

A Case Study Of Arshajanya Pandu Treated With Apamarga Khsar Pratisaran And Amalakyawaleha

Dr.Shubhada R.Lonikar¹ & Dr.Ganesh S.Jojare²

1. Professor And Guide,

2. P.G. Scholar

Department Of Shalyatantra, C.S.M.S.S. Ayurved Mahavidyalaya, Kanchanwadi, Aurangabad

*Corresponding Author:- email:- drgsjojare@gmail.com

Abstract

Arsha is the condition associated with Mans and Rakta Dhatu Dushti¹ (Combine disturbance in blood Vessels and mucosa with musculature of anal canal), and characterized by Mansakur(Protruding Mass), Rakta-Strava(per rectal Bleeding), and Panduta(Pallar)². Acharya Sushruta has described Chaturvidha Arsha Sadhanopay (4 Treatment Methods) for management of Arsha³, Application of Kshar for Ksharan of Arshankur³ is one among the Four upakramas of Arsha. Pratisaarniya⁴ Kshar is indicated for Arsha in Ksharapakavidhi Adhayaya (Sutrasthana chapter 11) of Sushruta Samhita⁵. And Amalkyawaleha has great Antioxidant and Haematinic Property⁶.

Keywords:- Arsha, Pandu, Arsha, Piles, Apamargakshar, Kshar, Amalkyavaleha, Avaleha, Hematinic.

Introduction

The treatment of Arsha is one of the oldest subjects discussed in the medical Literature. The Arsha have four stages in occurrence, every Arsha process regardless of the Age, Gender and racial type if not treated timely along with adjoining sign and symptom of bleeding per rectal which consequences to sever anemia. Knowledge of Arsha Treatment allows Surgeons to manipulate Arsha to achieve optimal results in a short period. Arsha is seen as debilitating and scaring disorder usually seen affecting the human being at any age predominantly in medal age. Arsha is the condition associated with Mans and Rakta Dhatu Dushti (Combine disturbance in blood Vessels and mucosa with musculature of anal canal), and characterized by Mansakur (Protruding Mass), Rakta-Strava (per rectal Bleeding), and Panduta⁷ (Pallar). Acharya Sushruta has described Chaturvidha Arsha Sadhanopay (4 Treatment Methods) for management of Arsha, to achieve good Sclerosing , early healing, without complications, and acceptable anal spinctor tone. Maharshi Sushrut Also called Arsha As 'Mahagada'⁸. Application of Kshar for Ksharan of Arshankur is one among the Four upakramas of Arsha. Pratisaarniya Kshar is indicated for Arsha in Ksharapakavidhi Adhayaya (Sutrasthana chapter 11)

of Sushruta Samhita. Kshar has chhedana (excision), Bhedana (incision), and Lekhana (scraping) properties along with Tridoshhara (equilibrium of Vata, Pitta, Kapha) properties, thus considered as a good curative measure for local treatment of Arsha. And Amalkyawaleha has great Antioxidant and Haematinic Property. A case report of an Anaemic Patient with Abhyantar Arsha with Bleeding Per Rectal successfully treated by local application of Apamarga Kshar And Amalkyawaleha has been presented here.

Case Report

Type of Study: - Observational single case design.

Study centre:- Ksharkarma Vibhag Ayurved Mahavidyalaya,

A 47yrs. Old female patient presented with the complaints of Protruding Anal Mass with per rectal Bleeding with severe Generalized Weakness and Occasional Dyspnoea on Exertion, which was not responding to treatment given elsewhere. Before Four months, the patient was alright then With Occasional Constipation with Protruding anal mass. She Started treatment at Local hospital but had no relief further she had ongoing complaints and developed 2 degree internal Arsha with per rectal Bleeding and Consequently anemia. After few days, patient had generalized weakness and intermittent dyspnoea with exertion. The Arsha was treated with

Local ointment laxative and haematinic by a local doctor but it failed to respond. The patient also went to some Surgical hospitals for treatment where Patient advices for surgical management and blood transfusion for surgical and anesthetic fitness. At last, she came for Ayurvedic management at Shalya dept. OPD of Ayurved Mahavidyalaya.

There was no known co morbidity or any other major systemic disorder.

Local examination: - in Per Rectal Examination with Proctoscope the Abhyantar Arsha with bleeding noticed. The mucosa was Bulged and inflamed. There was no Tenderness.

Materials And Methods:- In this study Apamarga Kshar was used for local application⁹. And Amalkyavaleha gave orally along with triphala Qwath Awagah and Kasisadi Tail Pichu¹⁰.

Contents of Apamarga Kshar :- Apamarga Kshar (Nimbuk Swaras for wash)

Content of Amalkyavaleha:- Amalki, Sharkara, Ksaudra, Pippali, Ghrit, Madhuk, Draksha, Shunthi, Wanshalochan.

Content of Kasisadi Tail:- Kasisa, Dantimul, Saindhav, Karvir mul, Chitrakmul. Til-tail.

Treatment Plan: - PR-Proctoscopy done. Arsha was cleaned with Triphala Kwath after proper cleaning with sterile swabs, Apamarga Kshar was locally applied and open palm kept on Proctoscopes Open End. And 1 to 100 Numbers counted. After that with lemon juice all Khsar applied to Arsha was washed out. In evening Patient discharged with advice of Triphala Qwath Avagah Twice aday. Kasisadi Tail Pichu Once a day, Amalkyavaleha 2tsf daily. Total duration of treatment was 6 weeks.

