

ROLE OF TEEKSHNA KHAR IN MANAGEMENT OF HAEMORRHOIDS - A SINGLE  
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## ABSTRACT

Haemorrhoids (Arsh), also known as piles, are swelling containing enlarged blood vessels. Swollen and inflamed veins in the rectum and anus. Arsha (piles) is a condition in which a fleshy mass of variable size, shape and colour appears (due to varicosity of veins) in the anus. Haemorrhoids are usually caused by straining during bowel movements, obesity or pregnancy. From the treatment point of view, Arsh may be divided in to two groups viz. Shushkarsh (dry piles) and Shravi Arsh (exudating piles). Management of haemorrhoid are Ksharpatan, IRC, MIPH, Band ligation, DGHAL, FGHAL, LASER etc. Ahara (diet), vihar (lifestyle) and home remedies (aharkalpana) play an important role in prevention as well as cure Arsh vyadhi. Diet rich in green vegetables and fruits are beneficial.

**KEYWORDS:** Ksharpatan, IRC, MIPH, Band ligation, DGHAL, FGHAL, LASER etc.

## INTRODUCTION

Haemorrhoids is a very common anorectal diseases defined as the symptomatic enlargement or distal displacement of anal cushions, which prominences of anal mucosa formed by loose connective tissues, smooth muscles, arterial and venous vessels. *Teekshna kshar* have a alkaline properties that burned tissues. *Kshar* have hygroscopic properties then absorbs cellular fluid of anal mucosa. *Ksharpatan* have given by *Acharya Sushrut* in the *Arsh Chikitsa*-

आसाद् च दर्वीकूर्चशलाकानामन्यतमेन क्षारं पातयेत् || (सु. चि. 6/8)

Use of teekshna kshar on the loose connective tissue of haemorrhoids then tissues color change. Colour of anal mucosa like pakvajambusadrish.

पक्वजाम्बवप्रतिकाशमवसन्नमीषन्नत भिसमीक्ष्योपावर्तयेत् | (सु.चि. 6/4)

Kshar have burned extra loose connective tissue and absorbs cellular fluid then shrink of anal mucosa.

In the Sushrut Samhita

चतुर्विधं यदेतद्धि रुधिरस्य निवारणम् | सन्धानं स्कंदनं चैव पाचनं दहनं तथा || (सु.सू. 14/39)

Kshar works as a dahan then cheque the bleeding per rectal due to constrict of vessels.

“दाहः संकोचयेत् सिराः ।” (सु. सू. 15/40)

## Case Study

A 48 years old male patient which is belong to C- 3/32 Kalimahal Varanasi. He is married and have poor social status.

Chief complain of patient is bleeding per rectal during defecation on/off and something mass like structure present at perianal region since one years.

History of present illness of patient, he was well before two years back. Patient constipated from long time and straining during defecation more than five minuts. He has taken medicine but no relief permanently then he came in Govt. P.G.

Ayurvedic college and hospital Varanasi. Patient has no past history like hypertension, diabetes mellitus, asthma, tuberculosis etc. he has no any type of surgical history, family history and drug history. Personal history of patient have mixed diet, clear bowel, normal sleep, no any difficulty during micturation and addicted with sughni manjan.

All blood investigations are within normal limit and all viral markers are non reactive.

**Local Examination****Inspection**

Swelling present at perianal region.  
Mucosal prolapsed seen on anal orifice.

No bleeding during P/R examination.

**Proctoscopy**

Pile mass present at 3 o'clock position.

**DRE Examination**

Prolapse anal mucosa felts at 3 o'clock position.



**Figure 1: Before procedure.**

**Plan of operating procedure**

Ksharpatan at protrudes haemorrhoids by Teekhna kshar.

colour like black plum then flushed by lemon juice with the help of dispovan.

**Pre-Operative procedure**

Part preparation

Inj Tetvac 1 ampule intramuscular.

Xylocaine sensitivity test done.

**Observation**

I have observed to the patient for 5 days daily and got mild bleeding P/R during examination on 2<sup>nd</sup> day. But no bleeding, no discharg after 2<sup>nd</sup> day. Swelling of anal mucosa completely subside after 5 days.

**Operative procedure**

Under Local anesthesia I have taken required dose of Teekshna Kshar and apply on pile mass at 3 o'clock position with the help of cut proctoscope then waited for 100 countable number. Pile mass have changed own

**RESULTS**

I have got surprisable results after Ksharpatan. Internal pile mass subside completely and bleeding tendency disappear. No any complains & complications by Ksharpatan.

**Diagram**

**Figure 2: During Ksharpatan.**



**Figure 3: After Ksharpatan.**



Figure 4: After 5 days.

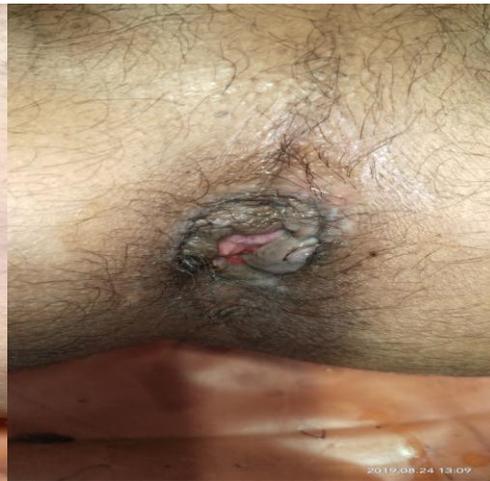


Figure 5: After 10 days.



Figure 6: After 13 days.



Figure 7: After 16 days.



Figure 8: After 20 days.

## CONCLUSION

I have taken materials and method from Susrut samhita in the preparation of teekshna kshar. I have gotted best results of teeksna kshar. this procedure is minimal invasive and minimal money loss. So this procedure is beneficial for poor patients. I have no found any type of complications in post operative procedure.

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