



## A Clinical Study of *Kankayan Vati* in the Management of *Arshas* (Piles)

### Research Article

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#### Abstract

The purpose of present study was to evaluate the efficacy of *Kankayan vati* in the management of *arsha* (Piles). The study was carried out in 40 patients. 2 gm of *Kankayan vati* in the form of capsule, once in the morning was administered with *takra* (butter milk) as an anupan up to 21 days. The drug is given to those patients suffering from *arsha* and diagnosed by inspection, per-rectal examination and proctoscopy. The symptoms such as tenderness, burning pain, bleeding per-rectum, itching, anorexia, constipation & indigestion were taken for the subjective assessment of the disease. Recovery of patients was assessed by the relief in the symptoms. According to observations and results obtained it was concluded that the treatment of *arshas* with *Kankayan vati* has given significant relief in the symptomatology of the disease.

**Key words:** Arsha, Piles, *Kankayan vati*, Anuloman, Haritaki.

#### Introduction

Anorectal disorder is progressively increasing in the society. Few important causes out of which number of them is sedentary life style, irregular diet, physiological disturbances like anxiety and depression and excessive consumption of junk food etc. These factors cause *Mandagni* (indigestion) and chronic constipation because of diet irregularities and the low fiber diet respectively and cause diseases like *Arsha* etc. According to Ayurveda, *Mandagni* is considered as a prime factor for the manifestation of many diseases like *Arsha*, *Atisara*, *Grahani* etc(1).

The causative factors for the formation of the *Arsha*, according to

*Ayurveda*, include friction of cloths, wood, cold water, sitting of a hard object, riding on vehicle for long duration and suppression of normal urge of micturation & defecation. Anorectal disorders are mostly embarrassing to the patient. The anal region is one of the most sensitive region in the body due to rich nerve supply. Because of this even a mild form of disorder may produce major discomfort to the patient. It has been observed that patient does not consult the physician in the initial stage of the disease because they feel ashamed due to examination of private parts(2).

The present work has been planned to know the efficacy of the medicinal preparation *Knakayan Vati* in the management of *Arsha* (piles).

#### Aims and Objectives

To study the effect of "*Kankayana Vati*" in the management of *Arsha* (piles).

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To establish the probable mode of action of "Kankayana Vati" in the management of *Arsha*.

### Material and Methods

The study is an open end clinical study. 40 patients suffering from the disease *Arshas* (piles) were selected for the study from the OPD and IPD of the Department of Shalya Tantra, Ayurveda College, Rahuri randomly.

### Plan of Study:-

Prior to the commencement of the therapy in the selected patients, general information both of the patients and the disease were recorded. A complete history of the disease along with complaints was recorded as per the specially prepared proforma for the ano-rectal disorders with written consent of patient which includes the general, systemic and local examination of the patient. The local examination procedures like inspection, palpation, digital examination and proctoscopy were also performed to confirm the diagnosis.

To assess the inclusion and exclusion criteria and the general well being of the patient a few laboratory investigations were also performed as follows:

### Laboratory investigations:

- Blood investigations – bio-chemical and pathological
- Bleeding time and clotting time.
- Stool and urine pathological examination of microscopic and routine

### Selection Criteria:-

#### Inclusion criteria:

- Patient presenting with Nidan, Lakshana & Samprapti of *Arsha*.
- Patient between the age group of 16-60 years.
- Patient having no other complications like diabetes, carcinomatous conditions etc were selected for the study.

### Exclusion criteria:

- Patients below 16 years of age and above 60 years of age are not included in the study.
- Patients suffering from chronic diseases like Carcinoma Anus & Rectum, Ulcerative colitis, Perianal Abscess, Proctitis, etc other complications were not included
- Patient with any associated disease e.g. DM, HT, prolapsed rectum etc were excluded.

### Treatment Schedule

The Selected patients were administered "Kankayana Vati" as follows: (Ref: Bhaishajya Ratnavali, Arshoadhyaya, 9/ 76). The drug is a compound preparation with the following composition.

