



Case Study

AN EFFECTIVE MANAGEMENT OF ARSHA (II DEGREE HAEMORRHOIDS) BY TEEKSHNA KSHAR PRATISARANA

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ABSTRACT

Arsha, commonly known as haemorrhoids, is a prevalent medical condition characterized by dilated blood vessels in ano rectal region and they can cause bleeding, pain, mucous discharge, discomfort etc. The primary causes of *Arsha* include increased pressure on the rectal veins, commonly attributed to chronic constipation, prolonged sitting, and straining during bowel movements. Genetic predisposition and certain lifestyle factors, such as a sedentary lifestyle and low fiber diet, can also contribute to the development of haemorrhoids. *Arsha* requires a surgical technique in modern treatment, such as haemorrhoidectomy, rubber band ligation, and so on, but after sometime of excision there is great possibility of reappearance of the disease. But in Ayurveda, fourfold management of *Arsha* has been indicated viz., *Bheshaja*, *Kshar karma*, *Agni karma* and *Shashtra karma* according to chronicity and presentation of the disease. In this case study, a 40 years old female patient presented with complaints of some mass coming out during defecation, bleeding, pain and mucous discharge while passing stool to the Shalya OPD, Rishikul Campus, Uttarakhand Ayurved University Haridwar. The patient was treated successfully with *Kshar karma* application. The pile mass, per rectal haemorrhage and mucous discharge was gone in 7 days and the patient was free of all symptoms within 15 days. The findings revealed that there are maximum advantages which are shared in this case study.

INTRODUCTION

Acharya Sushruta has considered *Arsha* as one among the *Ashtamahagada* (Eight grave diseases).^[1] According to *Acharya Vagbhata*, when muscle like fleshy projections kills a man like an enemy and creates hinderance in *Guda marga* (ano rectal passage) is called *Arsha* (haemorrhoids)^[2]. Haemorrhoids may be defined as vascular engorgement of the haemorrhoidal plexuses in the submucosa of anal canal beneath the mucocutaneous lining. It is very common disease of anal canal, which affects both sexes.^[3] *Arsha*, commonly known as "haemorrhoid" is frequently used to describe the pathological varicosity of the

hemorrhoidal vein as a result of increased pressure. A hemorrhoidal venous plexus and an unusually misplaced, larger anal cushion with a prolapsed or inflamed pile mass.^[4] This condition can cause bleeding, mucous discharge, pain and discomfort. Prolonged periods of sitting or standing, straining during defecation or micturition, obesity, disturbed life style or daily routines, improper or irregular diet intake, pregnancy and a sedentary lifestyle etc. It leads to the derangement of *Jatharagni*, vitiating *Tridosha*, specially *Vata dosha*.^[5] These vitiating *Doshas* localized in *Guda vali* and *Pradhana dhamani*.^[6] which subsequently vitiate *Twak*, *Mansa*, and *Meda dhatus* because of *Annavaha srotodushti*, which results in the development of *Arsha*.^[7] It can be classified into two main types: Internal and External. Internal haemorrhoids develop inside the rectum, while external ones occur under the skin around the anus.^[8] Understanding the causes, symptoms, and available treatments for *Arsha* is crucial for individuals seeking

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relief from this condition. With proper medical guidance and lifestyle adjustments, dietary modifications, managing haemorrhoids is feasible, allowing individuals to regain their comfort and quality of life. In more severe cases, medical procedures such as rubber band ligation, sclerotherapy or surgical interventions may be necessary.^[9] In Ayurveda *Acharya Sushruta* described four treatment modalities for managing *Arsha* viz., *Bheshaja*, *Kshar karma*, *Agni karma* and *Shashtra karma* according to chronicity and presentation of the disease.^[10]

Among these, *Bheshaja chikitsa* and *Kshar karma* have excellent outcomes in the approach towards *Arsha*. *Kshar* is a caustic chemical, alkaline in nature, derived from medicinal plant ashes. The effect of *Kshar karma* is highly commended, it can replace the *Shashtra karma* as it does the functions of *Chedana*, *Bhedana*, *Lekhana Karmas* without using *Shastras*.^[11] *Kshar Karma* can be utilised efficiently in individuals who are afraid of surgery as a complement for surgical operations.

Case Study

Personal History

Diet	Mixed
Appetite	Normal
Bowel	Constipated
Micturition	Regular, 8-9/0, Day/Night
Thirst	Normal
Sleep	Disturbed
Addiction	No

General Examination

GC	Fair
Built	Medium
Weight	80kg
Height	5'5 ft
Blood pressure	110/78 mm hg
Pulse	84/min
Respiratory rate	17/min
Pallor	Present at palpebral conjunctiva
Icterus	Not present at bulbar conjunctiva
Cyanosis	Not present
Clubbing	Not present
Oedema	Not present
Lymphadenopathy	Not present

DRE Findings

- **Perianal region** - NAD
- **Sphincter tone** - Increased
- 2nd degree internal haemorrhoids present at 3, 7, 9 & 11 o'clock position along with anal papilloma at 7 o'clock position.

