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A conceptual study on the effect of *Tilwaka Prathisaraneeya Kshara* in Internal Haemorrhoids

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ABSTRACT

Arshas is one of the most common ano-rectal disorder affecting mankind for thousands of years, which is evident from references available in Vedas. Because of its severity it is considered as one among the *Astamahagadas*. *Arshas* can be clinically correlated with Haemorrhoids. Haemorrhoids are dilated veins with in the anal canal in the subepithelial region formed by radicles of the superior, middle and inferior rectal veins. It is divided into two categories - internal and external Haemorrhoids. The causes are straining during defecation, sitting for a long period, chronic diarrhea or constipation, being obese, being pregnant, eating low fiber diet, regular heavy lifting etc. Haemorrhoids are very common and affect up to 5% of general population particularly people above 50 yrs of age. Sushruta explains four modalities of treatment for *Arshoroga* as *Bheshaja*, *Kshara*, *Agni* and *Shastra Karma*. *Kshara Prathisarana* is mentioned in case of *Arshas* which is having features like *Mrudu* (soft), *Prasruta* (extensive), *Avagadha* (deep) and *Uchchrita* (raised). The effect of *Kshara* is to replace *Shastra Karma*, as it does the functions of *Chedana*, *Bhedana* and *Lekhana Karma*. It also does the functions like *Dahana*, *Dharana*, *Pachana*, *Vilayana*, *Shodana*, *Ropana*, *Shoshana*, *Stambana*, *Krimighna*, *Kaphaghna*, *Kustaghna*, *Vishaghna*, and *Medhaghna*. Hence *Kshara Karma* is considered to be superior among *Shastra* and *Anushastra Karma*. It is a para surgical procedure which requires minimum hospital stay. Here is an attempt is made to conduct a study regarding the effect of *Tilwaka Prathisaraneeya Kshara* in Internal Haemorrhoids.

Key words: *Arshas*, *Kshara*, *Tilwaka Prathisaraneeya Kshara*, *Internal Haemorrhoids*.

INTRODUCTION

Guda is a vital part of all human beings. *Arshas* occurs in *Gudabhaga*, which is a *Sadyo Pranahara Marma*, so it is very difficult to treat. *Acharya Susruta* and *Vagbhata* mentioned it under *Ashtamahagada*.^{[1],[2]} Due to vitiation of *Doshas* there will be *Agnimandya*

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which hampers the function of *Apana Vatha* leading to *Mala Vibandha*. Due to prolonged contact of accumulated *Mala* with *Gudavali* leads to the appearance of *Mamsaprarohas* or *Arshas*. *Acharya Susruta* has mentioned 4 modalities of treatment in case of *Arshas* such as *Bhesaja*, *Sastra*, *Kshara* and *Agni*. *Kshara Karma* can be applied in case of *Arsas* which is having features like *Mrdu*, *Prasrtha*, *Avagadha* and *Uchchrita*. *Kshara* does the *Chedana* *Bhedana* and *Lekhana Karma* of *Arshas*, so it is considered as superior among *Sastra* and *Anusastrakarma*.

Acharya Susruta has mentioned 24 drugs for the preparation of *Prathisaraneeya Kshara*. *Tilwaka* is one among those drugs which is having *Raktha- Pitha Shamaka* action so can be used in *Arshas*.^[3]

According to modern science treatment modalities include Haemorrhoidectomy rubber band ligation,

Cryosurgery, Anal dilatation, Sclerotherapy are in practice today. But these procedures have their own limitations and complications. So, there is a need for an alternative treatment which is comprehensive, cost effective, and non-invasive and less recurrent. Hence there is a need of evaluation of herbal drugs which are abundantly available throughout the country. So, a conceptual study of *Tilwaka Prathisaraneeya Kshara* is undertaken.

AIM AND OBJECTIVES

1. Literary study about *Arshas*.
2. Literary study about *Tiwaka Prathisaraneeya Kshara*.
3. Literary study about the effect of *Tiwaka Prathisaraneeya Kshara* in *Arshas*.

MATERIALS AND METHODS

1. Literary review of *Arshas*
2. Review of drugs used in *Prathisaraneeya Kshara*.
3. Collection of all references was done and correlation between data was done by using *Yukthipramana*.

OBSERVATIONS

In literary review we observed following observations.

Nidana and Samprapthi of Arshas

In unrestrained persons, due to *Prakopakaranas* like *Virudha*, *Adhyasana*, *Sthreepasanga*, *Uthkatukasana*, *Prshtayana* and *Vegavidharana*, *Doshas* singly, dually, all or associated with blood are aggravated and spreading to chief passages move downwards reach anal folds and after vitiating them produce fleshy growths particularly in those having deficient digestive power these tuber like growths by rubbing with grass, wood, stone, cold, cloth etc. or by the excessive contact of cold water develop further which are known as hemorrhoids.

