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EFFECTIVENESS OF *TEEKSHNA PALASHA PRATISARANIYA KSHARA KARMA* IN THE MANAGEMENT OF *RAKTA-ARSHAS* (GRADE II INTERNAL HAEMORRHOIDS): A CASE STUDY

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ABSTRACT

According to *Acharya Sushruta* the treatment modality of *Arsha* are *Bhesaja* (use of medicines), *Kshara* (use of caustic alkalies) *Agni* (use of fire/branding) *Shastra* (use of sharp instruments/surgical). *Arsha* which are *Mrudu*(soft), *Prasrita* (broad), *Avagada* (deep), *Uchritha* (bulged) are treated with *Kshara Karma*.

Aim: to see Effectiveness of *Teekshna Palasha Pratisaraniya Kshara Karma* in the management of *Rakta-Arshas* (Grade II internal haemorrhoids). **Material and methods:** under local anesthesia 2% lignocaine and adrenaline *Teekshna Palasha Pratisaraniya Kshara Karma* over the grade to internal haemorrhoids at 7 o'clock position and wait for *Shatamatra Kala* (100 seconds) or pile mass getting *Pakvajambuphalavarna*, followed by normal saline wash and later neutralize with *Nimboo Swarasa*. Thereafter anal canal is packed

with gauze piece soaked in *Yesthimadhu Taila*. **Result:** Grade II internal haemorrhoids was completely cured within 15 days after *Teekshan Palasha Pratisaraniya Kshara Karma* with no bleeding per rectum. **Conclusion:** *Teekshan Palasha Pratisaraniya Kshara Karma* is very effective, safe in management of the *Rakta-Arshas* (Grade I, II, III internal haemorrhoids) with least recurrence rate, minimal pain, less requirements of antibiotic and anti-inflammatory drugs, less hospital stay, no adverse effect during post operative period like altered bowel, anal stricture /anal stenosis.

Keywords: *Rakta-Arshas, Grade II Internal haemorrhoid, Kshara Karma, Teekshna Palasha Pratisaraniya Kshara*

INTRODUCTION

The word haemorrhoids is derived from the greek word haima(blood), Rhoos (flowering), means bleeding. The pile is derived from the latin word 'pila' means ball. It is downward sliding of anal cushion (are aggregation of blood vessels (arterioles, venules), smooth muscles and elastic connective tissue in the submucosa i.e. normally reside in the left lateral, right posterolateral, and right anterolateral anal canal)¹. Depending upon the location of haemorrhoids are of 3 types internal, external, interno-external. Depending on aetiological basis haemorrhoids are primary and secondary [2]. Depending upon bleeding and mass per rectum classified into 4 type 1st degree haemorrhoids (piles within that may bleed but does not come out), 2nd degree haemorrhoids (piles that prolapsed during defecation, but return back spontaneously), 3rd degree haemorrhoids (Piles prolapsed during defecation, can be replaced back only by manual help), 4th degree haemorrhoids (piles

that are permanent prolapsed) [1].

Arshas are of six type according to *Acharya Sushruta Vata, Pitta, Kapha, Sonita, Sannipata* and *Sahaja* (congenital) [3]. The *Arshas* which are incurable should be burnt by placing *Kshara* (caustic alkali) on it by using handle of laddle or any similar instrument (which is broad and can hold more quantity of caustic alkali). In case of *Bhrasta Guda* (prolapsed of the rectum) applying caustic alkali etc. should be done without using any speculum [4].

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Kshara (caustic alkali) is the superiormost among the all *Shastra* and *Anushastra* because of performing *Chedana* (excision), *Bhedhana*

(incision) and *Lekhna* (scarification) and alleviating three doshas [6]. *Kshara* will do 'Ksaranat' by disintegrating the vitiated doshas and causing doshas to move. 'ksananat' by producing the injury in the skin, muscle etc. [7]. *Kshara* is of two types 'Paniyah' ingestible and 'Pratisaraniya' pastable [8]. *Pratisaraniya Kshara* is applied *Kustha*, *Kitibha*, *Bhagandara*, *Arshas* (haemorrhoids) etc. [9].

