



## CLINICAL EFFICACY OF APAMARGA KSHARA SUTRA PRAYOGA IN BAHYA ARSHAS W.S.R TO EXTERNAL HAEMORRHOIDS - A CASE STUDY

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### ABSTRACT

Arshas is one of the Ashta Mahagada explained by all Brihatrayees. It is the most commonest problem in the society. Now a days more than 70 % of the people suffer from ano-rectal disorders. Among them, Haemorrhoids and Fissure in ano are the most common ailments of the rectum. There are two types of Arshas namely Bahya arshas and Antra arshas. It is mainly due to the sedentary life style changes, fast foods, junk foods etc. Negligence of the condition among the people and trying to get relief by self medications progresses the condition. Suffering from haemorrhoids is not only painful but embarrassing as well. So to overcome all this pain and discomforts, Ayurveda has mentioned life style changes with respect to ahara, vihara and it is one of the important measures in controlling the condition. Kshara sutra is one of the minimal invasive procedure to treat Bahya Arshas. Here, a case of Bahya Arshas treated by the kshara sutra ligation by transfixation method and Parikartika which was associated complaint was treated by Jathyadi taila application.

**KEYWORDS:** Arshas, Haemorrhoids, Kshara, Parikartika, Jathyadi taila.

### INTRODUCTION

Arshas is one of the commonest ano-rectal diseases. It is mentioned in Brihatrayees as one among the Mahagada. As the name itself suggests, the disease troubles the person like enemy.<sup>[1]</sup> Arshas mentioned in ayurveda can be correlated with Haemorrhoids mentioned in contemporary science. Dilated plexus of superior haemorrhoidal veins, in relation to anal canal is called haemorrhoids. A diet deficient in fibres which prolongs the gut transit results in constipation and small hard pellet like stools. The hard stools compress veins and result in haemorrhoids.<sup>[2]</sup> Arshas is divided into two categories- bahya and antra arshas. Acharya Sushruta has explained 6 types of Arshas namely- vata, pitta, kapha, rakta, sannipataja and sahaja arshas.<sup>[3]</sup> External haemorrhoid is situated outside the anal orifice and is covered by skin. Internal haemorrhoids means it is within the anal canal and internal to the anal orifice. It is covered with mucous membrane.<sup>[4]</sup> Bleeding, pain, discomfort, constipation are the general clinical features of hemorrhoids.<sup>[5]</sup> Treatment modality for haemorrhoids goes in 2 methods like non operative and operative method. Non operative treatment is intake of rich fibre supplementation and increased fluid intake, injection of sclerosant and Barron's band application. Operative treatment is Haemorrhoidectomy, open method, closed method, stapler haemorrhoidopexy.

Chronic anaemia, ulceration, secondary infection, thrombosis are the major complications of haemorrhoids.<sup>[6]</sup> Acharya Sushruta has described different treatment modalities for the treatment of Bahya arshas Kshara sutra ligation by transfixation method is one of the minimal invasive procedure which cures completely.

Almost all arshas will be associated with parikartika which can be correlated to fissure-in-ano according to contemporary texts. Longitudinal tear in the lower end of anal canal results in Fissure-in-Ano.<sup>[7]</sup> It is the most painful condition which is almost seen in all ano rectal disorders. Jathyadi taila application gives very good result in treating Fissure-in-Ano.

### The case and course of illness

In this case study a 35 year old female patient approached the Shalyatantra OPD of SKAMCH & RC, Bengaluru on 17<sup>th</sup> december 2015 with complaints of severe pain during defecation since 15 days, blood streaked stools occasionally and hard stools since 6 years. As the history of illness was after her last delivery she noticed some mass present in the anal region with painful defecation. These symptoms were getting aggravated when she had more foods like roti, chapathi etc mainly in her diet. For this she visited a local clinic, where they had prescribed medicine by which she was

getting relief from her symptoms only during medication. The symptoms reoccurred after some days for that she again visited the same clinic. She was advised to undergo surgery, for this she refused. So she continued to take the same medicines for some years. later when pain get aggravated she approached SKAMCH&RC for further management. No contributing history related with family history, past history and personal history was observed.

### ON EXAMINATION

Well built, moderately nourished, pallor-absent, edema-absent, icterus- absent, cyanosis- absent.

#### ➤ PER RECTAL

- Inspection

No redness seen.

No inflammation in the peri anal region.

External pile mass at 7'o'clock and 12 'o' clock position.

- Palpation.
  - Pain noted in the anal region.
  - There is no bleeding while palpation.
  - On palpation, of the anterior anal region there was severe pain felt. So digital examination not done.

#### ➤ Respiratory system

No abnormality detected.

#### ➤ Cardio vascularsystem

S1, S2 heard.

#### ➤ Gastro-intestinal system

P/A soft, no tenderness.

### Materials for the procedure

#### 1) Apamarga Kshara sutra

In the preparation of *Kshar Sutra*, (medicated thread) three herbal drugs had been taken namely.

- Latex of *Calotropis procera* (family-Burseraceae).
- Alkaline powder (Kshar) of *Achyranthes aspera* (family-Amaranthaceae).
- Powder of *Curcuma longa* (family-Ascitaminaceae).

For alkaline powder (*Kshar*) of *Achyranthes aspera*, the whole plant was collected and allowed drying under shade. When completely dried, the plant was cut into pieces and burnt in iron vessel into ashes. The ashes were mixed with six times of water and allow the precipitate to settle down. Finally, the supernatant fluid was collected in a separate vessel. The residual ashes were again mixed with four times of water and the same procedure was repeated at least twice in order to take away all the alkaline material from ashes. The collected fluid was then filtered through double layered cotton cloth into clean glass container. Finally, alkaline powder was obtained from evaporation.

#### 2) Jathyadi taila

#### Preparation of Kshara sutra

For the preparation of thread, surgical linen thread *Barbour* number 20 was manually coated eleven times with the latex of *Arka*, followed by seven coatings of the latex and the alkaline powder of *A. aspera* alternatively, and dried. In the final phase, three coatings of latex and Powder of *C. longa* was given alternatively. The thread thus prepared was sterilized by ultra violet radiation and placed in glass tube. The pH of the thread was ensured to be about 9.75, while the length was about 11-14 cm.

### PROCEDURE PERFORMED

#### ◎ KSHARA SUTRA LIGATION

#### PROCEDURE

- ✓ Given tab anuloma ds on previous night to empty bowel.
- ✓ Later, under all aseptic measures Patient taken into the lithotomy position, under local anaesthesia kshara sutra tied in transfixation method to external pile.

#### INTERNALLY

- Triphala guggulu 2-0-2 up to 7 days
- Tab Anuloma ds 0-0-1 up to 7days

#### LOCALLY

- Advised sitz bath daily morning for 7days.
- Picchu with jathyadi taila.

### RESULT OF THE STUDY

As transfixation of the external pile was done. There was necrotic changes noted. Later the discoloration pile mass was noted.

Within 3 days the complete necrotic changes was noted and decrease in size of pile mass.

On the 5<sup>th</sup> day the necrosed pile was totally excised. So, simultaneously even the sentinel pile was excised by 5<sup>th</sup> day.

The vrana caused was later managed with application of jathyadi taila.

### DISCUSSION

Hemorrhoids is considered as one of the common condition seen in most of the population. Kshara sutra is one of the simple, less pain, less expensive and least hospitalization procedure to treat hemorrhoids. Kshara sutra transfixation of external pile and sentinel pile is an effective treatment where the patients doesnot suffers from pain of surgical procedures and patients can perform there normal activities.

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