



Comparative study of *Apamarga Pratisaraniya Kshara* and *Palasha Pratisaraniya Kshara* in the management of *Ardra Arsha*

Research Article

Avnish Pathak^{1*}, Hemantha Kumar P²

1. Ph.D scholar, 2. HOD Department of Shalya Tantra,
SDM College of Ayurveda, Hassan, Karnataka

Abstract

To compare the effect of *Apamarga Pratisaraniya Kshara* and *Palasha Pratisaraniya Kshara* in the management of *Ardra Arsha*. Cases presenting with classical signs and symptoms of *Ardra Arsha* were selected. They were randomly allocated into two groups i.e. Group-AP and Group-PP. In Group-AP *Apamarga Pratisaraniya Kshara* was applied and in Group-PP *Palasha Pratisaraniya Kshara* was applied. The signs and symptoms of *Ardra Arsha* i.e. bleeding per rectum, Pain, Burning sensation, and size of *Arshas* were assessed before and after the completion of treatment. The relief provided by the therapy in pain, bleeding, discharge and reduction in size of the pile mass was highly significant ($P < 0.001$). After the 15 days of the *Kshara* application 100% relief in pain, bleeding, reduction in sloughing and total reduction in size of pile mass was recorded. On the basis of the comparison of the effects as mentioned above it can be said that the application of *Apamarga Kshara* provided better relief in pain, bleeding, slough and size of the pile mass of the patients in comparison to *Palasha Kshara*. Group-AP cases showed better improvement when compared to Group-PP. However all 15 cases of Group-AP and 15 cases of Group-PP showed good results.

Key Words: *Ardra Arsha, Apamarga Pratisaraniya Kshara, Palasha Pratisaraniya Kshara, Mahanarayana Taila.*

Introduction

Preservation and promotion of health as well as longevity have been a challenge in the history of mankind. *Shalya Tantra*, the integral part of Ayurvedic system contains detail description of *Shashtra Karma* along with certain Para surgical procedures such as *Kshara Karma*, *Agni Karma*, and

Jaloukavacharana. among these Para surgical measures, *Kshara Karma* is having supreme place due to its tremendous properties in curing diseases like *Arsha* and thus it can even replace *Shashtra Karma*. *Apamarga* and *Palasha* both drugs, are easily available, easy for collection so selected for the present study.

Methodology

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

Drugs: The drug is *Teekshna Palasha Kshara*.

*Corresponding Author:

Avnish Pathak

Ph.D scholar,

Department of Shalya Tantra,

SDM College of Ayurveda,

Hassan, Karnataka

Email: dravinishms@gmail.com

Ph. No: +91 - 9886593705

Preparation of Kshara

10 kg of whole plant of *Palasha* (*Butea monosperma*) was collected and was burnt into ash, and then it was allowed to cool by itself. The whole ash was collected (1 kg) and mixed with six liters 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 was obtained. This was subjected to Mandagni. When the content was reduced to half, about $\frac{1}{3}$ of Kshara Jala was taken out of the vessel. 100 gm of Sea shells (*Shukti*) was heated red hot and then mixed with $\frac{1}{3}$ Kshara Jala to dissolve it completely. Thus dissolved Shukti is added to boiling Kshara Jala (Avapa stage) and continued to boil. Meanwhile 10 gm of *Citrakamoola* (*Plubago zeylanica*) Kalka is added to the boiling Kshara Jala (*prativapa stage*) and allowed to boil for a few more minutes, till the content attained consistency as described by *Susruta* (not too liquid or too solid). Then it is removed from boiling and transferred into separate container with lid and stored for use. P_H value of the Kshara obtained was 13.5 (P_H value of a strong alkali is 7 to 14). The other drugs useful in the procedure of *Kshara Karma* are Xylocaine jelly, Lemon juice, and Mahanarayana taila.

