

Clinical Evaluation of Kankayan Vati, Triphala Churna and Kashishadi Taila in the Management of Arsha/Raktarsha

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Abstract

Arsha (pile/hemorrhoid) is one of the common ano-rectal diseases. In Ayurvedic classics there is very good description about the etio-pathogenesis and conservative management by administration of various drugs like Kankayan vati, Triphala churna and Kashishadi taila that are used individually or in combination to arrest the progress of the disease or to cure the 1st and 2nd degree of the piles as well as the complications in the 3rd and 4th degree of the piles in some cases. In the management of Raktarshas recently some of the clinical studies were carried out on different combination of drugs; however, there is no clinical study and scientific data is available on the efficacy of Kankayan vati, Triphala churna and Kashishadi taila in clinical condition of Arshas. Therefore, a clinical evaluation of these drugs was carried out in patients of Arshas selected from the OPD and IPD of the Central Research Institute (Ay), Gwalior. The treatment with these drugs caused significant symptomatic improvement. In conclusion, the combined treatment with Kankayan vati, Triphala churna and Kashishadi taila has potent action against the Arshas (piles).

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