

A CONCEPTUAL STUDY ON THE EFFECT OF SHIGRU PRATISARANIYA KSHARA KARMA IN THE MANAGEMENT OF ABHYANTARA ARSHAS

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ABSTRACT

Arshas is a condition which is characterized by abnormal protrusion of *mamsa* which obstructs *gudamarga*, causing discomfort to the patient like an enemy. In contemporary science *Arshas* can be correlated to Haemorrhoids, which is characterized by downward sliding of anal cushion that includes aggregated blood vessels, smooth muscles and elastic connective tissue in the submucosa that normally reside in left lateral, right posterolateral and right anterolateral aspect of the anal canal abnormally due to straining or other causes. Haemorrhoids constitutes about 50% of colorectal investigations. The incidence of haemorrhoids ranges from 50-85% around the world and in India it affects around 75% of population.^[1] Its incidence can be seen at any age but predominantly seen among the age group 45-65 years affecting both the genders equally. *Acharya sushruta* has mentioned four treatment modalities for *arshas*. *Kshara karma* is one such modality which is considered to be best among all surgical and parasurgical procedures.^[5] It is a simple and effective treatment measure with least chances of recurrence rate, causing minimal post-operative pain, discomfort and other complications, which requires minimal hospitalization and easily affordable and acceptable by the patients. The present study aims to explore the effect of *shigru pratisaraniya kshara* in the management of *abhyantara arshas*.

KEYWORDS: *Arshas*, haemorrhoids, *pratisaraniya kshara*, *shigru*.

INTRODUCTION

Arshas is one among *Ashta mahagadha*^[6], it is *deergakalanubandi* and *dushchikitsya* in nature and involves *guda pradasha* which is *sadyo prana hara marma*.^[7] Etiology being indulging in *mithya ahara* and *vihara* produces *mandagni*, and later aggravated *doshas* enters *guda* and vitiates *gudavalis* to form *mamsapraroaha* called as *Arshas*.^[8] Clinical features are bleeding per anum which resembles splash in the pan, bright red and fresh blood, mass per anum.

Secondary features include anaemia, mucoid discharge, pruritus-ani, pain may be due to prolapse, infection or spasm.^[9]

Treatment includes more liquid intake and fiber rich diet. Medical measures are local applications, sitz bath, laxatives, analgesics. Parasurgical measures include Sclerotherapy, Banding, Cryotherapy, IRC, Laser therapy, DGHAL. Surgical measures are Hemorrhoidectomy, Stapled Hemorrhoidopexy.^[10]

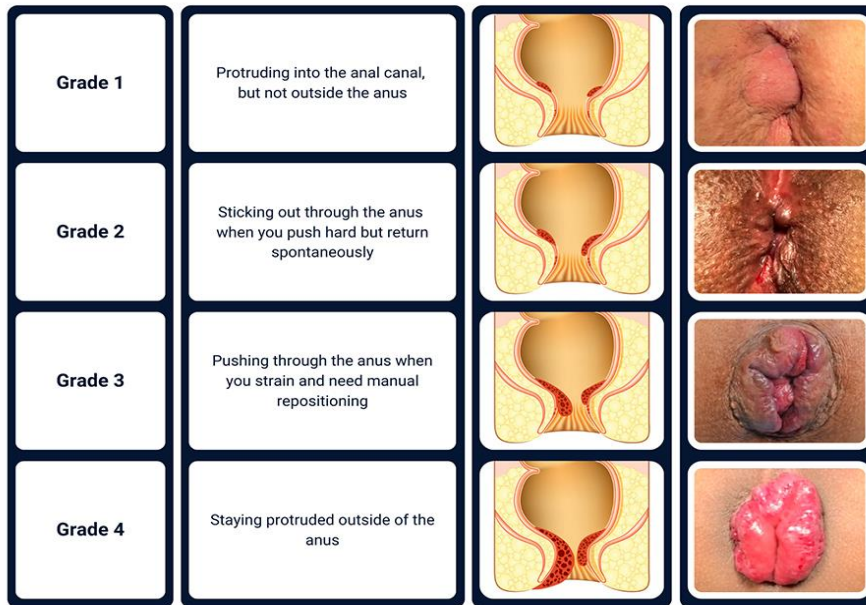
These interventions have complications like, they cause severe pain and discomfort due to spasm, nerve irritation, muscle injury, reactionary or secondary hemorrhage, ulceration, incontinence for faeces, injury to sphincter, retention of urine, anal stricture, anal fissure, increased recurrence rate and these modalities are relatively expensive.^[11]

Ksharakarma is one of the four treatment modalities mentioned in *chikitsa* of *Arsha* namely *bheshaja*, *kshara*, *agni*, *shastra*. It is indicated in the *Arshas* which are *mridu*, *prasrita*, *avagada*, *uchchhrita*.^[12] *Pratisaraniya teekshna ksharakarma* is one such modality which meets all the expectations enlisted above.

