

EFFECT OF CHITRAKA PRATISARANEeya KSHARA ON ARDRA ARSHAS W.S.R. TO HAEMORRHOIDS - A CLINICAL STUDY

Sushil Kumar¹, Anjali Bharadwaj², Shailaja S V³

¹PG Scholar, Dept., of PG studies in Shalyatantra;

²MD (AYU) Professor, Dept., of PG Studies in Shalyatantra;

³MD (AYU) Professor and HOD, Dept., of PG studies in Shalyatantra;
SKAMCH & RC, Vijayanagara, Bengaluru, Karnataka, India

Email: sushil011jan@gmail.com

ABSTRACT

Arshas is one among the *Ashta Mahagada* explained by *Bruhatrayees* in detail along with management. Internal Haemorrhoids explained in modern medicine has a close resemblance with the clinical entity of *Ardra Arshas*. It is burning problem because of its recurrence and chronicity. Hence there is a need for effective medicine for the management. Thus the study was taken up. To evaluate the efficacy of *Chitraka Pratisaraneeya Kshara* in *Ardra Arshas*. The total 20 patients of *Ardra Arshas* who fulfilled the inclusion criteria were selected for the study. In the present study patients were treated with *Chitraka Pratisaraneeya Kshara*; from next day onwards patient was advised *Jatyadi Taila* infiltration once a day and *Ushna Jala Avagaha Sweda* twice in a day for 7 days. Internally *Triphala Guggulu* and *Swadishta Virechana Choorna* advised for 14 days in both the groups. The assessment of the efficacy of the treatment was based on subjective parameters Objective parameter considered for the study. To infer the clinical study and to draw conclusion paired 't' test was applied for the parameters *Gudagata Raktasrava*, *Gudagata Ruja*, *Gudagata Kandu* and *Vibandha*. Chi-square test was used for the parameter *Arshankura*. The corresponding p value was noted and the obtained results were interpreted insignificant >0.05, significant <0.05 and highly significant <0.01, <0.001. On all the parameters considered for the study *Chitraka Pratisaraneeya Kshara Karma* showed highly significant results before treatment to after treatment and before treatment to at follow up.

Keywords: *Ardra Arshas*, *Chitraka Pratisaraneeya Kshara*, Haemorrhoids

INTRODUCTION

Since *Vedic* period *Arshas* is the main disease of concern among ano-rectal disorders. *Acharya Vagbhata* says *Arshas* as a *Mamsakeelaka*¹ which obstructs the anal passage and torture the person like an enemy. This remains same even in the present era. The clinical features of *Arshas* can be corre-

lated with Haemorrhoids as explained in allied science which is characterized by bleeding per rectum, mass per rectum, pain during defecation and pruritus ani. According to *Acharya Charaka* *Arshas* has been classified into two types i.e. *Shuska* and *Ardra Arshas*². *Ardra Arshas* are of *Rakta* and *Pitta Prad-*

hana. Acharya Sushruta has mentioned four lines of management such as *Aushadha*, *Kshara*, *Agni* and *Shashtra*³. *Kshara Chikitsa* is done by two ways⁴

1. Internal administration of *Paniya Kshara*
 2. External application of *Pratisaraneeya Kshara*
- Kshara* is mentioned to be used in *Mrudu*, *Prasruta*, *Avagada* and *Uchrita Arshas*⁵.

The drug *Chitraka Pratisaraneeya Kshara* is mentioned for *Arshas* in *Sushruta Samhita*⁶ and *Triphala Guggulu* as *Aushadha* internally in *Sharangadhara Samhita*⁷ for *Arshas*.

Aim and objective-

Present study was carried out with the following aim and objective

- To evaluate the efficacy of *Chitraka Pratisaraneeya Kshara* in *Ardra Arshas*.
- To assess the efficacy of *Chitraka Pratisaraneeya Kshara*.
- To introduce a simple, safe, non-invasive, cost effective, less irritant and best alternative modality in the management of *Arshas*.

Materials and methodology-

20 patients with *Ardra Arshas* coming under the inclusion criteria approaching the OPD and IPD of *Shalya Tantra*, Sri Kalabyraveshwara Swamy Ayurvedic Medical College, Hospital and Research Centre, Bengaluru were selected for the study.

Diagnostic criteria

- *Arshas* which were of *Mrudu* (soft), *Prasruta* (extensive), *Avagadha* (deeply situated) and *Uchrita* (projected).
- Clinical features of Haemorrhoids.
- Per Rectal with proctoscopic examination to identify the Haemorrhoids.

