

A CONCEPTUAL STUDY ON THE EFFECT OF ARKA KADALI PRATISARANEYYA KSHARA IN ABHYANTARA ARSHAS VIS-À-VIS INTERNAL HAEMORROIDS

^{*1}Dr. Prathiksha V. and ²Dr. Duragappa Harijana

¹PG Scholar, ²Professor

Department of Shalyatantra, Government Ayurveda Medical College, Bangalore.



*Corresponding Author: Dr. Prathiksha V.

PG Scholar, Department of Shalyatantra, Government Ayurveda Medical College, Bangalore.

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ABSTRACT

Arshas is a protrusion of *mamsa* which obstructs the *gudamarga* and afflict the person like an enemy. Because of the nature of *vyadhi* and its difficulty in management, *Acharya* considered it under *ashtamahagada*. As it is occurring in *guda* which is one among the *sadyopranahara marma* and is *deergakalanubandi*, *dushchikitsya*. Due to *aharaja*, *viharaja* and *manasika nidanas agni* become *manda* thus aggravates the *doshas*. The aggravated *doshas* enters *guda*, vitiates *gudavalis* to form *mamsaprarooha* called as *Arshas*. In contemporary science it can be correlated to Haemorrhoids. Haemorrhoids are the dilated veins within the anal canal in sub-epithelial region formed by radicles of superior, middle and inferior rectal veins. These are classified as internal and external hemorrhoids. Hemorrhoids are very common and affecting globally 50-80%. In India 75% of population. *Acharya sushruta* has mentioned four treatment modalities for *Arshas*, one among them is *Kshara karma*. The *kshara* is considered as *shreshta*, as it does the functions of *chedana*, *bhedana* and *lekhana karma*, which is used in *mridu*, *prasrita*, *avagada* and *uchrita arshas*. So this study is made on the effect of *Arka kadali pratisaraneeya kshara karma* in *Abhyantara arshas* with reference to Internal haemorrhoids.

KEYWORDS: *Arshas*, Internal haemorrhoids, *Arka kadali pratisaraniya kshara*.

INTRODUCTION

Arshas is one among *Ashta mahagada*^[1] as it is *deergakalanubandi*, *dushchikitsya* in nature and involves *guda pradesha* which is *sadyo pranahara marma*. Etiology being indulging in *mithya ahara* and *vihara* leading to *mandagni* causes aggravation of *doshas*. Later these *doshas* enters *guda* and vitiates *gudavalis* to form *mamsaprarooha* called as *Arshas*.^[2] In the management of *arshas*, *Acharya Sushruta* has explained *bheshaja*, *kshara*, *agni* and *shastra chikitsa*. *Ksharakarma* is one of the four treatment modalities mentioned in *chikitsa* of *Arsha*. It is indicated in the *Arshas* which are *mridu*, *prasrita*, *avagada* and *uchrita* in nature.^[3] *Kshara karma* is superior because of *chedana*, *bhedana*, *lekhana* and *tridoshagna properties*. *Kshara karma* facilitates chemical cauterization which is included in *anushastra* and *upayantra*.

Haemorrhoids are dilated veins within the anal canal in sub-epithelial region formed by radical of superior, middle and inferior rectal veins. Normally anal cushions helps in maintenance of the anal continence and sliding of anal cushion abnormally is called as Haemorrhoids.^[4] Internal haemorrhoids is a natural consequences of adaptation of erect posture of mankind. Clinical features

are bleeding, mass per anus, prolapse, discharge, pruritus and pain. Treatment measures are local applications, sitz bath, laxatives, analgesics along with more liquid intake and fiber diet. Para surgical measures includes Sclero therapy, Banding, Cryotherapy, IRC, Laser therapy, DGHAL. Surgical measures are Hemorrhoidectomy, Staple Hemorrhoidectomy. These interventions may lead to complications such as secondary hemorrhage, pelvic abscess, ulceration, incontinence, injury to sphincter, retention of urine, anal stricture, anal fissure and recurrence^[5] is also common.

