

A randomized clinical trial comparing the efficacy of decoctions of Rathkaralheba (*Cyathulaprostrata*) and Hathavariya (*Asparagus racemosus*) in the treatment of *Sraviarshas* (bleeding piles)

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In Sri Lanka, Ayurvedic physicians mostly recommend *Rathkaralheba* (*Cyathulaprostrata*) decoction as a common treatment for *Sraviarshas* and they tend to prescribe *Hathavariya* (*Asparagus racemosus*) mostly for bleeding disorders other than *Sraviarshas*. This study was planned to compare the effectiveness of these two medicinal plants in the treatment for *Sraviarshas*.

One hundred patients with bleeding piles were randomly allocated into two groups. Patients of Group R were given *Rathkaralheba* decoction and Group H was given tuber of *Hathavariya* decoction while both groups were given *thriphala* tablets and a sitz bath according to Ayurvedic phenomenon. The duration of the treatment was two weeks. Eight clinical parameters relating to bleeding piles were monitored.

Wilcoxon signed-rank test was used to compare bleeding and pain before and after treatment. In Group R, after treatment scores of bleeding frequency ($Z = -5.976$, $p < 0.001$), bleeding volume ($Z = -5.993$, $p < 0.001$), pain frequency ($Z = -4.456$, $p < 0.001$) and pain severity ($Z = -4.462$, $p < 0.001$) were significantly lower than before treatment scores. In group H, after treatment scores of bleeding frequency ($Z = -5.789$, $p < 0.001$), bleeding volume ($Z = -5.725$, $p < 0.001$), pain frequency ($Z = -3.830$, $p < 0.001$) and pain severity ($Z = -3.872$, $p < 0.001$) were significantly lower than before treatment scores. The Mann-Whitney test for comparison of two groups showed no significant differences between scores of after treatment in Group R and Group H in bleeding frequency ($Z = -0.826$, $p = 0.409$), bleeding volume ($Z = -0.871$, $p = 0.384$), pain frequency ($Z = -0.370$, $p = 0.712$) and pain severity ($Z = -0.663$, $p = 0.508$)

With the results, it can be concluded that both treatment regimens are effective in reducing the symptoms of bleeding and pain of *Sraviarshas* and there was no significant difference of the effect of the two plants. *Rathkaralheba* and *Hathavariya* can be used similarly for the treatment of *Sraviarshas*.