

**ROLE OF KASIS DRAVA BASTI IN THE MANAGEMENT OF ARSHA
(2ND DEGREE INTERNAL HAEMORRHOID)-A CASE STUDY*****¹Shubham Balkrushna Koltakke and ²Dr. Dnyaneshwar Chavan**

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INTRODUCTION

- As we know that haemorrhoids is very painful anorectal disease, which is mainly caused by constipation in today's life constipation is big problem which is mainly created by faulty diet (fast food, junk food, spicy food, artificial drinks etc) & life style (not performing exercise or yoga, late night sleep, late morning awake, excess use of smart phone, not following seasonal regimen, spend more time in toilet or straining during toilet).
- Kasisdrava basti has been found to be an effective treatment for Arsha.

AIM

- The Aim Of Case Study Was To Find Out The Result of Kasis Drava Basti In Case of 2nd Degree Internal Haemorrhoids.

OBJECTIVE

To Study The Effect of Kasis Drava Basti In The Management of 2nd Degree Haemorrhoid Cases.

HYPOTHESIS

Kasis Drava Basti Has Significant Effect In The Management of Arsha (Second Degree Haemorrhoids).

METHODOLOGY

- This was an observational case study where in a patient diagnosed as grade II internal haemorrhoids was treated with kasis drava basti the assessment of effect of treatment was observed periodically.
- Further counseling of patient, written informed. Consent.

CASE REPORT

- A 42 yr male patient, OPD registration no.203213 came to OPD of shalyatantra dept. He had the following complaints since 5 months on & off -pain & burning sensation after defaecation at anal region
- -Bleeding per rectum on & off
- -constipation
- -Feeling of mass at anal region

Past history - nil

- Personal history- personal history revealed that patient was taking excessive non vegetarian food, junk food history of drinking alcohol patient had no previous surgical history.
- Examination- patient was examined in lithotomy position. After proper digital examination it was found that there was internal pile mass at 3, 7 o'clock position.

LOCAL EXAMINATION

- Buldge was seen at anal verge at anal region 3 & 7 o'clock position. Per rectal examination showed tenderness, no bleeding, & no discharge from anal region.

Investigation

CBC HIV 1&2, HBsAg, BSL(R)

proctoscopy - showed 2nd degree internal haemorrhoids at 3,7 o'clock position.



ASSESSMENT PARAMETER

The parameters assessed to record the efficacy of treatment were per rectal bleeding, size of pedicle and colour of pile pedicle (on proctoscopy).

Para meters		Gradation
1	Per Rectal bleeding (as per patient complaints)	
Baseline		+++
50% relief		++
25% relief		+
Complete relief		0
2	Size of pedicle (on proctoscopy)	
Size resembling the size of groundnut or larger than groundnut		+++
Size resembling the size same as peanut		++
Size resembling the size smaller than peanut		+
No of pile pedicle visualized		0
3	Colour of pile pedicle (on proctoscopy)	
Bluish or Blackish colour		+++
Reddish colour		++
Pinkish colour		+
Colour resembling that of Mucosa		0

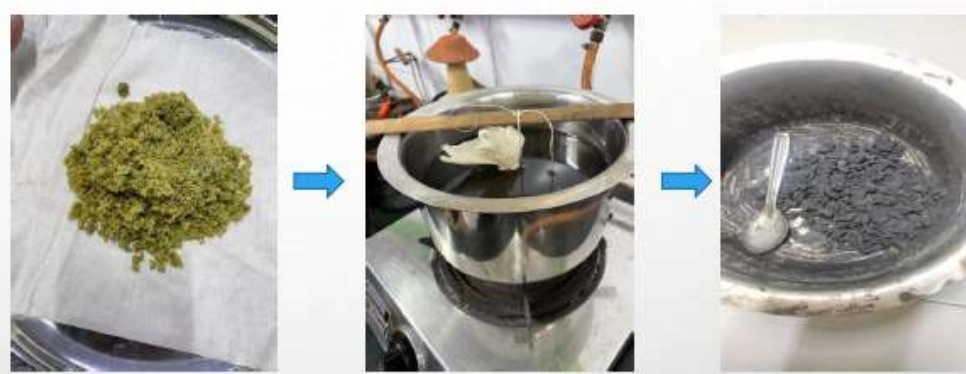
Plan of treatment

Patient was treated with Kasia drava basti (30mL) 1 sitting alternate day till 14 days.

