

CLINICAL STUDY TO EVALUATE THE EFFICACY OF TIKSHANA PRATISARNIYA PALASH KSHARA IN THE MANAGEMENT OF RAKTARSHA W.S.R. TO INTERNAL HAEMORRHOIDS

Vikash Kumar Sahu^{1*}, Ramesh Chand Arya², Kulwant Singh Himaliyan³
and Sudarshan Thakur⁴

¹Assistant Professor, Shalya Tantra Department, Abhilashi Ayurvedic College & Research Institute, Chail Chowk, Distt. Mandi (H.P.)

²HOD, Shalya Tantra Deptt., Major S.D. Singh P.G. Ayurvedic Medical College & Hospital, Farrukhabad (U.P.)

³Associate Professor, Shalya Tantra Deptt, R.G.G.P.G. Ayurvedic College & Hospital, Paprola, Distt. Kangra (H.P.)

⁴Professor, Rasa Shastra & B.K. Deptt., Doon Institute of Medical Science, Sahaspur, Dehradun (U.K.)

Article Received on
01 July 2022,

Revised on 21 July 2022,
Accepted on 11 August 2022

DOI: 10.20959/wjpr202212-25204

*Corresponding Author

Dr. Vikash Kumar Sahu

Assistant Professor, Shalya
Tantra Department,
Abhilashi Ayurvedic
College & Research
Institute, Chail Chowk,
Distt. Mandi (H.P.)

ABSTRACT

The description of the disease *Arsha* in the *Ayurvedic* literature has similarity with the disease 'Haemorrhoids'. *Arsha* is a commonest clinical condition, an *Ayurvedic* practitioner comes across in day to day practice. Haemorrhoids dealt rationally under the concept of *Arsha* and in this study we are especially dealing with *Raktarsha* or internal haemorrhoids. *Ksharakarma* has been indicated for all the variety of *Arsha*. The repeated advocacy of *ksharakarma* by almost all the ancient *Acharyas* have given an inspiration to work on the disease of *Arsha* with the help of *pratisarniya kshara*. *Ksharakarma* intervention was done in the total of 20 patients of internal bleeding haemorrhoids under local anaesthesia. The pile mass and bleeding per anum resolved in 14 days and the patients were relieved from all symptoms within 21

days. The patients were followed up upto 1 month .No complications were reported after the procedure.

KEYWORDS: *Raktarsha*, Internal haemorrhoids, *Tikshana pratisarniya palash kshara*, *Bleeding per anum*, *Ksharakarma*.

INTRODUCTION

The description of the disease *Arsha* in the *Ayurvedic* literature has similarity with the disease 'Haemorrhoids'. *Arsha* is a commonest clinical condition, an *Ayurvedic* practitioner comes across in day to day practice. According to modern surgery, haemorrhoid is varicosity and dilatation of haemorrhoidal veins of anal-canal. Goligher (1975) estimates fifty percent of the people (over the age of fifty) on careful examination may be found to have haemorrhoids. It is mainly a disease of adulthood, with increasing frequency in advancing age. According to *Ayurveda*, *Acharya Sushruta*, the pioneer of surgery, has devoted separate chapter for anorectal disorder viz. *Arsha*. In *Ayurveda*, *Arsha* is the last disease of "*annavahasrotus*". The disease is characterized by one / more *mansakura* in the *guda*. These *mansankuras* ooze out *rakta* and *kaphasrava* with or without *vedana* and *kandu*. The treatment of *Arsha* is considered very difficult and hence it is listed under "*Ashtamahagada*" in all *Ayurveda Samhita*. Haemorrhoids dealt rationally under the concept of *Arsha* and in this clinical study we are especially dealing with *Raktarsha* or bleeding haemorrhoids.

Acharya Charaka and *Acharya Sushruta*, both have described four types of measures for the treatment of *Arsha*. These are *Bhesaja*, *Kshara*, *Agni* and *Sashtra*. *Acharya Charak* has laid more emphases on *Bhaishajya* treatment (medical treatment). Whereas *Acharya Sushruta* stresses more about *Kshara*, *Agni* and *Shastrakarma*. While going through the chapter of treatment of the disease "*Arsha*", it becomes quite evident that *Ksharakarma* has been indicated for all the variety of *Arsha*. The repeated advocacy of *ksharakarma* by almost all the ancient *Acharyas* have given an inspiration to work on the disease *Arsha* with the help of *pratisarniya kshara*. *Kshara* has mainly *Chedana*, *Bhedana*, *Lekhana*, *Sodhana*, *Stambhana*, *Shoshana*, *Ropana* properties so *palash kshara* can be used for the treatment of this disease.

