ROLE OF NIMBA PRATISARANEeya TEEKSHNA KSHARA IN THE MANAGEMENT OF ARDRA ARSHA (HAEMORRHIOIDS) –A CASE STUDY

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ABSTRACT
Haemorrhoids (Haima- Blood + Rhoos- Flowing) are varicosities of the tributaries of the Haemorrhoidal vein. At least 5% of the general population suffers from Haemorrhoids and the incidence of Haemorrhoids apparently increases with age, at least 50-60% of people over the age of 50 have some degree of piles Arsha is a disease which is very unkind towards mankind. Nimba Pratisaraneeya Kshara has been emphasized throughout the classical literature for Arsha, described as an Upakrama, substitute for surgical procedure. Nimba Pratisaraneeya Kshara which is a known modality having antibacterial, antiviral and antifungal properties and have specially been mentioned by Acharya Sushruta. Kshara is indicated in Arsha. Kshara Karma does the function of Chhedana, Bhedana and Lekhana without using Shashtra. A patient suffering from Ardra Arsha (Third degree Internal Haemorrhoids) was selected from the I.P.D. of P.G. Department of Shalya Tantra, N.I.A., Jaipur and was treated with Nimba Pratisaraneeya Teakshna Kshara application. No any major or minor complication was reported by the patient in a follow up period of one month. The patient was assessed on the parameters as per grading and it was seen that the patient was completely cured from the disease in terms of signs and symptoms with no post-operative discomfort. Hence Nimba Pratisaraneeya Teakshna Kshara can be successfully used in the management of Ardra Arsha with no post-operative complications.

Keywords: Arsha, Nimba, Pratisaraneeya Teakshna Kshara, Kshara Karma

INTRODUCTION: Arsha is included under Asta-Mahagada by Acharya Sushruta. While explaining the Arsha Chikitsa, Sushruta mentioned Kshara Karma as one among the treatment modalities in Arsha Roga. Acharya Sushruta explained Kshara in the Sushruta Samhita in detail in Sutra Sthana Chapter 11. In this chapter he said that Kshara is Pradhantama among Shastra and Anushastra. He explains in detail about types, indications, contraindications, properties, advantages and disadvantages. Both Paneeya and Pratisaraneeya Kshara are indicated in Arshawhich are Mrudu, Prasrutha, Avaghada and Uchchruta should be treated by Kshara Karma. While explaining preparation of Pratisaraneeya Kshara, he gave a list of drugs which can be used for preparation of Kshara. The research studies have already been carried on the efficacy of Apamarga, Chitraka, Aragvadha, Saptachhada, Arka, Palash and Patla Kshara in the management of Arsha Roga across various centers in India. These Kshara preparations though having efficacy but still cause discomfort and pain especially in Apamarga Teekshana Kshara. Hence to overcome this problem studied the efficacy of Nimba Pratisaraneeya Kshara which is a known modality having antibacterial, antiviral and antifungal properties and have specially been mentioned by Acharya Sushruta.
Furthermore no studies have been carried out on this drug in the management of Arsha, therefore there is a need to evaluate its efficacy. Hence I studied the efficacy of Nimba Kshara in the management of Ardra Arsha. The advantage of Kshara Karma is that it has less rate of recurrence, cost effective, less painful having less chances of bleeding, anal incontinence and requires minimal hospitalization during treatment. This case study is to assess the efficacy of Nimba Pratisaraneeya Kshara.

CASE STUDY: A male patient of 24 yrs. age approached to Shalya Tantra O.P.D. in the National Institute of Ayurveda, Jaipur with complaints of prolapse of some mass during defecation through anal verge for last 6 months which is reduced by patient himself and occasional bleeding per anum as drops. Patient has taken allopathic treatment for same complaints but got no relief. After detail history and digital rectal examination with proctoscopy, the diagnosis was confirmed as third (3rd) degree primary internal haemorrhoids (Ardra Arsha). The all routine investigations were done and no specific etiology was found. Patient posted for Pratisaraneeya Kshara Karma with Nimba Pratisaraneeya Teakshna Kshara. Procedure was done with full aseptic measures.

MATERIALS AND METHODS: The Nimba Pratisaraneeya Teekshna Kshara was prepared with proper measures in P.G. Department of Shalya Tantra, National Institute of Ayurveda, Jaipur and the patient selected from NIA OPD. After all premedication, informed consent and lignocaine sensitivity the patient was taken in the lithotomy position and the perianal area painted with the antiseptic solution (10% Povidone iodine). The sterile drape sheets were placed over operative area. The operative site was anesthetized with the infiltration of inj. 2% Lignocaine with adrenaline. After achieving appropriate anesthesia, slit proctoscope smeared with Ghrita is to be introduced in to the anal canal and assessed the masses. The pile mass should be scraped or rubbed and cleaned with cotton swab with warm water. Then application of the paste of Nimba Pratisaraneeya Teakshna Kshara with Darvimukha Shalaka was done at Internal Haemorrhoid of 3 o’clock position. After application of Kshara waited to 2 min the mouth of the Arsho Yantra is kept closed by the hand for a period of hundred Matra Kala or till the pile mass turns to the colour of Pakwa Jambuphala Varna6. Then neutralized Kshara with Nimbu Swarasa and washed with Normal Saline. Care was taken to avoid blowout of Kshara over the normal mucosa which may cause burning of unwanted tissue. Same procedure was done at 7 and 11 o’clock positions. The anal canal was packed with gauze pieces soaked in iodine-povidone solution. A tight T-bandage was applied to complete the procedure.

Post-Operative Treatment- For 21 days
1. Tablet Triphala Guggulu 500 mg twice daily after meal with luke warm water.
2. Laxative- Triphala Choorna 5 gm. at bed time with Luke warm water.
3. Warm Sitz bath by Tankan Bhasma 3 gm. twice daily after defecation.
4. Yasthimadhu Taila Matra Basti 30 ml. once daily for seven days.

RESULT AND DISCUSSION: During intra operative period whole procedure was performed in local anesthesia so no pain was felt to the patient. After two hours of completion of procedure single
A dose of Tab. diclofenac sodium 50 mg. as analgesic was given to control the pain as advised by the visiting surgeon. No further analgesic was advised to the patient. It shows that due to Kshara applications anal mucosa was burned so that reduces the pain sensation. This may also be due to the neutralization of Kshara with Nimbu Swarasa.

The patient was followed up weekly up to one month after complete healing of anal mucosa and no prolapsed of pile masses and bleeding per anum was noted. The reason behind absence of prolapsed of pile masses and bleeding per anum was that due to necrosis of tissue with obliteration of haemorrhoidal radicles. Wound was completely healed within 20 days.
CONCLUSION: The present case shows very hopeful results of *Nimba Pratisaraneeya Teekshna Kshara* application on the *Ardra Arsha* (Third degree Internal Haemorrhoids) as it is safe, cost effective, very good haemostatic and successful treatment of internal Haemorrhoids with very less recurrence. To make firm the above theory the study should be carried out in large sample size.

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