

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

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### ABSTRACT

*Arshas* is a protrusion of *Mamsa* which obstructs the *Gudamarga* and afflicts 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 *Mamsapraroha* 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 to know the effect of *Arka Kadali Pratisaraneeya Kshara Karma* in *Abhyantara Arshas* with reference to Internal Haemorrhoids.

**KEYWORDS:** *Arshas*, Internal haemorrhoids, *Arka Kadali Pratisaraneeya Kshara*.

### INTRODUCTION

*Arshas* is one among *Ashta mahagada*<sup>[1]</sup> as it is *Deergakalanubandi*, *Dushchikitsya* in nature and involves *Guda Pradesha* which is *Sadyopranahara 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 *Mamsapraroha* called as *Arshas*.<sup>[2]</sup> 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 *Arshas*. It is indicated in the *Arshas* which are *Mridu*, *Prasrita*, *Avagada* and *Uchrita* in nature.<sup>[3]</sup> *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.<sup>[4]</sup> 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 Sclerotherapy, 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<sup>5</sup> is also common.

Hence there is always a need for cost effective and simple treatment for *Arshas*, so *Pratisaraeeya Ksharakarma* 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 by *Sushruta* in *Ksharapakavidi Adyaya*, among them

combination of *Arka*, *Kadali* are taken for this study. *Arka* has properties like *Vranaropana*, *Vranashodana*, *Kandughna*, *Kaphashamana*, *Arshogna*. *Kadali* Kanda has *Kaphapittahara*, *Raktashamaka*.<sup>[6]</sup> 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 *Pratisaraneeya ksharakarma*.

### AIM AND OBJECTIVES

Role of *Arka Kadali Pratisaraneeya Kshara* in the management of *Abhyantara Arshas* with reference to internal haemorrhoids.

### MATERIALS AND METHODS

Literature study about *Arshas* and review of drugs used in *Pratisaraneeya Kshara*,

#### *Nidana and Samprapti of Arshas*

Due to *Viruddashana*, *Adhyashana*, *Utkatukasana*, *Pristayana*, *Manasika Karana* and *Mandagni* etc *Doshas* enters *Gudavalis* resulting in *Mamsapraro*ha called as *Arshas*.

#### *Rupa*

Based on *dosha* involved.

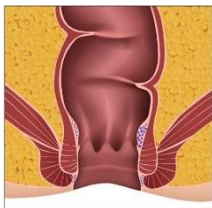



Table no 1: Types of *Arshas*.

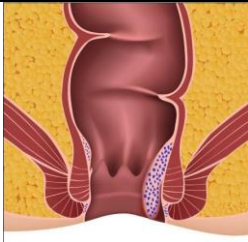

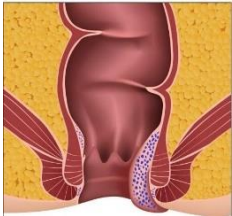

Types	Symptoms
<b>Vataja Arshas</b>	<i>Parishushka</i> , <i>Aruna Varna</i> , <i>Vishama Madyani</i> . Resembles <i>Kadambapushpa</i> , <i>Tundikeri</i> , <i>Nadimukula</i> , <i>Suchimukhakriti</i> <i>Shula In Kati</i> , <i>Prushta</i> , <i>Parshwa</i> , <i>Medra</i> , <i>Guda</i> , <i>Nabhi</i> .
<b>Pittaja Arshas</b>	<i>Neelagra</i> , <i>Tanu</i> , <i>Visarpini</i> , <i>Peetavabhasa</i> , <i>Praklinna</i> . Resembles <i>Yakritprakash</i> a, <i>Shukajihwa</i> , <i>Yavamadya</i> , <i>Jaloukavaktrasadrusha</i> <i>Daha</i> And <i>Rudiraatisara</i> .
<b>Kaphaja Arshas</b>	<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</i> <i>Prakara</i> <i>Atisara</i> .
<b>Shonitaja Arshas</b>	Resembles <i>Nyagrodapraro</i> ha, <i>Vidruma</i> , <i>Kakanantikaphala</i> And <i>Pittaja Lakshana</i> <i>Avaghadapurisha</i> <i>Piditani</i> , <i>Analpa</i> <i>Asriksrava</i> .
<b>Sannipataja Arshas</b>	<i>Sarvalakshana</i> .
<b>Sahaja Arshas</b>	<i>Durdharshana</i> , <i>Parusha</i> , <i>Pamshu</i> <i>Krishna</i> , <i>Alpabhuk</i> , <i>Sirasantatagatra</i> , <i>Alpaprada</i> , <i>Ksheena</i> <i>Reta</i> , <i>Kshamaswara</i> .

### Hemorrhoids

Classified into internal and external hemorrhoids. classified into 1<sup>st</sup> degree, 2<sup>nd</sup> degree, 3<sup>rd</sup> degree and 4<sup>th</sup> degree.



Table no. 2: Classification of hemorrhoids.

1 <sup>st</sup> degree hemorrhoids	Hemorrhoidal mass does not come out of anus.		
2 <sup>nd</sup> degree hemorrhoids	Hemorrhoidal mass come out of anus and reduced automatically after defecation		
3 <sup>rd</sup> degree hemorrhoids	Hemorrhoidal mass come out of anus during defecation and is manually replaced.		

			
4 <sup>th</sup> degree hemorrhoids	Hemorrhoidal mass are permanently prolapsed		

### Drug review

Table no 3: Properties of *Arka* and *Kadali*.

Properties of <i>Arka</i>	Properties of <i>Kadali</i>
<i>Rasa</i> :Katu, Tikta	<i>Rasa</i> :Madhura, Kashaya
<i>Guna</i> :Laghu, Ruksha, Teekshna	<i>Guna</i> :Guru, Snigdha
<i>Virya</i> :Ushna	<i>Virya</i> :Sheeta
<i>Vipaka</i> :Katu	<i>Vipaka</i> :Madhura
<i>Karma</i> :Vranaropana, Vranashodana, Kandugna, Arshogna 	<i>Karma</i> :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 *Tilanalala* 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. Then the *Ksharodaka* 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., 2 *drona* 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 *Pratisaraneeya 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, Burning Arka dried drug



Fig:4, Burning Kadali dried drug



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: 2/3 of Ksharodaka is remaining.



Fig 12: Sudhashukti burnt red hot.



Fig 13: Sudhashukti added to kshrodaka.



Fig 14: Chitraka added.



Fig 15: Arka Kadali Pratisaraneeyakshara.

#### Preparation of Arka Kadali Pratisaraneeya 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 *Shatamatra 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.

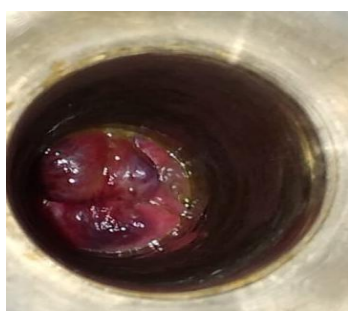
From next day onwards patient should be advised to take warm sitz bath for 15 minutes twice daily after passing stool.

*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 Pratisaraneeya 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, Lekhana Guna*. There is reduction in size of the hemorroidal mass occurs resulting in necrosis of the tissue with obliteration of the hemorroidal 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 and parasurgical procedures. *Acharya* has mentioned benefit of *Paneeyakshara* and *Pratisaraneeya 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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