CASE STUDY

A male patient age of 27 years, farmer from Chamarajapura village Karnataka came to Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan, Karnataka in Shalya ARC OPD with the complaints of bleeding per rectum associated with pain and burning sensation while defecation since 18 months and pain nape of neck and lowback pain since 18 months aggravated since 2 months.

VEDHANA VRITANTA (HISTORY OF PRESENT ILLNESS)

A male patient age of 27 years was apparently healthy 18 months ago than suddenly he developed bleeding per rectum associated with pain and burning sensation while defecation since 18 months and pain nape of neck and lowback pain since aggravated since 2 months which was aggravated after having non-veg and spicy food since 2 months.

POORVA VYADHI VRITTANTA (HISTORY OF PAST ILLNESS)

- No known case of Hypertension, Diabetes Mellitus, Thyroid dysfunction.

VAIKTHIKA VRITTANTA (PERSONAL HISTORY)

- Diet : Mixed
- Appetite : Good
- Bowel : Regular
- Micturition : Frequent micturition
- Sleep : Adequate

SAMANAYA PAREEKSHA (GENERAL EXAMINATION)

- Built : well built
- General condition : Fair
- Nutritional status : Well nourished
- Pallor : Absent
- Icterus : Absent
- Cyanosis : Absent
- Clubbing : Absent
- Lymphadenopathy : Absent
- Oedema : Absent

SAMANAYA PAREEKSHA (VITALS)

- BP : 110/80 mm of Hg
- Pulse rate : 72 bpm, Regular
- Respiratory rate : 18 cpm
- Temperature : 96.8 DF

SAMSTHANIKA PAREEKSHA (SYSTEMIC EXAMINATION)

- CNS : Conscious, well oriented to time, place and person
- CVS : S1 S2 heard, no murmur sound present
- RS : Equal air entry to B/L Lung fields, NVBS present
- P/A : Soft, non-tender, no Organomegaly present

STHANIKA PAREEKSHA (LOCAL EXAMINATION)

INSPECTION – NAD

Digital rectal examination (DRE) – normal tonicity

Proctoscopy – Grade II internal haemorrhoid at 7 o'clock position

PRAYOGA SHALA PAREEKSHA (INVESTIGATIONS)

- Hb - 14.2 gm%
- Total count 6900 cells/CMM
- ESR - 06 mm/ hr
- RBS – 85 mg/dl
- HIV, Hepatitis -B surface antigen non-reactive

Vyadhi Vinischaya (Diagnosis)

- *Rakta-Arshas* (Grade II internal haemorrhoid at 7 o'clock position)

METHODOLOGY

Kshara karma

Purva karma (Pre-operative)

After taking written consent for operation perianal hair was shaved according to need and the part was painted with antiseptic solution. The patient was kept nil orally for at least 6 hour before the procedure. Injection Tetanus toxoid (0.5ml) I/M was given and xylocain sensitivity test was performed in each patient. I/V line is get opened. The patient was given a light diet 2 hour before and afterwards keep it nil orally.

Pradhan Karma (Operative procedure)

After the patient was position in lithotomy on the operation table, local anaesthesia was given. The part was painted with antiseptic solution. The diseased part is exposed by special slit proctoscope and examined carefully. The adjoining healthy region of these organs was covered with gauze piece to prevent the spread of Kshara on healthy tissue exposed. The kshara is applied on proposed lesion by probe. Generally the kshara is applied up to the counting 100, but this depends on the nature of tissue so we should take 1-3 min. The mucosal covered part of the lesion take shorter time than hard skin covered parts.

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TREATMENT METHODOLOGY**PRE-OPERATIVE PROCEDURE**

- Pre-operative written surgical consent taken, surgical local part preparation, proctoclysis enema was given 3 hours prior to the day of operation. After proper bowel preparation, injection 2% ligocaine and adrenaline was given I/D for sensitivity test and inj. T.T 0.5 cc I/M was given.

