

EFFICACY OF APAMARGA TEEKSHNA PRATISARANIYA KSHARA IN THE MANAGEMENT OF ARSHA - A CASE STUDY

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ABSTRACT

Arsha is a disease which is very unkind towards mankind. *Apamarga Pratisaraneeya Kshara* has been emphasized throughout the classical literature for Arsha, described as an Upakrama, substitute for surgical procedure. Arsha (Internal Haemorrhoids) said to be managed very well by using Apamarga Teekshna Kshar therapy. Apamarga teekshna Kshar is said to have strong potency scrapes the mucosal layer and alkaline in nature which has the capacity to burn out the internal piles without disturbing its functional surrounding system specially been mentioned by Acharya Sushruta. Kshara is indicated in Arsha. Kshara Karma does the function of Chhedana, Bhedana and Lekhana without using Shashtra. A patient suffering from Ardra Arsha (Second degree Internal Haemorrhoids) was selected from the I.P.D. of P.G. Department of Shalya Tantra, N.I.A., Jaipur and was treated with Apamarga Pratisaraneeya Teakshna Kshara application. No any major or minor complication was reported by the patient in a follow up period of one month. The patient was assessed on the parameters as per grading and it was seen that the patient was completely cured from the disease in terms of signs and symptoms with no post-operative discomfort. Hence Apamarga Pratisaraneeya Teakshna Kshara can be successfully used in the management of Ardra Arsha with no post-operative complications.

Keywords: Arsha, Apamarga, Pratisaraneeya Teakshna Kshara, Kshara Karma

INTRODUCTION

In the classical text, Kshara means a dravya which capable of vitiates the tissues and make them fall off since it's a torments to the tissue. It has the quality of excising (cedhya), cutting (bhedhya), scraping (lekhyā), alleviates the three dosha (tridoshaghna)¹. Apamarga teekhsna kshara karma has been categorized under pratisaraneeya which means to be applied externally. Practically, Apamarga teekshna kshara has been used in the management of Arsha (Haemorrhoids). Arsha is an ailment which mainly

caused by improper dietetic habit which is very important to maintain the stability of agni and other doshas. Kshara karma is becoming an alternate way to rectify its normalcy. Arsha is included under Asta-Mahagada by Acharya Sushruta². While explaining the Arsha Chikitsa, Sushruta mentioned Kshara Karma as one among the treatment modalities in Arsha Roga³. In this chapter he said that Kshara is Pradhantama among Shastra and Anushastra⁴. He explains in detail about types, indications, contrain-

dications, properties, advantages and disadvantages. Both Paneeya and Pratisaraneeya Kshara are indicated in Arsha which are Mrudu, Prasarutha, Avaghada and Uchchruta⁵ should be treated by Kshara Karma. While explaining preparation of Pratisaraneeya Kshara, he gave a list of drugs which can be used for preparation of Kshara.

CASE STUDY:

A male patient of 38 yrs. age approached to Shalya Tantra O.P.D. in the National Institute of Ayurveda, Jaipur with complaints of prolapse of some mass during defecation through anal verge for last 8 months which is reduced by patient himself and occasional bleeding per anum as drops. Patient has taken allopathic treatment for same complaints but got no relief. After detail history and digital rectal examination with proctoscopy, the diagnosis was confirmed as third (2nd) degree primary internal haemorrhoids (Ardra Arsha). The all routine investigations were done and no specific etiology was found. Patient posted for Pratisaraneeya Kshara Karma with Apamarga Pratisaraneeya Teakshna Kshara. Procedure was done with full aseptic measures.

MATERIALS AND METHODS:

The Apamarga Pratisaraneeya Teekshna Kshara was prepared with proper measures in P.G. Department of Shalya Tantra, National Institute of Ayurveda, Jaipur and the patient selected from NIA OPD. After all premedication, informed consent and lignocaine sensitivity the patient was taken in the lithotomy position and the perianal area painted with the antiseptic solution (10% Povidone iodine). The sterile drape sheets were placed over operative area. The operative site was anesthetized with the infiltration of inj. 2% Lignocaine with adrenaline. After achieving appropriate anesthesia, slit proctoscope smeared with Lignocaine jelly 2% is to be introduced in to the anal canal and assessed the masses. The pile mass should be scraped or rubbed and cleaned with cotton swab

with warm water. Then application of the paste of Apamarga Pratisaraneeya Teakshna Kshara with Darvimukha Shalaka was done at Internal Haemorrhoid of 3 o'clock position. After application of Kshara waited to 2 min the mouth of the Arsho Yantra is kept closed by the hand for a period of hundred Matra Kala or till the pile mass turns to the colour of Pakwa Jambuphala Varna⁶. Then neutralized Kshara with Nimbu Swarasa and washed with Normal Saline. Care was taken to avoid blowout of Kshara over the normal mucosa which may cause burning of unwanted tissue. Same procedure was done at 7 and 11 o'clock positions. The anal canal was packed with gauze pieces soaked in iodine-povidone solution. A tight T-bandage was applied to complete the procedure.