Inclusion criteria

- Patients with *Arshas* suitable for *Kshara Karma*.
- Patients suffering from first, second and third degree Internal Haemorrhoids.
- Patients of either sex aged between 20 to 70 yrs.

Exclusion criteria

- Strangulated Internal Haemorrhoids.
- Fourth degree Internal Haemorrhoids.

- External Haemorrhoids.
- Interno-External Haemorrhoids.
- Patients with other systemic diseases interfering with the treatment.

Laboratory investigations- Routine surgical profile was done.

Duration of study- 21 days

Before treatment – 1st day

After treatment-14th day

Follow-up-period- 21st day

✓ **Preparation of *Chitraka Kshara-***

Materials required for preparation of *Chitraka Kshara-*

- *Chitraka* (*PlumbagoZeylanica*) 10kgs
- *Sudha*(Lime stone) 500 gm
- *Shukti* (*Ostreaedulis*) 100 gm
- *Chitrakamula Kalka* 10 gm
- Water 6 times (in volume) of *Bhasma*

The *Panchangas* of dried *Chitraka* (*PlumbagoZeylanica*) was taken, added with lime stone of 500gms; was incinerated into ashes and then it was allowed to cool by itself. The whole ash (1000gms) was collected and mixed with six times of water and stirred well, later allowed to settle overnight. Then this was filtered for twenty one times through clean cloth and residue was discarded. The filtrate which was looking amber colour was heated on low flame till it was reduced to half (i.e. *Kshara Jala*). Later 100 grams of *Shukti* (*Ostreaedulis*) was heated till it became red coloured and later mixed with 1/3rd *Kshara Jala* with continuous stirring for making a homogenous mixture (*Avapa* stage). Meanwhile 10 gm of *Chitrakamula Kalka* (*Plumbago zeylanica*) was added to the boiling *Kshara Jala*, later it was allowed to boil for a few more minutes, till it attained consistency of not too liquid or too solid, as described by *Acharya Sushruta*. Then it was removed from fire; allowed to cool completely, transferred into separate container with air tight lid and stored.

The pH value of *Chitraka Pratisaraneeya Kshara* was 13.5

Kshara Karma procedure-

a. Poorva Karma (pre-operative procedure)-

- ✓ Patient selected for the procedure was asked to remain nil orally for at least 6 hours prior to the procedure.
- ✓ Part preparation was done
- ✓ Soap water enema was given
- ✓ Informed consent was taken
- ✓ Inj. TT 0.5ml IM was given
- ✓ Inj. Xylocaine 2% 0.5ml ID was given

Collection of required materials for procedure-

- ✓ Dressing trolley
- ✓ Operation table
- ✓ O.T light
- ✓ Surgical Gloves
- ✓ Normal and Slit proctoscope
- ✓ Stainless steel spoon or spatula (scratched handle)
- ✓ Cotton swabs.
- ✓ Gauze piece.
- ✓ Straight and Curved Artery forceps
- ✓ Sponge holding forceps
- ✓ Disposable syringe - 5 ml.
- ✓ Lemon juice

b. Pradhana Karma (operative procedure)-

Patient was taken on lithotomy position under spinal anaesthesia. Anus and perianal region was painted with antiseptic lotion & draping was done. Manual anal dilatation was done sufficient enough to admit four fingers. Lubricated normal proctoscope was

introduced, position of pile mass was noted and proctoscope was removed. Then slit proctoscope was introduced and skin around pile mass was pulled laterally with sponge holding forceps to get a better view of Haemorrhoids. The healthy anal mucosa was covered with cotton swabs to prevent spilling of *Kshara* on it. Then the pile mass was gently scraped with the gauge. Then *Kshara* was applied over pile mass, and the opening of proctoscope was closed for about 100 *Matra Kala* (approximately 45 sec to 1 min) until it turns to *Pakva Jambuphala Varna*. Then the pile mass was cleaned with normal saline and then with lemon juice. This procedure was repeated on all the pile masses. Thereafter the anal canal was packed with gauze, dressing was done and the patient was shifted to ward.

c. Paschat Karma (post-operative procedure)-

- ✓ Patient was kept nil by mouth for six hours after the procedure.
- ✓ Anal pack was removed after four hours.
- ✓ From next day onwards patient was advised *Jat-yadi Taila* Infiltration once a day and *Ushna Jala Avagaha Sweda* twice in a day for 7 days.
- ✓ Internally Tab.*Triphala Guggulu* 500 mg 2 BID and *Swadishta Virechana Choorna* one tea spoon full after food once at night with warm water for 14 days.
- ✓ A modification of diet was advised to the patient. Analgesics administered if necessary.

