

Evaluation of the efficacy of Nagaradi Modaka in the management of Raktharsas; a clinical study

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Abstract

Hemorrhoid is one of the diseases which has been spreading rapidly nowadays. Bleeding Hemorrhoid is a highly distress type among Hemorrhoid varieties. Nagaradi Modaka treatment was identified from the “Chakradatta” which recommends its efficacy in management of symptoms such as anal pain, anal itching and anal bleeding. “Chakrdatta” was written by Acharya Chakrapani, the greatest and a renowned commentator of various Ayurvedic samhitas. It is a comprehensive text on pharmacy with many important formulations. The present study was carried out to evaluate the efficacy of *Nagaradi Modaka* in the management of *Raktharshas*. Forty (40) patients were selected and divided in to two groups, each group consisting of twenty (20) patients. Test group received Nagaradi Modaka, Thripala phanta and Nugadi Awagahana and the control group recieved only Thripala phanta and Nugadi Awagahana. The Nagaradi Modaka was given 5g (one tea spoon) with ghee twice per day for one week. Details of pre and post treatment conditions of both groups were collected through a questionnaire. The results were statistically analyzed. According to the findings, Bleeding Hemorrhoid is commonly found among elderly males (65%, n=40). Constipation was a common symptom among the selected patients (85%, n=40). According to the significant values between the before and after results, the symptoms such as anal pain, anal itching and anal bleeding have significantly reduced ($p<0.05$) in the test group where Nagaradi Modaka was used. These symptoms have not significantly reduced ($p>0.05$) in the control group. The pharmacological properties of Nagaradi Modaka reduce Pitta dosha, restore vata dushi and regulate the function of Apana vayu which help it break the samprapthi. It can be concluded that Nagaradi Modaka is effective in reducing the above symptoms of Raktharshas.

Keywords: Bleeding Hemorrhoid, *Raktharsas*, *Nagaradi Modaka*

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