L, Kljenak A. Treatment of rectal prolapse in children with cow milk injection sclerotherapy : 30-year experience. World journal of Gastroenterology 2008; 14(5):737-40.
3. Serin Ezer S, Kayaselcuk F, Oguzkurt P, Termiz A, Ince E, Hicsonmez A. Comparative effects of different sclerosing

agents used to treat rectal prolapse: An experimental study in rats. Journal of Pediatric Surgery (2013)48:1738-43.

4. Akindiose C, Alatisse OI, Arowolo OA, Agbakwuru AE. Evaluation of Two Sclerosants in the Treatment of Symptomatic Haemorrhoids in Nigerians. Niger Postgrad Med J 2016;23:110-5.
5. Bhelsamhita, K.H. Krishnamurthy, Priyavat Sharma ,Text with English Translation, Commentary and Critical notes, Arshochikitsaadhyay 26/87.
6. अर्शामध्येक्षीरबस्ति  
रक्तपित्तसमुत्थेषु प्रशस्ता क्षीरबस्तयः।तीक्ष्णा  
कफसमुत्थेषु वातिकेषु अनुवासनम् ॥(अर्शो.चि. भे.  
सं. २६/८७)
7. तत्र सर्वमेव क्षिरं प्राणिनामप्रतिषिद्ध  
जातिसात्यातवातपित्तशोणित मानसेष्वपि  
विकारेष्वविरुद्ध भ्रममददाह पिपासा हृद्बस्ति दोष  
पाण्डुरोग ग्रहणदोषअर्शः शुल उदावर्त अतिसार  
प्रवाहिका वोनिरोग गर्भास्त्रावरक्तपित्त श्रम क्लमहरं  
पाप्मापहं बल्यं वृष्यं वाजिकरणरसायनं मेध्यं  
वयःस्थापनमायुष्य जीवनं बुहणं संधानं वमनविरेचन  
आस्थापनं तुल्यगुणत्वात् च ओजसेः वर्धनं  
बालवृद्धक्षतक्षिणां क्षुद्रव्यायामकर्षितानां च पथ्यतम्  
।(सु.सू.४५/४९)