Drug profile

Kasis drava

- 1) Kasis – $\text{Fe}_2\text{SO}_4 \cdot \text{H}_2\text{O}$
- 2) Distilled water



Kasis Drava Preparation

In 30 ml of distilled water 5 gunja (625mg) shodhit kasis churna is added mixed it until it get completely dissolved.

Kasis drava basti procedure

- The patient were instructed to come after taking a light diet. perianal region cleaned with gauze piece soaked in betadine & wiped with dry gauze.
- There after patient was placed in left lateral position.
- The anal region is smeared with a small quantity of 2% lox jelly there after 30 ml of kasis drava is taken in 50cc of Syringe. feeding tube N0.8 attached to syringe. 2% lox jelly applied to feeding tube then feeding tube was inserted into anus & the medicine was administered slowly.
- After the administration of kasis drava the patient was advised to lie in the supine position for 15 min.

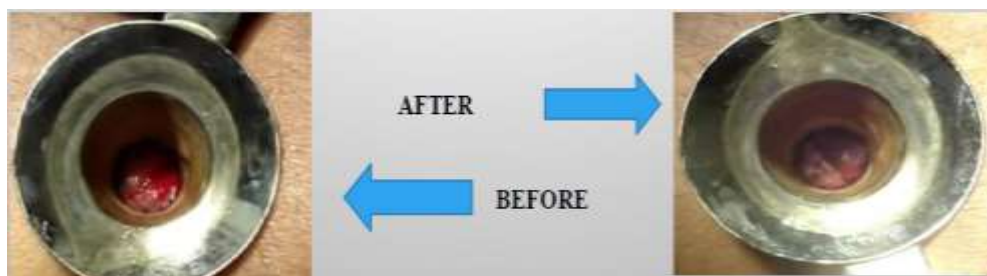


OBSERVATION AND RESULT

- This patient who was diagnosed as a Grade 2 internal haemorrhoids was given kasisdrava basti 1siting alternate day for 14 days.
- There was significant relief in per rectal bleeding, pain, size of pedicle on local examination.
- The bleeding per rectum stopped completely on day 14th, where in size of pile massreduced significantly.
- The patient was called alternate day for 14 days there after every week till 28th days

of treatment & the prognosis was recorded accordingly.

Symptoms	1 st day	3 rd day	5 th day	7 th day	9 th day	11 th day	13 th day	14 th day	21 th day	28 th day
Bleeding PR	+++	+++	+++	++	+	+	+	0	0	0
Size of Pile pedicle	++	++	++	++	++	+	+	+	+	+
Colour of PilePedicle	++	++	++	++	++	++	++	+	+	+



DISCUSSION

- In present observational case study, Kasis drava basti (locally 30 ml 1 sitting alternate day for 14 days) was given to the patient of arsha (Grade II internal hemorrhoids).
- The assessment of therapy was recorded based on prognosis in symptoms and clinical findings.
- This specific treatment regimen showed significant relief in the symptoms as bleeding per rectum, reducing size of the pedicle and colour of the pile pedicle to normal.
- This proved that in the primary stage of bleeding haemorrhoids, palliative medicinal treatment is more effective regimen.
- The basti expels the vitiated Doshas along with mala from the body and also it acts as Shamana, Brimhana, Vatahara and even Balya.
- As the quantity of basti is less (30 ml), it remains in the body for a longer duration compared to other basti and not produces any complications even though it does not expel out.
- Further, Kasis drava basti helped in reduction in the size of pile pedicle because of its corrosive action on the wall of the affected vessels and mucosa by acidic nature pH –(5) and lekhana property.

CONCLUSION

The case study kasis drava basti proved effective in relieving symptoms such as bleeding per rectum, pain, prolapse without any side effect.

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