Types

Vathaja, *Pithaja*, *Kaphaja*, *Sannipathaja*, *Rakthaja* and *Sahaja*.

Rupa

According to the *Doshakopa* the symptoms varies.

1. *Vathaja* - In this pile masses are dry, slight red or of many colors, irregular in their middle, resembles flower of *Kadamba* and *Tundikeri*, *Nadi*, *Mukula* or *Suchimukha* in shape.
2. *Pithaja* - In this pile masses are blue at their tip, thin, spreading, yellowish or similar to liver, resemble the tongue of parrot in shape, bulged in the middle like barley or the mouth of leech and exuding fluid.
3. *Kaphaja* - In this pile masses are white in color, deep rooted, stable, round, unctuous, pale, resemble *Karira*, *Panasasthi* or *Gosthana*.
4. *Sannipathaja* - Have symptoms of all the *Doshas* simultaneously.
5. *Rakthaja* - Here the pile masses resemble the sprouts of *Nyagrodha*, coral, *Kakanantika Phala* and have the features of *Pitha*.
6. *Sahaja* - This is due to vitiation of *Sukra* and *Sonitha*. It especially are *Durdarsanani*, *Parushani*, *Darunani* and *Antharmughani*.

Drug Review

Tilwaka is one among the 24 *Vanaspathi Dravyas* mentioned for *Kshara Kalpana Vidhi* in *Susrutha Samhitha*. *Tilwaka* is having *Kashaya Tiktha Rasa*, *Laghu Ruksha Guna*, *Seetha Veerya*, *Katu Vipaka*, *Kapha Pitha Samaka* and other properties like *Raktha Sthambhaka* and *Vrana Ropana*.^[4]

Procedure Review

Preparation of *Prathisaraneeya Kshara*

The drugs mentioned for *Prathisaraneeya Kshara* should be collected and formed in to a heap. The whole twig was burnt into ashes and then it is allowed to cool by itself. The whole ash is collected and mixed with six times of water by volume and stirred well, allowed to settle overnight. Then it was filtered through a cloth for 21 times. Residue is thrown out. Amber colored filtrate will be obtained. This is subjected to *Mandangni*. When the content is

reduced to 2/3rd, the *Sudha Varga* group of drugs should be heated red hot and mixed with *Ksharajala* to dissolve it completely. Again, content is reduced to 2/3rd, powder of *Chitrakamoola* etc. *Teekshna Dravyas* should be added to the *Ksharajala* and allowed to boil for a few more minutes, when the content attained consistency as described by *Acharya Susrutha*. Then it is removed from fire and transferred into separate container with lid and stored for use.^[5]

Procedure of Kshara Karma

The patient who is suffering from *Arshas* should be made to sit at a place devoid of breeze and sunlight and not narrow. All the equipment's and other necessary things should be collected and kept ready. The place for the application of the alkali should be scrubbed, scraped or cut. Then the alkali held in a rod like instrument should be smeared to the pile mass. After applying a period of time of pronouncing one hundred letters should be allowed to elapse. Falling off the diseased part and development of black color at the site are the signs of good burning. Ghee processed with drugs of sour taste group, together with *Madhuka* acts as palliative. Mitigation of disease, feeling of lightness and stoppage of exudations are the symptoms of *Samyak Dagdha*.

DISCUSSION

In persons who are not self-controlled, who indulge in things which aggravates the *Doshas* such as use of incompatible foods, over eating, more of copulation, sitting on one's heels, riding on animals, suppression of the urges of body etc. especially the *Doshas* getting aggravated either individually or in combination of two or all three or together with blood spread out and travelling through *Dhamani* in the downward direction reach *Guda* and produce *Arsas*.

Kshara is the most important among *Sastra* and *Anusastra*. *Acharya Susrutha* has explained 2 types of *Kshara*, *Paneeya* and *Prathisaraneeya*. Both are indicated for *Arsas* but *Prathisaraneeya Kshara* has got more effect on internal hemorrhoids.

Tilwaka is one among the 24 *Vanaspathi Dravyas* mentioned for *Kshara Kalpa Vidhi* in *Susrutha Samhitha*. *Tilwaka* is having *Kashaya*, *Tiktha Rasa*, *Laghu Rooksha Guna*, *Seethe Veerya*, *Katu Vipaka*, *Kaphapithasamaka* and other properties like *Raktha Sthambhaka* and *Vranaropana*. Due to these properties, it is very helpful to treat *Arsas*.

CONCLUSION

Tilwaka Prathisaraneeya Kshara can be used in internal hemorrhoids. The reduction in signs and symptoms of *Arshas* can be achieved by *Tilwaka Prathisaraneeya Kshara*.

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