



**International Journal of Biology, Pharmacy
and Allied Sciences (IJBPAS)**
'A Bridge Between Laboratory and Reader'

www.ijbpas.com

**RADIATION-INDUCED HEMORRHAGIC PROCTITIS TREATED BY
MATRA BASTI (ENEMA WITH MEDICATED GHEE) IN AN
ELDERLY PATIENT WITH CERVICAL CANCER: A CASE REPORT**

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Received 12th Dec. 2021; Revised 14th Jan. 2022; Accepted 7th Feb. 2022; Available online 5th March 2022

<https://doi.org/10.31032/IJBPAS/2022/11.3.1083>

ABSTRACT

Chronic rectal bleeding secondary to radiation-induced proctitis is a common symptom, especially for cervical cancer survivors. Currently, many elderly patients who underwent the radio therapy for pelvic malignancies suffer with complaints of bleeding per rectum, loose stools, pain abdomen etc due to proctitis. Many times the available conservative management methods fail to give satisfactory results. When present routine conservative methods failed to stop the bleeding per rectum we treated with Matra basti (enema with medicated Grita), which helps in the process of wound healing, prevents bleeding and lessen constipation, and lead to an improvement in the patient's quality of life.

Case Report:

This is a report of case of a 48-year-old woman who presented to hospital for evaluation and treatment of her ano rectal bleeding. It was secondary to radiation-induced proctitis. The patient underwent oral medications prescribed by the general surgeons with no satisfactory results. Later we planned Matra Basti treatment using medicated ghee, and oral medication, consequently reported excellent relief with use of oral medications at a 15 days follow-up.

Key words: Radiation induced proctitis, bleeding per rectum, Matra basti

INTRODUCTION:**Case History:**

A 48 year old female patient, Known case of Ca Cervix visited hospital with the complaints of bleeding per rectum, Loose stools and abdominal pain on 18th December 2021. She had treated with the radio therapy for her cervical cancer at a Cancer hospital. After successful completion of 6 cycles of radio therapy she

developed the above said complaints of bleeding etc. Initially she treated on OPD bases with no significant improvements. Second time she came hospital on 27th December and got admitted under the care of general surgeon and physician. All investigations done are reports were as follows.

Haematological report as om 27th December 2021

Test name	Results	Units
Hb.	8.7	gms%
TC	8200	Cell/cu
Polymorphes	80	%
Lymphocytes	18	%
eosinophils	01	%
MONocytes	01	%
Basophils	00	%
RBC	3.69	millions
Platelet count	3.73	lacks/cu
Bleeding Time	3.30	min
Clotting time	4.00mi	min
PCV	31.2	%
MCV	84.6	
M.C.H	26.3	pg
MCHC	31%	
Blood group	B – Positive	
PCT	0.22	
R.D.W	22.7%	

Biochemistry Tests

Test	Results	Units
RBS	125.0	Mg%
Blood Urea	33.0	Mg%
S. Creatnine	1.36	Mg%

Ultra Sonography report was Smooth wall thickening of short segment of rectum, could be radiation colitis?

She was treated with the oral steroids, antibiotics and hemostyptic drugs for 5 days with no relief. Then patient was sent for further evaluation. Colonoscopy

revealed that there is Radiation induced Proctitis Grade 3, Up to 10 to 18 cm from the anal verge. And she has been advised for laser ablation or Hyperbaric Oxygen Therapy (HBT).

As Patient was poor unable to bear the cost of the treatment , again patient came and

got admitted to hospital and this time same oral medication with steroids, hemostyptic drugs continued along with that this time she treated with Sucralfate enema as advised by the surgeon. But still there was poor response in terms of reduction in bleeding per rectum. This time we stopped Sucralfate enema and planned to start with matrabasti along with the observation by the general surgeon and physician as the oral medicines were continued. On the second day of matra basti patient started responding to the treatment and there was reduction in the amount of bleeding per rectum.

