



Case Study

A CASE STUDY ON EFFECTIVE MANAGEMENT OF ABHAYANTRA ARSHA BY KSHARA KARMA

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ABSTRACT

Arshas being the most common grievous ailment and one of the eight most intractable disorders (*Ashta Mahagada*) explicated by Acharya Susruta & Vagbhata. Haemorrhoids are the dilatation of the anal and perianal venous plexus. The disturbance of *Jatharagni* is the most accepted cause of ano rectal problems, which further contributes to constipation. Constipation increases the back pressure into the haemorrhoidal veins to produce piles. *Arsha* requires a surgical technique in modern treatment, such as haemorrhoidectomy, rubber band ligation, and so on. *Kshara* is a caustic chemical, alkaline in nature, derived from medicinal plant ashes. The effect of *Kshara karma* is highly commended, it can replace the *Shastra karma* as it does the functions of *Chedana*, *Bhedana*, *Lekhana karmas* without using *Shastras*. *Kshara karma* can be utilised efficiently in individuals who are afraid of surgery as a complement for surgical operations. A 48years-old male patient presented with complaints of some mass coming out during defecation and bleeding while passing stool to the anorectal unit, OPD, National Institute of Ayurveda, deemed to be university Jaipur Rajasthan. The patient was treated successfully with *Kshara karma* application. The pile mass and per rectal haemorrhage was gone in 8 days and the patient was free of all symptoms within 18-20 days. The findings revealed that there are maximum advantages which are shared in this case study.

INTRODUCTION

Haemorrhoids or Piles are varicose veins that are dilated, twisted and found in the wall of the rectum and anus. Among the several causes, perverted lifestyle factors, irregular and improper diet patterns, prolonged sitting or standing are playing an important role in victimizing the processes of digestion, metabolism and bowel habits, thus leading to most of the ano-rectal diseases. The disturbance of *Jatharagni* is the most accepted cause of ano rectal problems, which further contributes to constipation. Constipation increases the back pressure into the haemorrhoidal veins to produce piles. This disease is utterly embarrassing to the patient.

The severity of this disease can be perceived through the explanations of Ayurvedic Seers (*Susruta & Vagbhata*) where they had deemed *Arsha* to be the most prevalent ano-rectal ailment and one of the top eight most intractable disorders (*Ashta Mahagada*)^[1]. *Arsha* requires a surgical technique in modern treatment, such as haemorrhoidectomy, rubber band ligation etc but after sometime of excision there is great possibility of reappearance of the disease. The fourfold care of *Arsha* has been suggested in *Ayurveda* viz. *Bheshaj*, *Kshar karma*, *Agnikarma* and *Shastra karma*^[2] according to chronicity and presentation of the disease. Among these, *Bheshaj Chikitsa* and *Kshar karma* have excellent outcomes in the approach towards *Arsha*. *Kshara* is a caustic chemical, alkaline in nature, derived from medicinal plant ashes. The effect of *Kshara karma* is highly commended, it can replace the *Shastra karma* as it does the functions of *Chedana*, *Bhedana*, *Lekhana karmas* without using *Shastras*^[3]. *Kshara karma* can be utilised efficiently in individuals who are afraid of surgery as a complement for surgical operations.

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Case Report

A 48 years-old male presented to us with complaints of a mass has been coming out during defecation with periodic bleeding per rectum in syringing form and pain in the perianal region for the past two months. Patient had history of constipation since last 3-4 months. Following detailed history and per rectal examination the case was diagnosed as “abhayantra arsha” - II degree internal haemorrhoids at primary position. The patient was a shopkeeper by occupation.

Past History: Patient was k/c/o HTN under medications since 7 years. There was no prior surgical intervention in the patient's history.

General Examinations

G.C	Fair
Built	Moderate
Weight	68kg

Height	5'6"
Blood Pressure	140/90 mmhg
Pulse Rate	82/min
Respiratory Rate	14/min
Pallor	Absent

DRE Findings

- Perianal region- NAD
- Sphincter tone- Normal
- Proctoscopy Examination- 2nd degree internal haemorrhoids at 3, 7 & 11 o clock position.

Investigations Done

CBC, ESR, BT, CT, RFT, RBS, HIV, HbsAg- within normal limits.

Methodology: Under local anaesthesia, *Apamarga Pratisaaraneeya Kshara* application was done in a single sitting. Post-operatively, oral analgesics only during pain and *Ayurvedic* medications were administered for fifteen days.

For Internal Use

Drug	Dosage	Anupana
<i>Triphala Guggulu</i>	500 mg twice a day after meals	Water
<i>Nagakesar churna</i>	3gm	Twice a day after meals
<i>Lodhra churna</i>	2gm	
<i>Sphatika Bhasma</i>	250mg	
<i>Kaharwa Pisti</i>	125mg	
<i>Haritaki Churna</i>	3 gm at bed time	Lukewarm water

For External Use

1.	Warm water Sitz Bath	With <i>Tankan bhasma</i>
2.	<i>Yashtimadhu Taila</i> - Local application	Twice a day



Fig1. Prolapsed Pile mass before treatment



Fig 2. Pile mass hold in slit proctoscope



Fig 3. Application of Kshara



Fig 4. After Treatment on 21st day

Results: The pile mass and per rectal haemorrhage was gone in 8 days and the patient was free of all symptoms within 18-20 days. At 21st day, there was no pile mass observed in proctoscopy.

DISCUSSION

The fourfold care of *Arsha* has been suggested in Ayurveda viz. *Bheshaj*, *Kshar karma*, *Agnikarma* and *Shashtra karma* according to chronicity and presentation of the disease. *Kshara sutra* therapy and *Kshara karma* are two extremely common methods of treating haemorrhoids established under the strong foundation of Ayurvedic *Samhitas*. *Kshara sutra* therapy is usually used for 3rd and 4th degree haemorrhoids and with haemorrhoids containing external components. *Kshara karma* is mostly used to treat first and second degree haemorrhoids, as well as internal haemorrhoids. In this study, *Apamarga Pratisaraneeya Teekshna Kshara karma* was done under local anaesthesia. *Kshara* was applied over individual internal pile mass for 2 minutes. The color of pile mass turned into *Pakwa Jambuphala Varna*.

Kshara has two distinct effects on haemorrhoids. It cauterizes the pile mass directly because of its *Ksharana guna*^[4] (corrosive nature) and it coagulates protein in haemorrhoidal plexus. Coagulation of proteins contributes to the disintegration of haemoglobin into haem and globin. The combination of these acts results in a decrease in the size of the mass of the pile. There will also be necrosis of the tissue in the haemorrhoid vein. This necrosed tissue sloughed out as a blackish brown discharge for 3 to 7 days. The haem present in the slough gives its colour to the discharge. The tissue is fibrous and the development of scars is seen. The

haemorrhoid vein is completely obliterated and there is no recurrence of haemorrhoids.

CONCLUSION

Kshara karma is very effective in the management of *Abhayantra arsha*. The effect of *Kshara karma* is highly commended, it can replace the *Shashtra karma*. The findings revealed that there are maximum advantages, including a shorter hospital stay, no bleeding during or after the procedure, no post-operative complications, a low cost-effectiveness, and higher level of acceptability across various groups of individuals. No adverse effects have been reported during the follow-up period.

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