

EFFECT OF *TILVAKA TEEKSHNA PRATISARANEeya KSHARA* IN THE MANAGEMENT OF *ARDRA ARSHAS***Gopal B Nagotha¹, Udaya D.k.², Divya M Bhalodi³**

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The present sedentary lifestyle, irregular food intake, prolonged sitting or standing and psychological problems have affected the quality of life. Hemorrhoids are a once such disease which is co-related to *Arshas* the change in life style has caused increase in the prevalence of this disease. It may occur at any age but is primarily seen between the ages of 30 and 65. Incidence is equal in both sexes. A healthy diet and lifestyle modification does prevent this. *Arshas* is an abnormal fleshy overgrowth in *Guda* which is caused by *Virudha Ahara Sevana*, *Adhyashana*, *Ukatasana*, *Vegadharana*, *Sahajaani*, etc., leading to derangement of *Tridosha*. The treatment of *Arshas* is of 4 types, and *Kshara Karma* is one among them. *Kshara Karma* is indicated where *Arshas Ankura* is *Mridu*, *Prasruta*, *Avagada* and *Uchritha*. *Kshara* is considered superior to *Shashtra* and *Anushashtra* due to its property in *Chedana*, *Bhedana*, *Lekhana*, and *Tridoshaghna*. *Tilvaka* is mentioned in the preparation for *Kshara* and has *Arshohara*, *Lekhana*, and *Krimighna* properties. Considering all these factors, an effort is made to substantiate the role of *Tilvaka Kshara* and its probable mode of action in *Arshas*.

Keywords: *Tilvaka Kshara*, *Kshara Karma*, *Abhyantara Arshas*, Hemorrhoids.

INTRODUCTION

Haemorrhoids are dilated veins within the anal canal in the subepithelial region formed by radicles of the superior middle and inferior rectal veins. The prevalence rate of piles is 4.4 % worldwide, in about 10 million people. It may occur at any age but is primarily seen between the ages of 30 and 65. Incidence is equal in both sexes. Haemorrhoids are of 2 types based on location: external and internal haemorrhoids. External haemorrhoids are situated below the dentate line and are covered by skin. The internal haemorrhoid is located above the dentate line and is covered by a mucous membrane. The primary hemorrhoid occurs at 3,7,11 'o'clock position. Secondary haemorrhoids occur between the primary haemorrhoids. The main symptom is bleeding. Which is bright red, painless, and occurs during defecation associated with constipation, prolapse, and mucous discharge. Based on prolapse, haemorrhoids are divided into 4 degrees: 1st degree- bleed only, no prolapse. 2nd degree – prolapse but reduce spontaneously. 3rd degree –prolapsed and has to be manually reduced. 4th degree – permanently prolapsed.^[2] Management of piles ranges from a simple dietic regimen to surgical excision. Conservative management includes bowel regulation, laxatives, a more fibre diet, sitz bath, and local topical application. Interventional management like injection sclerotherapy, Rubber band ligation, cryosurgery, Lord' Anal dilatation, and hemorrhoidectomy has been explained.^[3] Acharya Charaka explains that arshas is an abnormal fleshy growth in Guda, whereas the word Arshas has also been used for fleshy growth in other sites like Nasa, Karna etc ^[4]Arshas is considered as one among Ashtamahagada. Acharya Vagbhata defines Arshas as Mamsa Ankura, which occurs at Guda Marga, obstructs the pathway and causes troubles like an enemy^[5]. Acharya Charaka mentioned Meda, Mamsa and Twak as the Adhithana of Arsha. Arshas is divided as Sahaja and Jatasya-Uttarakalaja Arshas. Sahaja Arshas occurs due to Gudavalli-bija Upaghata, and Jatasya-uttarakalaja Arshas occurs after birth due to unhealthy dietary habits and lifestyle.^[6] While describing the Chikitsa of Arsha, Acharya Charaka lists

its two types, Ardra and Shushka. Acharya Sushruta has explained six varieties of Arshas – Vataja, Pittaja, Kaphaja, Raktaja, Sannipataja and Sahaja. it is caused due to Sahajaani, Virudha Ahara Sevana, Adhyashana, Uttkatukasana Vegadharana etc. These aggravated Doshas vitiate Shonita and spread through Pradhana Dhamani reaches down and lodges in Guda Pradesha and vitiates Gudavali, giving rise to Arshas.^[7] Sushruta has mentioned Chaturvidha Sadhanopaya in the treatment of Arshas. They are Bheshaja, kshara, Agni and Shastrakarma. Kshara karma is one among them and indicated when Arshas Ankura is Mridu, Prasruta, Avagada and Uchritha^[8]. and it has the property of Chedana, Bhedana, Lekhana and Tridoshagna.^[9] Tilvaka Kshara is mentioned by Sushruta in preparation of Kshara and has Arshohara, Lekhana, and Krimighna property^[10]. A critical review of the literature is made to substantiate the role of TILVAKA Kshara and its probable mode of action in Abhyantara Arshas.

