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 Raktastrava, Gudagata Rujya, 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 Mamsakeelaka¹ 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 correlated 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 Arshas². Ardra Arshas are of Rakta and Pitta Prad-
Acharya Sushruta has mentioned four lines of management such as Aushadha, Kshara, Agni and Shastra. Kshara Chikitsa is done by two ways:
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.

The drug Chitraka Pratisaraneeya Kshara is mentioned for Arshas in Sushruta Samhita and Triphala Guggulu as Aushadha internally in Sharangadharma Samhita 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), Avagada (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**
Before treatment – 1st day
After treatment-14th day
Follow-up-period – 21st day

**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 *Jatyadi 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
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.

Scoring index-

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

<table>
<thead>
<tr>
<th>Score</th>
<th>Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No bleeding</td>
</tr>
<tr>
<td>1</td>
<td>Bleeding only during defecation</td>
</tr>
<tr>
<td>2</td>
<td>Bleeding during and after defecation</td>
</tr>
<tr>
<td>3</td>
<td>Bleeding irrespective of defecation</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Score</th>
<th>Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No pain</td>
</tr>
<tr>
<td>1</td>
<td>Pain during defecation</td>
</tr>
<tr>
<td>2</td>
<td>Pain reduces within 30 minutes after defecation</td>
</tr>
<tr>
<td>3</td>
<td>Pain irrespective of defecation</td>
</tr>
</tbody>
</table>

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

Objective criteria-
- Arshankura
Table 3: scoring pattern for Vibandha (Hard stools)

<table>
<thead>
<tr>
<th>Score</th>
<th>Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Passes stools regularly without difficulty</td>
</tr>
<tr>
<td>1</td>
<td>Passes stools regularly which is hard and without difficulty</td>
</tr>
<tr>
<td>2</td>
<td>Passes hard stools regularly with difficulty</td>
</tr>
<tr>
<td>3</td>
<td>Needs laxative to pass stools</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Score</th>
<th>Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No itching</td>
</tr>
<tr>
<td>1</td>
<td>Negligible itching with 10-12hrs gap</td>
</tr>
<tr>
<td>2</td>
<td>Occasional sensation of itching with 4-6hrs gap</td>
</tr>
<tr>
<td>3</td>
<td>Frequent sensation of itching with 2-3hrs gap</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Arshankura</th>
<th>Present</th>
<th>Absent</th>
</tr>
</thead>
</table>

RESULTS

<table>
<thead>
<tr>
<th>Parameters</th>
<th>Mean</th>
<th>Paired t-test</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Before</td>
<td>After</td>
</tr>
<tr>
<td>Gudagata Raktasrava</td>
<td>BT-AT</td>
<td>2.05</td>
</tr>
<tr>
<td></td>
<td>BT-AF</td>
<td>2.05</td>
</tr>
<tr>
<td>Gudagata Ruja</td>
<td>BT-AT</td>
<td>1.95</td>
</tr>
<tr>
<td></td>
<td>BT-AF</td>
<td>1.95</td>
</tr>
<tr>
<td>Vibandha</td>
<td>BT-AT</td>
<td>2.1</td>
</tr>
<tr>
<td></td>
<td>BT-AF</td>
<td>2.1</td>
</tr>
<tr>
<td>Gudagata Kandu</td>
<td>BT-AT</td>
<td>1.8</td>
</tr>
<tr>
<td></td>
<td>BT-AF</td>
<td>1.8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Arshankura</th>
<th>X² Test</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Before treatment – After treatment</td>
</tr>
<tr>
<td>BT</td>
<td>20</td>
</tr>
<tr>
<td>AT</td>
<td>01</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Phase</th>
<th>Present</th>
<th>Absent</th>
<th>X² value</th>
<th>p-value</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>BT</td>
<td>20</td>
<td>0</td>
<td>36.18</td>
<td>&lt;0.001</td>
<td>HS</td>
</tr>
<tr>
<td>AF</td>
<td>01</td>
<td>19</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

DISCUSSION

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.

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

Chart 1: showing probable action of Pratisaraneeya Kshara

<table>
<thead>
<tr>
<th>Coagulates protein in haemorrhoidal plexus</th>
<th>Pratisaraneeya Kshara</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cauterises pile mass</td>
<td></td>
</tr>
<tr>
<td>Disintegration of haemoglobin</td>
<td></td>
</tr>
<tr>
<td>Haem &amp; globin</td>
<td></td>
</tr>
<tr>
<td>Blackish brown discharge</td>
<td></td>
</tr>
<tr>
<td>Decreases size of pile mass</td>
<td></td>
</tr>
<tr>
<td>Necrosis of tissue with obliteration of haemorrhoidal radicles</td>
<td></td>
</tr>
<tr>
<td>Necrosed tissue sloughed out (3-7 days)</td>
<td></td>
</tr>
<tr>
<td>Fibrosis &amp; scar formation</td>
<td></td>
</tr>
<tr>
<td>Obliteration of haemorrhoidal vein</td>
<td></td>
</tr>
<tr>
<td>Complete wound healing</td>
<td></td>
</tr>
</tbody>
</table>

- **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 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 seen, 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 thus does Vata Shamana which is the main Dosha responsible for the cause of the pain. Acharya Charaka has mentioned that Chitraka has Shoolashara 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 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


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 Churna 12-

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, Manjishtha 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

2010, Madhyamakhanda, Chapter 7, Verse 82-83, pp- 413, pg-204.


Source of Support: Nil
Conflict Of Interest: None Declared