



A Critical Literature Review of Para Surgical Procedure (Ksharkarma & Agnikarma Chikitsa) in Arsha

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ABSTRACT-

Acharya Sushruta known as father of ancient surgery and he explained various parasurgical procedures in *Arsha*. The procedures like *Kshara Karma* (chemical cauterization), *Agni Karma* (thermal cauterization) and *Raktamokshana* (Blood letting) are explained in detailed in this Article. *Chakradatta* has mentioned use of *ksharasutra* in *Naadi Vrana*, *Bhagandara* & *Arshas*. It is equipped by repeated coating of *snuhi Ksheera*, *Kshar* & *Haridra* on a thread & it helps to excise this diseases. While in the management of *Arshas* *Agni Karma* is indicated in rough, *Asthir* (not- fixed sessile) round in shape, hard in consistency (Thrombosed pile) such *Arshas* which arise from the vitiation of *Vata* and *Kapha* can be treated with *AgniKarma*. *Acharya Vagbhata* advised bloodletting in *Arshas* which is characterized by hard inflamed mass where *Dooshita Rakta* is retained. Father of surgery, *Acharya Sushruta* explained four type of treatment in *Arshas* and this *Karma* is considered *Arshas* last treatment modalities to treat *Arshas*. He indicated *Shashtra Karma* (chedan) if the pile mass is to be excised by incising with the help of sharp instruments such as *khara- Patra* etc and the excised part is to be treated with *AgniKarma*.

Keywords- *Arsha*, Shastrakarma, Agnikarma, Ksharakarma, *Raktamokshana*.

INTRODUCTION-

While various medicines described in the management of *Arsha*. *Acharya Sushruta* explained various para surgical procedures are as follows-

1. *Kshara Karma* (chemical cauterization)

2. *Agni Karma* (thermal cauterization)
3. *Raktamokshana* (Blood letting)

1. Kshara Karma¹

This is the —*Pratisarniya*” *Kshar Karma*

POORVAKARMA

Snehan, Swedan, Snigdha, Ushna, Alpa and taral diet to decrease, *Vatavedana*. *Mrudu Virechana* one day prior must be given to the patient for clear emptying of the bowel.

PRADHANKARMA

The patient is kept in the lithotomical position comfortably, after which *Ghrita* is applied at anus and to the *Arsha yantra*. The *Yantra* should be introduced into the anus to see the *Arsha* clearly. The *Kshara* application is conducted with the help of “*Shalaka*” *Arshoyantra* is kept as it is in the anus for few minutes to avoid the application of *Kshar* at normal anal mucosa and develop complication.

When the color of “*Pakwa-Jamuna*” the *Kshar* is washed out by “*Amla Dravya*” like *Kanji* curd or dadhi, lime juice etc. *Kshara* application is repeated till the *Pakwa Jamun* like colour is not appeared.

Application of Kshar in Doshaj Arsha²:

Sushratacharya specifically mentioned *kshar karma* in *Doshaj Arsha* as:

- Vataj* and *Kaphaj Arsha*:- “*Agni*”and “*Kshar Karma*”
- Pittaj* and *Raktaj Arsha*:- “*Mrudukshar Karma*”

PASCHAT KARMA

The paste of *Yastitimadhu* and *Ghrita* is applied to the *Arsha*. If two or more *Arsha* are presented, it is wise to treat the *Arsha* first on the right side than which present on the right side then which present on the left side. If the “*Kshar Pratisaran* is necessary more than one time then repeats the *Kshar Pratisaran* at an interval of seven (7) days in between two settings. Always advise to take *Avagah Sweda* i.e. sitz bath.

2. AGNIKARMA (Thermal cauterization)^{3,4}

Thermal cauterization is an important Para surgical measure and is still used expansively in the surgical practice in modified form by way of electric heat cautery. Direct treatment of any lesion by *Agni Karma* is regarded superior to other. Surgical and Para surgical measures because of its capacity to destroy the diseased tissue completely recurrence chances of a disease is rare never occur and its wide applicability seen even in such lesions which are incurable by other measures.

In the management of *Arshas agni Karma* is indicated in rough, *Asthir* (not- fixed sessile) round in shape, hard in consistency (Thrombosed pile) such *Arshas* which arise from the vitiation of *Vata* and *Kapha* can be treated

with *AgniKarma*, and those which are prolapsed and *Doshapurna* (meaning probably thrombosed, infected etc) can be treated with *AgniKarma*. After *AgniKarma*, the treated part is to be dressed with mixture of *madhu* and *ghrita*.

Like *ksharKarma*, there are contra-indications for *AgniKarma* also e.g. *Pitta prakriti*, *RaktaPitta*, diarrhea, where foreign body is still embedded, weak people, infants, old and fearful people and those having sustained multiple wound *Acharya Sushruta* also given the importance to the pattern in which *AgniKarma* to be done e.g. *Valaya*, *Bindu* etc.

3. Raktamokshana⁵

Acharya Vagbhata advised bloodletting in *Arshas* which is characterized by hard inflamed mass where *Dooshita Rakta* is retained.

Acharya Charaka also mentioned bloodletting in the presence of *Dooshita Rakta* with the help of Leeches, knife, needle etc.

But *Acharya Sushruta* in *Sutrasthana* explains the contraindications of *Raktamokshana* in several diseases; among *Arshas* is one of them.

B. Surgical (*Shastra Karma*)⁶

Father of surgery, *Acharya Sushruta* explained four type of treatment in *Arshas* and this *Karma* is considered *Arshas* last treatment modalities to treat *Arshas*. He indicated *Shastra Karma* (chedan) if the pile mass is to be excised by incising with the help of sharp instruments such as *khara-Patra* etc and the excised part is to be treated with *AgniKarma*. Subsequently *Kavalika* has to be applied and *gophana bandana* has to be done.

This procedure is similar to that ligation and excision procedure in today's practice. *Sushruta* also mentioned that if there are multiple pile masses in single person first *Dakshin* (3 o'clock) then *Vaam* (7 o'clock) and lastly *Agra* (11 o'clock) pile mass should be considered for *Shastra Kshar Karma*.

C. Ksharasutra Ligation⁷

Chakradatta has mentioned use of *ksharasutra* in *Naadi Vrana*, *Bhagandara* & *Arshas*. It is equipped by repeated coating of *snuhi Ksheera*, *Kshar* & *Haridra* on a thread & it helps to excise this diseases. *Sushruta* has advocated its use in the management of *Naadivran*, without mentioning its use in *Arshas*.

Acharya Vagbhata mentioned in *Ashtanga Sangraha Chikittsa Sthan 7/3* that the *Arsha* which is *chattra Aakar* i.e umbrella like should be ligated with *Ksharasutra* & excised.

Vangasena described its use in *Arshas* & also mentioned preparation with *Bhallataka Ksheera* & other medicines along with *Saindhava Lavana*.

Method of ligation –

- 1) After all aseptic & antiseptic safety measures patient should be made to lie in lithotomic position.
- 2) Under spinal or local anesthesia, visualize the pile mass with lubricated proctoscope & hold the pile mass with sponge holding forceps.

3) Then transfix the pile mass with *Ksharasutra* at the base of mass & tie it properly. Check the bleeding & secure it.

Many state ligation technique to cause intolerable pain & complications even if employed by skilled surgeons. Presence of large pedicle is necessary for this procedure.

DISCUSSION-

Father of surgery, *Acharya Sushruta* explained four type of treatment in *Arshas* and this *Karma* is considered *Arshas* last treatment modalities to treat *Arshas*. These parasurgical procedures are still followed with best results.

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