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Review Article

LITERATURE REVIEW ON *PRATISARANEEYA KSHARA* IN THE MANAGEMENT OF *ARSHA* (HAEMORRHOIDS) BY ACHARYA SUSHRUTA

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ABSTRACT

Arsha (haemorrhoids) is commonest anorectal disorder affecting a large portion of the population and is characterized by engorgement and prolapse of superior haemorrhoidal venous plexus. In Ayurveda, *Arsha* has been classified as a *Tridoshaja Vyadhi* and *Acharya Sushruta* has placed it among *Ashta Mahagada* in *Sushruta Samhita*. In modern science various treatments are used e.g., conservative measures, non-operative procedures and operative procedures. *Acharya Sushruta,* Father of surgery, was first to describe *Kshara* in *Sushruta Samhita* in an elaborated manner. He has described *Bhesaja*, *Kshara*, *Agni* and *Shashtra Karma* for treatment of *Arsha*. Among the various treatments described *Pratisaraneeya Kshara Karma* (alkaline cauterization) is considered as highly effective and minimally invasive para-surgical procedure for the treatment of haemorrhoids. It offers an alternative way to conventional surgery with lesser complications and minimal chance of recurrence. This research article explains and review about *Pratisaraneeya Kshara* usage in the treatment of *Arsha* given by *Acharya Sushruta*.

INTRODUCTION

Arsha is one of the commonest anorectal diseases and is placed among *Ashta Mahagada*[1] by *Acharya Sushruta*. Ayurveda describes *Arsha* not only as a local pathology but also as a systemic disorder caused by *Doshic* imbalance and impaired digestion (*Agni Dushti*). Acharya Sushruta is known as the father of surgery and in Sushruta Samhita, he has explained etiology, sign and symptoms, classification, etc. in *Nidan Sthan* in chapter 2 (*Arshasaamnidan*). He has explained various mode of treatment of *Arsha* along with its prognosis in *Chikitsasthan* chapter 6 (*Arshasaamchikitsitam*). Since *Arsha* occurs in *Guda* region which is a *Marma*, so it also shows that *Arsha* are difficult to treat. *Acharya Sushruta* has given four types of treatment for *Arsha* which include *Bhesaja Chikitsa*, *Kshara Chikitsa*, *Agni Chikitsa* and *Shastra Chikitsa* [2].

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Kshara is a caustic material which is alkaline in nature and produced from the ashes of medicinal plants. In *Sushruta Samhita*, *Kshara* is described in the category of *Anushastras* or *Upayantras*. It is a delicate surgical method as compared to *Shastrakarma* and *Agnikarma*. It is superior to all sharp and subsidiary instruments due to having *Chhedana*, *Bhedana* and *Lekhana* properties and treating disorders of *Tridoshaja. Acharya Sushruta* has described *Kshara* in detail in Chapter 11 of the *Sutra Sthana* in *Sushruta Samhita*. He has described types, method of preparation of *Kshara*, indications, contraindications, properties, benefit and drawbacks of *Kshara* in this chapter.

Need of Study

There is need to review on *Pratisaraneeya Kshara* in management of *Arsha* as there is high prevalence rate of *Arsha* (hemorrhoids) in India, Nearly 50% of male and female have problem with hemorrhoid at some point in their lives[3], Most of the procedure used in treatment of *Arsha* are having complications, costly along with chance of recurrence. There is also advantage of *Pratisaraneeya Kshara Karma* in *Arsha*, as mentioned in text, that it is less painful, having less chances of bleeding, anal

incontinence, requires minimal hospitalization, pocket friendly and shows no recurrence.

All the contents related to *Arsha* & *Pratisaraneeya Kshara* have been reviewed by author so that it can help to find better way to treat *Arsha* without having complications and recurrence.

AIMS AND OBJECTIVES

To review and evaluate the properties of *Pratisaraneeya Kshara* in the management of *Arsha* (haemorrhoids) by *Acharya Sushruta*.

Disease Review

Definition: According to *Acharya Sushruta*-Sprouts of muscles inside *Gudavali* (folds of the rectum) are called *Arshas* (pile mass). Sprouts of muscle localized in *Medhra* (penis), *Yoni* (vagina), *Nabhi* (Umblicus), *Karna* (ears), *Akshi* (eyes), *Ghrana* (nose), *Vadana* (mouth) are also called as *Arsha*[4].

Nidana-In persons who are not self-disciplined (with regard to foods and life style) who give way to things which aggravates the *Dosas* such as use of incornpatible foods, over-eating, more of copulations, sitting on one's heels, riding on animals, suppression of the urge etc. produce sprout in *Gudavali* called as *Arsha*. specially in persons who have *Mandagni* (weakness of digestive power). These sprouts grow in size due to contact (friction) by grass, sticks, stone pebbles and lumps of cloth etc or by touch of cold water[5].