Shigru is a drug which is mentioned in *ksharadashaka* of *rajanighantu* in 22nd chapter, *mishrakadi varga adhyaya*.^[13] *Shigru* has gunas like *kaphapittahara*, *shoola prashamana*, *vedanasthapana*, *shothahara*, *krimighna*, *sadyovranahara*^[14], *arshoghna*, *sarvapeeda nivarana*.^[15] Hence this drug is chosen for the study of *pratisaraniya kshara karma* in the management of

Abhyantara arshas.

Hemorrhoid Grading System



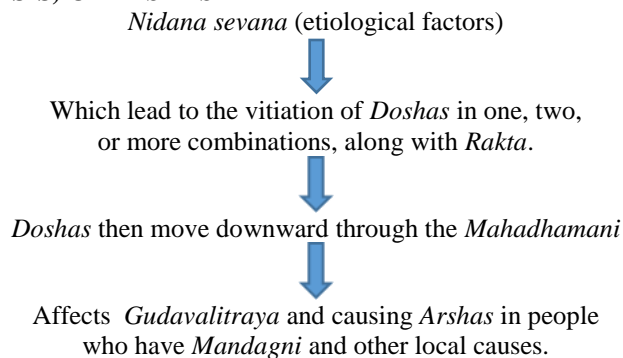
DISEASE REVIEW

NIDANA OF ARSHAS(ETIOLOGY) Due to viruddashana, adyashana, utkstukasana, pristayana, manasika karana^[16] etc.

ROOPA OF ARSHAS(CLINICAL FEATURES)

Types	Symptoms
Vataja arshas	Parishushka, aruna varna, vishama madyani. Resembles kadambapushpa, tundikeri, nadimukula, suchimukhakriti Shula in kati, prushtha, parshwa, medra, guda, nabhi ^[16]
Pittaja arshas	Neelagra, tanu, visarpini, peetavabhasa, praklinna. Resembles yakritprakasha, shukajihwa, yavamadya, Jaloukavaktrasadrusha Daha and rudiraatisara ^[16]
Kaphaja arshas	Sweta varna, mahamoola, stira, vritta, snigdha, pandu varna Resembles Kariraphanasasti, gostanakara, asrava, avedana Kandubahula, Mamsadhavana prakara atisara ^[16]
Shonitaja arshas	Resembles nyagrodapraroha, vidruma, kakanantikaphala and pittaja lakshana Avaghadapurisha peditani, analpa asriksrava ^[16]
Sannipataja arshas	Sarvalakshana ^[16]
Sahaja arshas	Durdharshana, parusha, pamshu Krisha, alpabhuk, sirasantatagatra, alpaprāja, ksheena reta, kshamaswara ^[16]

SAMPRAPTI (PATHOGENESIS) OF ARSHAS



SAMPRAPTI GHATAKA

<i>doshas</i>	<i>Tridoshaja</i>
<i>srotas</i>	<i>Raktavaha, mamsavaha and purishavaha</i>
<i>dooshya</i>	<i>Rakta, mamsa, medas and twak</i>
<i>srotodushti</i>	<i>Sanga, siragranthi</i>
<i>udbhavasthana</i>	<i>Ama-pakwashayodbhava</i>
<i>Avayava vikriti</i>	<i>Gudavalitraya</i>
<i>rogamarga</i>	<i>Abhyantara and bahya</i>
<i>Agni</i>	<i>Jataraagnimandya</i>

shoola prashamana, vedanasthapana, shothahara, krimighna, sadyovranahara, arshoghna, sarvapeeda nivarana^[14] property.

PROPERTIES OF SHIGRU KSHARA

Rasa: katu

Veerya: ushna

Vipaka: katu

Doshagna: tridoshagna

Guna: teekshna, ushna, laghu, kaphapittahara

Karma: shoolaprashamana, vedanasthapana, shothahara, krimighna, sadyovranahara, arshoghna, sarvapeeda nivarana, dahana, paachana, daarana, vilayana, shoshana, ropana

DRUG REVIEW

Shigru is a drug which is mentioned in *ksharadashaka* of *rajanighantu* in 22nd chapter, *mishrakadi varga adhyaya*.^[13] *Shigru* has gunas like *kaphapittahara*,

Preparation of pratisaraneeya kshara

The *Shigru panchanga*, is collected and made into small pieces and dried.

Over the heap of *shigru*, *sudhasharkara* is placed and burnt into ashes by using dried *tilanala*.

When the ash cools down 1 *drona* of this ash is taken. The collected ash is mixed with 6 *drona* of *udaka*, then is kept undisturbed for 12 hours.

Later it is filtered twenty one times through *mahati vastra*, thick cloth to obtain the clear liquid. The liquid obtained is called *ksharodaka*. The filtrate (*ksharodaka*) obtained is kept on *mandagni* and continuously stirred well.

From this *ksharodaka* 1 to 1 and half part is removed and kept aside, this is meant for preparing the paste of *katasharkara, bhasmasharkara, shukti, shankhanabhi*.

Thereafter, the mixture of *katasharkara, bhasmasharkara, shukti, shankanabhi*, is made red hot taken in the quantity of 8 *pala* and is made into a paste form, added with 2 *drona* of *ksharodaka* and the process of boiling is continued.