AIMS AND OBJECTIVES

1. To explore the literature about the *Arsha* (haemorrhoids) in modern as well as in *Ayurveda*.
2. To explore literature regarding the *Kshara* in *Ayurveda*.
3. To evaluate the clinical efficacy of *Tikshna Pratisarniya Palash Kshara* in the management of *Raktarsha*.

4. To provide an alternative therapeutic principle to the sufferers of *Raktarsha* through cost effective and less complicated procedure.
5. To standardise the *Ksharkarma* procedure.

Selection of the drug

Tikshana pratisarniya Palash kshara having *Chedana, Bhedana, Lekhana, Sodhana, Stambhana, Shoshana, Ropana* properties can effectively cure the disease.

MATERIAL AND METHODS

A total number of 20 patients were selected for this study, from deptt. Of *shalya tantra* O.P.D. and I.P.D. of R.G.G.P.G. Ayurvedic Hospital Paprola after taking consent. Case selection was random regardless of caste, occupation, religion, and socio economic status etc.

Criteria for selection of patient

Inclusion criteria

- ❖ Patients willing to undergo trial.
- ❖ Patients of either sex between the age 20 to 60 years
- ❖ Patients having the complaints of internal haemorrhoids viz, bleeding per anum, prolapse of pile mass, pain, constipation, discharge and heaviness in anorectal region.
- ❖ The patients were randomly selected irrespective of age, sex, religion, education, socioeconomic status etc.

Following criteria for exclusion

- ❖ Patients not willing to undergo trial or not ready to give informed consent.
- ❖ Patients with uncontrolled systemic disorders like- diabetes mellitus, tuberculosis, uncontrolled hypertension, ischaemic heart disease.
- ❖ HIV and hepatitis B/C positive patients.
- ❖ Patients with any type of endocrinal disorders.
- ❖ Patient with evidence of malignancy.
- ❖ Rectal polyp in association with crohn's disease, ulcerative colitis.
- ❖ Patients contraindicated for *Kshara Karma* therapy like- *Bala, Vridha, Pramehi, Garbhini*.
- ❖ Haemorrhagic disorders.
- ❖ Severe anaemia.
- ❖ Lactating mother.

Method of study: The present study was a clinical study. Most of the study was done in indoor patients of department. This study was carried out in 20 patients.

Trial group-1:- Total 20 patients were included in this group and were given:-Local application of *Tikshana pratisarniya palash kshara* for 2-3 minutes in all patients, the procedure of *Kshara Karma* was given with localanaesthesia (Checked for *Samyakadagdhakshanas*, like *pakvajambuphalvatvarna*) (blackish) followed by *Kshara* was washed out thoroughly from the pile mass with kanji. After that *Yastimadhu churna* + *Ghrita* has locally applied two times a day for 3 to 4 days to overcome the burning sensation.

Procedure of kshara karma



Selection of Haemorrhoidal Mass



Application of Kshara



Pakvajambuphalavata Lakshana
after application of kshara

Duration of trial:- The duration of trial was 14 days. The patients were assessed at an interval of 1 week.

Follow up:- There are total 4 follow-ups after completion of trial with the interval of 7 days.

Patient consent: The purpose of the study, the procedure to be carried out and the potential risks and benefits were explained to the in detail in non-technical terms and in their language. Thereafter their written consent was taken before starting the procedure.

Discontinuation criteria

1. Patient who was discontinued the treatment themselves due to any reason.
2. Patients who did not returned for the final follow ups.
3. Worsening of symptoms if occur.

Ethical clearance: Ethical clearance for conduction of the clinical trial involving human subjects was taken from the IEC before the commencement of trial (No.Ayu/IEC/2017/1142 Dated-01/09/2018).

Criteria of assessment

The patients treated in trial group were assessed by presence or absence of sign and symptoms before and after treatment. Symptomatic relief obtained by the treatment after every 7 days of scoring till the completion of treatment. Results were noted on the basis of marked improvement/moderate improvement/mild/no improvement.

