A CLINICAL STUDY ON THE EFFICACY OF VASA PRATISARANEeya TEekshna Kshara IN THE MANAGEMENT OF ABHYANTARA ARSHA/HAEMORRHOID

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ABSTRACT
Astamahagada, group of eight dreadful clinical conditions told in all Ayurvedic classics. Aacharya Sushruta enlisted Arsha in Astamahagada. Arsha is known as haemorrhoids in modern parlance. The altered lifestyle in this modern world is the leading cause in the incidence of Haemorrhoids (Arshas). Symptoms of internal haemorrhoids closely resemble to clinical features of Abhyantar Arshas. Aacharya Shrusruta described four types of treatment modalities for the management of Arsha, they are Bheshaja Karma, Kshara Karma, Agni Karma and Shashtra Karma. Kshara is one of the most essential methods that can be used safely. An attempt has been made in this study to test the effectiveness of Vasa Pratisaraneeya Teekshna Kshara in the management of Abhyanta Arsha. In this study, 15 patients suffering from Abhyanta Arsha were selected from OPD and IPD of the PG Department of Shalya Tantra, National Institute of Ayurveda, Jaipur. The data obtained have been statistically analyzed and it has been observed that Kshara Karma is effective in curing the disease, preventing recurrence and cost-effective Para-surgical procedure. The outcome of Kshara Karma interference is motivating.

KEYWORDS: Abhyanta Arsha, Internal Haemorrhoids, Vasa Pratisaraneeya Teekshna Kshara, Para-surgical procedure.

INTRODUCTION
Guda Vikara (anorectal disorders) are gradually increasing due to sedentary lifestyle, unhealthy and improper eating patterns, excessive sitting or standing etc. in population. Such clinical manifestation not only effects physical wellbeing of the person but disturbs mental health as well. These anorectal conditions are usually associated with psychiatric symptoms due to their position and impaired suffering that impacts the quality of life. As per Ayurveda, anorectal diseases are usually caused by Mandagni, leading to Vibandha (Constipation), which is considered as the root cause of Arsha.

In Sushruta Samhita the author has described concept of Ashta-Mahagada[1], i.e., eight such disorders which are considered to be incurable. The Arsha (Haemorrhoids) has been classified under Ashta-Mahagada.

Kshara is one of the important methods which can be practiced safely. Kshara Chikitsha is done by two ways[2]: Internal administration of Paneeya Kshara and External application of Pratisaraneeya Kshara.

Numerous research works have been carried out on the effectiveness of Apamarga, Chitraka, Aragvadha, Saptachhada, Arka, Palasha, Kadali, Patala, Nimba and Snuhi Kshara in the administration of Arsha Roga in various centres in India. Such Kshara preparations, while being effective, can also cause postoperative discomfort and burning pain. Therefore, in order to solve this issue, Vasa Pratisaraneeya Teekshna Kshara was picked, known for its medicinal value, such as Raktastambhaka (Haemostasis), Vednasthapaka (Analgesic), Shothishara (Anti-inflammatory), Jantughna (Antimicrobial) etc. There is a need for alternative care modalities due to the shortcomings of conventional medical and surgical administration. Pratisaraneeya Teekshna Kshara Karma for the management of Abhyanta Arsha provides a marginal risk of recurrence, it is cost effective, causes less pain and bleeding, does not induce inflammation, it does not induce anal incontinence and needs a minimal hospital stay during care. No research has been carried out on the role of Vasa as Pratisaraneeya Kshara in the management of Abhyanta Arsha.

AIMS AND OBJECTIVES
To evaluate the efficacy of Vasa Pratisaraneeya Teekshna Kshara in the management of Abhyanta Arsha.
MATERIALS AND METHODS

Total 15 subjects were randomly selected for the study, with ages ranging from 20yrs to 60yrs, irrespective of gender, religion etc. from OPD / IPD of P.G. Department of Shalya Tantra, National Institute of Ayurveda, Jaipur. The treatment regimen was explained clearly to the subjects and their signed, written informed consent was taken before starting of the trial.

Inclusion Criteria
- Patients of Arsha between the ages of 20yrs to 60yrs.
- Patients of Arsha which are Mridu, Prasrita, Avagadand Uchchhrita[3].
- Patients of Arsha having Pittaja and Raktaja origin.
- Diagnosed case of Internal Piles of first, second and third degree.

Exclusive Criteria
- Patients of Arsha, age less than 20yrs and more than 60yrs.
- Patients with other systemic illness like uncontrolled Diabetes mellitus, Hypertension, Malignancy, Hepatitis B, Tuberculosis and Retrovirus positive.
- Fourth degree internal piles, external piles and other associated Ano-rectal diseases.
- Thrombosed or Strangulated pile mass.
- Infective and Neoplastic conditions of rectum, Rectal prolapse. Pelvic pathology and Pregnancy.

