

A Clinical Evalution of Efficacy of Certain Ayurvedic Formulations in the Management of Arsha (Haemorrhoids)

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Abstract

A single blind clinical trial on the effect of Bhesaja chikitsa with Ayurvedic Herbo-Mineral formulations containing Kankayana vati, Triphala churna and Kasisadi taila was carried out in the patients of Arsha (Haemorrhoids) at the OPD/IPD of R.A. Poddar Central Research Institute (Ay.), Worli, Mumbai. As per CCRAS protocol during the year 2005-06, a total number of 38 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, 63.16 % cases had shown Good Response, 26.31 % had shown Fair Response and 10.53% patients showed Poor (mild) Response. Hence, it can be accomplished that Ayurvedic medical management with the selected drugs given in this trial is exceedingly beneficial in the management of Arsha (Haemorrhoids).

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