Poorvrupa* and *Roop- *Anna Ashraddha*, *Gudaparikartan*, *Sakthi Sada*, *Pandu Ashanka* etc are *Poorvrupa* of *Arsha*. According to *Acharya Sushruta*, *Vataja Arsha* are *Shushka* and *Kadambapuspa* like. In case of *Pittaja Arsha*, the shape is compared with parrot beak, liver and the mouth of leech. *Kaphaja Arsha* are similar with the seeds of jackfruit, *Karira* etc. *Raktaja Arsha* is compared with pearl[6] etc. In case of *Raktaja Arsha*, it is stated that the hot blood will be expelled quickly due to pressure imposed by hard faecal matter towards the vessels in anal canal. *Vataj Arsha* shows *Kati Shula*, *Medhra Shula*, *Nasa Shula*, *Nabhi Shula*, *Parshva Shula*, etc. *Pittaj Arsha* shows *Daha* as local symptom and *Kaphaj Arsha* shows *Kandu* as local symptom. *Vishesa Roopa* are explained as per *Doshic* features.

***Kshara* Review**

The word *Kshara* was used for the first time in the *Upanishad*. In all *Ayurveda Samhita Kshara* has been described for various diseases. *Acharya Sushruta* was first to describe details of *Kshara* in a separate chapter in *Sushruta Samhita*. *Acharya Sushruta* has classified *Kshara* into two types- *Paniya Kshara* (to be drunk) and *Pratisaraneeya Kshara*[7] (to be applied on external surface). *Acharya Sushruta* has indicated use of both *Paneeya* and *Pratisaraneeya Kshara* in *Arsha*.On the basis of severity of disease, *Pratisaraneeya Kshara* is again divided into three categories as *Samvyuhima*, *Madhyama* and *Pakya*[8]. *Samvyuhima* (*Mridu*) *Kshara*, *Madhyama Kshara* and *Pakya* (*Tikshna*) *Kshara* are alkali of mild, moderate and strong potency respectively. *Acharya Sushruta* has clearly mentioned use of *Kshara* in the *Arsha* which are soft, extensive, deeply seated and projecting in nature[9].

Characteristics of good quality *Kshara*

Naatiteekshna, Naatimridu, Shukla, Slakshna, Picchila, Avishyandi, Shivam, Sheeghrakari[10]

Characteristics of poor quality *Kshara*

Atimridu, Atishweta, Atiushnataa, Atiteekshnataa, Atipicchila, Ativisarpitaa, Ati sandrataa, Apakvataa, Heena dravyataa, Ati tanu[11]

Chemical constituents of *Kshara*

Herbal ashes usually constitute sodium carbonate, potassium carbonate, calcium oxide, magnesium and silica. Chemical composition of *Kshara* in the book- "Indian Tradition of Chemistry and Chemical Technology" includes-

1. Herbal ashes usually constitute sodium carbonate, potassium carbonate, calcium oxide, magnesium and silica.
2. Sodium hydroxide (NaOH) and potassium hydroxide (KOH) sustain in filtrate which can be further concentrated by boiling to various extents.

Since *Apamarga Kshara* is most commonly used *Kshara* in present time practice, this study emphasizes on review of characterstic features of *Apamarga Kshara*.

Physical properties of *Apamarga Kshara*[12]

- Off white alkaline preparation
- Fine powder, which can pass through sieve number 100
- Hygroscopic action
- Faint in odour
- Saline in taste
- Freely soluble in water

Identification: An aqueous solution possesses the reactions characteristic of sodium and potassium.

Physio-chemical parameters

Loss on drying at 110-degree Temp Not > 4%

Acid- insoluble ash: Not >1%

pH (10%aquous solution) 10-11

Assay:

Sodium: Not < 4%

Potassium: Not < 29%

Iron: Not <1.2%

MATERIAL AND METHOD

Various types of *Pratisaraneeya Kshara* are available e.g. *Yavakshara*, *Apamarga Kshara*, *Palasha Kshara*, *Nimba Kshara* etc. They are prepared according to classical method described in Ayurveda. *Samvyuhima Kshara* is prepared without adding any *Prativaap* (paste of other drug) while *Madhyama Kshara* and *Pakya Kshara* are made by adding *Prativaap* of *Shankhnabhi* etc. and *Prativaap* of *Danti*, *Chitraka* etc. respectively during *Kshara* preparation[13]. *Acharya Sushruta* has described total 26 medications for the preparation of various type of *Pratisaraneeya Kshara*. In this study *Pratisaraneeya Kshara* has been selected for literary review for the management of *Arsha* (hemorrhoids) by *Acharya Sushruta*.

