EFFECT OF APAMARGA PRATISARANEEYA KSHAR ON SECOND DEGREE HAEMORRHOIDS: A SINGLE CASE STUDY

Ankit Kumar Nema¹*, Vishal Verma², Sheetal Verma³, Sourmi⁴ and Ekta⁵

¹,⁵M.S.Ayu, third year P.G. Scholar, P.G. Department of Shalya Tantra, Rishikul Campus, Uttarakhand Ayurved University, Haridwar, India.
²Professor, P.G. Department of Shalya Tantra, Rishikul Campus, Uttarakhand Ayurved University, Haridwar, India.
³Associated Professor, Department of MaulikaSiddhanta, Gurukul Campus, Uttarakhand Ayurved University, Haridwar, India.
⁴Medical Officer, P.G. Department of Shalya Tantra, Rishikul Campus, Uttarakhand Ayurved University, Haridwar, India.

ABSTRACT

Arsha is described as one of the "Eight Grave Diseases" (Ashta Mahagada) that produces agony and generates congestion in Guda Marga. It is one of the anorectal disorders mentioned in Ayurveda, with four treatment options based on severity, and contemporary science has linked it to piles. In Arsha with symptoms like Mrudu (soft), Prasruta, Acharya Sushruta has recommended Kshara - Pratisaran as a para-surgical technique (spreaded). Avagadh (deep rooted), Uchhruta (bulging out), which has been linked to internal haemorrhoids of the second degree. Arsha (internal haemorrhoids) is believed to be well treated by local application of Kshara, which causes a chemical burn to the pile mass and causes the pile bulk to diminish. Later it shades of after necrosis. The purpose of this case study was to determine the impact of Apamarga Pratisarneeya Kshara on Arsha (second degree internal haemorrhoids). One diagnosed case of Arsha (second degree internal haemorrhoids) was taken from the O.P.D. of the P.G. Department of Shalya Tantra, Rishikul Campus, U.A.U Haridwar, and treated with Apamarga Pratisarneeya Kshara applied locally. After the local application, patient was assessed for relief in sign and symptoms at weekly interval for 60 days as a follow up period. There was considerable relief in bleeding, pain and
prolapse of pile masses. In Arsha, Apamarga Pratisaraneeya Kshara can be utilised successfully with less postoperative problems.

KEYWORDS:- Pratisaraneeya Kshara, Arsha, Apamarga Kshara, Haemorrhoids.

INTRODUCTION
A Kshara Karma measure for hemorrhoids are mentioned in classical Ayurvedic texts, but it is not widely practiced in all over India. Description of Kshara is not available in Vedic literature. Description of Kshara is available only in post vedic literature. Kshara karma is a parasurgical procedure. Kshar are alkaline substances obtained from the water soluble ash of the drugs of plant origin. Kshara Karma is said to be superior to any other surgical or parasurgical measures due to its functions like Chedana, Bhedana, Lekhana and Patana Karma. Kshara is formed by burning whole plant and ash is purified to obtain ash. The result is the formation of Kshara powder which is alkaline in nature haemorrhoids are most common ano-rectal disorder in present scenario. Hamorrhoids are downward sliding of anal cushions abnormally due to straining of other causes. Anal cushions are aggregation of blood vessels, smooth muscles and elastic connective tissue in the submucosa that normally reside in left lateral, right posterolateral, righ antrolateral anal canal.

Types

First degree haemorrhoids:- Piles within that may bleed but does not come out.
Second degree haemorrhoids:- Piles that prolapse during defaecation, but returns back Spontaneously.
Third degree haemorrhoids:- Piles prolapsed during defecation, can be replaced back only by manual help.
Fourth degree haemorrhoids piles:- That are permanently prolapsed.

In modern science Different treatment modalities are available like expectant medical therapy, injection treatment, rubber band ligation, manual dilatation, cryosurgery, infrared coagulation, and operative treatments like formal hemorrhoidectomy. However, the risk of recurrence or of developing an infection of the wound after the operation is high Risk or complications of Milligan-Morgan hemorrhoidectomy are pain - varies virtually nil to very severe, retention of urine - 7% of patients required catheterization, secondary hemorrhage -
1.2% patients, development of abscess or fistula.\textsuperscript{[7]} Also, the patient requires longer hospitalization in some of the procedures.

\textit{Acharya Sushuruta mentioned fourfold management for Arsha}\textsuperscript{[8]}
1. \textit{Bheshaj}
2. \textit{Kshar Karma}
3. \textit{Agni Karma}
4. \textit{Shashtra Karma}

\textit{Kshar Karma} is an short procedure and no longer hospitalization with less adverse effect so we choose \textit{Pratisarneeya Kshar} (application of \textit{Kshara}) in this case. \textit{Kshara Karma} (application of \textit{Pratisaraneeya Teekshna Kshara}): It is a non-surgical procedure of \textit{Ayurveda} indicated for the management of hemorrhoids. A medicine (alkaline in nature) derived from a combination of various herbs is applied to the pile mass with the help of a special slit proctoscope.\textsuperscript{[9]} It is a type of chemical cauterization. The \textit{KsharaKarma} method of treating piles has been described in detail in the ancient text \textit{Sushruta Samhita}

\textbf{Type of study}
Observational single case study.

