

Clinical Outcome of Tikshna Kutaja Pratisarniya Kshara in Raktarsha (Grade I & II Internal Hemorrhoids): A Case Report

**Dr. Arvind Kumar Yadav¹, Dr. Nagendra Mani Dwivedi²,
Dr Anju Yadav³**

¹PG Scholar, Department of Shalya Tantra, Chandra Shekhar Singh Ayurveda Sansthan, Koilaha
Kaushambi, Utter Pradesh, India

²Professor, Department of Shalya Tantra, Chandra Shekhar Singh Ayurveda Sansthan, Koilaha
Kaushambi, Utter Pradesh, India

³Assistant Professor, Department of Shalya Tantra, Chandra Shekhar Singh Ayurveda Sansthan, Koilaha
Kaushambi, Utter Pradesh, India

ABSTRACT

Guda Arsha, which is also known as haemorrhoids or piles is a common problem that affects the area around the anus. It is described in Ayurvedic books. People who have Guda Arsha often experience bleeding, pain and a lot of discomfort when they go to the bathroom. This problem can really affect their life and it often comes back.

In Ayurveda there are ways to treat Guda Arsha. One of the treatments is called Kshara Karma. It is a procedure that can help remove the problem and help to heal the area with-out complications.

This study is about a 52-year- man who had Guda Arsha. He had been having problems with constipation, pain, itching and bleeding when he went to the bathroom for a year. The doctors at Chandra Shekhar Singh Ayurveda Sansthan in Uttar Pradesh decided to use Kshara Karma to treat him after proper clinical assessment. The doctors followed the guidelines to do the procedure. They did what they were supposed to do during and after the procedure. After the procedure the man was given some medicine and a warm sitz bath to help him heal and feel better. The man started to feel better after the procedure. The bleeding stopped the pain went away. He was able to go to the bathroom normally again. He did not have any problems during or after the treatment.

This study shows that Kshara Karma can be a way to treat Guda Arsha. It is a procedure that does not cost a lot and it can help people feel better quickly. The man in the study did not have any problems after the procedure. He was able to go back to his normal life. This procedure can be an alternative to surgery for people who have haemorrhoids.

The doctors think that Kshara Karma is a way to treat Guda Arsha because it is safe it does not cost a lot and it can help people feel better quickly. The man, in the study is an example of how this procedure can work. He was treated at Chandra Shekhar Singh Ayurveda Sansthan. He is now doing well. Guda Arsha is a problem but Kshara Karma can be a good solution.

KEYWORDS: Rsktarsha, Internal hemorrhoids, Grade II hemorrhoids, Tikshna kutaja pratisaraniya kshara, Kshara karma, Ayurveda

INTRODUCTION

In literature hemorrhoids are described under the disease entity Arsha. The term Arsha comes from the Sanskrit word "Rish" which means to cause pain. Arsha is a condition that causes a lot of suffering to the patient. Acharya Sushruta described Arsha as a problem where abnormal growths appear in the region because of problems with Doshas and digestive issues. Arsha is an anorectal disease and is considered one of the Ashta Mahagada by Acharya Sushruta. There are types of Arsha and Raktarsha is one where bleeding happens during or after going to the bathroom. The main problem with Raktarsha is the imbalance of Pitta and Rakta Dosha and also Vata which leads to the swelling of veins and the formation of hemorrhoids.

The number of people with hemorrhoids has gone up a lot in the few decades because of changes in what we eat and how we live. Our modern lifestyle, where we sit for a time, eat food that is low in fiber and do not exercise makes us more likely to have constipation and strain during bowel movements. These things can lead to hemorrhoids.

Doctors today classify hemorrhoids into four stages based on how bad they're and what symptoms we have. The first and second stages of hemorrhoids usually involve bleeding and sometimes the hemorrhoids come out but they go in on their own. These stages are similar to what's described in Ayurvedic texts as Raktarsha.

Acharya Sushruta says there are four main ways to treat Arsha: using medicine, chemical cauterization, thermal cauterization and surgery. One of the treatments that has gotten a lot of attention is Kshara Karma because it is effective and not very invasive.

Tikshna Kutaja Pratisarniya Kshara is a treatment used for hemorrhoids. It works by acting on the hemorrhoid causing it to slowly go away. This treatment is not very complicated. Can be done with basic equipment. Acharya Sushruta recommends these treatments, for Arsha. They are still used today to treat hemorrhoids.

