Research Paper Medical Science

Ksharsutra A Miracal In Treatment of Hemorrhoids – (Arsha)

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ABSTRACT

Amongst all the ailments that afflict the mankind Hemorrhoids are definitely the commonest of them. Further many of the persons have piles without any symptom and are diagnosed as per chance on routine rectal examination.Kshara sutra has been described in all the ancient books of ayurveda in treatment of anorectal diseases and in a number of surgical diseases. The auther review of role of The ksharsutra in treatment of haemorrhoids. Auther found after joint workshop with AIIMS Bhopal (M.P.) and PT Khusilal govt. Ayurved College Bhopal (M.P.) that kshara sutra therapy is more beneficial in treatment in Heamorroids

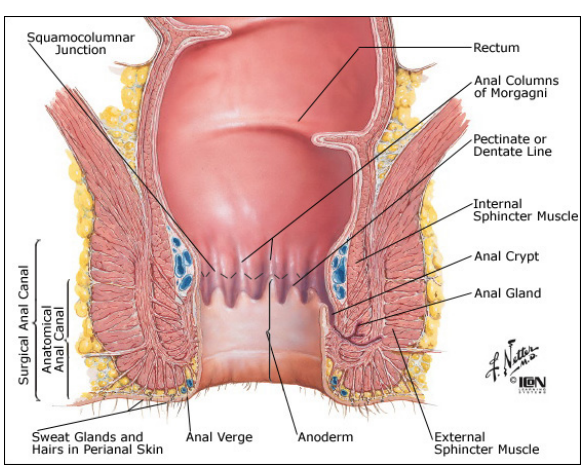
Keywords :

INTRODUCTION

Often described as "varicose veins of the anus and rectum", hemorrhoids are enlarged, bulging blood vessels in and about the anus and lower rectum.

अरिवत्प्राणिनो मांसकीला विशसन्ति यत्!
अर्शांसि तस्मादुच्यन्ते गुदमार्गनिरोधतः!
दोाास्त्वडमांसमेदांसि सन्दूय विविधाकृतीन्!
मांसऽकुरानपानादौ कुर्वन्त्यर्शांसि ताञजगुः!!

अं हृ नि.7 / 1;2



CAUSES:-

The exact causes of symptomatic hemorroids are unknown. A number of factors are believed to play important role including;

- Irregular bowel habits(constipation or diarrhea)
- Lack of exercise
- Nutritional factor(a low-fiber diet)
- Increased intra increased intra-abdominal pressure (prolonged straining, ascitis, an intra-abdominal mass, or pregnancy),
- Genetics, absence of valves within the hemorrhoidal veins,
- Aging.
- Other factors that are believed to increase the risk include
- Obesity,
- Prolonged sitting,
- Chronic cough
- Pelvic floor dysfunction.

Evidence for these associations, however, is poor.

During pregnancy, pressure from the fetus on the abdomen and hormonal changes cause the hemorrhoidal vessels to enlarge. Delivery also leads to increased intra-abdominal pressures. Surgical treatment is rarely needed in those who are pregnant, as symptoms usually resolve post delivery.

IDIOPATTHIC CAUSES	SECONDARY CAUSES
Hereditary	Portal obstruction
Constipation	Pregnancy & Abdominal tumors
Diarrhea & Dysentery	
Faulty habits of defecation	
Dietary habits	
Anatomical factors	

CLASSIFICATION:-

a- on the basis of position-

- Internal
- external
- Interno-external

b- on the basis of symptoms-

- Grade I: No Prolapse. Just prominent blood vessels.
- Grade II: Prolapse upon bearing down but spontaneously reduces.
- Grade III: Prolapse upon bearing down and requires manual reduction.
- Grade IV: Prolapsed and cannot be manually reduced.

SIGN & SYMPTOMS:-

The symptoms of pathological hemorrhoids depend on the type present. Internal hemorrhoids usually present with painless rectal bleeding while external hemorrhoids may produce few symptoms or if thrombosed significant pain and swelling in the area of the anus.

External
If not thrombosed external hemorrhoids may cause little problem. However when thrombosed they may be very painful with this pain typically resolves over 2 to 3 days. The swelling may take a few weeks to disappear, and after healing a skin tag may remain. If they are large and causing issues with hygiene, they may produce irritation of the surrounding skin and thus causes itching around the anus.

Internal
Internal hemorrhoids usually present with painless, bright red, rectal bleeding during or following a bowel movement. The blood typically covers the stool, a condition known as hematochezia, is on the toilet paper, or drips into the toilet bowl. The stool itself is usually of a normal color. Other symptoms may include mucous discharge, a perianal mass if they prolapse through the anus, itching, and fecal incontinence. Internal hemorrhoids are usually only painful if they become thrombosed or necrotic.