Subjective criteria:- Presence or absence of the symptoms of Arsha(internal haemorrhoids) formed subjective criteria, For making the assessment rational and scientific, the symptoms were given grades according to their severity.

Table no. 1

Parameters	%age relief
Marked improvement	75% to 100%
Moderate improvement	50% to 75%
Mild improvement	25 to 50%
No improvement	<25%

Statistical analysis of data

The data obtained in clinical study before and after treatment was expressed in term of mean, standard deviation (+_SD) and standard error(+_SE). Appropriate test like t-test was applied to observe the significance between before and after treatment. The obtained results were interpreted as follows-

- ❖ Insignificant or not significant (NS) - $p > 0.05$
- ❖ Significant - $p < 0.05$
- ❖ More and very significant - $p < 0.01$
- ❖ Highly and extremely significant - $p < 0.001$

RESULTS

In the present study 20 patients were studied, these patients were treated in single groups. All patients complete the trial. In this group 20 patients were registered for local applications of *Tikshana pratisarniya palash kshara* followed by *Kshara* was washed out thoroughly from the pile mass with kanji. After that *Yastimadhu churna* + *Ghrita* has locally applied two times a day for 3 to 4 days to overcome the burning sensation.

Table no. 2: Cardinal symptoms of assessment criteria found in 20 patients.

Symptoms	No. of Patient	%age
Proctorrhagia	20	100
Haemorrhoidal prolapse	18	90
Pain	5	25
Constipation	15	75
Discharge	0	0
Heaviness & discomfort in ano-rectal region	15	75

Table no. 3: Pre and post treatment assessment.

Parameters	Mean		d	%age Relief	SD \pm	SE \pm	T	p
	BT	AT						
Proctorrhagia (Bleeding per anum)	2.65	0.05	2.6	98.11	0.598	0.134	19.436	<0.001
Prolapse (Arsha Bhransha)	0.9	00	0.9	100	0.308	0.0688	13.077	<0.001
Pain (Vedana)	0.25	00	0.25	100	0.444	0.0993	2.517	0.021
Constipation (Vibandh)	0.85	0.25	0.6	70.58	0.598	0.134	4.485	<0.001
Discharge	00	00	00	00	0.000	0.000	-	0.000
Heaviness & discomfort in anorectal region	0.9	00	0.9	100	0.641	0.143	6.282	<0.001

- ❖ Statistically highly significant relief ($p < 0.001$) was found in proctorrhagia (%age relief=98.11%), prolapse (%age relief=100%), constipation (%age relief=70.58%), heaviness & discomfort in anorectal region (%age relief=100%)

❖ Statistically significant relief ($p < 0.05$) was found in pain (%age relief=100%).

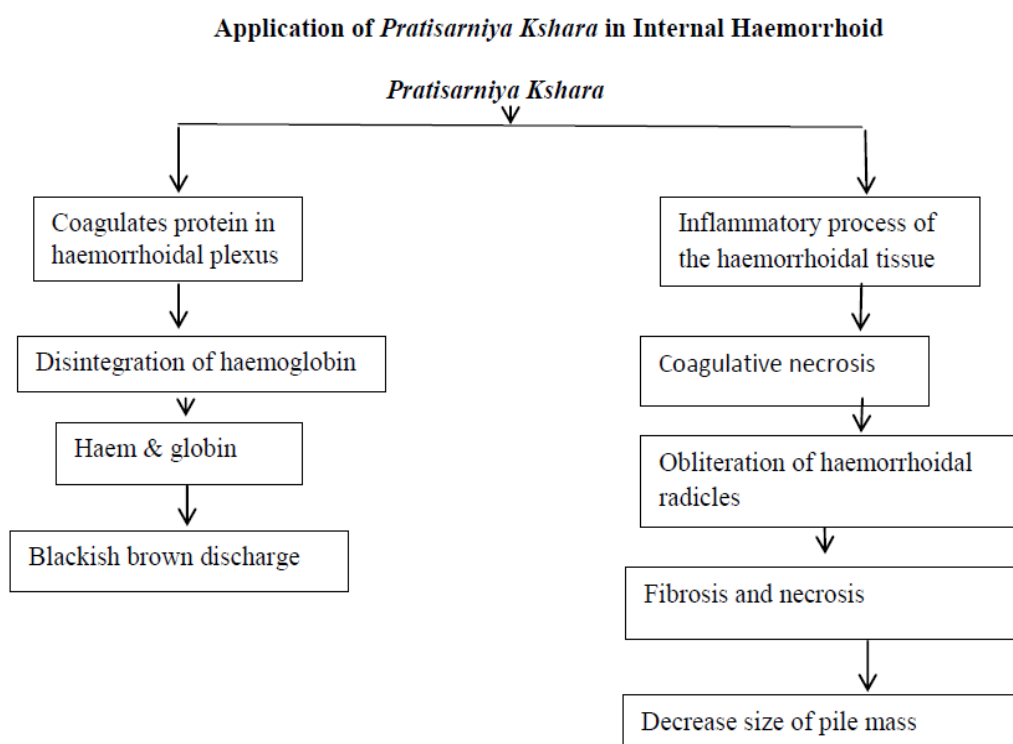
Table no. 4: Percentage of relief of therapy in 20 patients.