Post-Operative Treatment- For 21 days

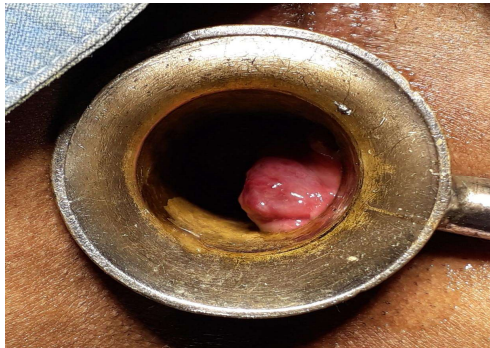
1. Tablet Triphala Guggulu 500 mg twice daily after meal with luke warm water.
2. Laxative- Triphala Choorna 5 gm. at bed time with Luke warm water.
3. Warm Sitz bath by Tankan Bhasma 3 gm. twice daily after defecation.
4. Yasthimadhu Taila Matra Basti 30 ml. once daily for seven days.

RESULT AND DISCUSSION

During intra operative period whole procedure was performed in local anesthesia so no pain was felt to the patient. After two hours of completion of procedure single dose of Tab. diclofenac sodium 50 mg. as analgesic was given to control of pain as advised by the visiting surgeon. Traditionally, Apamarga herbs (Achyranthes Aspera), the plant was used in asthma and cough. It is pungent, antiphlegmatic, antiperiodic, diuretic, purgative and laxative, useful in oedema, dropsy and piles, boils and eruptions of skin etc⁷ It is also said to have several property like triterpenoid which contain Oleanolic acid which exhibits anti inflammatory, antitumour and antiviral properties⁸ This can be one of the advantage of Ksara Karma procedure that there was almost zero result for infec-

tion's incident during or after the treatment. Further it fibrosed the unhealthy tissue results in shrinking off the piles, and indirectly it ceased the bleeding. very significant result for bloodless defecation experience after the very first day of the application of Kshara. The patient was followed up weekly up to one month after complete healing of anal mucosa

and no prolapsed of pile masses and bleeding per anum was noted. The reason behind absence of prolapsed of pile masses and bleeding per anum was that due to necrosis of tissue with obliteration of haemorrhoidal radicles. Wound was completely healed within 21 days.



BEFORE PROCEDURE



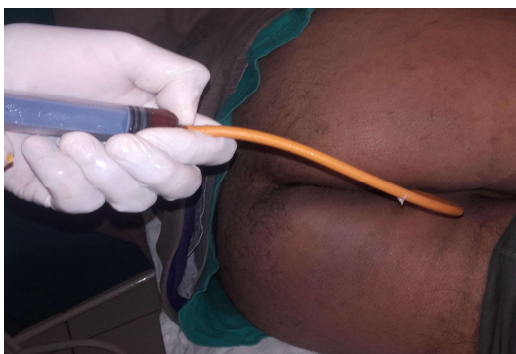
DURING KSHARA APPLICATION



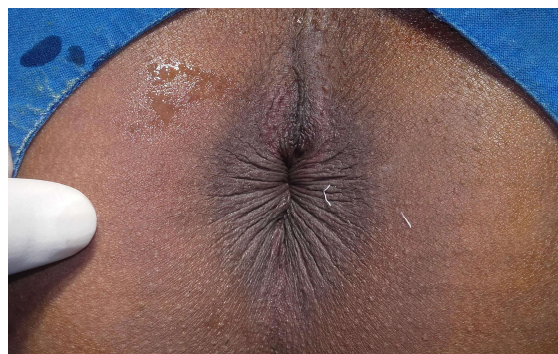
WASH WITH NIMBU SWARAS



AFTER KSHARA PATANA - JAMBU PHALA VARNA



DURING MATRA-BASTI



AFTER TREATMENT

CONCLUSION

The present case shows very hopeful results of Apamarga Pratisaraneeya Teakshna Kshara application on the Ardra Arsha (Second degree Internal Haemorrhoids) as it is safe, cost effective, very good haemostatic and successful treatment of internal Haemorrhoids with very less recurrence. To make firm the above theory the study should be carried out in large sample size.

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