

**A CLINICAL STUDY ON THE EFFICACY OF APAMARGA
PRATISARANEeya TEEKSHNA KSHARA IN THE
MANAGEMENT OF ARDRA ARSHAS W.S.R. TO FIRST AND
SECOND DEGREE INTERNAL HAEMORRHOIDS**

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ABSTRACT

disease among anorectal disorders affecting mankind. Symptoms of *Ardra Arsha* closely resemble to the clinical features of Internal Haemorrhoids. It is one of the *Ashta Mahagada* and difficult to cure. *Acharya Sushruta* explained four modalities of treatment for *Arshas* i.e. *Bheshaja*, *Kshara*, *Agni* and *Shastra Karma*. *Kshara* is one of the important methods which can be practiced safely. In the present study an effort has been made to evaluate the efficacy of *Apamarga Pratisaraneeya Teekshna Kshara* in the management of *Ardra Arshas*. In the present study 15 patients suffering from *Ardra Arsha* (first and second degree Internal Haemorrhoids) were selected from the OPD and IPD of P. G. Department of *Shalya Tantra*, N.I.A., Jaipur. *Apamarga Pratisaraneeya Teekshna Kshara* was used for management of *Ardra Arsha* (first and second degree Internal Haemorrhoids). Data obtained was statistically analysed and it was observed that *Kshara Karma* is effective in curing the disease under consideration as well as preventing the recurrence. From the present study, it can be concluded that *Kshara Karma* is cost effective Para-surgical procedure. As results obtained with *Kshara Karma* intervention are encouraging.

Keywords: *Ardra Arsha*, Internal Haemorrhoids, *Apamarga Pratisaraneeya Teekshna Kshara*, Para-surgical procedure

INTRODUCTION: Modern life style has given rise to many health problems. Anorectal disorders are one amongst them. Haemorrhoids are known as piles in common language. Bleeding and prolapse are two main clinical features of internal haemorrhoids. *Ardra Arshas* mentioned in ancient classics can be correlated with internal haemorrhoids. *Kshara Karma* is mentioned as one of para surgical procedure mentioned in *Sushrut Samhita* for management of *Ardra Arshas*.¹In the present study an effort has been made to evaluate the efficacy of *Apamarga Pratisaraneeya Teekshna Kshara*² in the management of *Ardra Arshas*.

AIMS AND OBJECTIVES:

To study complete Review of *Arsha*

To evaluate the efficacy of *Apamarga Pratisaraneeya Teekshna Kshara* in the management of *Ardra Arshas*.

MATERIALS AND METHODS:

Selection of the patients: After thorough clinical and proctoscopic examination 15 patients suffering from first and second degree internal haemorrhoids has been selected from the OPD & IPD units of P.G. Deptt. of *Shalya Tantra*, NIA, Jaipur.

Inclusion Criteria:

- Patients between the age of 20 years to 60 years of either sex.
- Patients with the signs and symptoms of *Ardra Arshas* of *Pittaja* and *Raktaja* origin.

- Arshas which are of *Mrudu*, *Prasruta*, *Avagadha* (deep) and *Uchrita* (projected)³.
- First and second degree internal haemorrhoids.
- Patients who were ready to give written informed consent.

Exclusion Criteria:

- Patient of age below 20 and above 60 years are excluded.
- Patients with other systemic illness like uncontrolled Diabetes mellitus, Hypertension, Malignancy, HBsAg and Retrovirus positive patients.

- Third and Fourth degree internal piles, external piles and other associated Anorectal diseases.
- Infective and Neoplastic conditions of rectum.
- Pelvic pathology.
- Pregnancy.

Assessment Criteria:

• Raktasrava (Bleeding)

The bleeding per rectum was graded on the basis of different criteria according to patient's own words.

Grade	Explanation
0	No Bleeding
1	0-5 drops
2	5-10 drops
3	Bleeding in the form of splash in the pan
4	Bleeding in the form of stream

- **Prolapse/ Size of pile mass:** Size of pile mass was measured by using Vernier caliper. Height and width of pile mass was measured with this instrument and length measured with thread. Size was obtained by multiplying length, breadth and height (l× b×w)

Grade	Size of pile mass
0	Not measurable
1	≤ 1.5 cm ³
2	1.6-2.5 cm ³
3	2.6- 3.5 cm ³
4	3.6-4.5 cm ³
5	≥ 4.5 cm ³

APAMARGA PRATISARNEEYA KSHARA KARMA PROCEDURE:

Pre-procedural preparation:

- Patient selected for the procedure were asked to remain nil orally for at least 4 hours prior to the procedure.
- Consent was taken.
- Part preparation was done.
- Enema was given.
- Pre-medications were administered according to need.

