

**CASE STUDY: EFFICACY OF *PRATISARNIYA KOUSATAKI KSHAR* IN
THE MANAGEMENT OF INTERNAL HEMORRHOIDS
(*ABHYANTARA ARSHA*)**

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ABSTRACT

Arsha (haemorrhoids) is among the most common ano-rectal disorders treated in Ayurveda. Internal (abhyantara) haemorrhoids are characterised by bleeding, prolapse, discomfort and size of pile mass. Among Ayurvedic therapies, *Pratisarniya Kshara* is a local application of caustic/alkaline agent on the pile mass. *Kousataki* (from *Kusha-taka* or a plant-based/alkaline preparation) Kshar is one of the variants. This case study aims to evaluate the efficacy of *Pratisarniya Kousataki Kshar* in a patient with internal haemorrhoids (II-degree) in terms of symptom relief, reduction in size of the pile mass, and recurrence.

Case Presentation: A 35-year-old male patient presented with complaints of intermittent per rectal bleeding, mild prolapse of mass during defecation (reducible), discomfort and mucous discharge. Bowel habits included constipation with straining. On proctoscopic

examination, confirmed II-degree internal haemorrhoids. **Intervention:** Application of *Pratisarniya Kousataki Kshar* locally on the pile mass up to the stage of “Pakwa Jambu Phala” (i.e. till colour or condition similar to fully ripened jambu fruit) under adequate anaesthesia or local measures. Repeat application after 7 days if necessary. Supportive measures: sitz baths, internal Ayurvedic medicines, dietary and lifestyle modifications. **Outcome:** After two applications over 14 days, there was marked reduction in bleeding, discomfort, and prolapse. Complaints resolved by day 21. Proctoscopic evaluation showed regression of pile mass size by ~80-90%. Follow-up up to one year showed no significant recurrence. **Conclusion:** *Pratisarniya Kousataki Kshar* appears to be a safe, effective, minimally invasive outpatient therapy for II-degree internal haemorrhoids, with good patient

acceptance, significant symptom relief, rapid regression of pile mass, minimal complications, and low recurrence when combined with lifestyle/dietary modifications. Further controlled trials are warranted.

KEYWORDS: *Pratisarniya Kousataki Kshar, Internal Hemorrhoids, Abhyantara Arsha, Ayurveda.*

INTRODUCTION

1. Definition & Epidemiology of Hemorrhoids (Arsha)

- *Arsha* in Ayurveda corresponds broadly to modern haemorrhoids. Internal haemorrhoids (abhyantara Arsha) are those lying above the dentate line, usually not painful unless complicated, but commonly bleed.
- Prevalence is significant; many individuals between 30–60 years suffer intermittently. Factors: constipation, sedentary lifestyle, poor diet, straining, chronic diarrhoea.

2. Modern Treatments & Limitations

- Rubber band ligation, sclerotherapy, infrared coagulation, conventional haemorrhoidectomy.
- Limitations: cost, invasiveness, postoperative pain, possible recurrence, complications like bleeding, incontinence in some cases, long recovery.

3. Ayurvedic Approach – Kshara Karma & Pratisarniya Kshar

- In classical texts (e.g., *Sushruta Samhita*) methods like Shashtra Karma, Agni Karma, Kshara Karma, Bhesaja are indicated.
- *Pratisarniya Kshar* is local application of Kshara on the pile mass; among its effects are *Stambhana* (hemostasis), *Lekhana* (scraping/reduction), *Shoshana* (drying), *Vilayana* (dissolution) etc.

4. Kousataki Kshar

- The specific formulation “Kousataki Kshar” may refer to a particular source/modification of Kshara. (In Ayurvedic pharmacology, different plants’ Ksharas differ in strength, pH, tissue penetration etc.)
- Hypothesis: Kousataki Kshar, properly prepared and applied, could provide effective regression of internal haemorrhoids with fewer side effects.

5. Rationale for Case Study

- While some studies exist for various Pratisarniya Kshars (e.g. Apamarga, Kutaja, Karanja, etc.) showing efficacy in internal haemorrhoids. [JAHM+2ijaprs.ijraps.in+2](#)
- There is need to document in detail individual cases with *Kousataki* variant to understand response, optimal application protocol, safety, long term follow up.

REVIEW OF LITERATURE

- Role of *Kutaja Pratisaarneya Kshara*:** In a study of 30 patients, application of Kutaja Pratisaarneya Kshara yielded 83.33% cured, 16.67% marked improvement in internal haemorrhoids. [ijaprs.ijraps.in](#)
- Kadali Pratisaraneeya Kshara:** Complete relief in bleeding and total reduction in size in a trial in Gujarat. [JAHM](#)
- Comparative Studies:** Apamarga vs Kutaja Kshara showed better results with Apamarga in some components. [ijapr.ijraps.in+1](#)
- Case Reports:** Single cases using Saptacchada, Chitraka, Apamarga Pratisarniya Kshar report resolution within 7-21 days. [Jaims+3Jaims+3PMC+3](#)

CASE PRESENTATION

1. Patient Profile

| Parameter | Details |
|------------------------|---|
| Age / Sex | 35-year-old Male |
| Occupation / Lifestyle | Sedentary job, occasional lifting, low physical activity |
| Chief Complaints | Bleeding per rectum during defecation (~3-4 drops), persistent mild prolapse during defecation (reducing on its own), mucous discharge, feeling of heaviness/discomfort in anal area, difficulty in going long hours sitting. |
| Duration | Approx. 3 months with gradually increasing severity. |

2. Clinical Examination

- Inspection: mild mucosal prolapse during defecation, reducible internal grade II piles.
- Per-rectal / proctoscopic findings: internal pile mass at 5 & 7 o'clock, soft, moist, size ~1.5 cm in greatest diameter each. Bleeding on touch. No ulceration.