Figure- 7 Palasha Kshara

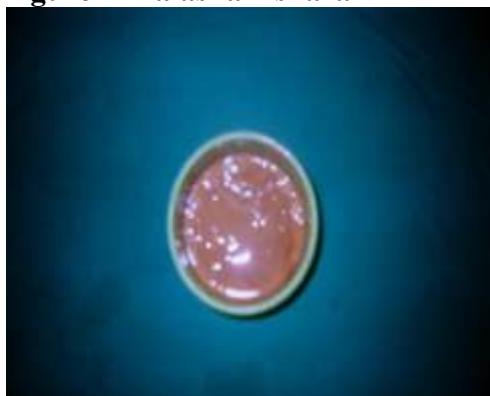


Figure -8 Apamarga Kshara



Clinial study:

30 patients were selected for the study from OPD and IPD of S.D.M. College of Ayurveda, Hassan Karnataka. The patients of different age, Sex and walks of life. They were divided into 2 groups. The criteria for the selection of the patient were as follows:

Inclusion Criteria:

- Patients above the age of 12 yrs.
- Patients suffering from *Ardra Arsha* having *Pittaja* and *Rakthaja Lakshna*.
- Arsha, which are of *Mrudu*, *Prasrutha*, *Avagada* (deep), *Uchrita* (projected).
- Second degree pile mass.

Exclusion Criteria:

- Patients bellow 12 yrs of age.
- Patients with Bahya Arsha.
- Patients contraindicated for Kshara Karma.
- Patients having other disorders like Diabetes mellitus, Malignancy, Chronic renal failure and patients with retroviral illness.
- Patients with complications like Gulma, Pleeha roga, Yakrut roga, Udara roga, Hasta Pada shotha, Hrit Parshwa Shoola and Ashteela.

Materials taken for the study:

APgroup – Managed with Apamarga Kshara.

PPGroup – Managed with Palasha Kshara.

**Table No – 1 Showing the Grouping of the Patients**

Group	Treatment	Duration
AP Group	Apamarga Pratisaraneeya Kshara was applied to the pile mass.	One sitting and observed for 21 days.
PP Group	Palasha Pratisaraneeya Kshara was applied to the pile mass.	One sitting and observed for 21 days.

Procedure of Kshara Karma:**Pre-operative Procedures;**

- Patient selected for the procedure were asked to remain nil orally for atleast 4 hours prior to the procedure.
- Part preparation was done
- Soap water enema was given
- Pre medications and anaesthesia were administered according to the need.

Operative Procedure:

Patient was made to lie down in lithotomic position; anus and surrounding area were cleaned with antiseptic lotion. Draping was done. Local anaesthesia with 2% xylocaine was administered. Manual anal dilatation was done sufficient enough to admit four fingers. Lubricated normal proctoscope was introduced, position of pile mass was noted and proctoscope was removed. Then slit proctoscope was introduced and skin around pile mass was pulled laterally with Alli's tissue holding forceps to get a better view of haemorrhoids.

The healthy anal mucosa was covered with wet cotton balls to prevent spilling of Kshara on it. Then the pile

mass was gently scraped with the rough surface of spatula. Then Kshara was applied over pile mass, and the opening of proctoscope is closed for about 1 to 1½ minute Shata matra kala) with the palm. Then the pile mass was cleaned with lemon juice.

Observed that whether the pinkish pile mass was turned to blackish (Pakva Jambu Phala Varna). If not, Kshara was applied once again till the pile mass turned to blackish colour. Once again it was washed with lemon juice and sterile water wash was given. This procedure was repeated on all the pile masses. Thereafter the anal canal was packed with gauze piece soaked in Mahanarayana Taila to prevent pain, and local oedema. Dry dressing was done and the patient was shifted to ward.