Results:-

The clinical features of Arsha were improved by the end of 1st week and the Arsha was Shrunked completely at the end of 2^{ed} week. During a follow up for a period of 1 month, her pallor was disappeared and there was no dyspnoea on exertion. At The end of 1 and ½ month her lab report did suggestive of good HB% with no signs and symptom.

Discussion:-

Effect on Arsha masankur :- Ksharan in Protruding mass: Protruding mass was completely

reduced. All contents of Apamarga kshar is Ushna virya with Chedan guna. Hence Arsha Mansankur Ksharan (Sclerosis) done.

Effect on Arshajanya Pandu: At the starting of treatment patient had CBC report showing hemoglobin as 7.2gm% At end of 4th week, there was significant rise in hemoglobin i.e. 9.6 gm% and at the end of 6 week it was 10.2gm% this is due to hematinic properties of Amalkyavaleha.

Effect on Arsha Rakta strava: Active bleeding from Arsha was completely reduced at the end of 1st week after Kshar Application. This may due to Lekhana, Chedan, Ksharan, Puyaupshoshana properties present in Apamarga Kshar. Anal Mucosa became free from congestion at the end of 1st week. This may due to shodhana property of Apamarga kshar. And kasisadi tail.

Effect on constipation: Due to the High Concentration of Pippali and Yashtimadhu in Amalakyavaleha Agnidipan and mal anuloman and wibandhahar effect Constipation relived.

Effect on Arsha Aakriti: At the end of the treatment, Arsha completely Shrunked with Normal anal mucosa. Laghu guna of Apamarga helped to reduce the Arsha size by promoting Scleroses and contraction of vessels.

Conclusion: -

On the basis of this case study, it can be concluded that, local application of Apamarga Kshar was found to be very effective in the management of Arsha. Apamarga Kshar possesses the high efficacy in Arsha Ksaran without producing any adverse effect and relief in signs and symptoms of Arsha. hence it is being used as an alternative herbal approach for management of Arsha.

Kasisadi Tail Pichu after application of Kshar helps to maintain anal sphincters tone. Reduces mucosal congestion and shrunken engorged vessels.

Amalkyavaleha, with its Prime Ingredient Amalaki and Pippali, Possess high antioxidant and hematinic Properties. As well as Agni dipan, Malavashtambahar and wibandhahar. Hence it can be used as an alternative herbal hematinic for management of Arshaj Pandu

References

1. Sushruta Samhita, Edited with Ayurveda Tattva Sandipika by Kaviraj Ambikadutta Shastri, Chaukhamba publications, Varanasi, Edition: Reprint 2014, Part I, Sushruta Nidanasthan Chapter 2, Shloka no.18, Page no. 239.
2. Charak Samhit, Edited with Charak Chandrika by Bramhanand Tripathi, Chaukhamba Surbharati publications, Varanasi, Edition: Reprint 2002, Part II, Charak Chikitsasthan Chapter 14, Shloka no.6, Page no. 509.
3. Sushruta Samhita, Edited with Ayurveda Tattva Sandipika by Kaviraj Ambikadutta Shastri, Chaukhamba publications, Varanasi, Edition: Reprint 2014, Part I, Sushruta Chikitsasthan Chapter 6, Shloka no.1-2, Page no. 35.
4. Sushruta Samhita, Edited with Ayurveda Tattva Sandipika by Kaviraj Ambikadutta Shastri, Chaukhamba publications, Varanasi, Edition: Reprint 2014, Part I, Sushruta Sutrasasthan Chapter 11, Shloka no.7, Page no. 35.
5. Sushruta Samhita, Edited with Ayurveda Tattva Sandipika by Kaviraj Ambikadutta Shastri, Chaukhamba publications, Varanasi, Edition: Reprint 2014, Part I, Sushruta Sutrasasthan Chapter 11, Shloka no.12, Page no. 35.
6. Bhaishajyaratnavali Govindadas Sen, Shri Ambikadatta Shastri, Chaukhamba Sanskrut Sansthan, Varanasi edition 16th, 2002, Adhya 12- Pandurogchikitsaparakaran, Shlok 116-119, Page no. 275
7. Sushruta Samhita, Edited with Ayurveda Tattva Sandipika by Kaviraj Ambikadutta Shastri, Chaukhamba publications, Varanasi, Edition: Reprint 2014, Part I, Sushruta Nidanasthan Chapter 2, Shloka no.4, Page no. 237.
8. Sushruta Samhita, Edited with Ayurveda Tattva Sandipika by Kaviraj Ambikadutta Shastri, Chaukhamba publications, Varanasi, Edition: Reprint 2014, Part I, Sushruta Sutrasasthan Chapter 33, Shloka no.4, Page no. 126
9. Sushruta Samhita, Edited with Ayurveda Tattva Sandipika by Kaviraj Ambikadutta Shastri, Chaukhamba publications, Varanasi, Edition: Reprint 2014, Part I, Sushruta Chikitsasthan Chapter 6, Shloka no.4, Page no. 36.
10. Bhaishajyaratnavali Govindadas Sen, Shri Ambikadatta Shastri, Chaukhamba Sanskrut Sansthan, Varanasi edition 16th, 2002, Adhya - 9, Arshorogchikitsaparakaran, Shlok 203, Page no. 229g

ISSN 2349-638X

www.aiirjournal.com