Hence there is always a need for cost effective and simple treatment for *Arshas*, so *Pratisaraniya kshara karma* has very low rate of recurrence and it causes less pain, bleeding and less chances of infection with no anal incontinence. There are 24 drugs mentioned mentioned by *Sushruta* in *Ksharapakavidyadyaya* among them *arka* and *kadali* are taken for this study. *Arka* has properties like *vranaropana*, *vranashodana*, *kandughna*, *kaphashamana*, *arshogna*. *Kadali kanda* has *kaphapittahara*, *raktashamaka*.^[6] Hence combination of these two *Kshara Dravyas* i.e *Kadali* and *Arka* is selected in the present study for the management of *Abhyantara Arshas* by *Pratisaraniya kshara karma*.

AIM AND OBJECTIVES

Role of *Arka kadali pratisaraniya kshara* in the management of *Abyantara arsha* with reference to internal haemorrhoids.

MATERIALS AND METHODS

Literature study about *arshas* and review of drugs used

in *pratisaraniya kshara*.

Nidana and samprapti of arshas

Due to *viruddashana*, *adhyashana*, *utkatukasana*, *prista yana*, *manasika karana* and *mandagni* etc enters *gudavalis* resulting in *mamsapraroha* called as *arshas*.^[10]

Rupa

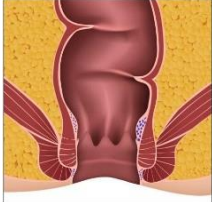





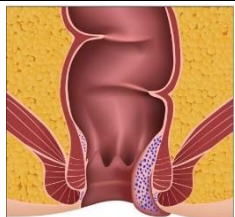

Based on dosha involved.

Types	Symptoms
Vataja arshas	<i>Parishushka</i> , <i>aruna varna</i> , <i>vishama madyani</i> . Resembles <i>kadambapushpa</i> , <i>tundikeri</i> , <i>nadimukula</i> , <i>suchimukhakriti Shula</i> in <i>kati</i> , <i>prushta</i> , <i>parshwa</i> , <i>medra</i> , <i>guda</i> , <i>nabhi</i> .
Pittaja arshas	<i>Neelagra</i> , <i>tanu</i> , <i>visarpini</i> , <i>peetavabhasa</i> , <i>praklinna</i> . Resembles <i>yakritprakasha</i> , <i>shukajihwa</i> , <i>yavamadya</i> , <i>Jaloukavaktrasadrusha</i> <i>Daha</i> and <i>rudiraatisara</i> .
Kaphaja arshas	<i>Sweta varna</i> , <i>mahamoola</i> , <i>stira</i> , <i>vritta</i> , <i>snigdha</i> , <i>pandu varna</i> . Resembles <i>Kariraphanasasti</i> , <i>gostanakara</i> , <i>asrava</i> , <i>avedana</i> <i>Kandubahula</i> , <i>Mamsadhavana prakara atisara</i> .
Shonitaja arshas	Resembles <i>nyagrodapraroha</i> , <i>vidruma</i> , <i>kakanantikaphala</i> and <i>pittaja lakshana</i> <i>Avaghadapurisha piditani</i> , <i>analpa asriksrava</i> .
Sannipataja Arshas	<i>Sarvalakshana</i> .
Sahaja arshas	<i>Durdharshana</i> , <i>parusha</i> , <i>pamshu Krishna</i> , <i>alpabhuk</i> , <i>sirasantatagatra</i> , <i>alpaprāja</i> , <i>ksheena reta</i> , <i>kshamaswara</i> .



Hemorrhoids

Classified into internal and external hemorrhoids,

internal hemorrhoids are classified into 1st degree, 2nd degree, 3rd degree and 4th degree.

