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A Clinical Study on *Pratisarniya (Palasa) Kshara* in the Management of *Raktarsha* (Haemorrhoid)

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ABSTRACT

According to Acharya *Sushruta*, the *kshara* is made from plants like *Palasa* (*Butea monosperma*), *Danti* (*Baliospermum montanum*) *katsarkaradi* etc. There are two sorts of *kshara* planning: one is *paniya kshara* for internal use while the other one is the *Pratisarniya kshara* for nearby application. The *pratisarniya kshara* is additionally separated into three sorts, i.e. *Mridu*, *madhya* and *Tikshna*. *palasa* bark with *danti* and *katsarkaradi* are taken for preparation of *Tikshana pratisarniya kshara*. In this clinical study, *Tikshna kshara* was taken into use for local application directly on the *Arsha* under local *anesthesia*. The wide explanation of *Arsha* remembering its treatment are accessible for the works of art. In any case, to stress its graveness, *Arsha* is listed under the heading of *ashtomahagada* and happens in *guda pradesh*, the seat of *sadyapranahar Marma*.

Key Words: *Arsha*, *Para- surgical*, *Pratisarniya (palasa) kshara*, *Sadyapranahar marma*

INTRODUCTION

Pile is one of the most common life style disease that affects human population. The incidence of piles apparently increases with age, and At least 50% of people over the age of 50years have some degree of hemorrhoid formation. However, the disease is by no means confined to old persons occasionally, young children. men seem to be affected roughly twice as frequently as women. *Aacharya Susruta* has mention different treatment modalities in our *ayurvedic* texts. *Para-surgical* procedures like *kshara karma* are one of them. Mostly modern physician advice surgery but complications occurs like incontinence stenosis,

stricture etc associated with it .The patient complains of recurrence and reduced success rate, hence they are not reliable. *Kshara karma* is useful as the substitute of operative surgery because no severe complication seen after *ksharakarma* .

AIM

- A clinical study on efficacy of *tiksana pratisarniya kshara (Palasa) karma* and in the management of *raktarsha* w.s.r. to bleeding piles.
- Review of concept of *raktarsha* in *Ayurvedic* literature.

OBJECTIVES

- To study the effect of *Pratisarniya (Palasa) Kshara karma* in the management *Raktarsha*.



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- To give the best treatment to patient without any complication.
- To prove, the properties of *Rakta Stambhana, Shodhan and Ropana* are mentioned in our *ayurvedic samhitas*.

POSOLOGY

DRUG NAME- PRATISARNIYA KSHARA

Dose- *Nakhotsedha*

Prakshalan- *Amala dravya* (lemon juice)

Form- *Pratisarniya* (semifluid)

Root of administration- *Local application*
(once in week)

INCLUSION CRITERIA:-

Patient over 18 years old.

Symptomatic 1st to 2nd degree haemorrhoids.

No other source of anal bleeding than hemorrhoids.

EXCLUSION CRITERIA:-

Age below 18 years and above 60 years, any skin infection – STD, Pregnancy, HIV, HBsAg infection, stricture of anus, malignancy, rectal protrusion, severe anemia, strangulated haemorrhoid, Diabetes mellitus, bleeding disorder, tuberculosis, ulcerative colitis, Crohn's diseases & incontinence of stool.

EXAMINATIONS AND INVESTIGATIONS

History taking

Physical examination:-

- Inspection
- Palpation

Specific examination:-

- Proctoscopy
- Sigmoidoscopy (if needs)
- Colonoscopy, barium x-rays (if needs)

Laboratory investigation:-

Hb%, ESR, TLC, DLC, BT & CT, Blood Sugar (PP & F), B.urea, S.creatine, HBsAg, HIV, Urine - R/M

Other investigation:-

X-rays chest PA view, ECG.

Pharmaceutical analysis

1. Source of Data

In this clinical study, total 12 patients of Raktarsha were selected by adopting simple random sampling method, from OPD and IPD of the Department of Shalyatantra, Shri N.P.A Ayurved college, Raipur. All the patients had completed the course of treatment with *Palasa ksharapatana*.

Local application of Pratisarniya kshara for the management of Raktarsha. The findings are as follows:

- loss on drying at 110°C: 4.60% w/w,
- pH of 5% by pH paper: 10.6,
- ash value: 65.80% w/w, and
- water insoluble extractive: 11.43% w/w.