STUDY DESIGN – It is an open clinical study

DESIGN OF THE STUDY

- Study Type: Interventional
- Estimated Enrolment: 30 participants
- Allocation: Non – Randomized
- Endpoint Classification: Efficacy study
- Intervention Model: Single Group
- Masking: An open-label study
- Primary Purpose: Treatment

Sources of Data:

Sample Source: Patients with classical features of Abhyantara Arshas had been selected from the OPD/IPD department in Karnataka Ayurveda Medical College, Mangalore

SAMPLE SIZE: A total of 30 patients fulfilling the diagnostic and inclusion criteria of either gender were selected for the clinical study

Diagnostic Criteria:

Diagnosis will be made based on physical examinations through P/R examination, i.e., inspection, palpation, and digital and proctoscopic examination. Signs and symptoms of Ardra arshas, such as

- Bleeding per rectum

- Mucus discharge
- Pile mass
- Anemia

a) Inclusion Criteria:

- *Ardra Arshas* which are of *Mrudu* (Soft), *Prasruta* (Extensive), *Avagada* (Deeply Situated), *Uchritha* (Projected)
- First and second-degree internal pile masses.
- Patient age group 18 to 60 years.
- Patients of both sexes were selected.

b) Exclusion Criteria:

- Third- and fourth-degree pile mass.
- Secondary haemorrhoids.
- HIV and HBsAg positive patient.

INTERVENTION:

Method of preparation of *Tilvaka Teekshna Pratisaraniya kshara* - dried stem bark of the *Tilvaka Plant* is burned and collected ash of *Tilvaka* stem bark and 6 times water has to be added and mixed well and has to be kept overnight. The next day, it is filtered 21 times using cloth. The filtered solution has to be boiled and evaporated till 2/3 remains, and 1/3rd part of the solution has to be kept aside separately. Then 1/10th of ash weight, limestone fried till it become red hot and added to the filtrate solution which was kept separately and added to the boiling solution. Fine powder of *Chitraka* 1/10th part of limestone to be added. Continuously stirring with mild heat till it attains a semi-solid consistency.

Study Design:

Thirty patients will be managed with *kshara* application on the pile mass per classical techniques called *ksharapatana vidhi*, which will be conducted according to the principles of *Trividha karma*.

OBSERVATION:

Observation was recorded before treatment on the 1st, 2nd, 7th, 14th, and 21st days.

Proctoscopic Assessment was done before treatment on the 1st, 7th, 14th, and 21st days.

STUDY DURATION: 21 days

FOLLOW UP: Patient will be reviewed on 45th day

i) ASSESSMENT CRITERIA:

The assessment was based on the subjective and objective parameters formulated for *Ardra Arshas*. It was done before and after treatment.

Subjective parameter:

- Bleeding per rectum
- Discharge
- Itching
- Burning sensation
- Degree of Pile mass

Objective parameter:

- Size of the pile mass

INVESTIGATIONS:

- Hb%, TC, DC, RBS, BT, CT, HBsAg, HIV
- Specific investigations, if necessary

OBSERVATION AND RESULTS:

The effect of the application of *Tilvaka Teekshna Pratisaraniya Kshara* was studied on 30 cases of *Arsha*, who attended the anorectal clinic of the Department of P.G. Studies in *Shalya Tantra*, Karnataka Ayurveda Medical College and hospital Mangalore, Karnataka. All 30 patients of *Arsha* have been analysed for age, sex, religion, addiction, Occupation, diet, degree of pile mass, the position of piles mass, type of haemorrhoid, clinical findings etc.

