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## Effect of Mishrita Pratisaraniya Kshara in the management of Ardra Arsha

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### Abstract

Piles are certainly one of the commonest ailments that affect mankind. Haemorrhoids are called Arshas in Ayurveda. Kshara Karma is having supreme place due to its tremendous properties in curing diseases like Arsha and thus it can even replace Shastra Karma. Therefore Mishrita Kshara was prepared from these drugs to evaluate its effect in the management of Arsha. Current study shows significant changes in all the group after the usage of Kshara the observations and result of the study.

**Keywords:** Arsha, Haemorrhoids, Kshara Karma

### Introduction

Piles are certainly one of the commonest ailments that affect mankind. Preservation and promotion of health as well as longevity have been a challenge in the history of mankind. Haemorrhoids are a kind of disease which is most unkind towards mankind. The research for promotion of radiant health and treatment for diseases began with the evolution of human life itself. The first written document, the Vedas contains the seeds of this thought and in fact this has laid the foundation stone for the medical wisdom<sup>[1, 2]</sup>.

Haemorrhoids are called Arshas in Ayurveda. Kshara Karma is having supreme place due to its tremendous properties in curing diseases like Arsha and thus it can even replace Shastra Karma. Therefore Mishrita Kshara was prepared from these drugs to evaluate its effect in the management of Arsha<sup>[3]</sup>.

### General Description and Location

Guda is one among the fifteen Koshtanga described by Charaka. He recognizes two parts in it - Uttara Guda and Adhara Guda<sup>[4]</sup>. It is one among the nine Bahirmukha Srotas and is located in pelvic region<sup>[5]</sup>. It is continuation of large intestine. Susrutha said it is made up of three Peshi<sup>[6]</sup> Total length of Guda is 4½ Anguli. It is mainly divided into Uttaraguda and Adharaguda.

### Material and Methods

The materials required for the procedures were- drugs, equipment and patients with first and second degree haemorrhoids.

### Drugs

The drug is Tikshna Mishrita Kshara.

The ingredients of the Teekshna Mishrita Pratisaraneeya Kshara selected for the present study are:

- Aragvada Panchanga 2kg
- Udumbara Panchanga 2kg
- Palasa Panchanga 2kg
- Kadali Panchanga 2kg
- Gunja Panchanga 2kg
- Shukti 100 gm
- Chitrakamula kalka 10 gm
- Water 6 liters

**Preparation of Mishrita Kshara**

Panchangas of Aragvada, Udumbara, Palasa, Kadali & Gunja each 2 kg was taken in and formed into a heap (total 10 kgs). All the 5 dry drugs were burnt into ashes, and then it was allowed to cool by itself. The whole ash was collected (1 kg) and mixed with six litres of water and stirred well, allowed to settle overnight. Then it was filtered through double folded cloth for 21 times, residue was thrown out. Amber coloured filtrate thus obtained was heated on slow fire and when the content was reduced to half, about 1/3 of Kshara Jala was taken out of the vessel. 100 gm of Shukti was heated red hot and then mixed with 1/3 Kshara Jala to dissolve it completely. Thus dissolved Shukti was added to boiling Kshara Jala (Avapa stage) and continued to boil. Meanwhile 10 gm of Chitrakamula Kalka was added to the boiling Kshara Jala (pratavapa stage) and allowed to boil for a few more minutes, when the content attained consistency as described by Sushruta<sup>[6]</sup> (not too liquid or too solid). Then it is removed from fire and transferred into separate container with lid and stored for use. P<sub>H</sub> value of the Kshara obtained was 13.5.

30 patients was selected from the OPD and IPD of Shalya Tantra Department of S.D.M.C& Hospital Hassan

**Diagnostic criteria**

Diagnosis was made on the basis of signs and symptoms of Ardra Arshas explained in Ayurveda and allied science.

**Pittaja arsha**

- Neela agra
- Tanu
- Visarpini
- Peetavabhasa
- Yakruith prakashani
- Yava madyani
- Jalouka vaktra sadrusha
- Praklinna

**Raktaja arsha**

- Vata ankuravat
- Gunja phala varna
- Rakta srava

**Inclusion criteria**

- Patients of the age group of 12 - 60 years.
- Patients with the signs and symptoms of Ardra Arshas of Pittaja and Raktaja origin.
- Arshas, which are of Mrudu, Prasruta, Avagadha (deep), Uchrita.
- First and second degree pile masses.

**Groups of Treatment**

- 30 Patients of Ardra Arsha were randomly categorized into 2 groups of which each comprises of 15 patients.