### Ingredients (3):-

Haritaki (bark)	5 parts
Pimpali	1 parts
Marich	1 part
Ajaji(shweta jirak)	1 part
Pimpali mula	2 parts
Chavya	3 parts
Chitrak mula	4 parts
Sunthi	5 parts
Bhallataka	8 parts
Surankanda	16 parts
Yavakshar	2 parts
Guda	Dwiguna (That is 96 parts)

- **Dose** 2 gm
- **Anupana** Takra (Buttermilk) / Sheeta Jala
- **Form of Medicine** Capsule form
- **Route of Administration** Oral route
- **Kala (Time of administration)** Pratahkala (morning)
- **Duration of Treatment** 3 weeks
- **Follow up** 1 month

**Follow Up Study:**

The patients of are observed weekly once and the changes have been observed and recorded. The follow up study of patients have conducted for 1 month after the completion of treatment.

**Criteria of Assessment:-**

The effect of treatment has been assessed on the basis of the relief of the major symptoms of the disease. This has done at a period of once in seven days. Scoring pattern was adopted to determine the relief in the cardinal symptoms as follows:

Symptoms	Absent	Mild	Mode rate	Sever e
<i>Gudapida</i>	0	1	2	3
<i>Gudadaha</i>	0	1	2	3
<i>Rakta srava</i>	0	1	2	3

<i>Kandu</i>	0	1	2	3
<i>Bhransha</i>	0	1	2	3
<i>Sparsha asahatwa</i>	0	1	2	3
<i>Shotha</i>	0	1	2	3
Mucous discharge	0	1	2	3
<i>Vibandha</i>	0	1	2	3
<i>Agni vaishamy</i>	0	1	2	3
<i>Atopa</i>	0	1	2	3
<i>Pandu</i>	0	1	2	3

**Result obtained from the study will be assessed in the terms of following**

• <b>Incurable</b>	-	Below 25%
• <b>Improved</b>	-	25% to 50%
• <b>Markedly improved</b>	-	51% to 75 %
• <b>Cured</b>	-	More than 75%

**Observations and Results:**

The above said subjective parameters of the study were recorded without any bias and the obtained results were tabulated and the results are assessed statistically and are expressed in terms of 'Z' value and 'p' values to show the significance of the study.

The results of the study are as follows:

**Table No 1: Effect of Therapy on Cardinal Symptoms of Arshas**

Cardinal Symptoms	n	Mean		SD	SE	Z	'p' value	Result	% Of Relief
		B.T.	A.T.						
<i>Gudapida</i>	33	67	03	0.7533	0.1312	14.77	>0.01	Highly significant	95.52
<i>Gudadaha</i>	33	78	07	0.8211	0.1430	15.03	>0.01	Highly significant	91.02
<i>Rakta srava</i>	32	77	05	0.8291	0.1465	15.35	>0.01	Highly significant	93.50
<i>Kandu</i>	13	27	07	0.4992	0.1384	11.05	>0.01	Highly significant	74.07
<i>Bhransha</i>	20	38	32	0.4582	0.1024	2.42	<0.01	Not signoficant	15.78
<i>Sparshasahatwa</i>	36	87	07	0.6450	0.1075	23.51	>0.01	Highly significant	91.95
<i>Shotha</i>	36	79	06	1.5272	0.2545	7.96	>0.01	Highly significant	92.40
<i>Mucous</i>	09	13	02	0.4149	0.1383	8.89	>0.01	Highly	84.61



<i>discharge</i>								significant	
<i>Vibandha</i>	40	106	10	0.8366	0.1322	18.91	>0.01	Highly significant	90.56
<i>Agnivaishmya</i>	40	114	10	0.6633	0.1048	24.80	>0.01	Highly significant	91.22
<i>Atopa</i>	36	88	05	0.5682	0.0947	24.28	>0.01	Highly significant	94.31
<i>Pandu</i>	06	11	07	0.7452	0.3042	1.97	<0.01	Not significant	36.36

**Table No 2: Overall effect of Therapy.**

Effect	No of Pt	Percentage
Cured	37	92.50%
Markedly Improved	03	7.5%
Improved	-	-
Unchanged	-	-

**Discussion**

*Kankayana vati* have revealed to have potential of Shula prashamana and disease modifying effect with the added advantage of being free from side effects, gastric irritation, and ulcerogenic activity.