OPERATIVE PROCEDURE

- Patient was taken in lithotomy position on operation theatre table and after proper painting and draping local anesthesia with 2% ligocaine and adrenaline was administered. Manual anal dilatation done followed by proctoscopy. Internal haemorrhoidal mass was exposed by slit proctoscope and skin around the pile mass is pulled laterally with allis tissue holding forceps, than adjoining healthy anal mucosa is covered with wet gauze piece to prevent the spread of healthy tissue which was exposed. *Teekshna Palasha Pratisaraniya Kshara* applied on internal haemorrhoids and wait for *Shatamatra Kala* (100 seconds) or pile mass getting *Pakvajambuphalavarna*, followed by normal saline wash and later neutralize with *Nimboo Swarasa*.

Thereafter anal canal is packed with gauze piece soaked in *Yesthimadhu Taila* to prevent burning sensation and local oedema.

POST-OPERATIVE PROCEDURE

- Patient is kept nil by mouth for 4 hours after the procedure. Packing is removed after 24 hours or till patient defecation. Antibiotic, anti-inflammatory given for 5 days followed by Tab. *Nimbadi Guggulu* 2 BD after food, Tab. *Gandhaka Rasayana* 2 BD after food, *Matra Basti* with *Yesthimadhu Taila* 10 ml BD to reduce the pain, sitz bath with *Triphala Choorna* BD, daily twice *Guda Pichu* with *Yesthimadhu Taila*.

FOLLOW UPS

- Patient asked to do daily *Matra Basti* with *Yesthimadhu Taila* and to take daily Tab. *Nimbadi Guggulu* 2 BD after food, Tab. *Gandhaka Rasayana* 2 BD after food, and, sitz bath with *Triphala Choorna* BD for starting 15 days. Internal haemorrhoids was cured within 21 days and no bleeding per rectum. After complete closure all medication was stopped.

Observation

		
PRE OPERATIVE	INTRA OPERATIVE	TEEKSHAN PALASHA PRATISARANIYA KSHARA
		
ON POST OPERATIVE 7TH DAY	ON POST OPERATIVE 15TH DAY	

RESULTS

Grade II internal haemorrhoids was completely cured within 15 days after *Teekshan Palasha Pratisaraniya Kshara Karma* with no bleeding per rectum.

DISCUSSION

Kshara Karma is a parasurgical procedure which is so much effective in the management of the various anorectal disorder like *Arshas*, *Bhagandara*, *Nadivrana* (pilonidal sinus), *Parikartika* (fissure in ano) etc. In this case, *Teekshan Palasha Pratisaraniya Kshara* is applied over the internal haemorrhoids and 7 o'clock position respectively, it will creates chemical burn of the haemorrhoidal mass, later it sheds off after necrosis. Gradually the wound *Kshara Dagdha* heals spontaneously as *Kshara* having *Chedana Bhedhana and Lekhna* properties so it prevents accumulation of pus and help in continues drainage cause breaks of unhealthy granulation tissue and it will produce fibrosis simultaneously to the cutting and helps in minimizing inflammatory component and help in healing.

Teekshan Palasha Pratisaraniya Kshara Karma is better than *Mridu* and *Madhyama Kshara* and it is safe, cost effective, minimal invasive procedure with very low recurrence rate with minimum hospital stay in the management of *Rakta-Arshas*.

CONCLUSION

Teekshan Palasha Pratisaraniya Kshara Karma is very effective, safe in management of the *Rakta-Arshas* (Grade I, II, III internal haemorrhoids) with least recurrence rate, minimal pain, less requirements of antibiotic and anti-inflammatory drugs, less hospital stay, no adverse effect during post operative period like altered bowel, anal stricture /anal stenosis.

Preventive Measures

1. Local hygiene with sitz bath.
2. Diet and lifestyle modification administration for minimum 6 months.
3. Weight maintenance.
4. Avoid smoking and alcohol.

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