Post operative procedure:

- Patient was kept nil by mouth for 6 hours after the Procedure.
- Packing was removed after 6 hours, and 5ml of Mahanarayana Taila was administered per rectally. From next day onwards patient was advised to take Panchavalkala Kvatha Sitz bath after passing motion for 10-15 mins twice a daily and Mahanarayana Taila is pushed rectally after Sitz bath.
- Shatshakara churna or Triphala Choorna in dose of 1 tsf was given at night with Luke warm water as a laxative.
- Diet restriction was advised to the patient. Analgesics were administered according to the need.

Figure No – 1: PALASHA KSHARA APPLICATION

Figure no – 2 APAMARGA KSHARA APPLICATION


Assessment Criteria

- Ruja (Post operative pain)
- Raktha Srava (Bleeding)
- Size of Pile mass
- Post operative blackish brown discharge (Slough).
- Colour of Pile mass.

Pain / Ruja:

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

Table No – 2

Symptoms	Grading
No pain	0
Pain during defecation	1
Pain reduces within 30 mins	2

after defecation	
Pain during rest also	3

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. The grading is listed below:

Table No – 3

Symptoms	Grading
No bleeding	0
Bleeding only during defecation	1
Bleeding during and after defecation which lasts for 30 mins or below	2
Bleeding irrespective to defecation process	3

**Size of Haemorrhoidal Mass / Arshankura:**

This objective criteria is assessed with the help of proctoscopic examination. After operative procedure, oedema and slough were observed in both the groups, and these two are also given gradings which are enlisted below in tables. Proctoscopic examination was done daily upto 7 days to note the gradings.

Table No – 4

Symptoms	Grading
Complete reduction of pile mass	0
Moderate reduction in size of pile mass	1
Slight reduction in size of pile mass	2
No change in size of the pile mass	3

Table No – 5 Srava / Post-Operative Discharge (Slough):

Symptoms	Grading
No slough	0
Slight slough, where examiner observes during proctoscopic examination	1
Patient notices slough on his pads or undergarments	2

Excessive patient changes pads or under garments due to wetting	3
---	---

Table No – 6 Colour of the Pile mass.

Pakva Jambu Phala Varna	3
Slightly blackish colour	2
Slight pinkish colour	1
Pinkish red colour	0

Follow up study:

After healing of Arsha lesion the Patients were asked to report at an interval of one month to the Shalya Tantra OPD to know whether the recurrence of Arsha occurred. The follow up study was continued for six months.

Observations and Results

In the present study, 30 patients suffering from Ardra Arsha fulfilling the inclusion criteria were studied. Patients were randomly categorized into Group-AP (Apamarga Pratisaraneeya Kshara) and Group-PP (Palasha Pratisaraneeya Kshara). There were no drop outs in this study. Following pages describes statistical analysis of the patients along with the observations and results:

Table-7. Age Wise Distribution of 30 Patients of Ardra Arsha

Age (in years)	Group-AP		Group-PP		Total	
	No.	%	No.	%	No.	%
15 – 25	04	27	00	00	04	13
26 – 35	08	53	07	47	15	50
36 – 45	02	13	04	27	06	20
46 – 55	01	07	04	27	05	17

Age Groups: In this series of 30 patients of Ardra Arsha maximum number of the patients (50%) was from the age group of 26-35 years. It followed by 20% patients belonging to 36-45 years, 17% to 46-55 years and minimum i.e. 13 % to 15 -25 years age groups (Table-11).

Table-8. Sex Wise Distribution of Patients

Sex	Group-AP		Group-PP		Total	
	No.	%	No.	%	No.	%
Male	08	47	08	47	16	53



Female	07	53	07	53	14	47
--------	----	----	----	----	----	----

Sex: In this series maximum patients i.e. 53% were of male sex and remaining 47% were females (Table-12)

Table-9. Distribution of 30 Patients According to Religion

Religion	Group-AP		Group-PP		Total	
	No.	%	No.	%	No.	%
Hindu	12	80	09	60	21	70
Muslim	02	13	04	27	06	20
Christian	01	07	02	13	03	10

Religion: In this series maximum of 70% patients were Hindus, 20% were Muslims and a minimum of 10% patients were Christians (Table-13).

