

**ROLE OF NIMBA PRATISARANEeya TEEKSHNA KSHARA IN THE
MANAGEMENT OF ARDRA ARSHA (HAEMORRHOIDS)
–A CASE STUDY**

¹Ram Sinha

²P. Hemantha Kumar

¹PG Scholar, Department of Shalya Tantra, N.I.A., Jaipur, Raj.

²HOD, Department of Shalya Tantra, N.I.A., Jaipur, Raj.

ABSTRACT

Haemorrhoids (Haima- Blood + Rhoos- Flowing) are varicosities of the tributaries of the Haemorrhoidal vein. At least 5% of the general population suffers from Haemorrhoids and the incidence of Haemorrhoids apparently increases with age, at least 50-60% of people over the age of 50 have some degree of piles. *Arsha* is a disease which is very unkind towards mankind. *Nimba Pratisaraneeya Kshara* has been emphasized throughout the classical literature for *Arsha*, described as an *Upakrama*, substitute for surgical procedure. *Nimba Pratisaraneeya Kshara* which is a known modality having antibacterial, antiviral and antifungal properties and have 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* (Third 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 *Nimba 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 *Nimba Pratisaraneeya Teakshna Kshara* can be successfully used in the management of *Ardra Arsha* with no post-operative complications.

Keywords: *Arsha, Nimba, Pratisaraneeya Teakshna Kshara, Kshara Karma*

INTRODUCTION: *Arsha* is included under *Asta-Mahagada* by *Acharya Sushruta*¹. While explaining the *Arsha Chikitsa*, *Sushruta* mentioned *Kshara Karma* as one among the treatment modalities in *Arsha Roga*². *Acharya Sushruta* explained *Kshara* in the *Sushruta Samhita* in detail in *Sutra Sthana* Chapter 11. In this chapter he said that *Kshara* is *Pradhantama* among *Shastra* and *Anushastra*³. He explains in detail about types, indications, contraindications, properties, advantages and disadvantages. Both *Paneeya* and *Pratisaraneeya Kshara* are indicated in *Arsha* which are *Mrudu*, *Prasrutha*, *Avaghada* and *Uchchruta*⁴ 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*. The research studies have already been carried on the efficacy of *Apamarga*, *Chitraka*, *Aragvadha*, *Saptachhada*, *Arka*, *Palash* and *Patla Kshara* in the management of *Arsha Roga* across various centers in India. These *Kshara* preparations though having efficacy but still cause discomfort and pain especially in *Apamarga Teekshana Kshara*. Hence to overcome this problem studied the efficacy of *Nimba Pratisaraneeya Kshara*⁵ which is a known modality having antibacterial, antiviral and antifungal properties and have specially been mentioned by *Acharya Sushruta*.

Furthermore no studies have been carried out on this drug in the management of Arsha, therefore there is a need to evaluate its efficacy. Hence I studied the efficacy of Nimba Kshara in the management of Ardra Arsha. The advantage of Kshara Karma is that it has less rate of recurrence, cost effective, less painful having less chances of bleeding, anal incontinence and requires minimal hospitalization during treatment. This case study is to assess the efficacy of Nimba Pratisaraneeya Kshara.

CASE STUDY: A male patient of 24 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 6 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 (3rd) 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 Nimba Pratisaraneeya Teekshna Kshara. Procedure was done with full aseptic measures.

MATERIALS AND METHODS: The Nimba 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 Ghrita 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 Nimba Pratisaraneeya Teekshna 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. No further analgesic was advised to patient. It shows that due to *Kshara* applications anal mucosa was burn so that reduces the pain sensation. This may also due to the neutralization of *Kshara* with *Nimbu Swarasa*.

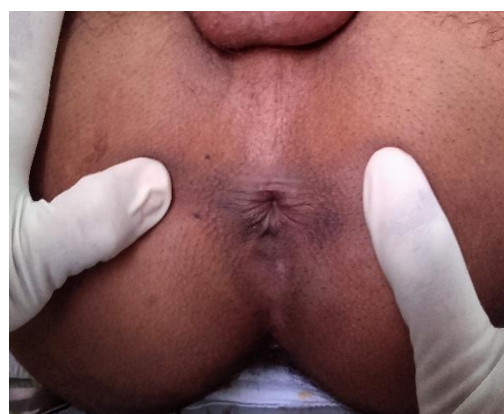
The patient was followed up weekly up to one month after complete healing of anal mucosa and no prolapsed of pile masses and bleeding per anum was noted. The reason behind absence of prolapsed of pile masses and bleeding per anum was that due to necrosis of tissue with obliteration of haemorrhoidal radicles. Wound was completely healed within 20 days.



BEFORE PROCEDURE



DURING PROCEDURE



DURING FOLLOW UP

CONCLUSION: The present case shows very hopeful results of Nimba Pratisaraneeya Teekshna Kshara application on the Ardra Arsha (Third 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.

REFERENCES

1. *Sushruta Samhita* of Acharya Sushruta edited with *Ayurveda Tatva Sandipika Hindi* Commentary by Kaviraj Ambikadutta Shastri, Chaukhamba Sanskrit Sansthan, Varanasi, Edition: Reprint 2015, *Sutra Sthana* 33/4-5, P-163.
2. *Sushruta Samhita* of Acharya Sushruta edited with *Ayurveda Tatva Sandipika Hindi* Commentary by Kaviraj Ambikadutta Shastri, Chaukhamba Sanskrit Sansthan, Varanasi, Edition: Reprint 2015, *Nidana Sthana* 2/3-4, P-306.
3. *Sushruta Samhita* of Acharya Sushruta edited with *Ayurveda Tatva Sandipika Hindi* Commentary by Kaviraj Ambikadutta Shastri, Chaukhamba Sanskrit Sansthan, Varanasi, Edition: Reprint 2015, *Sutra Sthana* 11/3, P-45.
4. *Sushruta Samhita* of Acharya Sushruta edited with *Ayurveda Tatva*

- Sandipika Hindi* Commentary by Kaviraj Ambikadutta Shastri, Chaukhamba Sanskrit Sansthan, Varanasi, Edition: Reprint 2015, *Chikitsa Sthana* 6/3, P-46.
5. *Sushruta Samhita* of Acharya Sushruta edited with *Ayurveda Tatva Sandipika Hindi* Commentary by Kaviraj Ambikadutta Shastri, Chaukhamba Sanskrit Sansthan, Varanasi, Edition: Reprint 2015, *Sutra Sthana* 11/12, P-47.
 6. Prof. P. Hemantha Kumar: Recent Trends in the management of Arshas/Haemorrhoids, Chaukhamba Publications, New Delhi, Second Edition 2011, Chapter-10, P-33.

Corresponding Author: Dr. Ram Sinha, PG Scholar, Department of Shalya Tantra, N.I.A., Jaipur, Raj.
Email: dr.ramsinha01@gmail.com

Source of support: Nil
Conflict of interest: None
Declared

Cite this Article as : [Ram Sinha et al: Role of Nimba Pratisaraneeya Teekshna Kshara in the Management of Ardra Arsha (Haemorrhoids) –A Case Study] www.ijaar.in : IJAAR VOLUME III ISSUE VI JAN -FEB 2018 Page No:1029-1032