PLATE-01: Preparation of *Chitraka Pratisaraneeya Kshara*



01; Dried *Chitraka* plant



02; Burning of the *Chitraka* plant



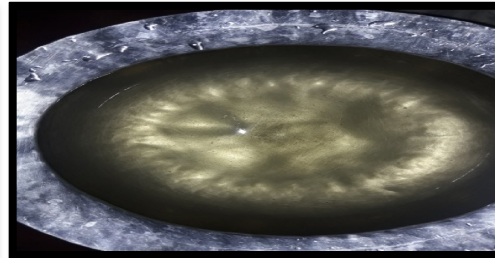
03: *Chitraka* ash



04: *Chitraka* ash soaked in *Jala*



05: *Chitraka* ash and *Jala* filtration



06: *Chitraka* Kshara *Jala* after filtration



07: Heating of *Shukthi*



08: Prepared *Chitraka* Moola Kalka



09: Boiling *Kshara* *Jala* on *Mandagni*



10: *Chitraka* Pratisaraneeya *Kshara*



11: Materials used for application of *Chitraka* Pratisaraneeya *Kshara*

PLATE 02: Procedure of Pratisaraneeya Kshara Karma



01: Arshas - before Kshara application



02: Arshas – during Kshara application



03: Arshas after application of Chitraka Pratisaraneeya Kshara

Assessment criteria

Assessment of study will be done based on subjective and objective parameters.

The parameters considered for the study was scored for the purpose of statistical analysis.

Subjective criteria-

- *Gudagata Raktasrava* (Bleeding per rectum)
- *Gudagata Ruja* (Pain during defecation)
- *Vibandha* (Hard stools)
- *Gudagata Kandu* (Pruritis Ani/ Itching)

Objective criteria-

- *Arshankura*

Scoring index-

Table 1: Scoring pattern for *Gudagata Raktasrava* (Bleeding per rectum)

Score	Criteria
0	No bleeding
1	Bleeding only during defecation
2	Bleeding during and after defecation
3	Bleeding irrespective of defecation

Table 2: scoring pattern for *Gudagata Ruja* (Pain during defecation)

Score	Criteria
0	No pain
1	Pain during defecation
2	Pain reduces within 30 minutes after defecation
3	Pain irrespective of defecation

Table 3: scoring pattern for *Vibandha* (Hard stools)

Score	Criteria
0	Passes stools regularly without difficulty
1	Passes stools regularly which is hard and without difficulty
2	Passes hard stools regularly with difficulty
3	Needs laxative to pass stools

Table 4: scoring pattern for *Gudagata Kandu* (Pruritis Ani / Itching)

Score	Criteria
0	No itching
1	Negligible itching with 10-12hrs gap
2	Occasional sensation of itching with 4-6hrs gap
3	Frequent sensation of itching with 2-3hrs gap

Table 5: Presence and Absence of *Arshankura* (Haemorrhoidal mass)

<i>Arshankura</i>	Present
	Absent

RESULTS

Parameters		Mean		MD	Paired t- test				Remark
		Before	After		SD	SE	t- value	p-value	
<i>Gudagata Raktasrava</i>	BT-AT	2.05	0.95	1.1	0.30	0.06	15.97	<0.001	HS
	BT-AF	2.05	0.1	1.95	0.51	0.11	17.08	<0.001	HS
<i>Gudagata Ruja</i>	BT-AT	1.95	1.05	0.9	0.30	0.06	13.07	<0.001	HS
	BT-AF	1.95	0.4	1.55	0.51	0.11	13.57	<0.001	HS
<i>Vibandha</i>	BT-AT	2.1	0.55	1.55	0.51	0.11	13.57	<0.001	HS
	BT-AF	2.1	0.1	2	0.45	0.10	19.48	<0.001	HS
<i>Gudagata Kandu</i>	BT-AT	1.8	0.55	1.25	0.44	0.09	12.57	<0.001	HS
	BT-AF	1.8	0.1	1.7	0.47	0.10	16.16	<0.001	HS
<i>Arshankura</i>	X² Test								
Before treatment – After treatment									
Phase	Present	Absent		X ² value	p-value		Remarks		
BT	20	0		36.18	<0.001		HS		
AT	01	19							
Before treatment – At follow up									
Phase	Present	Absent		X ² value	p-value		Remarks		
BT	20	0		36.18	<0.001		HS		
AF	01	19							

Out of 20 patients in overall therapy, complete improvement was seen in 19 patients and moderate improvement in 1 patient. On all the subjective and objective parameter; before treatment to after treatment and before treatment to follow up, the p value (< 0.001) was statistically highly significant.