Procedure: Patient was made to lie down in lithotomy position. Anus and surrounding area was cleaned with antiseptic lotion. Draping was done. Local anaesthesia with 2% xylocaine was administered; 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

Allis tissue holding forceps to get a better view of haemorrhoids.

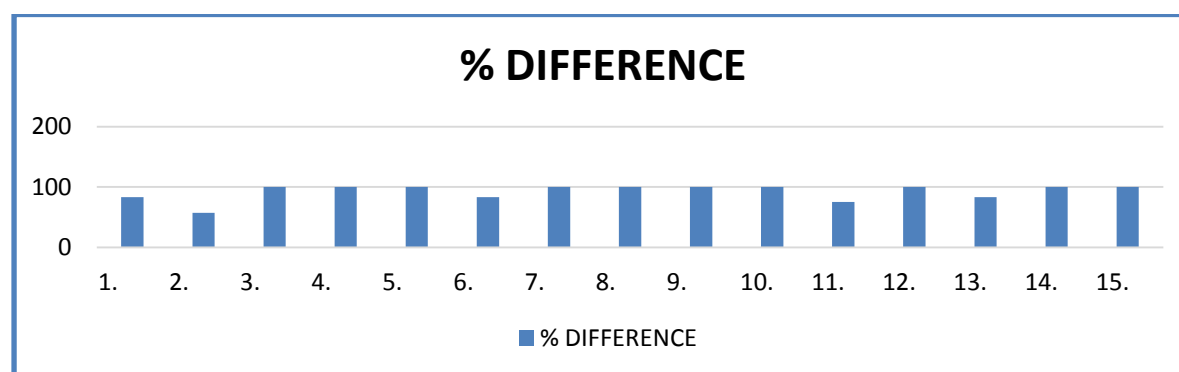
The healthy anal mucosa was covered with wet cotton balls to prevent spilling of *Kshara* on it. Then the pile mass was gently scraped with the rough surface of spatula. Then *Apamarga Pratisaraneeya Kshara* was applied over pile mass and the opening of proctoscope is closed for 2 minutes with the palm. Then the pile mass was cleaned with lemon juice.

Observed that whether the pinkish pile mass was turned to blackish colour. If not, *Kshara* was applied once again till the pile mass turned to blackish colour. Once again it was washed with lemon juice and sterile water wash was given. This procedure was repeated on all the haemorrhoids.

Parameters of all subjects:

Sr. No.	Parameter	Period	15 subjects														
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1.	Bleeding	BT	2	1	3	4	2	3	4	2	4	3	2	4	3	3	1
		I FW	1	0	2	2	1	2	1	1	3	1	1	2	1	1	0
		II FW	1	0	1	1	1	1	0	1	2	1	1	1	1	0	0
		III FW	0	0	1	0	0	1	0	0	0	0	1	1	0	0	0
		AT	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0
2.	Size of pile mass (Prolapse)	BT	4	5	3	2	3	2	5	4	3	2	2	2	3	4	5
		I FW	3	5	2	1	2	1	4	3	2	2	1	1	2	3	3
		II FW	2	4	2	1	1	0	2	2	1	1	1	1	1	2	2
		III FW	1	3	1	0	0	0	1	1	1	1	1	0	1	1	1
		AT	1	2	0	0	0	0	0	0	0	0	1	0	1	0	0

Graphical representation of percentage difference in individual subjects



Observing the percentage of difference in each individual after four week of treatment, among 15 subjects, 10 subjects got complete relief (100%), 04 subject got Marked relief (>75%) and 01 subject got Moderate relief (50-75%) by Apamarga Pratisaraneeya Kshara.

Percentage Difference of Individual Variable

Sr.No.	Parameter	BT Mean	AT Mean	Mean diff.	% Diff.
1.	Bleeding	2.733	0.133	2.600	95.13
2.	Size of pile mass	3.267	0.333	2.933	89.77

DISCUSSION:

Bleeding per anus:

- Apamarga Pratisaraneeya Kshara provided extremely significant ($p < 0.0001$) results in bleeding per anus with percentage of relief by 53.67% after 1st week of the treatment.

- On 2nd week follow up week it showed extremely significant ($p < 0.0001$) results with percentage of relief by 70.72%.

- On 3rd week it showed extremely significant ($p < 0.0001$) results with percentage of relief by 90.26% and on last follow up 4th week it showed extremely significant relief of 95.13% with p value (< 0.0001)

Thirteen patients showed complete stoppage of bleeding after 4 week treatment, while 2 patients showed reduction in bleeding in 4th week.