CASE REPORT

A 52-year-old male went to the Shalya Tantra Outpatient Department Shalya Tantra OPD at Chandra Shekhar Singh Ayurveda Sansthan koilaha kaushambi, uttarapradesh. He had some problems. The patient had bleeding from the rectum when he went to the bathroom since 1 months. This bleeding happened sometimes. The patient also had a lump that came out of his anus when he strained. This lump went in by itself. The patient had pain when he went to the bathroom and after he was done. He also had constipation for 1 years.

The patient used some allopathic medicines and creams during treatment under a physician in Varanasi. These things helped him feel a little better for a time. The patient still had bleeding and the lump came out again. The blood was bright red. It happened when he was finished going to the bathroom. Sometimes the blood fell into the toilet. The patient felt like he did not empty his bowel completely. He had to strain a lot when he went to the bathroom. The patient also had an itching, around his anus. All these things made his life very hard. The patient had these problems for a time and they made him very unhappy. So, he came to Chandra Shekhar Singh Ayurveda Sansthan koilaha kaushambi, Uttara Pradesh for better management.

HISTORY

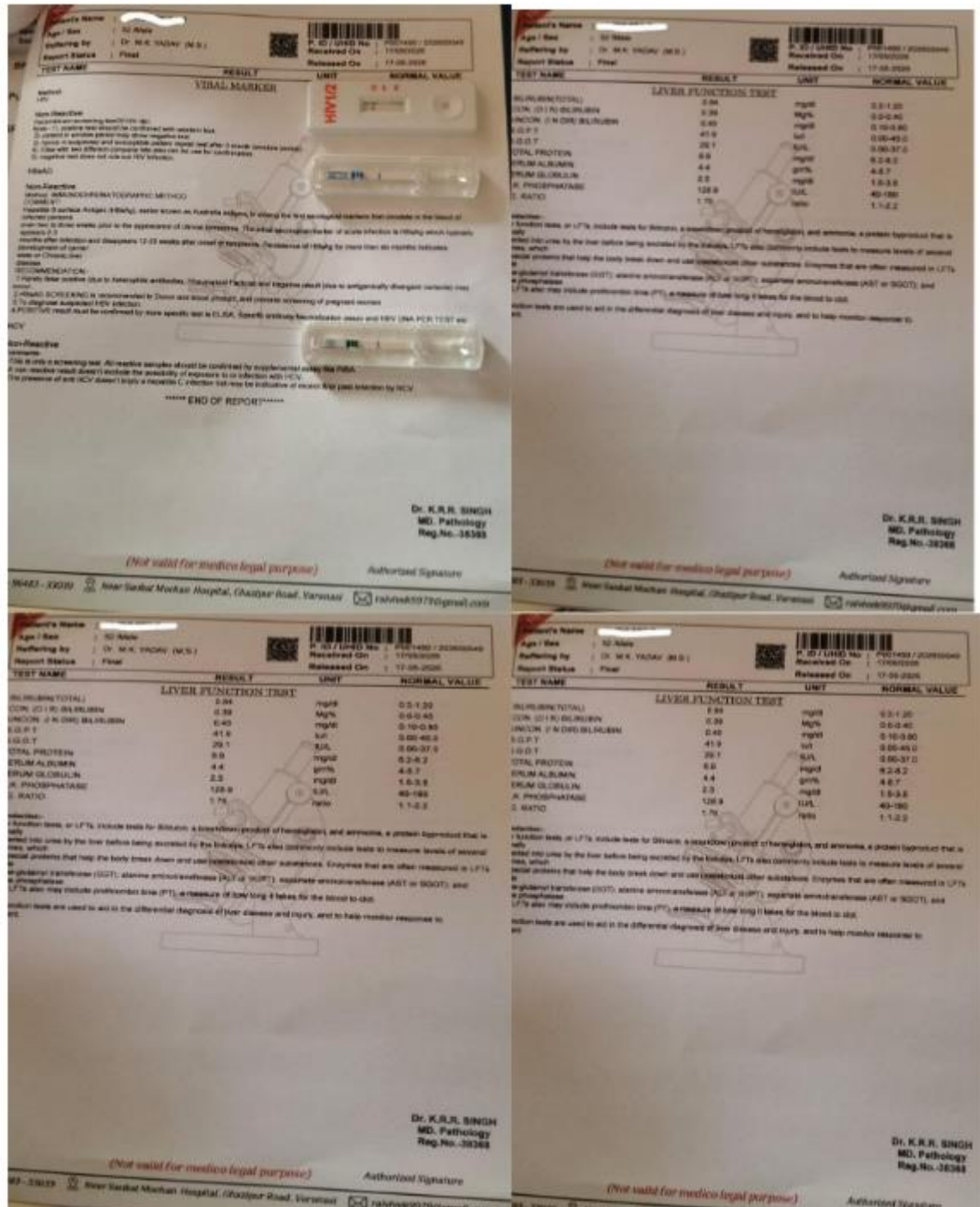
- **Past History:** No history of hypertension, diabetes mellitus, thyroid disorders, or other major illnesses.
- **Family History:** None
- **Personal history**
Appetite - Normal
Bowel - constipation with straining
Micturition - Normal
Sleep - Sound
Diet - Mixed
Addiction - Tea & coffee
Water intake - approx 1 lt/ day
- **Treatment History:** Previous allopathic treatments taken; documentation unavailable
- **Surgical History:** No previous surgeries