Assessment criteria: Both subjective & Objective parameters were assessed in this study, details are as follows.

Pain: Intensity of Pain was assessed based on grading of VAS Scale score.

| Pain | Grade | Explanation |
|------|-------|-------------|
|      | 0     | No Pain     |
|      | 1     | Mild Pain (1-3) |
|      | 2     | Moderate Pain (4-7) |
|      | 3     | Severe Pain (8-10) |

Raktasrava (Bleeding Per Rectum)

The bleeding per rectum was graded on the basis of different criteria according to patient’s own words.

Bleeding per rectum

| Grade | Explanation |
|-------|-------------|
| 0     | No Bleeding |
| 1     | 0-5 drops   |
| 2     | 5-10 drops  |
| 3     | Bleeding in the form of splash in the pan |
| 4     | Bleeding in the form of stream |

Size of the Pile Mass

| Grade | Size of pile mass |
|-------|-------------------|
| 0     | Not measurable    |
| 1     | ≤ 1.5 cm³         |
| 2     | 1.6-2.5 cm³       |
| 3     | 2.6-3.5 cm³       |
| 4     | 3.6-4.5 cm³       |
| 5     | ≥ 4.5 cm³         |

Size of pile mass was measured by using Vernier caliper. Height and width of pile mass was measured with this instrument and length measured with thread. Size was obtained by multiplying length, breadth and height (l x b x w).

Treatment Procedure

Poorna karma

Patients selected for the procedure were advised to remain nil orally for at least 4 hours prior to the procedure. Consent was taken. Part preparation was done in perianal region. Proctoclysis enema was given. Pre medications were administered according to need. Plain 2% xylocaine sensitivity test was done.

Pradhana karma[4]

Patient was placed in lithotomy position on operation table. Perianal region was cleaned with antiseptic solution and draping was done. Local anaesthesia (2% xylocaine with adrenaline) was infiltrated in operative site. Lubricated normal proctoscope was introduced in anal canal, position of pile mass was noted and proctoscope was removed. Slit proctoscope was introduced and skin around pile mass was pulled laterally with Allis tissue holding forceps to get a better view of pile masses. The healthy anal mucosa was covered with wet cotton balls to prevent spilling of Kshara on it. Vasa Pratisaraneeya Teekshna Kshara was applied over pile mass and the opening of proctoscope was closed for Shatamatrakala (~ 2 minutes) with the palm. The pile mass was cleaned with Nimbu Swaras. It was observed that whether the pinkish pile mass was turned to blackish (PakvaJambuPhala Varna). If not, Kshara was applied once again till the pile mass turned to blackish colour. Once again it was washed with Nimbu Swaras. This procedure was repeated on all the pile masses. Thereafter the anal canal was packed with gauze piece soaked in Yastimadhu Taila (A.H. Chi. 22/41-44) to prevent burning sensation and local oedema. Dry dressing was done and the patient was shifted to ward.

Paschat Karma (Post-Operative Treatment)

Patients were kept nil by mouth for 6 hours after the procedure. Packing was removed after 6
hours and 20 ml of *Yasthimadhu Taila* was administered per rectal. From next day onwards, patients were advised to take sitz bath with *Sphatika Bhasma* after passing stools for 10-15 min twice a day and *Yasthimadhu taila* was pushed rectally after sitz bath for 7 days and also advised them to take following medicine:

1. *Triphala Guggulu*– 2 tablets twice daily for 7 days
2. Laxative- *Haritaki Choorna*– 5 grams at bed time for 7 days with Luke warm water.

**OBSERVATION AND RESULTS**

The data obtained was statistically analyzed as follow:

**Table 1: Observations**

| Sr. No. | Parameter                  | Period | Observations in all 15 subjects |
|---------|----------------------------|--------|---------------------------------|
|         |                            |        | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 1       | Bleeding                   | BT     | 2  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 2  | 1  | 2  | 2  | 1  | 3  | 3  | 1  |
|         |                            | IFW    | 1  | 1  | 0  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
|         |                            | IIFW   | 1  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  |
|         |                            | AT     | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 1  | 0  | 0  | 0  | 0  | 0  | 0  |
| 2       | Pain                       | BT     | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 2  | 2  | 1  | 1  |
|         |                            | IFW    | 1  | 1  | 2  | 0  | 1  | 1  | 1  | 1  | 1  | 1  | 2  | 2  | 1  | 1  | 1  | 1  |
|         |                            | IIFW   | 1  | 0  | 0  | 1  | 0  | 1  | 1  | 0  | 0  | 0  | 0  | 1  | 1  | 1  | 0  | 0  |
|         |                            | AT     | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 1  | 1  | 0  | 1  | 0  | 0  | 0  | 0  | 0  |
| 3       | Size of pile mass (prolapse) | BT   | 3  | 2  | 3  | 3  | 4  | 4  | 2  | 2  | 4  | 3  | 3  | 4  | 4  | 2  | 1  | 4  |
|         |                            | IFW    | 2  | 1  | 0  | 1  | 2  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 0  | 1  |
|         |                            | IIFW   | 1  | 0  | 0  | 0  | 0  | 0  | 0  | 1  | 0  | 0  | 1  | 0  | 1  | 0  | 1  | 0  |
|         |                            | AT     | 1  | 0  | 0  | 0  | 0  | 0  | 0  | 1  | 1  | 0  | 1  | 0  | 1  | 0  | 0  | 1  |