Method of preparation *Pratisaraneeya Kshara*

The *Panchanga* of *Apamarga* should be collected and dried up. It should be burnt and ash should be collected. Now it should be mixed with six times of water and then filtered 21 times. Filtrate should be heated until it is reduced to 2/3rd of its original quantity. Now red-hot *Shukti* to be add it into filtrate solution and stir it continuously until it becomes 1/3rd of its original quantity. It is *Madhyam Pratisaraneeya Kshara*. If we add *Chitrak Kalka* into it and further heated it, then it is called as *Teekshana Apamarga Pratisaraneeya kshara*. It should be collected in tightly closed containers and protected from light and moisture[14].

Apamarga

Shukti

Apamarga panchanga

Burning of *Apamarga panchanga*

Filtration process

Pratisaraneeya Kshara

Method of application

After following all preoperative measures, *Kshara* should be applied on *Arsha* with the help of *Darvi*, *Kurcha* or *Shalaka*. As soon as the *Kshar* is applied, cover the opening in *Arshoyantra* by hand upto the counting of one hundred numbers. The *Kshara* should not be applied when *Arsha* colour seems like the colour of ripe *Jambu* fruit (reddish black) and its size get depressed and it get shrivelled. Now *Kshara* should be cleaned from *Arsha* with the help of *Kanji*, *Dadhi*, *Sukta* or citrus fruits juice. The pile mass should be pacified by applying *Ghrita* mixed with *Madhuka* and after that all instrument should be removed[15] and post operative measures should be followed.

RESULT

It causes coagulation of Hemorrhoid plexus i.e., cauterization of haemorrhoidal plexus along with its necrosis followed by fibrosis, adhesion of mucosa and submucosa to overlying muscular coat which causes

permanent radical obliteration of Hemorrhoids and further helps in inhibition of dilatation of haemorrhoidal veins. Size of pile mass might be reduced due to *Chhedana* (excision), *Bhedana* (cutting), *Pachana* (ripening), *Vilyana* (liquification), *Shoshana* (fluids absorbing), *Lekhana* (scraping), *Shodhana* (purification) and *Ropana*[16] (healing) properties. *Pratisaraneeya Kshara* also having *Ksharana*[17] (destroying) and *Tridoshnashana* quality. Healing of the *Pratisaraneeya Kshara*-treated pile mass occurs in minimum of 14-21 days.

DISCUSSION

Although in modern science, various treatments are used e.g., conservative measures, non-operative procedures and operative procedures to manage haemorrhoids but till today no single method is definite cure to haemorrhoids. Surgical procedures are not free from complications, costly and do not prevent recurrence while conservative methods are not sufficient to prevent the disease. In Ayurveda, *Arsha* is described as *Tridosaja Vyadhi* and *Acharya Sushruta* has placed *Arsha* among *Ashta Mahagada*, therefore it needs specific treatment. Such effective treatment of *Arsha* is performed by *Pratisaraneeya Kshara* which was given in detail in *Sushrut Samhita*. *Pratisaraneeya Kshara* balances vitiated *Doshas* due to its *Tridoshnashak* properties as made up of combination of many drugs. *Chhedana* and *Bhedana* properties are due to *Prabhava*. Since it is predominantly made up of *Agneya* (fiery nature) drugs, so causes *Pachana*, *Vilyana*, *Shoshana*, *Lekhana*, *Shodhana* and *Ropana* of *Arsha* on local application. It causes decrease in size of pile mass due to its *Ksharana* quality. Thus, due to all above qualities, *Pratisaraneeya Kshara* cures *Arsha* and produce relief in sign and symptoms of *Arsha* without producing any adverse effect.

CONCLUSION

Arsha is commonest among anorectal disease. in spite of advancement of various methods in anorectal surgery, no definite conservative or surgical method is available to cure haemorrhoids successfully without any complication and recurrence. *Acharya Susruta* has described the whole anal canal anatomy along with description of *Arsha*. The characteristic features of internal haemorrhoids e.g. bleeding per rectum, pain etc., can be correlated with *Raktaja* and *Pittaja Arsha*. *Acharya Sushruta* has described that *Pratisaraneeya Kshara* can be used as *Madhyam Kshar* or *Teekshana Kshar* in *Arsha* treatment. It reduces size of pile mass due to *Chedana*, *Bhedana*, *Lekhana*, *Pachana*, *Vilayana*, *Shodhana*, *Shoshana* properties of *Kshara*. Thus, it can be concluded that *Pratisaraneeya Kshara* is effective in managing bleeding per rectum, pain, burning, reduction in size of the pile mass and is an affordable para surgical procedure which has a low recurrence rate, less recovery duration, and minimal hospital stay requirement. Its ability to excise, cauterize, and heal simultaneously makes it a unique and holistic approach. With proper expert skills, *Pratisaraneeya Kshara Karma* can serve as a highly reliable alternative to surgical interventions for haemorrhoids.

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