After that *shukti pramana* of *chitraka* is made into *shlakshna choorna* and added.

Boiling is continued till the content attains neither solid nor liquid consistency. Then it is removed from boiling and is transferred into sterile separate glass container with lid.





PROCEDURE OF PRATISARANIYA KSHARA KARMA

☐ POORVAKARMA

- ❖ Informed written Consent is taken before the procedure.
- ❖ Injection Xylocaine test dose is given.
- ❖ Injection TT 0.5ml is given.
- ❖ Part preparation is done in perianal region.
- ❖ Proctoclysis enema is given to clear the bowel.

☐ PRADHANA KARMA

- ❖ Subject is made to lie in lithotomy position.
- ❖ Perianal region is cleaned with betadine solution and draping is done.
- ❖ Local anaesthesia is achieved by means of infiltration block.
- ❖ Manual anal dilatation is done.
- ❖ Position of Haemorrhoidal mass is noted by proctoscopic examination.
- ❖ Then a Slit proctoscope is introduced to expose the haemorrhoidal mass.
- ❖ The healthy anal mucosa adjacent to haemorrhoidal mass is carefully covered by sufficient gauze so as to prevent spillage of *kshara* on healthy mucosa.
- ❖ Then the *shigru Pratisaraniya kshara* is applied over complete area of haemorrhoidal mass.

- ❖ Opening of proctoscope is closed with *pani/vastra* for *shatamatra kaala*.
- ❖ The haemorrhoidal mass is observed to be turned to *pakwa jambu phala varna* as a result of chemical cauterization by *Kshara Karma*.
- ❖ Then the mass is cleaned with *jambeera swarasa*.
- ❖ This procedure is repeated for the other haemorrhoidal mass also.
- ❖ All the gauze and instruments are removed and hemostasis is maintained.
- ❖ Anal canal is packed with sterile pads soaked in *yashtimadhu ghrita*, dressing is done. Then patient is shifted to ward.

➤ PASHCHAT KARMA

- ❖ Anal pack is removed after 6 hours.
- ❖ Analgesics are administered on need basis.
- ❖ From next day onwards, patient is advised to take *panchavalkala kwatha* sitz bath twice daily for 15 minutes after passing stool.

Triphala choorna in a dose of 5 gms with warm water is given at bed time.

- ❖ Diet restriction is advised to the patient.



Figure 4: Before Treatment.



Figure 5: During treatment.



Figure 6: Pakva jambu phala varna.



Figure 7: After treatment.

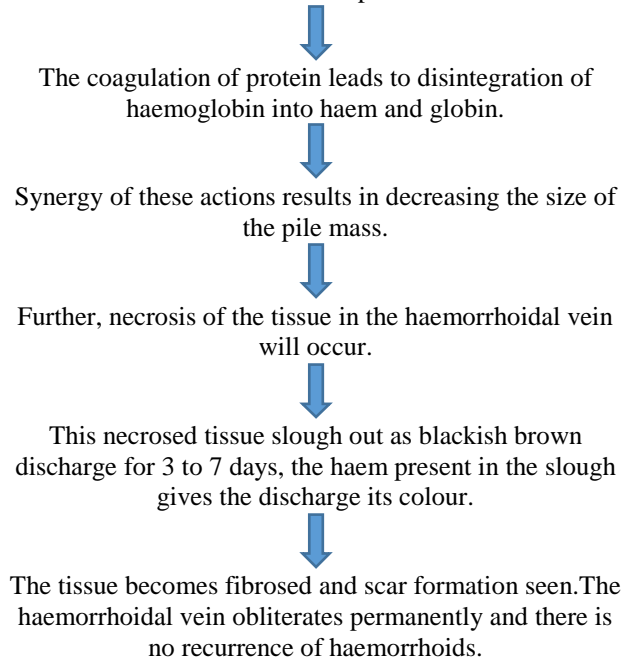
Materials required for pratisaraniya kshara procedure of pratisaraniya kshara karma

DISCUSSION

Kshara as described by *Sushruta Acharya*, holds a prominent place in *Shalya Tantra* due to its diverse and potent qualities like *Pachana, Vilayana, Chedana, Tridoshaghna, Bhedana, Lekhna, Sodhana, Ropana, Stambhana; destroys Krimi, Ama, Kapha, Kusta, Visha and Meda. Kshara*, made from a combination of drugs, possesses *Tridosha Shamaka* properties, indicating its balancing effect on the *three doshas* according to *Ayurveda*.

Probable mode of action of *shigru kshara*

Pratisaraniya Ksharakarma, the application of *Kshara* to *Arshas* (haemorrhoids) induces coagulation of protein in haemorrhoidal plexus.



CONCLUSION

Hence, *pratisaraniya kshara karma* is a simple and effective treatment measure with least chances of recurrence rate, causing minimal post-operative pain, discomfort and other complications, which requires minimal hospitalization and easily affordable and acceptable by the patients.

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