Organoleptic characters

- Color: Dark brown
- Touch: Smooth
- Taste: Alkaline

Pratisarniya (Palasa)kshara application

(Method of Kshara application)

Kshara application was done locally on the piles mass as per the classical technique called "ksharapatana vidhi." It was conducted according to the principles of *trividhakarma*.

Pre-operative procedure

1. Routine investigations were completed.
2. To check fitness of the patient.



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3. Written consent of patient was taken.
4. The patient was given *Triphala churna* 6g at night for cleaning of bowel.
5. Shaving and cleaning of the perianal area was done.

Operative procedure

1. Patients selected for the procedure made to lie down in lithotomy position.
2. The perianal part was painted and draped with a sterilized cut sheet.
3. Local anesthesia was injected at the base of the haemorrhoidal mass where surgery needs to be performed.
4. *Arsoyantra*(Proctoscopic) lubricated with *ghrita* is inserted in the *anus* for confirmation of number and position of the pile masses
5. *Arshankuras* are made to protrude in the split proctoscope.
6. Protruded masses are encircled by a cotton pad so that *kshara* should not come in contact with healthy tissue.
7. The second step is to clean it by a cotton swab and *kshara* is to be applied with the help of *darvimukhasalaka*.
8. After application, third step is to cover the opening in *arsoyantra* by hand until the counting of one hundred numbers is completed.
9. Then applied *kshara* was washed with lemon juice.
10. After application of the *kshara*, the pile mass changed to blackish (*Jambu phalavat*) in appearance.

11. Then *ghrit* mixed with *mulethi* powder are applied over the cauterized pile mass to calm the burning sensation).

12. This procedure was repeated for each pile mass separately at the same sitting.

Postoperative procedure

1. Light diet was allowed by the evening.
2. *Triphala churn* 3-6g at night was administered.
3. *Avagaha sweda* (warm water sitz bath) was advised every 8 hours after the day of *ksharakarma*.

Duration of treatment *Pratisarniya (Palasa) kshara* was applied on each pile mass in *Nakhotsedha* dose for 7 days. The patient was followed up weekly once for 2 months to see for recurrence of the symptoms and any adverse effect.

CLINICAL ASSESSENT CRITERIA

Assessments were done on following parameter before, during and after treatment.

(a) Subjective Criteria:-

1. *Raktashrava* (Bleeding P/R)
2. Protrusion of pile mass (Gradation)
3. *Srava* (Discharge)
4. *Guda kandu* (Perianal itching)

Statistical Analysis

For the purpose of statistical analysis, the mean and standard deviation of each sign and symptoms before treatment was compared with the mean and standard deviation after treatment. The significance is discussed on the basis of Mean, S.D., S.E., P-value applying paired T- test.

Level of Significance



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P value ≤ 0.01 – Statistically highly significant, P value ≤ 0.05 – Statistically significant, P value ≥ 0.05 – Statistically non significant.

Effect of Therapy:-

Marked improvement -More than 75% relief .

Moderate improvement- 51% to 75% relief .

Mild improvement -25% to 50% relief.

No improvement - Less than- 25% relief .

Presentation of data: - All collected clinical data were compiled, processed, statistically evaluated then results were interpreted.

RESULTS AND OBSERVATIONS

In this study, male patients were more in number [Table 1].

Table 1 Gender of patients (n = 12)

Sex	No. of patient	Percentage
Male	10	83.3%
Female	2	16.6%

Maximum incidences of *Arsha* were observed in patients of *Pittaja Prakriti*, i.e., *vatapittaja* (50%) and *kaphapittaja* (33.33%), as per [Table 2]. Bleeding was directly related with *Pitta Dosha*, so more incidence of *Arsha* had been found in *Pitta pradhan Prakriti*. In, [Table 3] the breakdown of the signs and symptoms according to the number of cases is shown. There are maximum patients (91.6%) of *raktasrava* (P/R bleeding) as it was the cardinal symptom of *Arsha* and *Shrava* (mucous discharge was 50%), Itching were 33.3%), Protrusion (spontaneous reduced) was observed 83.3%) in the form of symptom found in the patients. In [Table 4] maximum numbers (87.5%) of pile mass were observed in the 2nd degree and minimum numbers(12.5%) was observed in

1st degree. In [table 5] maximum number of pile masses was situated in 7 O'clock position (41.6%) and minimum number of piles masses was located at 3 o'clock position (25%). Table 6 shows the overall results; markedly improved result were 79.1% of patients, whereas 16.6% of patients showed moderate improvement and 4.1% patients had shown improvement.