Table-10. Distribution of 30 Patients According to Marital Status

Marital Status	Group-AP		Group-PP		Total	
	No.	%	No.	%	No.	%
Unmarried	02	13	01	07	03	10
Married	13	87	14	93	27	90

Marital Status: This series consist maximum of 90% married patients and a minimum 10% of unmarried patients (Table-14).

Table-11. Distribution of 30 Patients According to the Occupation

Occupation	Group-AP		Group-PP		Total	
	No.	%	No.	%	No.	%
Sedentary	6	40%	7	47%	13	43%
Manual	6	40%	7	47%	13	43%
Labour	3	20%	1	7%	4	13%

Occupation: In this series maximum of 43% patients were noted with both Sedentary and Manual occupations whereas 13% were laborers by occupation (Table-15).

Table-12. Distribution of 30 Patients According to Socio-Economic Status

Socio-Economic Status	Group-AP		Group-PP		Total	
	No.	%	No.	%	No.	%
Poor	08	53	06	40	14	47
Lower Middle	02	13	02	13	04	13
Middle	01	07	04	27	05	17
Upper Middle	03	20	03	20	06	20
Rich	01	07	00	00	01	03

Socio-Economic Status: The maximum patients of this series i.e. 47% came from poor class of the society, 20% came from upper middle class, 17% from middle class, 13% came from lower middle class and a minimum of 3% were rich (Table-16).

Table-13. Signs and Symptoms Noted in 30 Patients of Arsha

Signs/Symptoms	Group-AP		Group-PP		Total	
	No.	%	No.	%	No.	%
Raktayukta mala Pravruthi	10	67	09	60	19	63
Daha	03	20	03	20	06	20



Ruja	02	13	03	20	05	17
------	----	----	----	----	----	----

Classical Signs and Symptoms of Arsha: In this series maximum of 63% patients complained of Raktayuktha Mala Pravruthi, 20% were having Daha and 17% of them were having Ruja (Table-17).

Table-14. Severity of Raktayuktha Mala Pravrutti in 30 Patients of Ardra Arsha

Severity	Group-AP		Group-PP		Total	
	No.	%	No.	%	No.	%
Absent	2	7	1	7	3	10
Mild	4	27	3	20	7	24
Moderate	5	33	5	33	10	33
Severe	4	27	6	40	10	33

Severity of Raktayuktha Mala Pravrutti: In this series a maximum of 33% patients each were having Moderate to Severe Raktayuktha Mala Pravrutti, 24% of Patients had the mild symptom and a minimum of 10% had no such symptom (Table-18).

Table-15. Distribution of the Patients According to Severity of Daha

Severity	Group-AP		Group-PP		Total	
	No.	%	No.	%	No.	%
Absent	12	80	11	73	23	77
Mild	1	7	2	13	3	10
Moderate	2	13	2	13	4	13
Severe	0	0	0	0	0	0

Daha according to Severity: In this Series only 23% were having Daha. Out of which 13% of the patients were having moderate Daha and 10% were having mild Daha and none was having Severe Daha (Table-19).

Table-16. Distribution of 30 Patients According to Severity of Ruja

Severity of Ruja	Group-AP		Group-PP		Total	
	No.	%	No.	%	No.	%
Absent	13	87	12	80	25	83
Mild	1	7	2	13	3	10
Moderate	1	7	1	7	2	7
Severe	0	0	0	0	0	0

Ruja: In this Series maximum of 83% patients were not having Ruja. 10% of the patients' complaint of mild Ruja and 7% of them had moderate Ruja and none had Severe Ruja (Table-20).

