



## A Study on Clinical Efficacy of *Nagaradi Modak* in the Management of Arsha W.S.R to Piles

### Research Article

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#### Abstract

According to Indian Journal of Surgery among two Thousand consecutive proctologic examinations 75% incidence of Piles was found. About 50% of population of the world above 50 years aged people suffering from piles, hence the present study has been carried out to study efficacy of *Nagaradi Modak*. 40 patients were selected according to age, sex, inclusive & exclusive criteria in a single group. The *Nagaradi Modak* was given in the form of capsule, 2 caps of 500 mg each of *Nagaradi Modak* given in the pratah kala (Morning) with *sheeta jala* for 4 weeks. Patients were followed once in a week for 4 weeks, in which *shula prashaman*, *raktastmbham*, *vibhandha*, *deepan*, *pachan* action of drug observed. The results were statistically analyzed and the results have shown that *Nagaradi Modak* therapy is effective in the management of *Arsha*.

#### Keywords:

Piles, *Nagaradi Modak*, *Arsha*, *Deepana*, *Shula Prashamana*, *Raktastambhaka*, *Vibhandha*

#### Introduction:

During process of pathogenesis, the Doshas are vitiated due to indulgence in etiological factors by the person and that in turn leads to Agnimandya which further hampers the function of Apana vayu, vitiated Apana vayu leads to collection of faeces in guda vali and eventually vitiates the other vayu and doshas, these vitiated doshas get localized in the mamsam of guda pradasha which results into appearance of mansamprarohas or Arsha (Piles). (1)

Acharya sushruta Describes four

principle therapeutic measures in management of Arshas i.e. Bhaishajya Chikitsa, Kshar karma, Agni karna & Shastra karma.(2)

These measures in definite order are suggestive of similar methods to be preferred first. In spite of being primarily a surgeon, sushruta has laid maximum emphasis on unnecessary surgery. Bhaishajya Karma has no fear of complication like infection, gangrene and bleeding in comparison of other modern surgical procedures. *Nagaradi Modak* is indicated for the treatment of arsha as oral medication in Bhaishajya Ratnavali and was selected for the present study. (3)

#### Aims & Objectives:

- 1) To study effect of *Nagaradi Modak* in the management of Arsha.

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- 2) To derive a standard, easily accessible, cost effective and palliative cure for Arsha

**Drug Review: Nagaradi Modak (4)**

Sr. No.	Sanskrit Name	Botanical Name	Gana	Rasa	Gun a	Vir ya	Vipak	Rogagh nata
1	Nagar (5)	<i>Zingiber Officinale Roscoe</i>	Deepaniya Shulprasha Mana	Katu	Laghu, singdha	Ushna	Madhura	Arsha, Vibandha
2	Bhalla Taka (6)	<i>Some Carpus Anacardium Linn</i>	Deepaniya	Katu	Laghu, singdha	Ushna	Madhura	Arsha, Shotha.
3	Vridhadaruka (7)	<i>Aegyria Speciosa Sweet</i>	Pachak	Katu	Laghu, singdha	Ushna	Madhura	Anulomak, Shothaghna
4	Guda (8)	<i>Jaggery</i>	-	Madhura	Singdha	Sheeta	Madhura	Asruk - Prasadana

**Materials & Methods:** In The Present Study *Nagaradi Modak* prepared with above drugs formulation

Shunthi	1 Part
Bhallataka	1 Part
Vridhadaruka	1 Part
Guda	2 Part

All above drugs are mixed and manually filled in capsule; weight of each capsule is 500mg. The preparation of drug has been carried out in the *Shalya tantra* department & drug standardization was done research laboratory of Ayurved college Rahuri.

Kala	Prataha (morning)
Dose	2 Capsule/Day(1gm)
Anupana	Sheet jal
Form of Drugs	Capsule

Route of Administration	Oral
Duration	4 week's
Follow up	1 in a week for 30 Day's

**Clinical study:**

The study will be carried out in OPD & IPD of Shalya-tantra dept. The patient attending OPD / IPD of Ayurved College, Rahuri were selected of their age, sex, religion, race, occupation etc., fulfilling the criteria of selection & eligibility for study.

**Plan of Study:**

Prior to the commencement of the therapy in the selected patients, general information both of the patients and the disease were made as below.

A complete history of the disease along with complaints was recorded as per



the specially prepared proforma for the Arsha (piles) with written consent of patient.

2) Bleeding time and clotting time.  
3) Stool and urine pathological examination of microscopic and routine

### Selection Criteria:-

#### a) Eligibility Criteria :-

- i) Patient presenting with Nidan, Lakshana & Samprapti of Arsha.
- ii) Patient presenting with cause, clinical feature & etiopathology of piles.
- iii) Patient suffering from pile on local examination will be made both from Modern & Ayurvedic line.
- IV) A complete H/o disease along with complaints.

b) In the entire patient general, systemic, & local examination will be carried out. The finding of local examination will be studied under the following heading.