Table 2 Prakriti of patients (n = 12)

Prakriti	No. of patient	Percentage
vattapitta	6	50%
vattakapha	2	16.6%
Kaphapitta	4	33.3%

Table 3 Symptoms and signs according to the number of patients (n = 12)

Symptoms	No. of patient	Percentage
Bleeding	11	91.6%
Discharge	6	50%
Itching	4	33.3%
Protrusion(s) spontaneous reduced)	10	83.3%

Table 4 Degree of pile masses (n = 24)

Degree	No. of piles masses	Percentage
1 st Degree	3	12.5%
2 nd Degree	21	87.5%
3 rd Degree	0	0%

Table 5 Clockwise position of pile masses (n = 24)

Position	No. of pile masses	Percentage
3 o'clock	6	25%
7 o'clock	10	41.6%
11 o'clock	8	33.3%

Table 6 Percentage of relief(n= 24)

% of relief	No. of piles masses	Percentage
≤ 75	19	79.1%
$\leq 51-75$	4	16.6%
$\leq 25-50$	1	4.1%
≤ 25	0	0%

[Table 7] shows that *pratisarniya kshara* application therapy provided 96.4% relief in *raktasrava* and was observed to the 86.3% relief



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in discharge, whereas 100% relief in itching, while statistically highly significance significant.
78% relief in protrusion which was found

Table 7 Results of *pratisarniya kshara* application therapy

SYMPTOMS	MEAN		IMP% Results	SD (±)	SE (±)	T value	P value
	BT	AT					
Bleeding	2.25	0.08	96.4%	0.83	0.24	8.99	≤ .00
Discharge	1.83	0.25	86.3%	0.66	0.19	11.72	≤ .00
Itching	0.33	0.0	100%	0.49	0.14	0.80	≤ .00
Protrusion	0.75	0.16	78%	0.65	0.18	3.02	≤ .00

In some patients, burning sensation was observed during and after the *Pratisarniya kshara* application, which was managed by local application of *Yashtimadhu ghrita*. Some patients complained of watery discharge and slight oozing of blood after the application of kshara, which was self-controlled, in due course of time.

DISCUSSION

Most of the patients have a lower economic status, which may be due to their poor eating habits. It is also observed that labor class patients were more affected because of their style of work like sitting in *utkatasan*. Which leads to vitiation of *apan vayu* and prominent etiological factor for causing *Raktarsha*. Tobacco addiction was noted in most of the patients and this was responsible for developing the *Agnimandya* which was also one of the causative factors for *Raktarsha*. The *Agnimandya* was found in 60% of patients and this proved again the observation of the learned writer of the *Astang Hridaya*, i.e. Vagbhata.

This hypothesis has been further proved by the concept of *koshtha* and total 53% patients were found with *mrudu koshttha*. It was also possible due to the weakness of *agnibala*. Family history of *Arsha* was found in 47% of patients, which was

another important hereditary causative factor. Symptoms of *Arsha* like bleeding per rectum, *gudasrava*, *gudakandu*, *protrusion* (spontaneously reduces) etc., subsided by treatment with *pratisarniya kshara* (local application on *Arsha*), satisfactorily. Kshara has properties of mainly *chhedan*, *bhedhan* and *lekhan*, and by these properties, *kshara* produced shrinking effect on pile masses. *Gudadaha* also subsided. *Daha* is caused due to vitiation of *Pitta* and *Rakta* dosha having *Amla* (acidic) property, which gets neutralized by *Lavana anurasa* of *Kshara*. Statistical analysis also proves that *Palasa kshara karma* has a significant effect in 1st degree and 2nd degree of piles, whereas insignificant result was obtained in 3rd degree piles.

CONCLUSION

It can be concluded that the pile masses shrunk out with *Pratisarniya(Palasa)kshara karma*, without complete disappearance of pile masses. Hence, it could be stated that *Pratisarniya(Palasa)kshara karma* was an effective method for the treatment of 1st and 2nd degree piles. The important notable point was a mild pain with a persistent burning



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sensation for 3-4 days and no other adverse effects were seen after the treatment.

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