

A SINGLE CASE STUDY ON THE THERAPEUTIC EFFECT OF *BHALLATAKA AVALEHA* IN HEMORRHOIDS

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Abstract

Hemorrhoids are a common anorectal disorder characterized by swollen vascular structures in the anal canal. In Ayurveda, they are correlated with *Arsha*, which results from vitiation of *Vata*, *Pitta*, and *Kapha*. This case study evaluates the therapeutic efficacy of *Bhallataka Avaleha*, a classical Ayurvedic formulation, in the symptomatic management of Grade I hemorrhoids in a single patient over four weeks.

Key Words: *Arsha*, *Avaleha*, *Bhallataka*, Hemorrhoids.

1. INTRODUCTION

Hemorrhoids affect nearly 40% of adults and can significantly impair quality of life due to pain, bleeding, pruritus, and prolapse. Modern management includes dietary fibre, topical agents, and surgical procedures for advanced stages. Ayurveda offers herbal formulations that target the underlying dosha imbalance and improve anorectal function.^[1]

Bhallataka (*Semecarpus anacardium*) is described as *Katu*, *Ushna*, *Teekshna*, and has *Deepana*, *Pachana*, *Shothahara*, and *Arshoghna* properties. *Bhallataka Avaleha* is indicated in digestive disorders, piles, and inflammatory conditions. However, documented clinical evidence in hemorrhoids remains limited.^[2,3] This case study aims to evaluate its effectiveness in relieving symptoms of Grade I haemorrhoids.

2. METHODOLOGY

2.1 Patient Information

A 36-year-old male patient presented with complaints of Bright red bleeding during defecation, Painful defecation for 10 days along with history of Constipation and Occasional prolapse of hemorrhoidal tissue (self-reducible). Patient is diagnosed with Grade II internal haemorrhoids.

No past history of inflammatory bowel disease, fissure, or prior anorectal surgery.

Clinical Findings: Patient was alert and oriented. Vital sign were stable: BP - 120/70 mmHg, RR -28/min, PR - 82/min. cardiac and respiratory examination were normal. Abdominal was soft, non-tender, with no organomegaly.

2.2 Assessment Criteria

Diagnostic assessment:

Table 1: Symptoms were assessed on Day 0, Day 14, and Day 28 using a simple scoring scale:

Symptom	Grade 0	Grade 1	Grade 2	Grade 3
Bleeding	None	Occasional	Frequent	Continuous
Pain	None	Mild	Moderate	Severe
Constipation	None	Mild	Moderate	Severe
Prolapse	None	On straining	Frequent	Persistent

2.3 Therapeutic Intervention

The patient was administered:

Bhallataka Avaleha

Dose: 5 g twice daily

Anupana: Warm water

Duration: 28 days

Supportive Ayurvedic Measures:

Triphala churna 3 g at bedtime

Warm water sitz bath twice daily

High-fibre vegetarian diet with adequate hydration

2.4 Safety Monitoring

Due to the potent nature of *Bhallataka*, the patient was monitored weekly for:

Burning sensation

Oral ulcers

Skin reactions

No adverse effects were reported.

3. Results

Follow up and Outcome:

Table 2: Symptom Score Progression

Symptom	Day 0	Day 14	Day 28
Bleeding	2	1	0
Pain	2	1	0
Constipation	2	1	0
Prolapse	1	0	0

Clinical Findings

Bleeding stopped completely by Day 18.

Pain significantly reduced by Day 14, disappeared by Day 28.

Constipation improved with combined regimen.

No prolapse observed after Day 10.

No adverse reactions occurred.

Overall Outcome

Marked improvement with complete symptomatic relief by the end of treatment.

4. DISCUSSION

The favourable response suggests the potential role of *Bhallataka Avaleha* in the

management of Grade I hemorrhoids.^[4] Its *Deepana-Pachana* action likely improved digestion and reduced constipation, a major contributing factor for hemorrhoids. ^[5,6] The *Shothahara* and *Vedanasthapana* properties may have contributed to reduction in inflammation and pain. ^[7,8]

The absence of adverse effects indicates that *Bhallataka*, when properly processed and administered, is safe under supervision. However, findings from a single case cannot be generalized. Larger controlled studies are needed to validate these preliminary observations.^[9,10]

5. CONCLUSION

This single case study demonstrates that *Bhallataka Avaleha* can be effective in reducing symptoms of Grade II hemorrhoids without causing adverse effects. The

formulation may be considered as a supportive therapeutic option in Ayurvedic management of Arsha.

6. INFORMED CONSENT:

Written permission for the intervention and publication of this study was obtained from patient.

7. CONFLICT OF INTEREST:

The authors declare that they have no conflict of interest.

8. Declaration of usage of AI: AI use only to improve grammar and readability

9. Source of Funding: Nil

10. Acknowledgement: The authors are thankful to Dr. Ravi Patil Ayurvedic Medical College, Hospital and Research Centre, Honaga, Belagavi - 591156 for clinical support.

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Cite this article as: Chintamani Kodollikar. A single case study on the therapeutic effect of *Bhallataka Avaleha* in hemorrhoids. *J Bharatiya Ayurvigyana*. 2025 Dec;1(1): 20-23.