



**TILVAKA TEEKSHNA PRATISARANEEEYA KSHARA: A TRADITIONAL
AYURVEDIC INTERVENTION FOR ARDRA ARSHAS (BLEEDING PILES)**

Swati R. Yedke^{1*} and Mahesh S. Jayabhaye²

¹Professor, Shalya Tantra Department B. R. Harne Ayurvedic College, Karav, Vangani, Dist. Thane.

²Professor, Shalya Tantra Department Sanskruti Ayurved Medical College, Chata, Mathura, UP.



*Corresponding Author: Dr. Swati R. Yedke

Professor, Shalya Tantra Department B. R. Harne Ayurvedic College, Karav, Vangani, Dist. Thane.

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ABSTRACT

"Tilvaka Teekshna Pratisaraneeya Kshara," as described in the Sushruta Samhita (Sutrasthana, Chapter 11: Ksharapakavidhi Adhyaya, Verses 7–11), exemplifies a classical Ayurvedic intervention for the treatment of Ardra Arshas (bleeding hemorrhoids). This potent alkaline preparation, formulated from specific medicinal herbs and mineral substances, is traditionally employed to reduce swelling, aid in wound healing, and shrink hemorrhoidal masses. This study explores its historical significance, methods of preparation, and clinical relevance in current practice. Emphasis is placed on its therapeutic potential and safety, alongside a comparison with modern treatment modalities, presenting an integrative approach rooted in Ayurvedic wisdom. A clinical assessment was conducted on 10 patients, with observations analyzed and conclusions drawn based on the outcomes.

KEYWORDS: Tilvaka, Teekshna, Pratisaraneeya, Kshara, Ardra Arsha.

INTRODUCTION

Arshas, commonly known as hemorrhoids, represents a prevalent condition characterized by varicosity of anal blood vessels. This ailment predominantly affects adults and its incidence escalates with age. John Golighar (1975) estimates that approximately 45% of individuals aged over 50 years exhibit symptoms of hemorrhoids upon detailed examination.^[1] Arshas transcends race and gender, impacting individuals universally.

Considered among the Ashta Mahagadhas by Acharya Sushruta, Arshas is extensively described in Ayurvedic texts regarding its etiology, pathogenesis, classification, clinical features, complications, and management, including the application of Kshara therapy.^[2,3] Despite the efficacy demonstrated by various Kshara formulations in treating Ardra Arshas, there remains a need for the development of new formulations that are easier to prepare, store, and effective in managing specific types of hemorrhoids.^[4]

Rationale of the study

The existing treatments for Ardra Arshas using Kshara therapy have shown promising results. However, the availability and preparation process of certain Kshara formulations pose practical challenges in clinical settings. Tilvaka Teekshna Pratisaraneeya Kshara,^[5] a

novel formulation under investigation, aims to address these challenges by offering a formulation that is not only effective but also convenient to prepare and store.

This study seeks to explore the potential of Tilvaka Teekshna Pratisaraneeya Kshara in managing soft, broad, deep-seated, and protruding hemorrhoids that require Kshara treatment. By evaluating its efficacy and safety in clinical settings, this research aims to contribute to the repertoire of Ayurvedic treatments available for Ardra Arshas, enhancing treatment options and outcomes for patients suffering from this debilitating condition.

Aim of the study

The primary aim of this study is to develop and evaluate Tilvaka Teekshna Pratisaraneeya Kshara for the management of Ardra Arshas.

MATERIALS AND METHODS

Source of data

Thirty patients were selected from the OPD and IPD of the Department of Shalya Tantra.

Type of study

An observational study was conducted on thirty patients with Ardra Arshas, treated with Tilvaka Teekshna Pratisaraneeya Kshara.

History of the patient

Complete patient history, including presenting complaints like mass per rectum, discharge, pain, onset, duration, and bowel habits, was noted. History of previous treatment, particularly previous surgery, family history, occupation, personal history, and diet habits, were also recorded.

Systemic examination

Each patient was examined systematically under different systems, including gastrointestinal, cardiovascular, respiratory, central nervous, and genitourinary systems. Specific investigations were used to confirm the diagnosis if any system was found diseased.