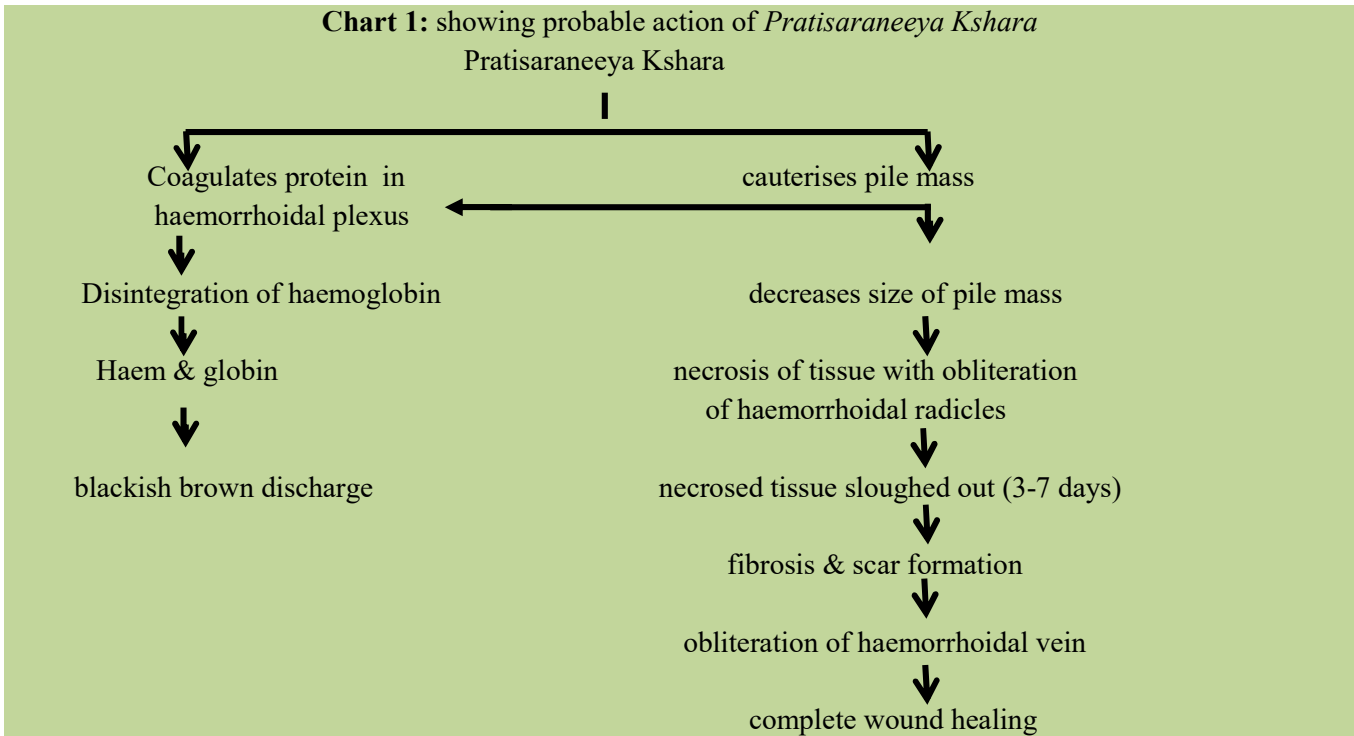
DISCUSSION

Probable mode of action of *Pratisaraneeya Kshara*
Pratisaraneeya Kshara acts on Haemorrhoids in two ways –

- ✓ It cauterizes the pile mass directly because of its *Ksharana Guna* (corrosive nature)

✓ It coagulates protein in Haemorrhoidal plexus. The coagulation of protein leads to disintegration of Haemoglobin into haem and globin. Synergy of these actions results in decreasing the size of the pile mass. Further, necrosis of the tissue in the Haemorrhoidal vein will occur. This necrosed tissue slough

out as blackish brown discharge for 3 to 7 days. The haem present in the slough gives the discharge its colour. The tissue becomes fibrosed and scar formation seen. The Haemorrhoidal vein obliterates permanently resulting in silver colour scar formation.