**Discussion of result according to Degree of piles:-**

The result obtained among 26 patients, 10 patients (38.46%) got cured & 02 patient (7.69%) got markedly improved in Third degree internal piles, 08 patients (30.76%) had got cured in First degree internal piles while 05 patients (19.23%) got cured & 01 patients (3.84%) got markedly improved in second degree internal piles. This data shows that *Kankayana vati* formulation has potency to cure upto third degree internal piles.

Almost all the symptoms studied have shown highly significant results and almost above 90% of the relief in the symptoms except for the symptoms like *pandu* and *bramsha*.

**Probable mode of action of Kanakayana vati**

According to Bhaishajya ratnavali and Yogaratnakara *Kankayana vati* is mentioned under Arshorogadhikar.

In *Kankayana vati* formulation, the ingredients are- *Pippali, Haritaki, Pippalimula, Suntha, Chavya, Chitrak, Surankanda, Ajaii, Bhallatak, Yavakshar*, etc. Almost all of these drugs are having the property of *Deepan, Pachana, Vatanulomana, ushna guna* hence will have *shulaprashamana* or the pain relieving activity and are said to be the best appetizers. Drugs like *Haritaki*, help to relieve the constipation and decrease the pressure on the pile masses. Drugs like *Pimpalimula, Sunthi, Chavya, Chitrak, Surankanda*, are specifically indicated for the treatment of *Arshas*, according to *Bhavaprakash Nighantu*(4).

*Surankand* has special effect (*Prabhav*) as *Arshoghna*(5). So it is the *pathya* in all *Arsha*. As it is *kashaya rasapradhana*, it is useful to stop bleeding in *Raktarsha*, because of *ushna* and *tikshna guna*. Also *ushna, tikshna guna* helps *rakta dhatu* to flow in regular manner without any congestion at veins and hence *shotha* (inflammation) decreases and size of pile mass seems to be decreased as *ushna guna* dilates the channel of *raktavaha strotas*. Most of the ingredients of *Kankayana vati* formulation are *katu rasapradhana* and they help in reducing the blood clotting or accumulation as they are said to be having action as "*Shonit*



*Sanghata Bhinnati*". It is stated that *Arsha* is the congestion of veins and *katu rasa* dissolve the congestion.

Yavakshar also has the property of *lekhana*, mild laxative, antacid, *deepana* and *raktashodhana*(6). So it is also useful in *samprapti vighatana* of *Arsha*.

The root cause for *Arsha* is *Mandagni*, due to which production of *ama* increases and such continuous production of *ama* leads to *malasanchaya*. This large quantity of mala is loaded in colon for long duration. Absorption of fluids from *faeces* occurs in large quantity resulting in hard stool passage. To pass such hard stool, patients undergoes straining (*pravahana*) during defaecation, finally resulting in dilated rectal plexus and *mamsankur (Arsha) uttpati* occurs. So from above pathological process most of the *Ayurvedic* texts gives more concentration for *deepana* (increasing *jatharagni*) and digestion of *ama* i.e. *pachana chikitsa* respectively effects on *mandagni* and *ama*. *Charakacharya* mentioned most of the ingredients in *deepaniya*, *Arshoghna* and *shulaprashamana gana* while *Sushrutacharya* explained in *pippalyadi gana* which acts as *deepana*, *pachana*, *vatanuloman*, *shulaprashaman*, *kaphaghna*. Thus the *Chikitsa* with *Kankayan vati* disturbs pathological process of *Arsha* and ultimately patients get relief from signs and symptoms of *Arsha*.

## Conclusion

From the above study it can be concluded that the drug *Kankayan vati* proves to be one of the best drugs in the management of *Arsha*. It helps in relieving the symptoms of the *Arshas* like pain, bleeding etc. As the study was conducted only in a limited set of conditions, the results must to be evaluated in a large population to prove its efficacy.

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