Local examination

Local examination was performed under the following headings for the present study.

Inspection

Patients were made to lie down in the lithotomy position. The mass per rectum and its size were examined to categorize the hemorrhoids. Other pathologies related to the anal canal, such as Parikartika (Fissure in ano), Bhagandara (Fistula in ano), and Gudabhramsha (Rectal prolapse), were also looked into.

Digital rectal examination

Digital examination aimed to assess anal sphincter tonicity and note any fissure, thrombotic pile mass, malignancy, induration, internal openings of fistula, and prostate in males.

Proctoscopy examination

Proctoscopy was used to assess the presence or absence of internal pile masses, their position, color, and size. Other lesions in the rectum and anal canal, such as growth, ulcer, and hypertrophied anal papillae, were also evaluated.

Laboratory investigations

Routine blood tests (Total count, differential count, erythrocyte sedimentation rate, hemoglobin percentage, random blood sugar, bleeding time, clotting time, blood urea) and urine routine tests were conducted to detect any infection or systemic diseases.

Diagnostic criteria

Diagnosis was made based on physical examinations, including P/R examination through inspection, palpation, digital, and proctoscopic examination. Signs and symptoms of Ardra Arshas^[6]

- Bleeding per rectum
- Mucus discharge
- Pile mass
- Anemia

Inclusion criteria

- Ardra Arshas which are Mrudu (Soft), Prasruta (Extensive), Avagada (Deeply Situated), Uchrita (Projected)
- First and second-degree internal pile masses.
- Patient age group 18 to 60 years.
- Patients of both sexes.

Exclusion criteria

- Third- and fourth-degree pile mass.
- Secondary hemorrhoids.
- HIV and HBsAg positive patients.

Intervention**Method of preparation of tilvaka teekshna pratisaraneeeya kshara^[7]**

- The dried stem bark of the Tilvaka plant is burned, and the collected ash is mixed with six times its weight in water. This mixture is kept overnight.
- The next day, the solution is filtered 21 times using cloth.
- The filtered solution is boiled and evaporated until two-thirds remains. One-third of this solution is kept aside.
- One-tenth of the ash weight in limestone is fried until red hot and added to the filtrate solution kept separately. This is then added to the boiling solution.
- Fine powder of Chitraka (one-tenth of the limestone weight) is added while continuously stirring with mild heat until a semi-solid consistency is attained.

Procedure and Design of study**Materials**

Tilvaka Teekshna Pratisaraneeeya Kshara, Nimbu Swarasa, Lithotomy Table, Light Source, Liquid Povidone Iodine, 2% Xylocaine Jelly, Lignocaine Hydrochloride 2% Injection, Various Size Slit Proctoscope, Various Size Proctoscope, Surgical Sterile Gloves, Sterile Gauze, Cotton, Normal Saline, Yashtimadhu Ghrita, Triphala Kwatha.

Pre-operative procedures (Poorva karma)

1. Written informed consent of the patient will be taken.
2. Perianal part preparation will be done.
3. Patients will be advised to remain nil orally for at least 6 hours prior to the procedure.
4. Soap water enema will be given 2 hours before the procedure.
5. Xylocaine 2% injection sensitivity test will be done. Injection TT 0.5 ml IM will be administered before the procedure.
6. Pre-medications will be administered according to the need.

Operative procedure (Pradhana karma)

1. Patients selected for the procedure will be placed in a lithotomy position on the operation table. The

- perianal region will be cleaned with an antiseptic solution, and draping will be done.
- Local anesthesia with or without sedation will be administered.
 - A lubricated slit proctoscope will be introduced into the anal canal and positioned against the most prominent pile mass.
 - Tilvaka Teekshna Pratisaraneeeya Kshara will be applied over the pile mass and kept for Shatamatrakala (100 Matra Kala). The pile mass is observed for Samyak Kshara Dagda Lakshana (Pakva Jambu Phala Varna).
 - The pile mass will then be cleaned with Nimbu Swarasa. The procedure will be carried out for a single pile mass, followed by the application of Yashtimadhu Ghrita. The slit proctoscope will then be removed.
 - Dressing will be done.

