

A CASE DISCUSSION ON EFFECT OF APAMARGA PRATISARANIYA KSHARA IN THE MANAGEMENT OF EXTERNAL HAEMORRHOIDS

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ABSTRACT

Kshara is considered to be *pradhanatama* among *shastra* and *anusashtra* on the basis of its karma like *chedana*, *bhedana*, *lekhana* and *tridoshaghna*. Process of application is *ksharakarma*. The ideal treatment should be such that, there has to be good safety margin with no recurrence after the treatment. Haemorrhoid in this condition in which the dilatation of the haemorrhoidal veins takes place, Haemorrhoids that cause problems are found in 2:1 ratio of Men and Women. A 34year old male patient came to our hospital OPD SJG Ayurveda medical college, Koppal with complaints of prolapsed pile mass, bleeding while passing stool. The case was diagnosed External Haemorrhoid at 11⁰clock and 7⁰clock position. *Ksharakarma* is done on the prolapsed pile mass, Application of *Apamarga pratisaraneeya kshara* done in this case of prolapsed internal Haemorrhoid under Spinal Anaesthesia. Pile mass and PR bleeding resolved in 8 (eight)days and patient was relieved from symptoms, no any complication reported after the procedure and patient was followed up regularly, proctoscopic examination done no evidence noted of recurrence.

Keywords: *Kshara karma*, *Pratisaraneeya kshara*, pile mass, *Apamargakshara*.

INTRODUCTION : *Kshara* does multi dimensional action like *chedana*, *bhedana*, *lekhana* and it act as a *tridoshaghna*.¹ *Kshara karma* management in *Arsha*² we will get many references explained in Ayurvedic classical texts but it is not widely practiced all over, this case paper is being written to document the typical features and outcome of *ksharakarma* in the management of Haemorrhoids. *Arsha roga* occur commonly in a individual who indulge in *mitya ahara vihara*, *Agnimandhya*, who indulge in *prasthayana*, *utkatukasana*, *vegavidharana*³ etc the ideal treatment of *Arsha* is briefly in *Sushruta samhita chikitsa sthana* which is considered to be minimal invasive procedure, cost effective.

In case of Haemorrhoids different treatment modalities are available like injection therapy, Infrared coagulation, Cryosurgery, Haemorrhoidectomy, Rubber band ligation⁴ however the risk of recurrence or developing infection of wound after the surgical procedure is high. Complication like pain, retention of Urine and some patient required Bladder catheterisation, secondary haemorrhage, development of Abscess or Fistula and also require longer hospitalisation. *Pratisaraneeya teekshna kshara* a medicine derived from a combination of various herbs preparation is applied over pile mass with the help of slit proctoscope, *kshara karma* method of treating piles has

been described even in *Astanga hridaya*. *kshara* is prepared as per standard method.

CASE REPORT: A 34yrs old male patient came to OPD of *shalyatantra* dept. with complaints of prolapsed pile mass and occasional bleeding while defecation since 3yrs, clinical proctoscopic examination confirmed the diagnosis external haemorrhoids. Patient is approached to allopathic treatment for above mentioned symptoms. On examination blood pressure was 130/80, pulse rate-72bpm, respiratory rate-20/min, R.S-Clear, CVS and CNS no abnormality detected. After a careful discussion regarding the causative factors which are mentioned in classics prior to *ksharakarma* intervention.

Ksharakarma was performed with the help of slit proctoscope under Spinal anaesthesia *Apamarga pratisaraneeya kshara* is applied on external haemorrhoid of 11 and 7^oclock position, applied *kshara* is kept for period of *Vakshata matra*⁶(until turns *pakwajambuphalavarna samana*) and cleansed with lemon juice. Later it was observed that pile mass has reduced in size, proctoscope removed and anal canal is irrigated with medicated oil, anal pack was kept. patient is discharged next day after observation there was no bleeding. Patient is asked to follow up once in week for 3weeks.

Discharged with following medicines

- 1.Tab-*Gandhaka rasayana* 250mg BD, after food with normal water.
- 2.Tab-*Triphala guggulu* 250mg BD, after food with normal water.
- 3.Sitz bath with lukewarm water twice a day is advised.

During each follow up for three weeks noticed sign and symptoms, there was

moderate pain and swelling in 1st and 2nd visit.

During 3rd visit there was no pain, tenderness and discharge completely resolved.

DISCUSSION: *Pratisaraneeya kshara* was applied to external pile mass it was observed that pile mass turns to *Pakwajambuphalavarna sadrasa vakshatamatra* later lemon juice is used to neutralise the *kshara* after proper burning of pile mass. Application of *kshara* causes coagulation of Haemorrhoid plexus, necrosis of tissue followed by fibrosis of plexus helps in prevention of further dilatation of veins and prevents prolapsed of regional mucosa.

In present day practice application of *Pratisaraneeya kshara* found safe, efficacious, Painless and cost effective method for external haemorrhoids.

CONCLUSION: Application of *pratisaraneeya kshara* found effective in this External Haemorrhoids within 15days the patient was followed up regularly and by doing proctoscopic examinations in each visit and there is no evidence of recurrence of Haemorrhoid, patient was on active treatment for 2months, diet restriction followed. Combination of *kshara karma*, conservative treatment, diet restriction and lifestyle modification over a period of 1year.

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1. Before treatment



2. Application of kshara



3. Post application



4. After the three weeks