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Kshar Karma Chikitsa in Internal Haemorrhoids

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Abstract :

Ayurveda is science which deals with good health of human being. It is divided in 8 main branches known as 'Asthang Ayurveda'. Ayurveda describes Nidan Parivarjan, Aahar & Vihar are the causative factors of Roga's i.e.disease. Those patients who are not relieved by medical treatment should be treated on lines of Para surgical methods.These are Kshar Karma Agni Karma & Raktamokshan.

In modern view of treatment for hemorrhoids (primary) conservative only.If this treatment fails,we have to use surgical intervention but in Ayurvedic view Para surgical Ksharkarma is better to avoid surgery.

Some restricted foods and bed rest is necessary in all ano-rectal diseases.

Causes Of Haemorrhoids:

According to our ancient Acharyas Causes of Hemorrhoids is 1. Agnimandyakar factors [Su. Ni. 2/4], Adhyasan - eating before hunger,Pratimasan - Excessive eating, Snigdha Bhojan - Excessive oily food, Avyayam - Lack of exercise, Soke-Worriness.Along with that constipating factors i. e. suppression of natural urges, sometimes due to hereditary & inadequate intake of water or fluids, junk foods, excessive use of alcohol or excessive smoking, excessive intake of spicy etc.

These all may lead to constipation & hard stool my sometimes becomes cause of hemorrhoids.

Kshar Karma Chikitsa:

Kshara Cikitsa -

Sushruta's method of Kshara Chikitsa may be sub-divided into three: 1)Purvakarma (Pre-operative phase), 2)Pradhana Karma (Operative phase) and 3)Pashcat Karma (Post-operative phase).

Kshara Chikitsa

1. Purvakarma (Pre-operative Phase)
2. Pradhana karma (Operative Phase)
3. Pashcat Karma (Post-operative Phase)

• Pre-Operative Phase :

For this, the season was neither too hot nor too cold. Before patient was undergone Kshara Karma he was given hot oily food of meager quantity.This was to reduce the vitiation of Vatadosha and the operative part was smeared with Snigdha Dravya (oil preparations) for annotation purpose and duly fomented.He was placed on a raised up position in a clean and well equipped place on a neat bed with his head resting on the lap of an attendant and the anal region exposed to the Sun. In this position,the waist was made to elevate a little and rest on the cushion of clothes and

blankets. The neck and thighs of the patient was drawn out and then secured with strappings and held fast by the attendants so as not to allow him to make movements.

• **Operative Phase :**

Straight and slender mouthed instrument (Rectal speculum) lubricated with clarified butter, was gently inserted into the rectum and the patient was asked to strain down gently at the time. After seeing the polypus through the speculum, it was scrapped with an indicator and cleansed with a piece of cotton or linen after which an alkali was applied to in and kept in that manner for a period that would be remained to count a 'Hundred Word Time' (Matrasatam). Then after having cleansed the polypus, a fresh application should be made according to the alkali and the intensity of the aggravated Dosha involved in the case.

• **Post-Operative Phase :**

After the Kshara application the polypus washed with Dhanyamla or Sukta (fermented rice gruel) After that it was anointed with clarified butter mixed with Yashti Churnam. The strappings was removed and the patient is asked to raise up and placed in a sitting posture in warm water and refreshed with the sprays of cold water. Then the patient was made to lie in a spacious chamber which was not exposed to the blasts of cold wind and advised further to have easily digestible diet.

• **Diagnostic Criteria of Alkaline Cauterization:**

The following are the features mentioned in the diagnostic criteria of Kshara Karma.

- 1) Samyak dagdha" (Therapeutic Alkaline cauterization)
- 1) Vatanulomanam – Bringing back to normalcy of Apanavata
- 2) Annaruci – Interest in the food
- 3) Agnidipti – Increase in the digestive power
- 4) Lagavam – Lightness in the body
- 5) Balam – Increase in the stamina
- 6) Varnam – Increase in the complexion and
- 7) Manastusti – Psychological well being

According to Sushrut Samhita : Nidansthan : 6th chapter, Chikitsa Sthan 6th Chapter.

Sushrut has considered Kshar Karma is superior to any other Karma. Kshar is product of various plants, it is formed by burning the all plants and ash is purified, result is formation of Kshar powder. Kshar is alanine in nature. Kshar performed by function of Incision & Excision etc. It cleans and dry the wound also it digest 'Ama'.

It is administered topically in a less diluted form especially for problems of anus and rectum like hemorrhoids, rectal prolapse, Pilonidal sinuses & after draining of Abscess etc.

The oral preparation has many folds of objectives like some drugs are used for correction of Annavah Shrotas while for Deepan, Pachan, Shaman of Tridosha .

Conclusion:

If we can modify our life style and can be able to avoid constipation we can cure hemorrhoids easily. If however constipation is there some Ayurveda medicine like Triphala, Haritaki, etc. work effectively.

Thus Hemorrhoids can cure by application of Pratisaraniya Kshar like Apamarg Kshar.

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