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## Management Of Second-Degree Internal Haemorrhoid With *Apamarga Pratisarneeeya Teekshna Kshar*- A Case Report

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### ABSTRACT

A 45-year male patient reported to *Shalya Tantra* OPD in National institute of Ayurveda Jaipur with complaints of something coming out from anal verge since last 2 years with occasional bleeding in the form of drops and splashes per-anum. After thorough examination the patient was tagged with the diagnosis of *Arsha* (Second degree internal haemorrhoid). The patient was Planned for *kshara karma* (*Kshar-Pratisaaran*) on oct.10<sup>th</sup> 2018 with very encouraging outcome. *Apamarga Pratisaraneeya teekshna kshara* was found to be effective in the second-degree haemorrhoid mass within 21 days of application. After follow up of 6 month no recurrence of any presenting complaint was observed.

**Key words:** *Arshas*, second degree internal haemorrhoid, *Kshara karm*, *Kshar-Pratisaaran*.

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## INTRODUCTION

*Shalya Tantra* is an integral part of *Ayurvedic* system which contains detailed description of *Shashtra Karma* along with Parasurgical procedures such as *Kshara Karma*, *Agni Karma*, and *Jaloukavacharana*. Among these Parasurgical measures, *Kshara Karma* is having supreme place due to its tremendous properties in curing the diseases.

Acharya *Sushruta* while describing of *Kshara* preparation, emphasized on the procedure of *Kshara Karma*. Due to its *Chhedana* , *Bhedana* & *Lekhana* properties & much more efficacy, the *Kshar karma* can replace the use of *Shastras*. He explained 24 different species for the preparation of *Pratisaaraneeya Kshara* and has given much importance in the treatment of *Ardra Arshas*.

Different methods of treatment are described in *Ayurveda* for the management of *Arshas* based on its severity. Among them *Pratisaraneeya Kshara* is the one, which even replaces the surgical intervention and cures the condition without the help of surgical instruments.

As *Acharyas* explained the *Guna-karmas*, advantages and disadvantages of *Kshara* and also mentioned the indications and contraindications of *Kshara* in their *Samhitas*, yet we are trying to implement the utility of *Kshara* in all the indicated pathologies.

*Kshara* is a kind of medication described in *Ayurveda* Texts for the management of various disorders. The word *Kshara* is derived from the root *Kshar*, which means to melt away or to perish. *Acharya Sushruta* defines *kshara* as the material which destroys or cleans the excessive/the morbid *doshas* (*KshyaranatKshyananatvaKshara*). The drug which has the characteristics of *Kshanan* or *Ksharan* literally means that which destroys fleshy mass either healthy or unhealthy is *Kshara*. *Charaka* says *Kshara* is one which scraps the abnormal tissue from its location and destroys it after dissolving it, because of its corrosive nature.

## CASE REPORT

A 45-year-old male patient visited at the Ano rectal OPD of National Institute of Ayurveda, Jaipur on **October 10, 2018(Reg No 3515)** with complaints of some mass coming out of anus on straining during defecation. The mass got reduced spontaneously into the anal canal after defecation & was associated with occasional bleeding. The patient had been suffering from these complaints since last 2 years. Proctoscopic

examination confirmed the diagnosis as a case of second-degree internal haemorrhoids at 11 & 7 'o' clock position.

Past history – Not any past history.

Treatment history- He has taken some medicine from local doctor but not got any relief.

Diet- Vegetarian, oily and spicy food.

Lab investigation- All haematological reports were within normal limits.

*Pre-Operative Photo:*



## INTERVENTION:

Before surgery one day prior inj. T.T. 0.5ml IM was given. His vitals were within normal limits. Then we took him in ot on 10 October 2018.

Then *Apamarga pratisaarniya Kshara karma* (Application of caustic alkaline paste) was performed

with the help of slit-type proctoscope under local anesthesia (lignocaine 2%). The *kshara* paste was applied on internal haemorrhoids located at 11 and 7 'O' clock position one after the other. After application on each haemorrhoid wait for 100 *matrakaal* i.e. approx. 2 min, the applied *Kshara* was cleansed then with lemon juice after two minutes.



It was observed that the pile mass has reduced in size and its color has turned to blackish brown (*pakvajambuphalavarna in shatamatrakala*). Then,

the proctoscope was removed and the anal canal was finally irrigated with medicated oil (*jatyadi tail*), and packing was done.



### POST- OPERATIVE TREATMENT-

*Ayurvedic medicines* are then continued for 1<sup>1/2</sup> month

*Awagah sweda* with *Tankan bhasm* ½ tst BD (twice a day)

*Tab Triphala guggulu* 2 BD (twice a day after meal)

*Abhyarishta* 10 ml (twice a day after meal.)

*Triphala churna* 3gram HS (at bed time)

**OBSERVATION****Table 1**

<b>Days</b>	<b>Observation</b>
Immediately after kshara application	Coagulation of Haemorrhoid plexus Blackish colour of mass seen
2 <sup>nd</sup> day	Mild Edema and softening of coagulated mass, with initiation of sloughing seen
3-6 day	Sloughing, necrosis of pile mass
7- 12 days	Mucosal ulcer seen at the site No mass at site
13- 20 days	Healing of ulcer
After 21 days	Scar with complete fibrosis of haemorrhoidal plexus and adhering of scar to muscular coat

**After 3 months:** No engorgement of venous plexus seen, normal mucosa seen.



**DISCUSSION:**

Apamarga Pratisaraneeya teekshna kshara was applied to the internal haemorrhoids at 7 and 11 o'clock position. It was observed that the Pile mass became black in approx. 90-100 seconds. Then Lemon juice (citric acid) was used to neutralize the kshara after proper burning of pile mass. *Apamarga Pratisaraneeya teekshna kshara* causes coagulation of Haemorrhoidal plexus (cauterization of pile mass), necrosis of tissue followed by fibrosis of plexus. Adhesion of mucosal, submucosal layer helps in prevention of further dilatation of veins and prevents prolapse of regional mucosa of anus.

The patient was followed up regularly. On each visit the proctoscopic examination was carried out, which did not reveal any evidence of recurrence of the haemorrhoids. This case is being reported subject to non-recurrence of haemorrhoids even after a follow up of 6 months. The patient was on active treatment

for only a period of three months. Diet restrictions were advised i.e. to eat green vegetables, salad, fibre rich diet, food stuffs and avoid junk foods, oily, spicy foods. This case study shows that a combination of *kshara karma*, conservative ayurvedic treatment, diet restrictions, and life style modifications administered over a period of 6 months is effective in obliterating the pile mass as well as preventing its recurrence on a longterm basis.

**CONCLUSION:**

*Apamarga Pratisaraneeya teekshna kshara* was found to be effective in the second-degree haemorrhoid mass within 21 days of its application. Apart from this study we treated many cases of haemorrhoids with *apamarga pratisaarneeya teekshna kshara* in National Institute of Ayurveda and found very fruitful.

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