Table-17. Distribution of 30 patients of Ardra Arsha According to Chronicity

Chronicity	Group-AP		Group-PP		Total	
	No.	%	No.	%	No.	%
<6 months	1	7	2	13	3	10
6 months-1yr.	3	20	3	20	6	20
1yr.-2yr.	4	27	3	20	7	23
2yr.-3yr.	5	33	6	40	11	37
>3 yrs.	2	13	1	7	3	10



Chronicity: In this series, maximum of 37% patients had less than 6 months chronicity, followed by 23% having chronicity of 6 months- 1 years, 20% had 1 – 2years chronicity and 10% each had 2- 3years and more than 3years each (Table-21).

Table-18. 30 Patients of Ardra Arsha According to Mode of Onset

Mode of Onset	Group-AP		Group-PP		Total	
	No.	%	No.	%	No.	%
Acute	4	27	6	40	10	33
Gradual	11	73	9	60	20	67

Mode of Onset: In this series maximum of 67% patients had acute onset followed by 33% of them having gradual onset (Table-22).

Table-19. 30 of Patients of Ardra Arsha According to the Family History

Family History	Group-AP		Group-PP		Total	
	No.	%	No.	%	No.	%
Present	10	67	11	73	21	70
Absent	5	33	4	27	9	30

Family History: In this series, a maximum of 70% patients had positive familial history of Arsha and remaining 30% patients were not having the familial history of this disease (Table-23).

Table-20. Distribution of 30 Patients According to the Addiction

Habits	Group-AP		Group-PP		Total	
	No.	%	No.	%	No.	%
Smoking	5	33	6	40	11	37
Alcohol	6	40	4	27	10	33
Tobacco chewing	0	0	2	13	2	7
No Habits	4	27	3	20	7	23

Addiction: In this series 37% Patients had the habit of smoking followed by 33% were having habit of alcohol intake and 7% had the habit of tobacco chewing (Table-24).

Table-21. Distribution of 30 Patients According to the Diet Habit

Type of Ahara	Group-AP		Group-PP		Total	
	No.	%	No.	%	No.	%
Vegetarian	4	27	5	33	9	30
Mixed	11	73	10	67	21	70

Diet Habit: In this series 70% patients were taking mixed diet while remaining 30% patients were vegetarians (Table-25)

Table-22. 30 Patients of Ardra Arsha According to the Nidana Factors

Nidana	Group-AP		Group-PP		Total	
	No.	%	No.	%	No.	%
Viruddahara	2	13	5	33	7	23
Vyavaya	0	0	1	7	1	3
Adyashana	1	7	3	20	4	13
Utkatukasana	3	20	3	20	6	20
Prushtayana	1	7	2	13	3	10
Vega Vidharana	8	53	1	7	9	30



Nidana Factors: In this series maximum of 30% patients were having the habit of Vega Vidharana, followed by 23% patients were taking Virudhahara, 20% sitting in Uthkatakasana, 13% had Adhyashana, 10% had Prushtayana and 3% patients were indulged in Ati Vyavaya (Table-26).

Table-23. 30 Patients of Ardra Arsha According to the position of Pile Mass

Position	Group-AP		Group-PP		Total	
	No.	%	No.	%	No.	%
3' O Clock	4	27	5	33	9	30
7' O Clock	9	60	7	47	16	53
11' O Clock	2	13	3	20	5	17

Position of Pile Mass: In this series a maximum of 53% patients had pile mass at 7' 0 Clock position followed by 30% had pile mass at 3'0 clock position and 17% of them had pile mass at 11'0 clock position (Table-27).

Table-24 Effect of Apamarga Pratisaraniya Kshara on Ruja

Ruja		Mean score		Reduction in mean score	% of reduction in mean score	S.D of mean	S.E of mean	DF	't' Value	'p' Value
		BT	AT							
GP AP	AT	2.7	1.8	0.9	33.3	0.51	0.13	14	6.92	<0.001
	1 FU	2.7	0	2.7	100	0.48	0.12	14	22.5	<0.001
	2FU	2.7	0	2.7	100	0.48	0.12	14	22.5	<0.001
	3FU	2.7	0	2.7	100	0.48	0.12	14	2.5	<0.001
	4FU	2.7	0.13	2.57	95.18	0.63	0.16	14	16.06	<0.001

