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## Case Study

### Clinical Success of *Kalyana Kshara Bhasma* Orally as a *Bheshaja Chikitsa* one among *Chaturavidha Sadhana Upaya* in *Arshas* - A Case Report

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#### ABSTRACT

Hemorrhoids are clinically an engorged condition of the haemorrhoidal venous plexus, along with an abnormally enlarged, displaced anal cushion. WHO has declared 20th November of each year as "World Piles Day", which indicates the infiltration of this disease all over the world and the tremendous physical and mental sufferings of mankind as a result of this disease. In the present study, treatment is given by the *Bheshaja chikitsa* to the *Arshas*. The probable mode of *Bheshaja chikitsa* is by achieving appropriate *Samprapti vighatana* and preventing the recurrence of *Arshas*. *Bheshaja chikitsa* has been widely used for *Arshas* having *Alpa dosha*, *Alpa linga*, and *Alpa upadrava*. It is OPD level Management which is quick, Painless, and free from any major complications. The principle of this theory is achieving the optimum by oral administration of *Kalyana Kshara Bhasma* in hemorrhoids. This study may help to halt the further pathological process of *Arshas* (Internal hemorrhoids) and can help those patients who are not willing or unfit for surgery or other parasurgical procedures.

#### INTRODUCTION

The Etymology of the term *Arsha* is "Arivat", "*Arivat pranan shrunati hinasti iti Arsha.*"<sup>(1)</sup> That which tortures the person like an enemy is called *Arsha*. In the era of westernisation, everybody is neglecting *Samyak Ahara, Vihara Sevana*, which results in the formation of *Mandagni* and hence in the accumulation of *Ama*, which disturbs *Doshas* in the *Amashaya, Pakvashaya*, and the *Guda pradesha*. This results in *Arsha*.

Susruta and other *Acharyas* considered *Arsha* as one among the *Ashtomahagadas*<sup>(2)</sup> because of its chronicity, site of origin, difficulty in the management, and its complications. It occurs in *Guda Pradesha*, the seat of *Sadya Pranaharamarma*, which requires careful management.<sup>(3)</sup>

*Acharyas* suggested a procedure like *Bheshaja, Kshara, Agni*, and *Shastra karma* according to the severity of the disease.<sup>(4)</sup> *Bheshaja* is indicated in *Arshas* where the *Mamsaankura* is of recent onset, having *Alpa dosha*, *Alpa linga*, *Alpa upadrava*. *Bheshaja Chikitsa* is the first line of management because there is no fear of complications in comparison to other lines of treatment.

The probable mode of *Bheshaja chikitsa* is by achieving appropriate *Samprapti vighatana* and preventing the recurrence of *Arshas*. As per the available treatment modalities of *Arsha*, the *Bheshaja Chikitsa* modality is the most sorted one, so it is taken for the study as it solves the problem caused by conventional methods, the majority of which is the recurrence of the disease.

*Kalyana Kshara Bhasma* is a classical *Yoga* which is mentioned in the *Astanga Hridayam* in the context of *Arsha Chikitsa Adhyaya* with the properties of *Udavartahara, Vibandahara, Arshohara*, etc. As this *Yoga* has got properties like *Pachana, Rochana, Deepana, Anulomaka*,

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*Vibandhahara, Grahi, Shopahar, Anahahar, Shoolahar Chedana, Bhedana, Lekhana, Ropana, etc.,<sup>(5)</sup>*

## CASE REPORT

### MATERIALS AND METHODS-

**Place of Study:** Outpatient Department of Shalya Tantra, Dr. BRKR Government Ayurvedic College & Hospital, Erragadda, Hyderabad, Telangana, India.

**Study Type:** Interventional Open-Labelled Study.

### Patient Information

A 32-year-old male patient, presenting with the complaints of Pain while defecation, profuse bleeding per anum (splash in the pan) during defecation, difficulty in defecation associated with difficulty in voiding feces due to hard stool and itching around the anal region, for the last 20 days, visited the OPD of the Shalya Tantra department, Dr.B.R.K.R Ayurvedic Medical College, Hyderabad, on 18 July 2025. The Patient visited our hospital for better treatment. His Personal history revealed that he has a habit of taking beverages on a daily basis, along with late-night working shifts and untimely food intake.

