



Evaluate Efficacy of Ksharasutra in Arsha

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Abstract :

Sushruta Samhita is the only available text in surgical practice, along with detailed surgical techniques and para surgical measures. Regarding management of diseases it has been opined that there are many diseases which are difficult to manage by conservative treatment alone. Among them Arsha is one of such grave disease, for which it has been included in Ashta Mahagada by Sushruta. Ashta Mahagada defines that the se eight diseases like Vatavyadhi, Prameha, Kushta, Mudha Garbha, Arsha, Bhagandara, Ashamari and Udara Roga are dread full.

Ayurveda, „the science of life is based on the time tested observation and medical experience. It has immense potential to help in solution of many challenging and unresolved problems of medical world. Shalya Tantra is one of the most important branch of Ayurveda which has its own originality with authenticity, contributing to modern medical information technology of today.

Keywords – Surgical, Diseases, Arsha, Mahgada, Shalya tantra, Sushruta etc.

Introduction :

Present mechanical modern life style is pushing the rise of prevalent rate of this disease. Its incidence increases with advancing age, at least 50% of people over the age of 50 years have some degree of haemorrhoid symptoms. Recent statistics reveal that irrespective of age, sex and socioeconomic status, people can suffer from piles. In addition to; some western population statistics, reported that the prevalence may be around 37% with an equal frequency in men and women. The haemorrhoids may progressively enlarge and the prevalence may increase with age yet patients at any age may present with symptoms.

Aim :

Evaluate efficacy of Ksharasutra in Arsha.

Objectives :

- ❖ To Study the etio-pathogenesis of Arsha.
- ❖ To Study the role of Ksharasutra in the treatment of Arsha.

Review of Literature :**Treatment (Local) (Ref- Sushruta Samhita)**

Kshara sutra - The Kshara Sutra is a Para surgical measure capable to perform excision slowly by virtue of its mechanical pressure and chemical action in Arsha. Sushruta has advised it in Nadivrana and Bhagandara. The word Kshara Sutra has been described by almost all authors in their treatises but there is no description of methodology of Kshara Sutra preparation in their texts. But Chakrapani (11th century) in his treatise Chakradutta has given reference of Snuhi Ksheera Sutra preparation by smearing repeatedly the latex of Snuhi and Haridra powder in the treatment of Arshas.

अरुबदादशब चोतिकिप्य मलेसबत्रम तिथापये! सबचभियुवक्राभिराचचाि वा समन्ि !!

मलेसबत्रेण धर्न्याि तिन्ि चोपचरेि व्रणम!!

(सब.चच.१७)

It means that the Kshara Sutra loaded in the eye of curved round body needle should be transfixed from its base, around the entire mass (pile mass) and after removal treat it as wound. Consideration of this particular practical concept of Sushruta it may be viewed that Hippocrates, the after author of Medical science might have referred to Sushruta. Kshara sutra treatment is very much suitable and acceptable as compared to prevalent methods in modern medical science. Even after, it is maximum acceptable in society and having good efficacy there is still need of standardization on Kshara sutra ligation (K.S.L) procedure.

Benefits :

- 1) Simple, safe C OPD procedure.
- 2) Systemic diseases can also undergo this procedure.
- 3) No chance of recurrence.
- 4) No surgical complications like stenosis, stricture or incontinence.

Expected Mode Interaction of Medicine :

In the selection of the drug the following factors and properties were considered as useful.

- 1) It has Vata- hara, Pitta shamuk and Vrana Sodhana ropana properties.
- 2) It has been advocated by various ancient authors in the treatment of ulcers, surgical wounds and inflammatory conditions. Yastimudhuadi Ghrita, Triphala Guggulu, Erandbhrista, Haritaki C Panchvalkal Kwath has been used in this study.

Yastimudhuadi Ghrita, C Erandbhrista Haritaki are a traditional herbal combination (Anubhuta). Triphala Guggulu is a combination described in Sharangdhar Samhita. Panchvalkala is a combination described in Bhavaprakasha.