**MP Trial group**

- The patients of this group were managed by Mishrita Pratisaraniya Kshara.

**Control group**

- The patients of this group were managed by Apamarga Pratisaraniya Kshara

**Assessment Criteria**

Assessment was based on the subjective and objective parameters, which are formulated for Arshas assessed before and after treatment.

**Subjective Parameters**

- Ruja (Post-operative pain)
- Rakta srava (Bleeding)
- Sleep
- Defecation
- General condition of the patient

**Objective Parameter**

- Size of the pile mass.
- Rate of sloughing of pile mass
- Post-operative blackish brown discharge.
- Change in colour of pile mass.
- Healing of the site
- Presence or absence of complication/stricture

**1. Pain/Ruja**

As the patient or the sufferer himself expresses the pain in his terms it was graded from mild to severe during defecation.

**2. Bleeding per Rectum/Rakta Srava**

- The grading was made based on patient's version.
- Attempts were made to have a gross quantitative analysis of bleeding in terms of mild, moderate and profuse.

**3. Size of Haemorrhoidal Mass/Arshankura**

- This objective criteria is assessed with the help of proctoscope examination. After operative procedure, oedema and slough were observed in both the groups, and these two are also given grading which are enlisted below in tables. Proctoscope examination was done daily up to 7 days to for grading.

**Comparison of the Effects**

- On the basis of the comparison of the effects as mentioned above it can be said that the application of Mishrita Kshara provided better relief in colour of pile mass, pain, bleeding, slough and size of the pile mass of the patients in comparison to Apamarga Kshara.
- In this way Mishrita Pratisaraniya Kshara may be considered more efficient in the treatment of Ardra Arsha in comparison to Apamarga Pratisaraniya Kshara.
- According to Ayurveda, Arsha is a Tridoshaja Vyadhi, though Raktaja Arsha finds a separate mention; it presents features of Pittaja Arsha with more bleeding tendency. The treatment modalities of haemorrhoids either medical, surgical or Para surgical, come under four treatment principles of Arsha told by Susruta. Even though Kshara Karma is a simple procedure, this is not being practiced by many, may be because of difficulty in preparing Pratisaraniya Kshara with correct potency. The criteria of assessing the correct potency of Pratisaraniya Kshara are getting Jambuphala Varna of red pile mass within Shatamatra Kala (approximately one minute). This has been achieved here by rigidly following the technique of Kshara preparation told by Susruta. For the present study, drugs selected for Kshara preparation are Aragvada, Palasha, Udumbara, Kadali, Gunja, Sukti and Citraka. All these drugs are freely available around Hassan. Further, there usage in Arsha is recommended by most of Ayurveda Acharyas.

Similarly, all 5 drugs are also easily available and indicated in Arsha. Sukti is also available easily. Its usage in Kshara preparation is told by Susruta. The P<sub>H</sub> value of alkali is in range from 7 to 14. The P<sub>H</sub> value of Tikshna Mishrita Kshara prepared for the study was 13.5.

### Conclusion

Based on the observations and result of the study, the following conclusions can be drawn.

- Mishrita Kshara prepared in the present study was having pH of 13.5 and Apamarga Kshara was having pH of 13.4. Both Kshara groups was applied only once to all the pile mass at a time as per Pratisarana method.
- Mishrita Pratisaraniya Kshara provided highly significant relief in pain by (62.50%), in bleeding by (63.41%), in slough by (51.42%), in size of pile mass by (47.50%) and in colour of pile mass by (52.63%) within 7 days of application of Kshara. Complete relief in all these symptoms and signs was noticed within 21 days of the application. In this group, there was no recurrence of any symptom.
- Apamarga Pratasarneeya Kshara provided significant relief in pain by (40%), in bleeding by (41.46%), in slough by (43.24%), in size of pile mass by (36.84%) and in color of pile mass by (35.13%) after 7 days of the application of the Kshara. After 21 days of the application all these symptoms were completely relieved. In this group, there was no recurrence of any symptom.

### References

1. Susruta Samhita, Sutra Stana, Chapter 1, Sloka 6.
2. Atharva Veda, Kanda 8, Sloka 6.
3. Susruta Samhita, Sutra Stana, Chapter 33, Sloka 4.
4. Caraka Samhita, Chikitsa Stana, Chapter 14.
5. Susruta Samhita, Shareera Stana, Chapter 4, Sloka 23.
6. Susruta Samhita, Sutra Stana, Chapter 12, Sloka 10.