Treatment: Matra Basti (Enema with medicated Ghee) with Triphal Grita was administered along with oral medicines Tab. Triphala Guggulu, Tab, Gandak Rasayan. both the tablets 1 TID. From the first day of the treatment itself patient was responding good. This treatment continued for 10 days and followed by 10 days observation patient was absolutely fine.

DISCUSSION:

In this case initial management was done with Inj Pause (Tranexamic acid) IV, Tab. Texakind MF 1TID, Tab. Dexona 8mg in tapering dosage as prescribed by visiting General surgeon. Later after colonoscopy diagnosis the same treatment was continued along with Sucralfate enema twice a day. But result was not satisfactory.

Then the Sucralfate enema was stopped and the Matra Basti treatment was started. In this treatment 60 ml of Triphala Grita was used in the form of enema. Luke warm ghee was pushed in the rectum.

Radiation induced proctitis can be classified as acute and chronic proctitis. Acute radiation proctitis usually begins during or shortly after the radiation therapy. This usually resolves in few months. This is characterized by loose stools, intermittent bleeding and mucous discharge and symptoms related to urinary system. Histological alterations are usually confined to the mucosa [1]. Most of these cases resolve to the conservative management. However, about 20% of the patients require other modalities of treatment. Following this acute episode most of the patients remain asymptomatic but 20% will develop chronic radiation proctitis. [2]

In chronic radiation proctitis clinical presentation will be of mucous rectal discharge, diarrhoea, urgency, abdominal pain, and bleeding per rectum. Rarely few cases may present with recto vaginal fistula, enteric fistula, perforation and cutaneous fistula. [1]

Along with steroids and hemostyptic drugs few other treatment like sucralfate enema and oral administration are also in practice.

Sucralfate:

Sucralfate is aluminium salt that adheres to the mucous membrane and promoting the formation of a protective barrier. This is being used for many years in the treatment of peptic ulcers. It is also used in the inflammatory proctitis and for colonic bleeding after endoscopic polypectomy

The best route of administration of sucralfate administration remains controversial. In 1988 Kochhar et al used enema containing 2gm of sucralfate in 4 patient with hemorrhagic rectal proctitis and demonstrated reduced bleeding [3].

In 1998, Sasai et al. published 3 cases of patients with hemorrhagic rectal proctitis who underwent previously with sulfasazazine and steroid treatment without success. They experienced significant improvement of rectal bleeding after daily administration of sucralfate during 1 to 4 months [4].

In the present case Sucralfate enema was given twice a day for 5 days but no improvement was found.

Hyperbaric Oxygen Therapy:

Hyperbaric Oxygen therapy is used in the treatment of radiation induced proctitis. Its mechanism of action is based on the decrease of tissue hypoxia with consequent acceleration of healing process. Few publications reported excellent results

of use of Hyperbaric Oxygen Therapy in 8 patients with hemorrhagic radiation proctitis [5]. HBO is an expensive treatment with restricted treatment centres.

Matra Basti:

There are different types of *basti* explained in *Ayurveda*. Among them *Matrabasti* is one type of *sneha basti*. This can be used in many cases of *vata* vitiation without any specific contra indication. In *Matrabasti* which is a *sneha basti* is advised in the management of *sadyo vrana* (post operative wound or any surgical fresh wound). [6] Hence this is known for its healing properties

It's the simple procedure where small quantity of medicated oil of Ghee is used. We used this in this case where the wound was fresh and induced by radiation. The results were fantastic and encouraging. This treatment does not require any ultra modern instrument and setup. More than that its cost effective treatment also.

CONCLUSION

Many methods of treatment techniques are used for the treatment of Hemorrhagic Radiation induced Proctitis. The effectiveness of many of therapeutic procedure is still not been proved. Matra Basti a unique treatment mentioned in *Ayurveda* has shown encouraging results. Still more number cases needs to be studied to prove its long term benefits.

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