Percentage relief	Effects	Number of patients	Percentage
75-100	Markedly improved	18	90
51-74	Moderate improvement	02	10
25-50	Mild improvement	00	00

DISCUSSION

Probable action of *Tikshana pratisarniya palash kshara* is based on curative and preventive aspect of disease. *Kshara* having *Lekhana*, *Sodhana*, *Stambhana*, *Ropana* properties. It causes phyto-chemical cauterization and necrosis of tissue of pile mass and works as *raktastambhan*, *vedanasthapan* and relieves other associated symptoms also.

Probable mode of action



CONCLUSION

- *Ksharakarma* (Local application of *kshara*) is effective in early stage of *Arsha* and has greatest advantage and wider acceptability.
- The trial drug (*Tikshna Palash Kshara*) of the present study was found simple, safe and effective in treating *Raktarsha*.

- *Kshara* has mainly *chedana*, *bhedana*, *lekhana* properties it shrinks the pile mass, and destroyed the associated symptoms of the disease of *Arsha*.
- Symptoms of *Raktarsha* like bleeding per anum, prolapse, heaviness in anorectal region, pain, discharge, constipation etc. have subsided by *ksharakarma* and statically it has shown highly significant results.
- No recurrences of cases were reported during the follow up in treated patients.

REFERENCES

Ayurveda texts

1. Dravya Guna Vigyana by Acharya Priyavrata Sharma, Chaukhamba Bharti Academy, Varanasi, 1: 2.
2. Database on medicinal plants used in Ayurveda by CCRAS, New Delhi.
3. Researches in Ayurveda, MS Baghel, Mridu Ayurvedic Publication, Jamnagar, 1997.
4. Charaka Samhita, Bhagwandas, Chaukhamba Sanskrit Bhavan, Varanasi, 1998.
5. Charaka Samhita: Charaka Samhita with commentary of Chakrapanidatta, edited by Vaidya Yadava ji Trikamji, Munshi Ram Manohar Lal Publishers, Varanasi.
6. Susruta Samhita English Translation by G D Singhal & L M Singh, Chowkamba Samskrut Bhavan, Varanasi, 1998.
7. Sushruta Samhita, Ayurveda Tatva Sandeepika by Ambika Dutt Shastri.
8. Sushruta Nibandha Sangrha Commentary by Dalhanacharya, Chaukhamba Orientalia, Varanasi- edited by Yadav Ji Trikam Ji.
9. Shalya Vigyana 1 and 2 by Surinder Sharma.
10. Kshar Sutra Therapy In Fistula-in-ano And other Ano-rectal Disorders by S. K. Sharma, Kulwant Singh, Rashtriya Ayurved Vidyapeeth.

Modern texts

1. Anus Rectum and Colon Surgery, John Goligher, AITBS Publishers, 2001.
2. Bailey & Love's Short Practice of Surgery, A J Hardins & Rains, H K Lewis & Co Ltd, London, 1975.
3. A manual clinical surgery by S. Das, 5.
4. Human Anatomy by B. D. Chaurasia, 1 - 3.
5. The Surgical Treatments of Haemorrhoids, A G Parks, 1956.
6. Essence of Ano-Rectal Surgery-Stanley, M. Goldberg, Jb. Lippincott Company. 1980.
7. Human Physiology by C.C. Chatterjee Medical Allied Agency Calcutta, 2: 1.

8. Textbook of Pathology by Harsha Mohan, On, Jaypee Bro. New Delhi, 3.
9. Operative surgery S. Das.