➤ **Effect of treatment on Gudagata Raktasrava**
Gudagata Raktasrava (bleeding per rectum) is the main presenting complaint in *Ardra Arshas*. The *Dushita Pitta* vitiates *Rakta* by its *Ashraya Ashrayee Sambandha* leading to *Raktasrava* when there is *Gharshana* of *Mamsankura* due to straining bowel habits.

Kshara by its *Shoshana* and *Sthambana*⁸ property acts as *Rakta Sthambaka*. Therefore both *Chitraka Pratisaraneeya Kshara* act as *Sthambaka* and hence reduce *Raktasrava*.

➤ **Effect of treatment on Gudagata Ruja**
 In *Arshas*; *Dusti* of *Pancha Maruta-Pitta-Kapha* is seen⁹, this in turn vitiates *Guda Valis* thereby causing *Ruja*. *Ruja* is the symptom presented mainly due to the vitiation of *Vata Dosha*. *Chitraka Kshara* is

Katu Rasa Pradhana, possess *Ushna Veerya*¹⁰ thus does *Vata Shamana* which is the main *Dosha* responsible for the cause of the pain. *Acharya Charaka* has mentioned that *Chitraka* has *Shoolahara* property and indicated in *Arshas*, therefore it is seen that patient treated with *Chitraka Pratisaraneeya Kshara* had better pain relief.

➤ **Effect of treatment on Vibandha**
Arshankura obstructs the *Guda Marga* and *Vata Dushti* cause *Vibandha*. *Pratisaraneeya Kshara* with the added effect of *Kshara* helped in *Apakarshana* of *Mamsankuras* and thereby helps in easy passage of stools.

➤ **Effect of treatment on Gudagata Kandu**
Ardra Arshas being dominant with *Pitta* and *Rakta* vitiation leads to *Praklinnata* in *Guda*¹¹ producing

Kandu. *Kshara* is found to be *Ruksha*, *Laghu* and by its *Shoshana* property; does *Kleda Shoshana*. *Chitraka* having *Ruksha* and *Laghu* property is said to be *Kandu Nashaka* thus patients treated with *Chitraka Pratisaraneeya Kshara* had better relief on *Kandu*

➤ **Effect of treatment on Arshankura**

Nidana Sevana causes *Vata Pradhana Tridosha Dushti* inturn vitiating *Guda Valis* thus producing *Arshankura*. *Kshara Gunas* like *Pachana*, *Ksharana*, *Lekhana*, *Shodhana* and *Ropana* subsequently reduce *Arshankura*.

Probable mode of action of Triphala Guggulu-

The ingredients of *Triphala Guggulu* like *Haritaki*, *Vibhitaki*, *Amalaki*, *Pippali* and *Guggulu* are having *Deepana*, *Pachana*, *Vatanulomana*, *Mala Shodhana*, *Shothahara*, property of *Triphala* and *Pippali* along with *Lekhana*, *Vedana Shamana* property of *Guggulu* helped in proper digestion, softening of stools, easy evacuation of stools there by avoiding pressure over Haemorrhoidal vein resulting in relief in complaints of Haemorrhoids.

Probable mode of action of Swadishta Virechana Churna¹²-

The ingredients of *Swadishta Virechana Churna* like *Yashti Madhu*, *Shuddha Gandhaka* and *Mishri* does *Pitta Shamana*. *Swarna Patri* acts as *Mrudu Rechaka* thereby helps in easy evacuation of bowels there by avoiding pressure over Haemorrhoidal vein resulting in relief in complaints of Haemorrhoids.

Probable mode of action of Jatyadi Taila-

The ingredients in *Jatyadi Taila* such as *Patola*, *Nimba*, *Lodhra*, *Yashti*, *Manjishta* and *Sariva* does *Pitta Shamana* and acts as *Shodhaka* and *Ropaka*, thus helps in healing the *Arshas* after *Kshara Karma* and *Jatyadi Taila* in form of *Matra Basti* corrects *Apana Vayu Dushti* thereby reduces the pain.