CLINICAL EXAMINATION

- **General Examination**
Consciousness - conscious and well oriented
Built- moderate
Nourishment - moderately nourished
Pulse rate - 78/ min
Blood pressure - 128/84 mm Hg
Respiratory Rate - 18/ min
Temperature - 98.2 ° F
Pallor - present
Icterus - absent
Cyanosis - absent
Clubbing - absent
Pedal edema - absent
Systemic examination of the cardiovascular, Respiratory, Abdominal, Nervous systems was within normal limits
 - **Per Rectal Examination:** External & Internal haemorrhoids detected.
 - **Proctoscopy:** External & Internal haemorrhoids observed at 3, 7, 11 o'clock position
These hemorrhoidal masses appear congested, reddish, and bled on touch. No evidence of fissure - in - ano, fistula - in - ano or malignancy was noted.
 - **Perianal Region:** No abnormality detected.
 - **Sphincter Tone:** Normal
- Based on detailed history and clinical examination, the case was diagnosed as second-degree internal haemorrhoids.

Investigators

CBC, BT, CT, LFT, KFT, HIV, HBsAg, and HCV were done and there is low haemoglobin level (4 gm / dl), high eosinophils count (18%), low WBC count and slightly low platelet count and other rest parameters are found to be within normal limits which is given below



TEST NAME **RESULT** **UNIT** **NORMAL VALUE**

HIV-1/2 **NEGATIVE** **ELISA** **0.00**

HCV **NEGATIVE** **ELISA** **0.00**

LIVER FUNCTION TEST

TEST NAME	RESULT	UNIT	NORMAL VALUE
BILIRUBIN (TOTAL)	0.04	mg/dl	0.0-1.20
CONJUGATED BILIRUBIN	0.00	mg/dl	0.0-0.40
UNCONJUGATED BILIRUBIN	0.04	mg/dl	0.00-0.80
ALT (GPT)	41.9	U/L	0.00-40.0
AST (GOT)	20.1	U/L	0.00-37.0
TOTAL PROTEIN	6.6	g/dl	6.2-8.2
ALBUMIN	4.4	g/dl	4.3-5.7
GLOBULIN	2.2	g/dl	1.9-3.9
A/G RATIO	2.05	ratio	1.1-2.2

Dr. K.R.R. SINGH
MD, Pathology
Reg. No. -38583

(Not valid for medico-legal purpose)

THERAPEUTIC INTERVENTIONS

Considering the clinical presentation, Ayurvedic assessment, and the suitability of the hemorrhoidal mass for parasurgical management, Tikshna Kutaja Pratisarniya Kshara Karma was selected as the

definitive therapy. The procedure was done under aseptic precautions following the principles mentioned in Sushruta Samhita after taking written informed consent from the patient.

Preparation of Tikshna Palasha Pratisarniya Kshara

At Chandra Shekhar Singh Ayurveda Sansthan Koilaha Kaushambi, Uttar Pradesh, Tikshna Palasha Pratisarniya Kshara was made using the traditional technique outlined by Acharya Sushruta in Sutra sthan Adhyaya 11. Ash was produced by burning dried kutaja pieces. One Droṇa of ash was combined with six Droṇas of water, macerated thoroughly, and left undisturbed overnight. The next day, the mixture was filtered 21 times through a fresh cloth. Ksharajala is the name of the resulting liquid. The filtrate was cooked over Madhyamagni (middle flame) until it reached Ksharodaka, a dark brownish color and slimy consistency. Tikshna Kshara was created by adding equal amounts of medications such Danti, Dravanti, Chitraka, Langali, Puṭika, Pravalā, Hiṅgu, Vaca, and Ativiṣa (Prativapa). The finished product was kept in an airtight, sterile container.