BT – Before Treatment, GP- group, AP- Apamarga Kshara, AT-After Treatment, SD- Standard Deviation, SE- Standard Error, DF-degrees of freedom , FU- Follow up

Table-25 Effect of Apamarga Pratisaraniya Kshara on Rakta Srava

Rakta Srava		Mean score		% of reduction in mean score	S.D of mean	S.E of mean	Df	't' Value	'p' Value
		BT	AT						
Gp AP	AT	2.7	1.8	33.3	0.51	0.13	14	6	<0.001
	1 FU	2.7	0	100	0.48	0.12	14	22.5	<0.001
	2 FU	2.7	0	100	0.48	0.12	14	22.5	<0.001
	3 FU	2.7	0	100	0.48	0.12	14	22.5	<0.001
	4 FU	2.7	0.23	94.8	0.63	0.16	14	14.81	<0.001

BT – Before Treatment, GP- group, AP- Apamarga Kshara, AT-After Treatment, SD- Standard Deviation, SE- Standard Error, DF-degrees of freedom , FU- Follow up

**Table-26 Effect of Apamarga Pratisaraniya Kshara on Srava (Slough)**

Srava(Slough)		Mean score		% of reduction in mean score	S.D of mean	S.E of mean	Df	't' Value	'p' Value
		BT	AT						
Gp AP	AT	2.7	1.5	44.4	0.74	0.19	14	6.31	<0.001
	1 FU	2.7	0	100	0.48	0.12	14	22.5	<0.001
	2 FU	2.7	0	100	0.48	0.12	14	22.5	<0.001
	3 FU	2.7	0	100	0.48	0.12	14	22.5	<0.001
	4 FU	2.7	0.13	100	0.74	0.19	14	14.2	<0.001

BT – Before Treatment, GP- group, AP- Apamarga Kshara, AT-After Treatment, SD- Standard Deviation, SE- Standard Error, DF-degrees of freedom , FU- Follow up

Table-27 Effect of Apamarga Pratisaraniya Kshara on Size of Pile mass

Size of Pile Mass		Mean score		% of reduction in mean score	S.D of mean	S.E of mean	Df	't' Value	'p' Value
		BT	AT						
Gp AP	AT	2.7	1.3	51.9	0.72	0.18	14	7.77	<0.001
	1 FU	2.7	0	100	0.48	0.12	14	22.5	<0.001
	2 FU	2.7	0	100	0.48	0.12	14	22.5	<0.001
	3 FU	2.7	0	100	0.48	0.12	14	22.5	<0.001
	4 FU	2.7	0.13	100	0.63	0.16	14	22.5	<0.001

BT – Before Treatment, GP- group, AP- Apamarga Kshara, AT-After Treatment, SD- Standard Deviation, SE- Standard Error, DF-degrees of freedom , FU- Follow up

Table-28 Effect of Apamarga Pratisaraniya Kshara on Colour of Mass

Srava(Slough)		Mean score		% of reduction in mean score	S.D of mean	S.E of mean	Df	't' Value	'p' Value
		BT	AT						
Gp AP	AT	2.7	1.8	33.3	0.51	0.13	14	6.92	<0.001
	1 FU	2.7	0	100	0.48	0.12	14	22.5	<0.001
	2 FU	2.7	0	100	0.48	0.12	14	22.5	<0.001
	3 FU	2.7	0	100	0.48	0.12	14	22.5	<0.001
	4 FU	2.7	0	100	0.63	0.16	14	22.5	<0.001

BT – Before Treatment, GP- group, AP- Apamarga Kshara, AT-After Treatment, SD- Standard Deviation, SE- Standard Error, DF-degrees of freedom , FU- Follow up