\textbf{Study center}
Department of Shalya Tantra, Rishikul Campus Hospital, Uttarakhand Ayurved University, Haridwar, Uttarakhand.

\textbf{Case report}
A 33 year old male patient was attended in shalya O.P.D., Rishikul Campus & Hospital, Uttarakhand Ayurved University, Haridwar (O.P.D. Reg No. – S- 2457/7349) with chief complaints of palpable mass felt in anal region accompanied by bleeding during defecation since 1 year. According to patient he was asymptomatic one day he was notice bleeding during defecation so he was consulted a physician at jwalapur, haridwar and took symptomatic treatment and got relief for some days. But after some time same complaint occur again so with the same complaint patient came to Rishikul Ayurvedic Hospital for further management.

\textbf{General examination}
General Condition – Fair
B.P. – 126/72 mmhg  
PR – 72 /minute  
SpO2 – 98 %  
Respiratory Rate – 16/min  
Pallor / Icterus / Clubbing / Oedema / Lymphadenopathy – Absent  
Investigation – Hb% -11.7g%  
TLC – 6500/cumm  
ESR – 12 mm  
B.T. - 2min 52 sec  
C.T. - 3min 35 sec  
Blood sugar – F – 87.66 mg /dl, PP – 148.3 mg/dl  
HIV/HCV/HbsAg – Negative,  

**Local examination** - External pile mass present at 3, 5, 7 ‘O’ Clock position.  

**Diagnosis:**- On the basis of local examination second degree haemorrhoids present at 3, 5 and 7 ‘O’ clock position.  

**MATERIAL AND METHODS**  
In the present study, *Pratisarneeya Apamarga Kshara* (local application of *Apamarga Kshara*) was used in second degree haemorrhoids.  

**Preparation of kshara**[^10]  
Preparation of *Apamarga Kshara* was prepared at Rishikul Ayurvedic College, as told by *Acharya Sushuruta*, in *Sutra Sthana* chapter – 11.  

Dried *Apamarga Panchanga* was collected and stored in dry place. Piece of lime stones were put within the heap of drug and were set on fire till it turned into grayish ash. It was then allowed to cool. The ash was weight and kept in vessel and mixed with six time of water. It was then stirred well and allowed to stand. The supernatant was filtered through clean cloth 21 times. The filtrate was given heated while steering until it was became red tinchted liquid. Half of *Kshara Jala* was taken and *Shankhanabhi, Jalashuki, Katasharkara & Bhasmasharkra* were quenched into it. The quenched *Kshara Jala* was again filtered using cotton cloth. *Danti, Chittrak, Vacha* etc was added to *Kshara Jala* and heating was continued till it attained a frothy consistency. Then it was preserved in iron vessel for future use.

[^10]: Reference number
Route of administration
Local Application

Management
Pre – Operative procedure
Written informed consent of patient was taken. Peri – anal part was prepared by doing necessary shaving. Soap water enema was given twice, one was given at night prior to surgery and one was given in early morning before surgery. Inj T.T. 0.5cc was given IM and sensitivity test for Inj. xylocaine was done.

Operative procedure
In O.T. patient was kept in lithotomy position on O.T. table. Peri - anal area was painted with betadine solution and sterile cut sheet were placed over operative area, after that a slit proctoscope (Arshoyantra) smeared with xylocaine 2% jelly was introduced into the anus and pile masses at 3,5 and 7 ‘O’ Clock position (second degree haemorrhoids) were assessed. After assessment normal mucosa was covered by gauze piece. The pile masses were scrapped or rubbed and clean with cotton swab. Pratisaraneeya Kshara was applied first at 3 ‘o’ clock with the help of Darvimukha Shalaka. After application of Kshar waited for 100 Matrakala (approx 2minute), after 100 matrakala pile masses turned to the color of Pakwa Jambuphala Varna, Which is the Samyak Dagdh Lakshana of Ksharapatan. Then the applied Kshar was washed with Nimbu Swaras (lemon juice) to neutralize the Kshar. Same procedure was done at 5 and 7 ‘o’ clock position. Then anal canal was pack with Jatyadi Tail Pichu and Madhuyashthi Ghritta. Then tight T Bandaging was done.