- 1 Inspection. 3  
Palpation.
- 2 Digital examination 4  
Proctoscopy

#### C) Laboratory investigations:

1) Blood investigations – Routine blood, blood sugar.H1H2 if required.

### Exclusion Criteria:-

- a) Ca Anus & Rectum.
- b) Perianal Abscess.
- c) Piles (Arsha) with Fissure
- d) Piles (Arsha) with Fistula
- e) Prolapsed Rectum
- f) Chron's disease
- g) Ulcerative colitis
- h) Proctitis
- i) Rectal Polyp
- j) Condyloma
- k) Anal epithelioma
- l) Patient with any associated disease e.g. DM, HT.

### Result obtained from the study will be assessed in the terms of:-

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

### Criteria of Assessment

Sr. No.	Symptoms	Absent	Mild	Moderate	Severe	Markedly Severe
1	Gudashula	0	1	2	3	4
2	Gudadaha	0	1	2	3	4
3	Kandu	0	1	2	3	4
4	Raktasrava	0	1	2	3	4
5	Bhransha	0	1	2	3	4
6	Sparsha asahatva	0	1	2	3	4
7	Shoatha	0	1	2	3	4
8	Mucons Discharge	0	1	2	3	4
9	Vibandha	0	1	2	3	4
10	Agnivaishamya	0	1	2	3	4
12	Pandu	0	1	2	3	4

### Observation & Results:

The above said subjective parameters of the study were recorded without any bias & the obtained result were tabulated & the results are assessed statistically by using paired t test which are expressed in terms of t value at 5% to shows the significance of the study.

**Effect of Therapy on Cardinal Symptoms of Arsha**

Sign & Symptoms	N	Mean B.T.	mean A.T.	BT SD	AT SD	t Value	P value	Result	% Of Relief
Guda Shula	22	1.64	0.14	0.65	0.35	9.53	0.0001	H.S	91%
Gudadaha	18	1.89	0.17	0.60	0.38	10.27	0.0001	H.S	86%
Guda srava	10	1.50	0.20	0.70	0.42	5.03	0.0001	H.S	83%
Rakta srava	11	1.45	0.36	0.68	0.67	3.787	0.0012	S	75%
Agni Vai shmya	28	1.79	0.39	0.83	0.49	7.686	0.0001	N.S	78%
Bhramsha	30	1.37	1.23	0.49	0.50	1.095	0.2779	N.S	9%
Vibandha	29	1.72	0.62	0.75	0.56	6.33	0.0001	H.S	64%
Sparsh asahtva	27	1.59	0.48	0.74	0.50	6.458	0.0001	H.S	69%
Kandu	11	1.61	0.36	0.67	0.50	4.959	0.0001	H.S	62%
Pandu	11	1.73	0.82	0.64	0.40	3.999	0.0007	H.S	52%
Shotha	21	1.29	0.38	0.46	0.49	6.205	0.0001	H.S	70%

N = number of patients, S.D = Standard Deviation, B.T. = Before Treatment, AT= After Treatment, % = Percentage, Cal = Calculated, HS = Highly Significant, S = Significant, NS = Not significant

**Overall effect of Therapy:**

Result	No of Pt	Percentage
Cured	12	30%
Markedly Improved	23	57%
Improved	05	12.5%
Unchanged	0	0

**Discussion:**

*Nagaradi Modak* has 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. Almost all the symptoms studied have shown highly significant results & almost above 60% of the relief in the symptoms except for the symptoms like bramsha.

In *Nagaradi Modak* Formulation the ingredients are Ushna.Tikshana and snigdha properties may correct the vata dushi & regulate the function of Apana Vayu which breaks samprati & cures the disease arsha .These above mentioned properties also helps in vata anuloman so vibandha is also relived .

Shunthi, Bhallataka & Vriddhadaruka all these drugs are katu, tikta, Kashaya Rastmaka, Madhurvipaki

& stambhana property has shown significant relief in Raktastrav.

**Conclusion:**

*Nagaradi Modak* is shula Prashamen (Pain reliever), Aam pachaka so it gives quick effect & can be permanent cure for Arsha.

In the present study little modification regarding form of drug has been made such as the drug is prepared as per classics but the contents are filled in capsule such capsules are well known to society & pass modern standardization process &also convenient to consume bitter test drugs.(9)

Lastly Administration of capsule Nagardi Modak orally is easy & does not require any surgical skills or special instrumental aid and convenient to patient & has minimum interference in patient's day to day activities.



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