1 st degree hemorrhoids	Hemorrhoidal mass does not come out of anus.		
2 nd degree hemorrhoids	Hemorrhoidal mass come out of anus and reduced automatically after defecation.		
3 rd degree hemorrhoids	Hemorrhoid mass come out of anus during defecation and is manually replaced.		
4 th degree hemorrhoids	Hemorrhoidal mass are permanently prolapsed		

Drug Review

Properties of Arka	Properties of Kadali
Rasa :katu, tikta	Rasa :madhura, kashaya
Guna :laghu, ruksha, teekshna	Guna :guru, snigdha
Virya :ushna	Virya :sheeta
Vipaka :katu	Vipaka :Madhura
Karma:vranaropana, vranashodana, kandugn, arshogna	Karma:kaphapittahara, raktashamaka
	

Properties of kshara

Rasa: katu Veerya: ushna Varna: Shukla

Doshagna: tridoshagna

Guna: sowmya, teekshna, aagneya.

Karma: dahana, paachana, dharana.vilayana, shoshana, ropana.

Preparation of pratisaraneeya kshara

Arka panchanga and Kadali kanda are collected separately (quantity 7.5kgs each). Later these drugs are cut into small pieces and dried under shade. In the heap of dried Arka and kadali sudhasharkara (crystal of lime stone) is placed and it is burnt by using twig of dried tilanala separately. After the fire has been extinct the ashes of both the drugs and limestone are collected separately. Next day obtained ashes are mixed thoroughly in definite quantity of water, 1 part (ash): 6 parts(water)i.e., 1.5kg ash and 12liters of water mixed well and it is kept undisturbed for 12 hours. Then it is

filtered for 21 times through thick and clean cloth, put into large iron vessel, boil the filtrate and stirred with laddel slowly and constantly. The liquid becomes achha(clear), rakta(red), tikshna (sharp) and picchila (slimy). The filter is filtered with thick cloth into another vessel and boiling is continued. Then the filtrate is heated on fire in an iron vessel on madhyamagni, while it is slowly stirred with ladle.

Thereafter Katasharkara(burnt gravels of lime stone)(50gms), shukti (oyster shell)(50gms)is made red hot and added to iron pan with the same alkaline water i.e., 2drona and boiling is continued. After that 10gms of chitraka sookshma choorna is added to it. Boiling is continued till the content attains neither solid nor liquid consistency. Then obtained pratisaraniya kshara is removed from boiling and is transferred into separate sterile glass container with lid.



Fig 1: Kadali Dried Drug.



Fig 2: Arka Dried Drug.



Fig 3: Burnt Arka.



Fig 4: Burnt Kadali.



Fig 5: Ashes Are Allowed To Cool.



Fig 6: Ash Of Arka And Kadali Mixed Well.



Fig 7: Ashes Soaked Overnight.



Fig 8: Filtered For 21 Times.



Fig 9: Ksharodaka.



Fig 10: Ksharodaka Is Kept For Boiling.

Fig 11: $\frac{2}{3}$ of Ksharodaka Is Remaining.

Fig 12: Sudhashkti Burnt Red Hot.



Fig 13: Sudha, Shukti Added to Kshrodaka



Fig 14: Chitraka Added



Fig 15: Arka Kadali Pratisaraniyakshara

Preparation Of Arka Kadali Pratisaraniya Kshara

Procedure of kshara karma Purvakarma (Pre-operative procedure)

- Explain the kshara application procedure and informed written consent should be taken before the procedure.
- Part preparation should be done.
- Vitals should be monitored and weight should be checked.
- Inj.T.T.0.5ml IM should be given.
- Inj.xylocaine2% test dose 0.5ml SC should be given.
- Proctoclysis enema should be given before surgery to

clear or empty the bowel.