Apamarga Pratisaraneeya Kshara are effective in checking bleeding per anus. One of the main symptoms and also the complication of Ardra Arshas is, bleeding per rectum. This should be treated first because severe blood loss will cause anaemia.

Size of pile mass:

- Apamarga Pratisaraneeya Kshara provided extremely significant ($p < 0.0002$) results in size of pile mass with percentage

of relief by 28.56% after 1st week of treatment.

- In 2nd week it showed extremely significant ($p < 0.0001$) results with percentage relief by 53.04%.

- In 3rd week it showed extremely significant ($p < 0.0001$) results with percentage relief by 73.46% and on last follow up 4th week it showed extremely significant ($p < 0.0001$) results with relief of 89.77%. Out of 15 patients 11 patients showed complete reduction in size of pile mass.

Apamarga Kshara is effective in reducing size of pile mass where Apamarga Kshara showed 89.77% relief.

Taking into consideration the individual assessment parameters, in checking the bleeding Apamarga Kshara was effective 95.13%. Similarly for the assessment parameter prolapse of pile mass Apamarga Kshara was effective 89.77%.

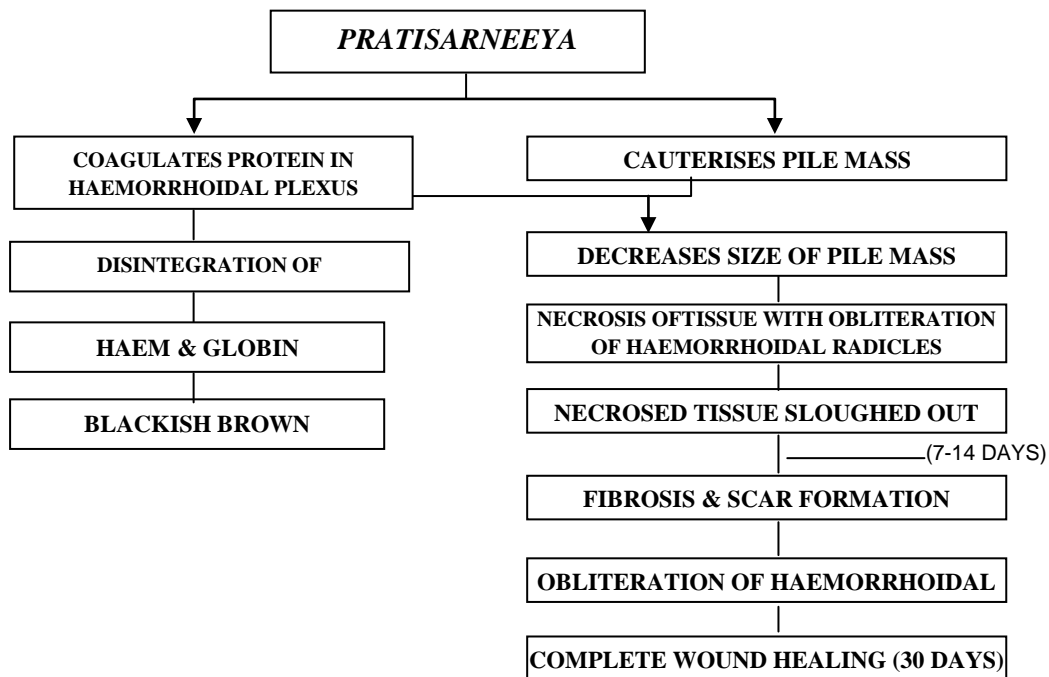
Out of 15 patients, none of the patients developed recurrence.

Probable mode of action of Apamarga Pratisaraneeya Kshara in Haemorrhoids⁴

- 1) Apamarga Pratisaraneeya Kshara acts on Haemorrhoids in two ways – It cauterizes the pile mass directly because of its Ksharana Guna (corrosive nature) and
- 2) 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

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



haemorrhoidal vein will occur. This obliterates permanently and there is no recurrence of Haemorrhoids.

CONCLUSION: The conclusions drawn from the present study conducted on 15 patients of internal haemorrhoids are as follows:-

- Bleeding and prolapse per anum are definite evidence of internal hemorrhoids. Similar entity in ancient classics is *Raktaj* and *Pittaj Arshas*.
- pH value of the *Apamarga Pratisaraneeya Kshara* obtained was 13.8 which was prepared for this study.
- After comparison of data obtained it can be concluded that *Apamarga Pratiksharniya Teekshna Kshara* yielded promising outcome in relieving the symptoms of entity under consideration as well as in terms of patient satisfaction score.

vein

- From the present study, it can be concluded that *Kshara Karma* is cost effective Para- surgical procedure.

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