DIFFERENTIAL DIAGNOSIS
External Piles :-
- Anal epithelioma
- Condyloma lactum
- Condyloma acuminata
- Sentinel tag

Interanal piles:-
- Hypertrophied anal papilla
- Pedunculated polyps
- Sessile,Polypoid(Adenomatous)
- Haemangioma & Lymphosarcoma
- Prolapse

COMPLICATIONS:-
- Thrombosed strangulated piles
- Anemia
- Bleeding
- Strangulation
- Thrombosis
- Ulceration
- Gangrene
- Fibrosis
- Suppuration
- Phlephlebitis

MANAGEMENT
Conservative-
- Prevention of constipation- Laxative- Triphala churna, Panchasakar churna, Haritaki churna , Abhayaarista.
- Deepan pachan- Chitrakadi vati , Lavan baskar churna, Agnitundi vati
- Arshoghna-Sooranpak,Arshakuthar ras, Shigru guggulu
- Hot sitz bath- Tankan bhasma Sphatic bhasma, Triphala kwath Panchawalkal kwath
- Rakta stambhak-Bol baddha rasa, Bol parpati,Kukutandatwak bhasma Praval pisthi
- Vran ropak-Jatyadi tail, Nirgundi tail
- Vednahar-Madhuyastyadi tail, Triphala guggulu

Procedures:-
1. Kashar sutra ligation:- It is a procedure in which medicated herbal coated thread are applied onto internal and external piles mass within 5-7 days withered piles mass falls off. cure rate-97%

2. Chedan karma:- A number of surgical excision techniques may be used if conservative management and simple procedures fails.All are associated with some degree of complications including bleeding, infection, anal strictures and urinary retention, due to the close proximity to the rectum to the nerves that supply the bladder. There may also be a small risk of fecal incontinence, particularly of liquid, with rates reported between 0-28percent.

3. Agni karma:- A number of cauterization methods have been shown to be effective for hemorrhoids, but are usually only used when other methods fail. This procedure can be doneusing electrocautery, infraredradiation, laser surgery, or cryosurgery. Infrared cauterization may be an option for grade 1 or 2 disease. In those with grade 3 or 4 disease re-occurrence rates are high

4. Ksharkarma:- involves the applying of a sclerosing agent, such as apamarg kshar snuhi kshar, into the hemorrhoid. This causes the vein walls to collapse and the hemorrhoids to shrivel up. The success rate four years after treatment is ~70%

Kshara sutra therapy
preparation of kshara sutra:-

Material:-
- Barbour's surgical linen thread 20 number
- Snuhi ksheera
- Apamarga kshara
- Haridra

Method
भावितं रजनी चूर्णैः स्नुही क्षीरे पुनः पुनः वधनीयात् सुदृढ सूत्रं छिन्यते अर्शोभगन्दरम्–

चकदत्ते अर्शोअधिका

Coating

s no	material for coating	no of coating
1	snuhi ksheera	11
2	snuhi ksheera+ apamarga kshara	7
3	snuhi ksheera + haridra	3
4	Total	21

Equiments
- Proctoscopes
- Piles holding forceps
- Artery forceps both straight & curved
- Sponge holding forceps
- Surgical gloves
- Scissors
- Needle holder
- Round body curved needles
- Towel clips
- Syringes
- Swabs
- Kshara sutra

Emergency Medicine:–
- Inj Xylocain with adrenaline 2%
- Inj Fortwin
- Inj Cortisone
- Inj Avil

Position for ksharsutra:-
Lithotomy

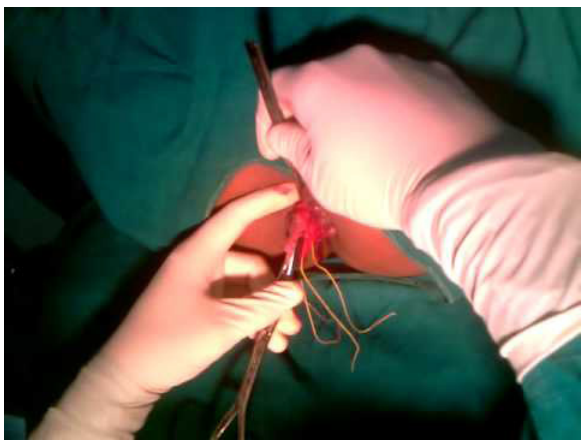
Post kshara sutra ligation treatment:-
- Pain killer
- Anti inflammatory drug like- shigru rasanjan vati etc
- Laxative- Abhayaarista
- Hot sitz bath With tankan bhasma & haridra churna
- Anal Basti- jatyadi tail 5 ml BD

Benefits of kshar sutra therapy:-
- Simple safe and sure treatment
- No complications
- No recurrence
- Very economic

- Very high success rate
- No antibiotic required
- Day care surgery
- Useful in all age and cardiac patients

DONT'S

Chilies, Fried Foods, Maida product, Nonveg, Paneer, Constipating foods, Constant sitting, Excessive Pressure in defeacation.etc.



DOES

Cow milk,Butter,Buttermilk, Wheat, Ghee, Rice, Green vegetable, Regular sleep, Exercise, Regular diet, on suppression of natural urges etc

CONCLUSION

Hemorrhoids are a common disease in modern life style. With modern medical science technology disease reverse after 3 to 4 year interval and there are many complication with it. But I found that Kshara sutra therapy is very economical and very effective treatment

The rate of recurrence rate is very minimal. It is suitable for every age groups, every gender. It is much more beneficial for anorectal diseases

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