**Table-29 Effects of Palasha Pratisaraniya Kshara on Ardra Arsha –Ruja**

Ruja		Mean score		% of reduction in mean score	S.D of mean	S.E of mean	Df	't' Value	'p' Value
		BT	AT						
G p PP	AT	2.7	1.4	27.3	0.74	0.19	14	6.31	<0.001
	1 FU	2.7	0	100	0.48	0.12	14	22.5	<0.001
	2 FU	2.7	0	100	0.48	0.12	14	22.5	<0.001
	3 FU	2.7	0	100	0.48	0.12	14	22.5	<0.001
	4 FU	2.43	0.2	90	0.73	0.18	14	0.18	<0.001

BT – Before Treatment, GP- group, AP- Apamarga Kshara, AT-After Treatment, SD- Standard Deviation, SE- Standard Error, DF-degrees of freedom , FU- Follow up

Table-30 Effects of Palasha Pratisaraniya Kshara on the Patients of Ardra Arsha – Raktha Srava

Srava		Mean score		% of reduction in mean score	S.D of mean	S.E of mean	Df	't' Value	'p' Value
		BT	AT						
Gp PP	AT	2.5	1.8	28 %	0.45	0.11	14	6.36	<0.001
	1 FU	2.5	0	100%	0.51	0.13	14	19.23	<0.001
	2 FU	2.5	0	100%	0.51	0.13	14	19.23	<0.10
	3 FU	2.5	0	100%	0.51	0.13	14	19.23	<0.001
	4 FU	2.5	0.2	92.59%	0.74	0.19	14	13.15	<0.001

BT – Before Treatment, GP- group, PP- Palaksha Kshara, AT-After Treatment, SD- Standard Deviation, SE- Standard Error, DF-degrees of freedom , FU- Follow up

Table-31 Effects of Palasha Pratisaraniya Kshara on the Patients of Ardra Arsha – Srava (Discharge of Slough)

Srava(Discharge of slough)		Mean score		% of reduction in mean score	S.D of mean	S.E of mean	Df	't' Value	'p' Value
		BT	AT						
Gp PP	AT	2.7	1.8	27.3%	0.51	0.13	14	6.12	<0.001
	1 FU	2.7	0	100%	0.48	0.12	14	22.5	<0.001
	2 FU	2.7	0	100%	0.48	0.12	14	22.5	<0.001
	3 FU	2.7	0	100%	0.48	0.12	14	22.5	<0.001
	4 FU	2.7	0	100%	0.63	0.16	14	16.86	<0.001

BT – Before Treatment, GP- group, PP- Palaksha Kshara, AT-After Treatment, SD- Standard Deviation, SE- Standard Error, DF-degrees of freedom , FU- Follow up

**Table-32 Effects of Apamarga Pratisaraniya Kshara on the Patients of Ardra Arsha- Size of pile mass**

Size of pile mass		Mean score		% reduction of in mean score	S.D of mean	S.E of mean	Df	't' Value	'p' Value
		BT	AT						
Gp PP	AT	2.7	1.8	33.3%	0.51	0.13	14	6.92	<0.001
	1 FU	2.7	0	100%	0.48	0.12	14	22.5	<0.001
	2 FU	2.7	0	100%	0.48	0.12	14	22.5	<0.10
	3 FU	2.7	0	100%	0.48	0.12	14	22.5	<0.001
	4 FU	2.7	0.26	90.37%	0.63	0.16	14	15.25	<0.001

BT – Before Treatment, GP- group, PP- Palaksha Kshara, AT-After Treatment, SD- Standard Deviation, SE- Standard Error, DF-degrees of freedom , FU- Follow up

Table-33 Effects of Palasha Pratisaraniya Kshara on the Patients of Ardra Arsha- Colour of Pile mass.