Pradhana karma (Operative procedure)

The patient should be taken in lithotomy position and the perianal area will be cleaned with aseptic solutions and draping should be done. Local anesthesia should be infiltrated into operative site. Manual anal dilatation should be done. Then a lubricated *arshoyantra* (proctoscope) should be introduced in the anal canal. Position of hemorrhoidal mass should be noted. Then slit proctoscope should be introduced and skin around pile

mass should be raised with the help of *shalaka* with Alli's tissue holding forceps to get better view of haemorrhoids. The anal mucosa around the pile mass should be covered with wet gauze to prevent spilling of *kshara* on it. The hemorrhoidal mass should be gently rubbed with gauze. *Arka-kadali kshara* should be applied over hemorrhoidal mass with B.P handle and opening (external opening) of proctoscope is kept closed by palm for *shata matra kala* (time required to pronounce hundred vowels). After this process, the *Kshara* should be washed with *Jambeera Swarasa* followed by normal saline. After application of the *Kshara* the hemorrhoidal mass changed to bluish-black (*pakva Jambu phalavat*) in appearance. If there is no change in color of pile mass *kshara* application is repeated till the hemorrhoidal mass turns in to bluish-black color. Proctoscope and gauze should be removed. Anal canal packed with sterile pads using betadine solution, *yastimadhu ghrita*, xylocaine

gel. Sterile dressing should be done and patient can be shifted to ward. Same procedure can be followed for other hemorrhoidal mass if present.

Pashchat karma (Postoperative procedure)

- Anal pack should be removed after 6 hours.
- From next day onwards patient should be advised to take warm sitz bath for 15 minutes twice daily after passing stool. Jatyadi ghrita poorana advised for 7 days.
- Internally haritaki choorna in dose of 1 tsp, given at night after food with luke warm water as laxative, Triphala guggulu 1-1-1A/F, Gandhaka rasayana 1-1-1A/F
- High residue diet advised to the patient.



Fig 16: Instruments used in pratisaraniya ksharakarma.



Fig 17: pile masses



Fig 18: kshara applied



Fig 19: pakwajambuphala varna

DISCUSSION

Nowadays the lifestyle of the people has been changed due to irregular, inappropriate diet, suppression of natural urges, psychological disturbances, progressively leading to increase in ano rectal diseases. Since *kshara* destroy the vitiated tissue and make them fall off mitigates all the *tridoshas* resulting in reduction in size of hemorrhoidal mass and relief of signs and symptoms of haemorrhoids. Because of *vranaropana*, *vranashodana*, *kandugna*, *arshogna* properties of *arka* and *kaphapittahara*, *raktashamaka* properties of *kadali*. The obtained *arka kadali pratisaraniya kshara* possessing pH value 13 tested with the litmus paper when applied over the internal hemorrhoids causes ripening, liquefaction,

purification, healing, absorbing and scarifying indeed cures the *arshas*. As *kshara karma* is beneficial for internal haemorrhoids because of minimal hospital stay, minimal post-operative pain and minimal bleeding.

Probable mode of action of kshara karma

Pratisaraneeya kshara causes coagulation of protein in hemorrhoidal plexus, then disintegration of haemoglobin takes place as haeme and globin resulting in bluish brown discolouration and discharge. *Kshara* cauterizes hemorrhoidal mass because of its *ksharana* and *kshanana*, *chedana*, *bhedana*, *lekana guna*. There is reduction in size of the hemorrhoidal mass occurs resulting in necrosis of the tissue with obliteration of the

hemorrhoidal vein. The necrotized tissue is slough out and developing fibrous and scar can be seen and complete wound healing occurs.

CONCLUSION

One of the most common *Guda vikara* is *Arshas*. *Ksharakarma* is a superior treatment modality among surgical procedures and parasurgical procedures. Acharya has mentioned benefit of *paniyakshara* and *pratisaraniya kshara* in *arshas*. Both are helpful in the management of *arshas* but *pratisaraniya kshara* has more effective on internal hemorrhoids. This procedure is cost effective and safe method in the treatment of *arshas*.

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