Post operative procedure
Semi-solid diet allowed to patient after half an hour. Patient was suggested to follow fiber rich diet, for this 2 month follow up period following medication were prescribed to reduce pain and edema and promote healing.
1. Tablet Triphala Guggulu 500 mg twice daily after meal with Luke warm water.
2. Laxative- Triphala Choorna 5 gm. at bed time with Luke warm water.
3. Warm Sitz bath twice daily after defecation.
4. Jatyadi Taila Matra Basti 3ml twice daily for seven days.

The patient was discharged on the same day after 3 hours of close observation, as there was no postoperative bleeding, edema, Patient was assessed for relief in signs and symptoms up-
to 60days follow-up period. During each follow up visit, signs and symptoms were observed. There was moderate to mild pain, tenderness, inflammation, and brownish red discharge on first visit and second visit. During the third and fourth visit, there was no pain, tenderness, discharge, and the internal hemorrhoids had completely resolved (shown in table no1).

Table no 1.

<table>
<thead>
<tr>
<th>Follow up visit</th>
<th>1st Visit (15Days)</th>
<th>2nd Visit (30days)</th>
<th>3rd Visit (45days)</th>
<th>4th Visit (60 days)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Patient’s observation (Subjective Criteria)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pain</td>
<td>Moderate</td>
<td>Mild</td>
<td>Severe</td>
<td>No Pain</td>
</tr>
<tr>
<td>Itching / Discomfort</td>
<td>Mild</td>
<td>Mild</td>
<td>mild</td>
<td>No Bleeding</td>
</tr>
<tr>
<td>Constipation</td>
<td>No</td>
<td>No</td>
<td></td>
<td>No</td>
</tr>
</tbody>
</table>

**Surgeon’s Observation (Objective Criteria)**

<table>
<thead>
<tr>
<th>Bleeding Per Anus</th>
<th>5 – 10 drops/day</th>
<th>No Bleeding</th>
<th>No Bleeding</th>
<th>No Bleeding</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of pile Mass</td>
<td>3 About tip of index finger</td>
<td>Reduce</td>
<td>Reduce</td>
<td>Mild</td>
</tr>
<tr>
<td>Size of Pile Mass</td>
<td>Moderate</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mucous Discharge</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

RESULT AND DISCUSSION

In present study the internal haemorrhoids were treated with *Pratisaraneeya Teekshna Kshara*. The Pile mass turned black (*Krishnta Dagdh Lakshanam*)\(^{11}\) in 100 *Matrakala* (approx 2min) seconds, as described in the *Sushruta Samhita*. After the pile mass was properly burned, lemon juice (citric acid) was applied to neutralize the *Kshara*\(^{12}\). *Pratisaraneeya Teekshna Kshara* induces hemorrhoid plexus coagulation (cauterization of pile mass), necrosis of tissue followed by plexus fibrosis, mucosal adhesion, and sub-mucosal coat adhesion, which helps to avoid further vein dilatation and prolapsed of regional mucosa of anus. Hemorrhoids are permanently obliterated as a result of this. In present day practice, application of *Kshara* is found to safe, efficacious and cost- effective method for management of internal haemorrhoids.

Detailed action of *Pratisaraneeya Teekshna Kshara* from the time of application upto 21 days are described in table 2.
Table no. 2

<table>
<thead>
<tr>
<th>Days</th>
<th>Surgeon’s Observation</th>
<th>Patient’s observation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1 (with in 1 minute)</td>
<td>Coagulation of haemorrhoid plexus, Blackish discoloration of mass</td>
<td>Moderate burning sensation</td>
</tr>
<tr>
<td>Day 2</td>
<td>Edema of coagulated mass with slough initiation</td>
<td>Pain, Swelling, mild burning sensation.</td>
</tr>
<tr>
<td>3 - 7 days</td>
<td>Sloughing, necrosis of mass</td>
<td>Blackish discharge and Mild blood strain stool. Pain during and after 30 min. of defecation</td>
</tr>
<tr>
<td>8 - 15 day</td>
<td>Mucosal ulceration</td>
<td>Relief in previous symptoms.</td>
</tr>
<tr>
<td>16 – 21 days</td>
<td>Healing of ulcer</td>
<td>No symptoms.</td>
</tr>
</tbody>
</table>

Before treatment

Application of *apamarga kshar*

Wait for 100 *matrakala*

Wash with *nimbu swaras*
CONCLUSION

Pratisaraneeya teekshna kshara was found effective in obliterating the hemorrhoid mass within 21 days of application. The patient was followed up regularly by doing proctoscopic examination in each visit and proctoscopic examination did not reveal any evidence of recurrence of the hemorrhoids. This case study shows that a combination of Kshara Karma, conservative treatment (Samana Aushadhi), diet restrictions, and life style modifications administered is effective in obliterating the pile mass as well as preventing recurrence on a long-term basis.

REFERENCES


6. SSAT.com (Internet) Baverly, SSAT.com is an online the society for surgery of the alimentary tract foundation INC, 2011. Available from http://www.ssat.com/cgi-bin/hemorr.chi