Colour of pile mass		Mean score		% reduction of in mean score	S.D of mean	S.E of mean	Df	't' Value	'p' Value
		BT	AT						
Gp PP	AT	2.7	1.8	33.3%	0.51	0.13	14	6.92	<0.001
	1 FU	2.7	0	100%	0.48	0.12	14	22.5	<0.001
	2 FU	2.7	0	100%	0.48	0.12	14	22.5	<0.001
	3 FU	2.7	0	100%	0.48	0.12	14	22.5	<0.001
	4 FU	2.7	0	100%	0.48	0.16	14	22.5	<0.001

BT – Before Treatment, GP- group, PP- Palaksha Kshara, AT-After Treatment, SD- Standard Deviation, SE- Standard Error, DF-degrees of freedom , FU- Follow up

Discussion

Table No: 34 Showing the Difference in Effect of Parameters in Both the Groups

Sl.No	Ruja	Rakta- Srava	Srava(Slough)	Size of Pile Mass	Colour of Pile Mass
Apamarga Group	Reoccurrence	No Recurrence	No Recurrence	No Recurrence	No
Palasha Group	Reoccurrence	Reoccurrence	No Recurrence	Reoccurrence	No

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 Palasha, Apamarga, Sukti and Citraka. Apamarga is a freely available herb. Further, its usage in Arsha is recommended by most of Ayurveda Acharyas. Similarly, Palasha is also easily available and indicated in Arsha. Sukti is also available easily. Its usage in Kshara preparation is told by Susruta. PH value of alkali range from 7 to 14. The P_H value of Tikshna Apamarga Kshara prepared for the study was 13.5.

Histopathological examination of slough material in blackish brown discharge reveals the presence of necrosed haemorrhoidal tissue. This helps to draw the inference regarding probable mode of action of Pratisaraniya Kshara.

Probable Mode of Action

Pratisaraniya kshara acts on haemorrhoids in two ways – 1. It cauterizes the pile mass directly because of its Ksharana Guna (corrosive nature). 2. It coagulates protein in haemorrhoidal plexus.

The coagulation of protein leads to disintegration of haemoglobin into haem and globin. Synergy of these actions results in decreasing the size of the pile mass. Further, necrosis of the tissue in the haemorrhoidal vein will occur. This necrosed tissue slough out as blackish brown discharge for 3 to 7 days. The haem present in the slough gives the discharge its colour. The tissue becomes fibrosed and scar formation seen. The haemorrhoidal

vein obliterates permanently and there is no recurrence of haemorrhoids.

Conclusion

On the basis of the comparison of the effects of both the groups it can be said that the application of Apamarga Kshara provided better relief in pain, bleeding, slough and size of the pile mass of the patients in comparison to Palasha Kshara. Post operative slough was present for less number of days in Apamarga Pratisaraniya Kshara when compared with Palasha Pratisaraniya Kshara. The haemorrhoidal mass treated with Apamarga Kshara required minimum number of days when compared to Palasha Kshara to heal.

References

1. Kaviraja Ambikadatta Shastri, Sushruta Samhita, 6th Edn, Hindi Comm reprint 2002 Chaukhamba Sanskrit Samsthana, Varanasi, pp. 3-4
2. Kaviraja Ambikadatta Shastri, Sushruta (1987), Sushruta Samhita 6th Edn, Hindi Comm reprint 2002 Chaukhamba Sanskrit Samsthana, Varanasi, pp. 62-63
3. Chakrapani, Charaka Samhita, with Ayurveda Dipika Sanskrit Comm 1991, Kaviraja Narendranath Sengupta and Balaichandra Sengupta Chaukhamba Orientalia, Varanasi, p. 786.
4. Arunadatta (1939), Astanga Hrudaya, 8th Edn, with Sarvanga Sundara, Sanskrit comm. Edr, Bhishagacharya Harisastri Paradakara vaidya, Chaukhamba Orientalia, Varanasi, pp. 225-228.
5. Sushruta (1987), Sushruta Samhita, 6th Edn, Hindi Comm, Edr, Kaviraja Ambikadatta Shastri, Chaukhamba Sanskrit Samsthana, Varanasi, pp. 35-36.