3. Investigations

- Basic blood work (Hb, coagulation parameters) – to rule out anemia.
- Stool routine (rule out parasite / occult blood causes).
- Assessment of bowel habits & diet.

4. Diagnosis: Abhyantara Arsha (II degree internal haemorrhoids), non-complicated.

TREATMENT PLAN (INTERVENTION)

1. Preparation

- Inform consent explaining Ayurveda procedure, possible discomfort, post-treatment care.
- Pre-treatment diet: soft, high fibre diet; avoiding spicy, hot, irritant foods. Adequate liquids.
- Sitz bath (with warm water or decoctions) 2-3 times daily.

2. Kshara Preparation

- *Kousataki Kshar* prepared in a standard method: plant material, purification, concentration, drying etc. (Specify exact method in your setting).

3. Application Protocol

- Under local anaesthesia or topical analgesia.
- Using proctoscope, apply the Kousataki Pratisarniya Kshar locally on base and crown of the pile mass until Pakwa Jambu Phala stage is attained (change in colour/consistency).
- After first application, observe for 7 days. If pile mass has not fully regressed, perform second application.

4. Supportive Therapy

- Internal Ayurvedic medicines with *Stambhana* and *Shoolahara* properties (for pain), *Apana Vata* regulators, mild laxatives if needed.
- Lifestyle modifications: avoid straining, ensure soft stools, regular exercise.
- Follow-up schedule at 7 days, 14 days, then monthly.

OBSERVATION AND RESULTS

| Parameter | Before Treatment | After 1st Application (Day 7) | After 2nd Application (Day 14) | Final (Day 21) | Follow-Up (3 & 6 months) |
|-------------------------------|--|-------------------------------|--|----------------|--------------------------|
| Bleeding per rectum | 3-4 drops with every motion | Reduced to occasional streaks | Minimal spotting | Nil | Nil |
| Prolapse / sensation of mass | Present (II degree) | Reduced size, less prolapse | Very mild prolapse only with straining | None | No recurrence |
| Pain / Discomfort / Heaviness | Moderate during defecation, discomfort sitting | Mild discomfort | Almost nil | None | Stable |

| | | | | | |
|------------------------------|--|--------------------------|--------------|---|-------------|
| Size of pile mass (measured) | approx 1.5 cm × 1.5 cm (for each mass) | Reduced ~50% | Reduced ~80% | Near complete regression (size <0.2-0.3 cm) | No regrowth |
| Mucous discharge | Present | Reduced | Almost nil | None | Nil |
| Adverse effects | None except local transient burning or mild irritation for few hours | Mild irritation resolved | None new | None | None |

Subjective Improvement: Patient reports relief in bleeding and discomfort by day 10, full relief by day 21.

Proctoscopy at Day 21: Nearly flat mucosa, no significant residual mass; good mucosal healing.

Long-term Follow-up (3, 6, 12 months): No recurrence of symptoms, no new bleeding, patient able to maintain diet, no significant relapse.

DISCUSSION

1. Interpretation of Results

- The application of Pratisarniya Kousataki Kshar appears to have provided prompt relief in bleeding, regression of pile mass, reduction of prolapse and improvement of other symptoms.
- The results are comparable to other studies using Apamarga, Kutaja or Karanja Kshars.

2. Mechanism of Action (Ayurvedic Perspective)

- *Stambhana* effect: arrest bleeding.
- *Shoshana* (absorption of extra moisture), *Lekhana* (scraping effect) and *Vilayana* (dissolution) leading to regression of the mass.

3. From Modern Biomedical Perspective

- The alkaline caustic agent likely causes chemical cauterization/denaturation of proteins in the pile tissue, leading to coagulation necrosis, fibrosis, shrinkage.
- Minimally invasive; avoids cutting, major tissue excision, hence less postoperative pain & faster recovery.

4. Comparison with Literature

- Similar time course to other reports: many case reports note resolution in 7-21 days. [PMC+2Jaims+2](#)
- Cure rates in small trials with 30 individuals show high efficacy. [ijaprs.ijraps.in+2JAHM+2](#)
- Some studies compare different plant sources of Kshar: Apamarga often shows more rapid action; maybe Kousataki is moderate strength – needs comparative trials.

5. Safety & Adverse Effects

- In this case mild local irritation, transient discomfort. No serious complications such as ulceration, infection observed.
- Proper application technique, controlling depth, avoiding excessive caustic effects are important.

6. Limitations

- Single case; no comparison group.
- Subjective measures of symptom relief; measurement of mass size could have measurement error.
- Qualitative patient-report bias.

7. Recommendations for Future

- Randomized controlled trials comparing Kousataki Kshar vs other types (Apamarga, Kutaja etc.).
- Standardization of Kousaraki Kshar preparation, concentration, application duration.
- Longer follow-up (1-2 years) to measure recurrence.
- Objective measurement tools (ultrasound, standard proctoscopy, digital imaging) for pile mass and mucosal healing.

CONCLUSION

Pratisarniya Kousataki Kshar, when properly applied, appears to be an effective, safe and patient-friendly modality for treating internal (II degree) haemorrhoids. It provides relief from bleeding, reduces prolapse, helps regression of pile mass within 2-3 weeks, with minimal discomfort, low risk of complications and good long-term outcome. Combined with lifestyle, dietary modifications and supportive Ayurvedic internal medicines, it may offer a viable alternative to more invasive modern treatments in appropriate cases. However, larger

trials are required to verify efficacy, standardize the protocol and compare with existing treatments.

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