**Percentage Difference of Individual Variable**

| Sr. No. | Parameter                  | BT Mean | AT Mean | Mean diff. | % Diff. |
|---------|----------------------------|---------|---------|------------|---------|
| 1       | Bleeding                   | 1.60    | 0.06    | 1.54       | 96.25   |
| 2       | Size of pile mass (prolapse) | 3.00    | 0.33    | 2.67       | 89      |
| 3       | Pain                       | 1.33    | 0.02    | 1.31       | 100     |
Table 3: Percentage Difference in Individual Subject

| Patient no. | BT  | AT  | Mean | % Difference |
|-------------|-----|-----|------|--------------|
| 1.          | 2.00| 0.33| 1.67 | 83.50        |
| 2.          | 1.33| 0.00| 1.33 | 100.00       |
| 3.          | 1.67| 0.00| 1.67 | 100.00       |
| 4.          | 1.67| 0.00| 1.67 | 100.00       |
| 5.          | 2.00| 0.00| 2.00 | 100.00       |
| 6.          | 1.67| 0.00| 1.67 | 100.00       |
| 7.          | 1.67| 0.33| 1.34 | 80.24        |
| 8.          | 1.33| 0.33| 1.00 | 75.18        |
| 9.          | 2.33| 0.33| 2.00 | 85.00        |
| 10.         | 2.00| 1.00| 1.00 | 50.00        |
| 11.         | 2.00| 0.00| 2.00 | 100.00       |
| 12.         | 2.00| 0.33| 1.67 | 83.50        |
| 13.         | 3.00| 0.00| 3.00 | 100.00       |
| 14.         | 2.67| 0.33| 2.34 | 87.64        |
| 15.         | 1.33| 0.00| 1.33 | 100.00       |

Table 4: Total Effect of Therapy in 15 Patients

| Treatment Response | No. | %        |
|--------------------|-----|----------|
| Cured              | 13  | 86.67    |
| Marked improvement | 1   | 06.67    |
| Moderate improvement| 1  | 06.67    |
| Mild improvement   | 0   | 0        |
| Unchanged          | 0   | 0        |

Observing the percentage of difference in each individual after four weeks of treatment, among 15 patients, 13 patients got cured (80%-100%), 01 patient had marked improvement (65%-79%) and 01 patient had moderate relief (40%-64%) by Vasa Pratisaraneeya Teekshna Kshara.

Measuring the size of pile mass

Pile mass before application of Kshara

Pile mass just after application of Kshara

Pile mass after completion of the procedure
DISCUSSION

Effect on Bleeding Per Anus

Vasa Pratisaraneeya Kshara provided highly significant (p=0.001) results in reduction of bleeding per anus with percentage of relief by 46.25% after 1st week of the treatment. On 2nd week follow-up, it showed highly significant (p<0.001) results with percentage of relief by 75.00%. On 3rd week, it showed highly significant (p<0.001) results with percentage of relief by 96.25%. On last follow-up, it showed highly significant relief in reduction of bleeding per anus of 96.25% with p value (<0.001).

Effect on Pain

In group B, patient showed not significant variation up to 1st follow-up (p=0.564). While comparing up to 2nd (p=0.002) shows significant and 3rd follow-up the result (p<0.001) shows highly significant differences. Similarly, after treatment has shown highly significant result on pain reduction (p=0.001).

Effect on Size of Pile Mass

Vasa Pratisaraneeya Teekshna Kshara provided Highly significant (p=0.001) results in reduction of size of pile mass with percentage of relief by 66.67% after 1st week of treatment. In 2nd week, it showed highly significant (p=0.001) results with percentage relief by 73.33%. In 3rd week, it showed highly significant (p=0.001) results with percentage relief by 91% and on last follow-up, it showed highly significant (p=0.001) results with relief of 89%.

CONCLUSION

From the present study, it can be concluded that Vasa Pratisaraneeya Teekshna Kshara Karma yielded promising outcome for the management of Abhyantara Arsha and it is cost effective para surgical procedure. Excellent results were obtained for both subjective and objective parameters. The present study was planned with a smaller sample size. So similar study should be carried out with larger sample size for a more reliable and comprehensive assessment.

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