Procedure of Application of Kutaja Pratisaarneya Kshara

The Kshara Karma-Kshara application was completed in the operating room as follows:

Route of Administration: Local use

Purvakarma (Pre - Operative procedure)

1. written informed consent was obtained
2. Routine hematological investigations were reviewed
3. T.T. injections (0.5 ml)
4. The patient is often fed a light food the night before Ksharakarma and thereafter nothing orally.
5. An enema with soap water was administered the night before and four hours before the surgery.
6. NBM for half an hour.
7. First, the necessary tools, such as a slit proctoscope, normal saline, spatula, Kutaja Kshara, gauze pieces, Takra or lemon water, 5ml syringes, etc., are prepared and well sterilized.
8. The patient was shifted to the procedure room under strict aseptic precautions
9. The patient was placed in the lithotomy position
10. Perianal shaving and the cleaning were performed
11. Painting and draping of the operative field were carried out

anesthetic: While under local anesthetic

Pradhana Karma (Main Procedure)

1. The patient was placed on the operating table in the lithotomy position.
2. Triphala Kashayam was used to disinfect the perianal area, and draping was completed.
3. At the surgical site, a local anesthetic (2% xylocaine with adrenalin) was injected.
4. After inserting a lubricated regular proctoscope into the anal canal, hemorrhoidal masses were seen, their quantity and location were reevaluated, and the proctoscope was taken out.
5. To obtain a better view of the hemorrhoidal mass, a slit proctoscope was implanted and the skin around it was pushed laterally using Allis tissue holding forceps. First, regular saline was used to clear the hemorrhoidal mass.

6. To stop Kshara from spreading to healthy tissue, a piece of gauze was placed over the adjacent healthy area.
7. A spatula was used to apply Kshara to the hemorrhoidal mass, and the proctoscope's entrance was closed until the count reached 100, or around two minutes with the palm.
8. The Kshara was quickly neutralized with lemon juice as soon as the Samyak Dugdha indication, Pakva Jambu Phala Varna (blackish), appeared. The cauterized area was thereafter cleaned with normal saline water.
9. Kshara was applied again until the mass took on a blackish hue if this color was not achieved. It was cleaned with lemon juice once again. Every hemorrhoidal mass underwent this process.
10. The cauterized lesion was covered with Jatyadi Tailam.

Paschata Karma (Post - Operative Management)

1. After six to eight hours of Kshara Karma, the patient was permitted to consume liquids orally before switching to a regular diet.
2. After six hours, the packing was taken off, and each rectal was given 20 milliliters of Jatyadi Tail.
3. Avagaha Sweda, or taking a sitz bath twice a day after defecating using Panchavalkala Kashayam for fifteen minutes in one sitting, was recommended for the patient starting the next day.
4. Avoid prolonged sitting and excessive straining, avoid spicy and fried foods, avoid suppression of natural urges
5. Take High fibre diet, adequate water intake.

ASSESSMENT CRITERIA

Grade	Prolapse pile masses	Bleeding P/R	Pain in anal region	Size of pile mass	Constipation	Itching
0	No prolapsed	No bleeding	No pain	Almost none	No constipation	No itching
1	Only attime of defecation	Dropping	Mild pain	Size of tip of little finger (approx. 1cm)	Satisfactory withmild effort.	Mild
2	Prolapsed but digitally reduced	Syringing	Moderate pain	Size of the tip of index finger (approx. 1.5- 2cm)	Satisfactory with moderate effort.	Moderate
3	Irreducible, remain prolapsed out	Splash	Severe pain	Size of the tip of the thumb approx. (>2cm)	Severe complication.	Severe

Follow-up: Follow-up of patient was done on everyday till 1st week, to assess the post-operative recovery and on 14th day, 21st day, 30th day and 45th day to assess the effect of treatment. Thereafter on 3rd and 6th month to look for any recurrence.

Timeline	Clinical event
Day 0	Baseline assessment, diagnosis and Tikshna kutaja pratisaraniya kshara karma performed
Day 7	Mild post operative pain with healthy cauterized wound
Day 14	Bleeding completely stopped, pain markedly reduced
Day 21	Significant regression of hemorrhoidal mass and prolapse
Day 30	Near complete healing with normal bowel movements
Day 45	Complete clinical recovery without recurrence or complications

RESULT

A grading system was used to evaluate each parameter both before and after therapy. Prior to therapy, the patient reported experiencing constipation, occasional bleeding per anum, discomfort in the anal area, and a mass emerging from the anal region during feces. after the one-month follow-up, there was less discomfort in the anal area, no bleeding per anum, no signs of any mass protruding from the anal region after feces, and a considerable reduction in the size of the hemorrhoidal mass. Constipation was also somewhat relieved. Following a three-month follow-up period, there was no longer any constipation, no anal discomfort, no bleeding per anum, and no protrusion of pile masses during feces. Fibrosis was visible at the Kshara application sites, signifying effective healing.