CONCLUSION

Chitraka Pratisaraneeya Kshara help in the reduction of the size of the pile mass by their *Arshohara* properties like *Ushnata*, *Teekshnata*, *Shothahara Gunas* and help in the *Apakarshana* of the Mam-

sankuras. *Triphala Guggulu*, *Swadishta Virechana Churna* orally, *Ushna Jala Avagaha* and *Jatyadi Taila* infiltration also helped in reducing *Gudagata Ruja* and *Gudagata Kandu*. From the present study it can be concluded that *Chitraka Pratisaraneeya Kshara* is effective in *Ardra Arshas*. No adverse effects were observed during the course of this study.

REFERENCES

1. Vagbhata, Astanga Hrudaya, Sarvanga Sundara Commentary of Arunadatta and Ayurveda Rasayana Commentary of Hemadri, edited by; Pandit Hari Sadasiva Sastri Paradikara Bhisagacharya, Choukambha Surabharati Prakashan, Varanasi, reprint- 2015, Nidanasthana, 7th Chapter , Verse-1, pp- 956, pg- 490.
2. Agnivesha, Charaka Samhita, Ayurveda Deepika Commentary of Chakrapani, edited by; Vaidya Yadavji Trikamji Acharya, Choukamba Surabharati Prakashan, Varanasi, reprint- 2015, Chikitsasthana, Chapter 14, verse 38 , pp- 738, pg- 504.
3. Sushruta, Sushruta samhita with commentary of Dalhana, edited by Vaidya JadviTrikamji Acharya, Chowkamba surbharati prakashan, Varanasi, reprint 2010, Chikitsa sthana, Chapter 6, Verse 3, pp- 824, pg- 430.
4. Sushruta, Sushruta samhita with commentary of Dalhana, edited by Vaidya JadviTrikamji Acharya, Chowkamba surbharati prakashan, Varanasi, reprint 2010, Sutra sthana, Chapter 11, Verse 7-8, pp- 824, pg- 46.
5. Sushruta, Sushruta samhita with commentary of Dalhana, edited by Vaidya JadviTrikamji Acharya, Chowkamba surbharati prakashan, Varanasi, reprint 2010, Chikitsa sthana, Chapter 6, Verse 3, pp- 824, pg- 430.
6. Sushruta, Sushruta samhita with commentary of Dalhana, edited by Vaidya JadviTrikamji Acharya, Chowkamba surbharati prakashan, Varanasi, reprint 2010, Sutra sthana, Chapter 11, Verse 11, pp- 824, pg- 46.
7. Sharngadhara: edited by Pandit Parashurama Shastri, vidyasagar, Sharngadhara samhita with commentary of Adhamalla's Deepika and Gudhartha Deepika, Choukamba Orientalia Varanasi, 7th edition, reprint

- 2010, Madhyamakhandha, Chapter 7, Verse 82-83, pp- 413, pg-204.
8. Sushruta, Sushruta samhita with commentary of Dalhana, edited by Vaidya JadvjiTrikamji Acharya, Chowkamba surbharati prakashan, Varanasi, reprint 2010, Sutra sthana, Chapter 11, Verse 5, pp- 824, pg- 45.
 9. Sushruta, Sushruta samhita with commentary of Dalhana, edited by Vaidya JadvjiTrikamji Acharya, Chowkamba surbharati prakashan, Varanasi, reprint 2010, Nidana sthana, Chapter 2, Verse 25-26, pp- 824, pg- 276.
 10. Dr. J.L.N.Shastry, Dravyaguna Vignana, Chowkamba Orientalia, Varanasi 2008, Vol - 2, Pp - 314-317, Pg.No - 1134.
 11. Sushruta, Sushruta samhita with commentary of Dalhana, edited by Vaidya JadvjiTrikamji Acharya, Chowkamba surbharati prakashan, Varanasi, reprint 2010, Nidana sthana, Chapter 2, Verse 11 teeka, pp- 824, pg- 273.
 12. Rasatantra Sara va Siddhaprayoga Sangraha, Krishna Gopala Ayurveda Bhavana, Rajasthaan, reprint-2000, Vol-I, pp- 442, pg-347.
-

Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Sushil Kumar et al: Effect Of Chitraka Pratisaraneeya Kshara On Ardra Arshas W.S.R. To Haemorrhoids - A Clinical Study. International Ayurvedic Medical Journal {online} 2018 {cited October, 2018} Available from:
http://www.iamj.in/posts/images/upload/2243_2251.pdf