Investigations Done

CBC, ESR, BT, CT, KFT, LFT, RBS - Within normal limit.

HIV, HCV, HBsAg - Non-reactive

A 40 years old married female from Bulandshahar, U.P. presented with complaints of a mass coming out during defecation with periodic bleeding per anus for 3 years. Mass was spontaneously reducible and bleeding was profused and bright red in colour. She also had a complaint of mucous discharge and pain during defecation in the perianal region for the past three years. Pain persisted for several hours after defecation. Patient had a history of constipation since last 3 years. Following detailed history and per rectal examination the case was diagnosed as II-degree internal haemorrhoids at 3, 7, 9 and 11 o'clock position along with anal papilloma at 7 o'clock position. The patient was homemaker.

Past History: Not any history of HTN, DM, Thyroid or any other major illness.

Family History: Not any relevant family history.

Treatment History: Ayurvedic and allopathic medication for the same problem for 2 years [no documentations are available].

Surgical History: No relevant history

MATERIALS AND METHODS

Poorva Karma

Materials used are as follow

- Sterile gloves
- Betadine solution
- Sprit solution
- Sponge holding forceps
- Sterile swabs
- Cut sheet

- Towel clips
- Local anesthesia - 2% Xylocaine with ADR
- Disposable syringes – 5ml and 10ml
- Xylocaine jelly 2%
- Spatula
- Artery forceps
- Slit proctoscope
- *Apamarga Kshar*
- *Nimbu Swaras*
- *Yashtimadhu Ghrita*
- *Jatyadi Oil*
- Plain rubber catheter 7 or 8 no.
- Sterile cotton pads
- Informed and written consent was taken.

- Bowel preparation was done.
- Inj. TT 0.5ml I/M.
- Xylocaine 0.5ml (2%) sensitivity.

Pradhan Karma

Patient was lied down in lithotomy position. Painting and draping were done. Digital rectal examination and anal dilation was done using xylocaine jelly (2%). Under local anaesthesia, *Apamarga pratisarneeya kshar* application was done and washed with *Nimbu swaras*. After achieving *Pakwa Jambuphala varna*, application of *Yashtimadhu churna* with *Goughrita* is done. Post-operatively, oral analgesics only during pain and Ayurvedic medications were administered for seven days.

Paschat Karma
For Internal use

Drug	Dosage	Anupana
<i>Pranda Gutika</i>	2BD	<i>Sukhoshna jala</i>
<i>Arshoghni vati</i>	2BD	<i>Sukhoshna jala</i>
<i>Triphala Guggul</i>	2BD	<i>Sukhoshna jala</i>
<i>Triphala Churna</i>	5gm HS	<i>Sukhoshna jala</i>

For External Use

1	Warm sitz bath	Twice a day
2	<i>Jatyadi taila</i> 3ml per rectal	Twice a day



Fig.1 Pile mass and anal papilloma before treatment



Fig.2 Application of *Apamarga kshar*



Fig.3 *Pakwa Jambuphala Varna*



Fig.4 After treatment on 15 days

RESULTS

The pile mass, anal papilloma, bleeding, pain and mucous discharge was gone in 7 days and the patient was free of all symptoms within 15 days. At 21st day, there was no pile mass and anal papilloma observed during per rectal examination.

DISCUSSION

According to the disease presentation and chronicity, *Acharya Sushruta* recommends four different forms of treatment for *Arsha: Bhesaja, Kshar karma, Agni karma, and Shastra karma*. Two highly popular treatments for haemorrhoids, *Kshara sutra* therapy and *Kshara karma*, were developed on the solid basis of *Ayurvedic Samhitas*. Internal haemorrhoids and those of the first and second degree are the main conditions that *Kshara Karma* treats. *Apamarga pratisarneeya teekshna kshar* participated in this study. Local anaesthesia was used for the *Kshara karma* procedure. *Kshara* was applied to the entire pile mass for 100 *Matra kal*. The pile masses colour changed to *Pakwa jambuphala varna*. *Kshara* affects haemorrhoids by its two *Ksharana* and *Stambhana guna*. The *Ksharana guna* (corrosive nature) cauterizes the pile mass directly resulting into necrosis of tissue. The necrosed tissue sloughed out in 3-7 days and then fibrosis and scar formation with obliteration of haemorrhoidal vein occurs. This results into decrease in the size of pile mass and *Stambhana guna* stops the bleeding of pile mass.

CONCLUSION

The tissue becomes fibrosed and scar formation seen. The haemorrhoidal vein obliterates permanently and there is no recurrence of haemorrhoids.

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