



TO EVALUATE THE EFFICACY OF KSHARASOOTRA ON PILES

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ABSTRACT

Arsha is included in Ashta –mahagada Arsha occurs in gudabhaaga, which is undoubtedly a marma and it is well known for its chronicity and difficulty to treat. Arsha comes under the heading of Maharogas due to its Dirghakaalanubandhi, Dush chikitsya nature and involvement of marma. Hence, this problem was selected for scientific study. Hence assessment of kshar sootra karma on piles. patients were treated with ksharsootra karma mentioned in rasakamadhenu. Total effect of therapy showed excellent results. Maximum drugs were Laghu, Ruksha and Teekshna in properties. Ksharsootra was having Vranaropaka and Strotoshodhaka qualities (Laghu guna). Reduction in discharge per anum was due to its Sthambhana action (Ruksha guna). Microvascular structures (Strotas) gets purified (Teekshna guna). Ushna veerya predominance, might have caused early falling out of pile masses. Krimighna and Lekhana qualities were due to Katu rasa. Tikta rasa enhances Kandughna, Krimighna, Lekhana and Kledapuyanashana quality. Kashaya rasa causes astringent function. Due to this quality Ksharsootra was having vranaropaka function as well, Which allows healing of wound after falling out of pile mass. Hence ksharsootra karma showed good results.

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INTRODUCTION

Piles is the most common and troublesome disease. An consequence of busy life style, Faulty food habits and sedentary life styles of modern era has increased the rate of incidence. It is mainly a disease of adulthood, with increasing frequency in advancing age. Arsha comes under the heading of Maharogas due to its Dirghakaalanubandhi, Dushchikitsya nature and involvement of marma. Arsha is included in Ashta –mahagada. Arsha occurs in gudabhaaga, which is undoubtedly a marma and it is well known for its chronicity and difficulty to treat. It occurs due to Incompatible diet, excessive or less intake of food., Suppression of natural urge, excessive sexual indulgence, Defective sitting, vehicle riding, due to Mandagni Arshas, Grahani and Atisara are causative factors for each Other. Genetic factor has also been considered in etiology of Sahaja Arshas due to misdeeds of the patient in past life and Bija dosha of parents.

Pathogenesis of Arsha

Virrudhahara, Irregular dietic Habits, Adhyasana, Vehicle Riding - Suppression of Apana Vata and Mandagni leads to Constipation.



Vitiation of doshas (involvement of Rakta) travel through Pradhana Dhamani and affects Guda vali



Involvement of Twak, mamsa, medas and mamsadhara kala



Fleshy masses – ARSHAS

PILES –This is derived from 'Pile' –Means ball like mass present in the anal region. These are dilated veins within anal canal in subepithelial region formed by radicles of sup,middle and inf rectal veins

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Aims and objectives

- To assess the efficacy of Ksharasootra³ described in Arsha chikitsa.

MATERIALS AND METHODS

Clinical study

Sample Size 30 patients

Technique of Ksharasutra preparation

Conventional method of kshar-sootra preparation

- Thread is tied to the hangers
- Apply the eleven coats of Snuhi ksheera⁴ with the help of gauge piece.
- Dry the thread by keeping it in the cabinet, sterilize the thread by exposing it to ultra violet light.
- Twelfth time after applying Snuhi ksheera pass the thread in the heap of Apamarga⁵ Kshara. Then dry it.
- Repeat the procedure for seven times.
- Nineteenth time after applying Snuhi ksheera pass the thread in the heap of fine Haridra powder for three times.

Standard Kshara Sutra

Ph. Value : 9.6 to 10
Gauge of the Thread : 20 no. Barbour Thread
Tensile strength : 5 Kgs.
Expiry Date : 6 months from the date of manufacture.

- Patients were allowed to lie in lithotomy position.
- Draping the peri-anal region.
- Infiltration of local Anaesthesia at base of the arsha.
- Arshas are made to protrude from anal orifice.
- Haemorrhoidal mass is clamped by forceps.
- Trans fixation of the mass is done by Kshara sutra.

Procedure is repeated on other masses also

Post operative Management

- Bowel Regulation by Laxatives.
- Sitz bath to relieve pain and to reduce swelling.
- Ligated masses will slough out in 5 to 7 days.

Application of Medicated oil or Gritha for Healing of the wound.

Probable mode of action of Kshara sutra

- Mechanical strangulation
- Ischaemic necrosis
- Chemical cauterization
- Debridement of unhealthy tissues
- Sloughing of the mass in 5 to 7 days.

Complications of kshar-sootra ligation

If the Ligation is not done properly any of the following complications may arise

- Severe pain
- Retention of urine
- Reactional oedema
- Severe bleeding
- Secondary Infection
- Prolapse of the rectum

Advantage of kshar-sootra ligation

Following are the advantages of Ksharasootra over conventional surgical procedure.

- It is simple safe and OPD procedure
- No need of spinal or general anaesthesia
- Patients suffering from systemic diseases can also undergo this procedure.
- No chance of reoccurrence if ligation is done methodically.
- No chance of surgical complications like stenosis, stricture or incontinence.

RESULTS

In present study 93.3% patients were cured (>80% relief in complaints, complete healing of the wound), while 6.6% patients were markedly improved (50% relief in complaints, more than 50% of the wound healing).

DISCUSSION

Mode of action of ksharasootra

Transfixation suture at the base of the pile mass Leads to mechanical strangulation and Proteolytic action of the latex and Chemical cauterization by kshara (Yava) lcauses Necrosis of the pile mass and Healing effect of various drugs along with antiseptic action by Haridra leads to Falling out of pile mass

Conclusion

The disease described as Arsha in Ayurved can be regarded as Pudenculated swellings, Sedentary life style was an important cause for the development of piles, Ksharasootra karma dealt with internal as well as external piles component. Ksharasootra was the treatment of choice of patients already been subjected to repeated non operative procedures like Sclerotherapy, Rubber band ligation has advantages with minimum hospitalisation, less pain and cost effective, Heaviness in anorectal region was more effectively reduced after Ksharasootra karma, Prolapse and Proctorrhagia were almost completely cured after Ksharasootra karma, It can be concluded that Ksharasutra karma gives almost complete relief from the symptoms of haemorrhoid, while for temporary relief Rubber band ligation is also an effective treatment

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