

The Efficacy of Herbo-Mineral Formulations in the Mangement of Arsha (Haemorrhoids)

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Abstract

A clinical trial on the efficacy of Bhesaja chikitsa with Ayurvedic Herbo- Mineral formulations containing Rasanjanshigrughan vati, Kumarighan vati, Mahanimbabija Churna and Jatidashmulataila basti (Anubhuta yoga) was carried out in the patients of Arsha (Haemorrhoids) at the O.P.D/I.P.D of R.R.A. Poddar Central Research Institute (Ay.), Worli, Mumbai. as per C.C.R.A.S. protocol during the year April 2004 to March 2007. A total number of 30 patients were studied and assessed. Statistically significant clinical improvement was observed in all the clinical findings ($p < 0.0001$). The overall treatment response among the total cases studied, 53.33 % cases had shown Good Response, 26.66 % had shown Fair Response and 20% patients showed Poor (mild) Response. Hence it can be accomplished that Ayurvedic medical management with the selected drugs given in this trial is beneficial in the management of Arsha (Haemorrhoids).

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