Statistical analysis of Subjective parameters

Symptom	Mean difference	The sum of pos. ranks	The sum of neg. ranks	Standard deviation	Mean	W	Z	P	Result
Constipation	2.67	465	0	48.62	232.5	0	-4.78	<0.05	significant
Bleeding	3.07	465	0	48.63	217.5	0	-4.70	<0.05	significant

Burning sensation	2.57	28	0	11.25	33	0	-2.36	<0.05	significant
Degree of pile mass	1.90	465	0	48.42	232.5	0	-4.78	<0.05	significant
Itching	2.67	45	0	14.31	45.5	0	-2.66	<0.05	significant
Discharge	2.60	55	0	9.81	27.5	0	-2.83	<0.05	significant

Statistical Analysis of Objective Parameters

Symptom	Mean Score, BT	Mean Score, AT	S.D(±), BT	S.D(±), AT	S.E(±), BT	S.E(±), AT	T	P	Result
Size of pile mass	1.90	0.00	0.31	0.00	0.06	0.00	26.19	<0.05	significant

DISCUSSION

Discussion on the mode of action of *Tilvaka Teekshna Pratisaraniya Kshara Pratisarana*

Tilvaka or *Lodhra* is mentioned as having *Shonitasthapana* and *Sandhaniya* activities. *Lodhra* possesses *Kashaya* (astringent) and *Tikta* (bitter) *Rasa*, which signifies *Rasa-wise* action. *Kashaya Rasa* pacifies *Pitta*, and *Stambhana* action and *Tikta Rasa* enhance *Agni*. The *Laghu Ruksha Guna* maintains the balance of two stages, i.e., *Agneya* (hot) and *Soma* (cool).

Virya is *Sheeta*. Thus *Tilvaka* helps in *Pitta Shamana*. Hence, along with all these properties, *Tilvaka Teekshna Pratisaraniya Kshara* was effective in disintegrating the Pile mass and its signs and symptoms in *Ardra Arsha*.

Tilvaka Pratisaraniya Kshara acts on haemorrhoids in two ways

1) it cauterises the pile mass directly because of its *Ksharana Guna* (corrosive nature)

2) it coagulates protein in hemorrhoidal plexus

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

The haemorrhoidal vein obliterates permanently, and there is no recurrence of haemorrhoids.

Discussion on Results:

- Constipation - As the p-value is lower than the significance level $\alpha = 0.05$, we should reject the null hypothesis H_0 and accept the alternative hypothesis H_a for *Constipation*.
- Bleeding - As the p-value is lower than the significance level $\alpha = 0.05$, we should reject the null hypothesis H_0 and accept the alternative hypothesis H_a for *Bleeding*.
- Burning sensation - As the p-value is lower than the significance level $\alpha = 0.05$, we should reject the null hypothesis H_0 and accept the alternative hypothesis H_a for *Burning sensation*
- Degree of pile mass—As the p-value is lower than the significance level $\alpha = 0.05$, we should reject the null hypothesis H_0 and accept the alternative hypothesis H_a for the *Degree of pile mass*.
- Itching - As the p-value is lower than the significance level $\alpha = 0.05$, we should reject the null hypothesis H_0 and accept the alternative hypothesis H_a for *Itching*.
- Discharge - As the p-value is lower than the significance level $\alpha = 0.05$, we should reject the null hypothesis H_0 and accept the alternative hypothesis H_a for *Discharge*.
- Size of pile mass—As the calculated t value is more than the t tabulated value at $p=0.05$, we should reject the null hypothesis H_0 and accept

the alternative hypothesis H_a for the Size of pile mass.

CONCLUSION

- ❖ Acharya Sushruta considered Arsha one of the Mahagada, which is challenging to treat.
- ❖ Kshara is considered best among Shastra and Anushastra. Due to its Chedana, Bhedana, Lekhana, Tridoshaghna, visheshakriyavicharana properties and Teekshna Guna, it cauterises the pile mass and coagulates the protein in Hemorrhoidal plexus.
- ❖ Kshara cauterises the pile mass by its Ksharana Karma. It is a simple, cost-effective procedure that can be advocated easily and without much discomfort to the patients.
- ❖ Tilvaka Teekshna Pratisaraniya Kshara karma has advantages in treating first-degree and second-

- degree haemorrhoids with less pain, minimum bleeding, no stricture formation and no recurrence.
- ❖ The effect of Tilvaka Teekshna Pratisaraniya Kshara was significant for both subjective and objective criteria.
- ❖ Tilvaka Teekshna Pratisaraniya Kshara reduces the symptoms of Ardra Arsha by normalising the Vata dosha and breaking the Samprapti of Ardra Arsha.
- ❖ In the present study of Ardra Arsha, according to the collected data, Tilvaka Teekshna Pratisaraniya Kshara shows significant relief in all symptoms of Ardra Arsha.
- ❖ No adverse drug reaction was reported during the study.

Photos of the study

Case 1



Before Kshara Karma



During Kshara Karma



After Kshara Karma

Case 2



Before Kshara Karma



After Kshara Karma

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