Criteria	BT	AT
Pain in anal region	Grade 2	0
Prolapse pile masses per rectum during defecation	Grade 2	0
Bleeding P/R	Grade 1	0
Size of pile mass	Grade 1	0
Constipation	Grade 2	0
Itching	Grade 2	0



DISCUSSION

Hemorrhoidal disease is a common problem that doctors see in their practice. This problem is also known as piles. Grade II internal hemorrhoids are when you bleed when you go to the bathroom and the piles come out but go inside on their own. If you have hemorrhoids it is usually because you have been constipated for a time you strain a lot when you go to the bathroom you do not eat enough fiber you sit a lot and you have too much pressure in your belly. Even if you try to manage your hemorrhoids with medicine the problem often comes back. Many people need to have a procedure to fix it.

In Ayurveda hemorrhoids are called Arsha. Arsha is a problem because it lasts a long time it comes back and it affects your life. A time ago a doctor named Acharya Sushruta said that hemorrhoids start when your body has problems with digestion, blood and fat. When you are exposed to things that cause hemorrhoids for a time your anal cushions get bigger and you start to bleed you get piles you feel pain and you are uncomfortable.

The person in this study got a lot better after they had a procedure called Tikshna Kutaja Pratisarniya Kshara Karma. They stopped bleeding their piles went away they were no longer. They did not have any more problems after the procedure. This is because the procedure and the care they got after it worked well together.

A time ago a book called Sushruta Samhita said that Kshara has many good properties. Kshara can cut, scrape, dry, clean stop bleeding and heal. These properties make Kshara good for treating problems like hemorrhoids.

When you use Tikshna Kutaja Pratisarniya Kshara it burns the tissue in a controlled way. The Kshara is alkaline so it makes the proteins in the tissue come together it destroys the lining of the blood vessels it makes the vessels close. It makes the tissue scar. This scarring makes the anal cushions stay in place and not come out anymore. It also stops the bleeding by closing the blood vessels.

Kutaja is a plant that has good properties. It can stop bleeding reduce swelling, kill germs, clean wounds and heal wounds. Studies have also shown that Kutaja has -inflammatory, antimicrobial, antioxidant and wound-healing properties. These properties help the wound heal quickly after the procedure.

To make sure the Kshara does not damage the tissue much we use Nimbu Swarasa to neutralize it. We also use Jatyadi Taila to help the wound heal reduce inflammation and keep the area moist. Taking a sitz bath also helps the blood flow reduces muscle spasms keeps the area clean and makes the patient more comfortable.

Not being constipated also helped the patient get better. Taking Triphala Churna helped the patient have bowel movements, reduced straining and prevented further injury to the anal tissue. Eating a diet drinking a lot of water and not sitting for too long also helped the patient recover and prevented the problem from coming back.

This study shows that Kshara Karma is a treatment for hemorrhoids. It is better than the surgery for hemorrhoids because it does not damage the tissue as much it is less painful there is less bleeding the patient can go home sooner they recover faster it costs less and the patients like it. We can also do the procedure in a clinic, which makes it more convenient for the patients.

The patient in this study did not have any problems after the procedure. This shows that Tikshna Kutaja Pratisarniya Kshara Karma is safe when it is done correctly and the patient is taken care of properly.

Even though the result of this study is very good it is one case. We need to do studies with many patients and follow them for a long time to see if Kshara Karma is really a good treatment, for hemorrhoids.

CONCLUSION

The case we are looking at shows that Tikshna Kutaja Pratisarniya Kshara Karma's a good way to treat Grade II Internal Hemorrhoids also known as Raktarsha. This Ayurvedic treatment is not very expensive. Does not involve a lot of cutting. It helped to stop the bleeding reduced the prolapse relieved the pain and constipation helped the wound to heal and stopped the problem from coming. The treatment did all this without causing any problems. This case shows that Kshara Karma can be an alternative to regular surgery, for some patients. We need to do research with a lot of patients to confirm that this treatment really works.

We should do studies with many patients to see if Tikshna Kutaja Pratisarniya Kshara Karma is really effective.

PATIENT PERSPECTIVE

The patient said they felt a lot better after the treatment. The bleeding and pain got better in a week. They had no problem with bowel movements and the lump that was coming out went away slowly. The patient was happy with what the treatment did for them. They were able to do their things again soon and liked how everything turned out. They did not have a lot of discomfort after the procedure. The patient was very pleased with the results of the treatment and the patient liked that they could get back, to their routine quickly.

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