Post-operative Procedure (Paschat karma)

- Avagaha Sweda (Sitz bath) with Triphala Kwatha twice a day.
- Laghu and Snigdha Ahara.
- Triphala Guggulu 2-2-2.
- Gandhaka Rasayana 2-0-2.

- Avipattikar Churna 5 grams with warm water twice a day.

OBSERVATION

Observation will be recorded before treatment, on the 1st day, 2nd day, 7th day, 14th day, and 21st day. Proctoscopic assessment will be done before treatment, on the 1st day, 7th day, 14th day, and 21st day.

Study duration

- 21 days.

Follow-up

- Patients will be reviewed on the 45th day.

Assessment criteria

Assessment was done before and after the treatment based on the subjective and objective parameters, which were formulated for Arshas.

Subjective parameters

- Pain associated with defecation (Table-1)
- Bleeding per rectum (Table-2)
- Constipation (Table-3)

Table 1: Assessment criteria for pain associated with defecation.

Symptoms	Grading
No pain	0
Pain during defecation	1
Pain during and after defecation which reduces within 30 minutes	2
Pain during rest also	3

Table 2: Assessment criteria for bleeding per rectum.

Symptoms	Grading
No bleeding	0
Bleeding only during defecation	1
Bleeding during and after defecation which stops within 30 minutes	2
Bleeding irrespective to defecation	3

Table 3: Assessment criteria for constipation.

Symptoms	Grading
Sensation of complete bowel evacuation	0
Sensation of incomplete bowel evacuation	1
Difficulty in defecation	2
Infrequent bowel evacuation	3

Objective parameters

- Size of pile mass (Table-4)
- Colour of pile mass (Table-5)

Table 4: Assessment criteria for Size of pile mass.

Signs	Grading
Complete reduction in size of pile mass	0
Moderate reduction in size of pile mass	1
Slight reduction in size of pile mass	2
No change in size of the pile mass	3

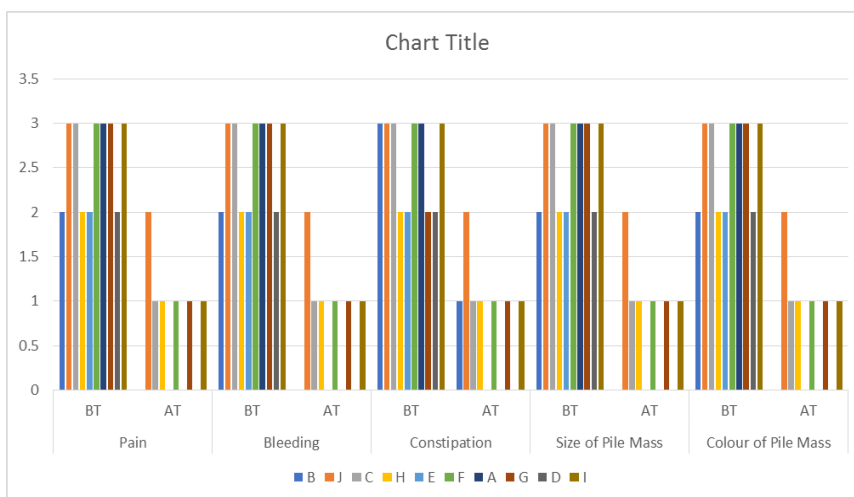
Table 5: Assessment criteria for colour of pile mass.

Signs	Grading
Bluish red colour	0
Pinkish colour	1
Slightly blackish colour	2
Reddish black colour (Pakva Jambu Phala Varna)	3

RESULTS AND OBSERVATIONS

Master Chart of 10 Patient

Patient	Pain		Bleeding		Constipation		Size of Pile Mass		Colour of Pile Mass		Efficacy (%)
	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT	
B	2	0	2	0	3	1	2	0	2	0	80%
J	3	2	3	2	3	2	3	2	3	2	40%
C	3	1	3	1	3	1	3	1	3	1	75%
H	2	1	2	1	2	1	2	1	2	1	60%
E	2	0	2	0	2	0	2	0	2	0	70%
F	3	1	3	1	3	1	3	1	3	1	65%
A	3	0	3	0	3	0	3	0	3	0	85%
G	3	1	3	1	2	1	3	1	3	1	65%
D	2	0	2	0	2	0	2	0	2	0	70%
I	3	1	3	1	3	1	3	1	3	1	60%