In short this combination contain drugs which are having Vrana Sodhana and Ropana properties. The drugs possess Vata- Pitta Samana property. The disease is Vata- Pitta predominant. Ghrita is the medium of combination. It possess Vrana Sodhana and Ropana properties and is Vata-Pitta Samana. Therefore, the action of the drug is enhanced by Ghrita. It also reduce the Rukshata of Vayu and maintain the

normal tone of muscles.

Material & Methods : This was a non-blind randomized controlled clinical trial. Total 15 patients was taken for study, sample was collected from OPD C IPD.

Inclusion Criteria :

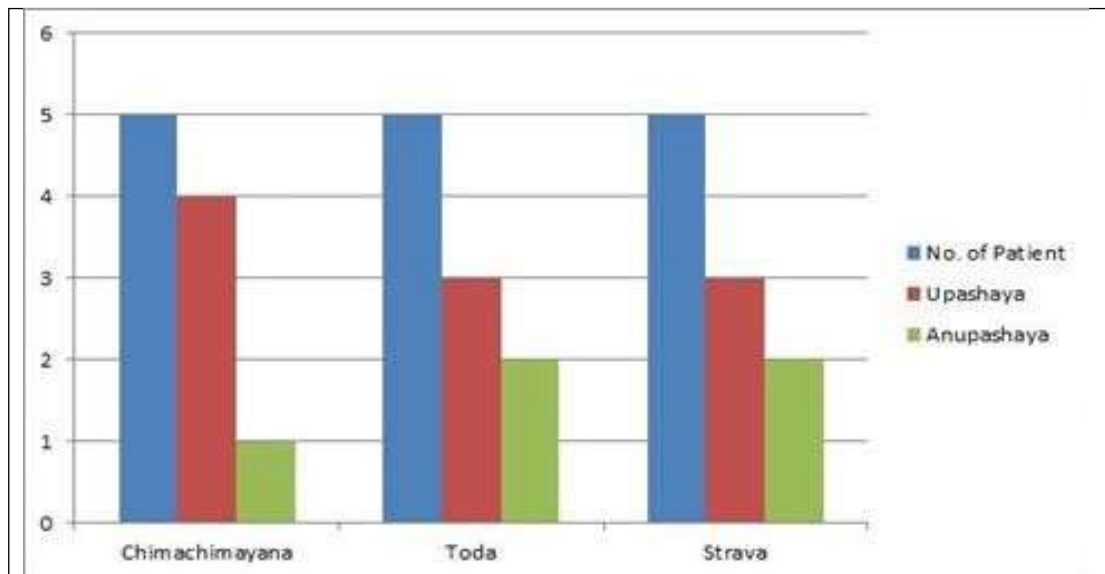
- 1) Patient showing classical symptoms of Arsha.
- 2) Patient's age group above 35 C below 45 years old.
- 3) Patients with single or recurrent episode for minimum 2 weeks.
- 4) Internal piles 2nd 3rd and 4th degree.
- 5) Interno - External piles.
- 6) Patients who had mild or moderate or major symptoms.

Exclusion Criteria :

- 1) Patients of age group less than 35 C More than 45 years.
- 2) Pregnant, breast feeding or planning to become pregnant, during the study.
- 3) Pregnancy
- 4) CA Rectum
- 5) Inflamed Piles
- 6) Current history of illness with hepatic, renal, gastroenterological, respiratory, Cardiovascular (Including IHD), Neurological, haematological disease.

Statistical Data :

General Symptoms	No. of Patient	Upashaya	Anupashaya
Chimachimayana	05	04	01
Toda	05	03	02
Strava	05	03	02
Total	15	10	05



Total Effect	No. of Patient	Percentage
Complete Relief	05	33.33
Mark Relief	06	40.00
Moderate Relief	03	20.00
Mild Relief	01	06.66
No Relief	00	00.00

Discussion :

In the present research work, an attempt was made to study signs & symptoms of Arsha, scientifically. The signs like, Aruna varnata (in vataja), etc regarding shape of pile masses were noted in the trial patients & diagnosed accordingly. The list of symptoms told by Sushruta like, Vibandha, Raktasrava, Vedana in Nabhi, Guda, and Kati etc regions. Majority of the complaints are observed in patients.

Conclusion :

The study results of group showed that Ksharasutra was having extremely insignificant conclusion because of Ingredients are having Vrana Ropana & Kartana goods.

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