

## KSHARASUTRA LIGATION IN THE MANAGEMENT OF FOURTH-DEGREE HEMORRHOIDS (ARSHA): A CASE REPORT

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### ABSTRACT

**Background:** Fourth-degree hemorrhoids represent an advanced stage of *Arsha*, often requiring surgical intervention. Conventional hemorrhoidectomy is associated with postoperative pain and complications. Ksharasutra therapy, a parasurgical procedure in Ayurveda, offers a minimally invasive alternative. **Case Presentation:** A 36-year-old male presented with irreducible prolapsed hemorrhoids, bleeding per rectum, and pain during defecation for 6 months. Clinical and proctoscopic examination confirmed fourth-degree internal hemorrhoids. **Intervention:** Ksharasutra ligation was performed under local anesthesia. Postoperative management included Ayurvedic internal medications, sitz bath with *panchwalkal Kwatha*, and local application of *Jatyadi Taila*. **Results:** Progressive reduction in symptoms was observed. Sloughing of the hemorrhoidal mass occurred within 2-3 weeks, followed by complete healing by the fourth week. No

complications or recurrence were noted during follow-up. **Conclusion:** Ksharasutra ligation is a safe, effective, and minimally invasive approach for managing advanced hemorrhoids. Larger studies are recommended to validate these findings.

**KEYWORDS:** Ksharasutra, Arsha, Hemorrhoids, Shalyatantra, Case Report.

## 1. INTRODUCTION

Hemorrhoids are a common anorectal disorder characterized by the symptomatic enlargement and distal displacement of anal cushions. In Ayurveda, this condition is described as *Arsha*, attributed to derangement of *Doshas*, impaired *Agni*, and chronic constipation.

Fourth-degree hemorrhoids are characterized by irreducible prolapse and are often associated with persistent bleeding, pain, and mucous discharge. Surgical hemorrhoidectomy remains the standard treatment; however, it is frequently associated with postoperative complications such as pain, infection, and delayed healing.

Ksharasutra therapy, described in Sushruta Samhita Dalhan Shamita, involves the application of a medicated thread coated with alkaline substances, facilitating simultaneous cutting, cauterization, and healing. While widely used in fistula-in-ano, its role in advanced hemorrhoids warrants further exploration.

This case report aims to evaluate the clinical efficacy of Ksharasutra ligation in a patient with fourth-degree hemorrhoids.

## 2. CASE PRESENTATION

### 2.1 Patient Information

A 36-year-old male presented with:

- Irreducible prolapse per anus
- Bleeding during defecation
- Pain and discomfort in the anal region
- Occasional mucous discharge Duration: 6 months

History: Chronic constipation and irregular dietary habits

### 2.2 Clinical Findings

- Inspection: Prolapsed hemorrhoidal mass visible
- Digital rectal examination: Internal hemorrhoids confirmed
- Proctoscopy: Hemorrhoids at 3, 7, and 11 o'clock positions

Diagnosis: **Fourth-degree internal hemorrhoids (Grade IV Arsha)**



**Image - 1**

### 2.3 Timeline

#### Time Clinical Event

Day 0 Diagnosis and procedure Week 1 Reduction in pain and bleeding Week 2 Sloughing of pile mass

Week 3 Reduction in prolapse Week 4 Complete healing



**Week -1**



**Week -2**



**Week - 3**



**Week – 4.**

### **3 Therapeutic Intervention**

#### **3.1 Procedure**

- 3.1.1 Patient placed in lithotomy position
- 3.1.2 Local anesthesia administered
- 3.1.3 Hemorrhoidal masses grasped and ligated using Ksharasutra
- 3.1.4 Hemostasis achieved

#### **3.2 Postoperative Management**

- 3.2.1 Sitz bath with *Panchwalkal Kwatha* (twice daily)
- 3.2.2 Oral medications:
  - 3.2.2.1 *Triphala Guggulu* – 500 mg twice daily
  - 3.2.2.2 *Abhayarishta* – 20 ml twice daily
  - 3.2.2.3 *Hinguvasthak churan* – 3 gm in between bolus with ghee
  - 3.2.2.4 *Panchsakar churan* – 3gm in bed time with luke warm water
- 3.2.3 Local application: *Jatyadi Taila*
- 3.2.4 Dietary advice: High-fiber diet and adequate hydration

### **4 Outcome and Follow-Up**

The patient was followed for 4 weeks.

- Significant reduction in bleeding and pain within 1 week
- Sloughing of ligated mass by 2–3 weeks
- Complete healing observed by 4 weeks
- No complications such as infection, incontinence, or severe pain
- No recurrence during follow-up period

### **5. DISCUSSION**

Ksharasutra exhibits properties of *Chedana* (excision), *Bhedana* (incision), and *Lekhana*

(scraping), along with antimicrobial and healing effects. The alkaline components facilitate gradual necrosis and sloughing of the hemorrhoidal mass while preserving surrounding tissues.

In fourth-degree hemorrhoids, where invasive surgery is typically indicated, Ksharasutra ligation offers a minimally invasive alternative with reduced postoperative morbidity. Additionally, Ayurvedic supportive therapy addresses underlying etiological factors such as constipation and impaired digestion.

The findings of this case are consistent with previous studies indicating the effectiveness of Ksharasutra in anorectal disorders.

## **6. CONCLUSION**

Ksharasutra ligation is an effective and safe modality for the management of fourth-degree hemorrhoids. It minimizes complications, promotes healing, and improves patient comfort. However, larger controlled studies are necessary to establish its efficacy in comparison with conventional surgical techniques.

## **7. Patient Perspective**

The patient reported significant relief from symptoms and expressed satisfaction with the treatment, particularly due to minimal pain and absence of hospitalization.

## **8. Informed Consent**

Written informed consent was obtained from the patient for the procedure and publication of this case report.

## **9. Ethical Approval**

Not required for a single case report as per institutional guidelines (modify as per your institution).

## **10. Conflict of Interest**

The author declares no conflict of interest.

## **11. Funding**

No external funding was received for this study.

**12. REFERENCES (Vancouver Style)**

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