Percentage of patients by efficacy levels

- **70-85% efficacy:** 50% of patients (5 out of 10)
- **60-65% efficacy:** 40% of patients (4 out of 10)
- **40% efficacy:** 10% of patients (1 out of 10)

DISCUSSION

The study aimed to evaluate the effectiveness of Tilvaka Teekshna Pratisaraneeya Kshara in managing Ardra Arshas. Based on the subjective and objective parameters, the treatment demonstrated significant efficacy.

Subjective parameters

- **Pain associated with defecation:** Most patients reported a substantial reduction in pain, with many experiencing no pain post-treatment.
- **Bleeding per rectum:** There was a significant reduction in bleeding, with many patients reporting no bleeding after the treatment.

- **Constipation:** The treatment effectively alleviated constipation, with most patients reporting a sensation of complete bowel evacuation.

Objective parameters

- **Size of pile mass:** There was a notable reduction in the size of the pile mass in most patients.
- **Colour of pile mass:** The color change of the pile mass indicated effective treatment and healing, with many masses turning to a healthy color.

Observations

- **High Efficacy (70-85%):** Patients in this category showed marked improvement across all parameters, with significant pain relief, cessation of bleeding, and a notable reduction in the size of the pile mass.
- **Moderate Efficacy (60-65%):** Patients showed moderate improvement, with good results in terms of pain and bleeding reduction, though the reduction

in the size of the pile mass was less pronounced compared to the high efficacy group.

- **Low Efficacy (40%):** One patient showed minimal improvement, with only slight reductions in symptoms and overall effectiveness.

Positive aspects of tilvaka teekshna pratisaraneeya kshara

1. **High efficacy:** The study demonstrates that Tilvaka Teekshna Pratisaraneeya Kshara is highly effective in treating Ardra Arshas (hemorrhoids). The treatment led to significant improvements in pain, bleeding, constipation, and the size and color of pile masses in the majority of patients.
2. **Non-Invasive procedure:** Unlike conventional surgical techniques such as hemorrhoidectomy, which can be painful and have a longer recovery time, the application of Tilvaka Teekshna Pratisaraneeya Kshara is minimally invasive and well-tolerated by patients.
3. **Quick relief:** Patients experienced rapid symptom relief, with marked improvements observed as early as the first day after treatment. This quick response can significantly enhance the quality of life for patients suffering from Ardra Arshas.
4. **Natural and Safe:** The preparation of Tilvaka Teekshna Pratisaraneeya Kshara involves natural ingredients, which minimizes the risk of side effects commonly associated with synthetic drugs and surgical interventions.
5. **Reduces recurrence:** The study's follow-up results indicate that the treatment not only alleviates

symptoms but also helps in reducing the recurrence of hemorrhoids, offering a more long-term solution compared to other treatment methods.

6. **Accessible and Cost-Effective:** As the ingredients for Tilvaka Teekshna Pratisaraneeya Kshara are derived from natural sources, this treatment is more accessible and cost-effective, making it an appealing option for a broader patient population, including those in resource-limited settings.
7. **Holistic approach:** Ayurvedic treatments like Tilvaka Teekshna Pratisaraneeya Kshara align with a holistic approach to health, addressing not only the symptoms but also the underlying imbalances in the body, promoting overall well-being.
8. **Patient satisfaction:** High patient satisfaction was reported due to the significant improvement in symptoms, minimal pain during the procedure, and the overall effectiveness of the treatment.

CONCLUSION

The study concluded that Tilvaka Teekshna Pratisaraneeya Kshara is an effective treatment for Ardra Arshas, with 90% of patients experiencing moderate to high efficacy. The treatment not only reduced symptoms but also improved the overall condition of the pile mass. This traditional Ayurvedic approach shows promise as a viable non-surgical intervention for managing Ardra Arshas, supporting its use in modern healthcare. Further studies with larger sample sizes are recommended to validate these findings and establish standardized treatment protocols.

Study photographs



Before treatment



After treatment



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