### History of Past illness

1. Medical History- No significant history found.
2. Surgical History- No significant Surgical history found.
3. Family History – There is a family history of hemorrhoids in the paternal side of the family.

### Personal History

General Condition-Fair, Pallor appearance

*Jivha - Liptata*

*Aakruti - Madhyama*

*Abhyavaharana - Avara*

*Jaranashakti - Avara*

*Mala - Vibaddha*

*Mutra - Amayukta*

Habits-Beverages

- Tea- 5 times a day
- Alcohol – Regular for 2 years

Diet

- Mixed (Veg and Non-Veg)

### Diagnostic Criteria

On general examination, the patient was seen as pallor in appearance with anorexia and

general debility, On Interrogation Pain while defecation in the perianal region, Profuse bleeding per anum (splash in the pan) during the defecation, difficulty in voiding the feces due to Hard stool, and itching around the perianal area were the major complaints similar clinical features have been described in the context of *Arshas* where anorexia, hard stool, bleeding per anum during defecation, pain and itching are present.

### Per Abdomen (P/A)-

Soft and Navicular

No organomegaly

No tenderness

No rigidity and guarding

### On Examination around the perianal region-

No Skin tags visualised

No Sentinel pile mass visualised

No External pile mass visualised

### Per Rectal Examination (PRE) -

? 3 o'clock pile mass palpable

### Proctoscopy Examination (P/S)-

3 o'clock pile mass visualised

His other systemic examinations reveal no abnormality.

Based on history, clinical symptoms, examinations and investigation findings, a diagnosis of Early to Grade II Hemorrhoids (*Arshas*) has been made.

### Therapeutic Intervention

Therapeutic outcome obtained after a full course of *Beshaja chikitsa* for 21 days. The patient becomes symptom-free after starting the medication, which is described below.

Medication for 21 days.

*Kalyana Kshara Bhasma* with *Ghruta B/F* 500mg TID

### Follow-up and outcome

The patient visited on the 7<sup>th</sup>, 14<sup>th</sup>, and 21<sup>st</sup> days for clinical assessment. On day 7<sup>th</sup>, relief from Anorexia and Hard stool was noted. On day 14<sup>th</sup>, relief from profuse bleeding per anum (splash in the pan), Pain while defecation and itching around the anal region was achieved. On day 21<sup>st</sup>, Improved Appetite with general built seen.

## RESULT

### Assessment of Symptoms and Signs Before and After Treatment

Symptoms	Before Treatment	After Treatment
Pain in Ano	3	0
Bleeding per anum	3	0
Itching in Ano	3	0
Hard stool	3	0

Sign	Before Treatment	After Treatment
Pile mass Per speculum (Proctoscopy)	2	0



Before Treatment



After Treatment

## DISCUSSION

*Rasa Panchaka of Kalyana Kshara Bhasma* Ingredients:

Drug	Latin Name	Family	Rasa	Guna	Virya/Vipaka	Karma
<i>Sunthi</i> <sup>(6)</sup>	<i>Zingiber officinale</i>	Zingiberaceae	Katu	Laghu, Ruksha	Ushna/ Madhura	K-V ↓, Pachana, Bhedana, Rochana, Deepana, Stimulant, Anulomaka, Vibandhahar, Grahi Shopahar, Anahahar, Shoolahar
<i>Maricha</i> <sup>(7)</sup>	<i>Piper nigrum</i>	Piperaceae	Katu	Laghu Tikshna	Ushna/ katu	V-K↓, Deepana, Rochana, Krimihar, Shulahar
<i>Pippali</i> <sup>(8)</sup>	<i>Piper Longum</i>	Piperaceae	Katu	Laghu Tikshna	Anushna Sheeta/ Madhura	V↓, Deepana, Rasayana, Rechana, Arshahar, Shoolahar
<i>Saindhava</i> <i>Lavana</i> <sup>(9)</sup>	Rock salt		Lavana	Laghu Sukshma	Sheeta/ Madhura	V, P, K↓, Deepana, Avidahi, Rochana
<i>Vida Lavana</i> <sup>(10)</sup>	Black salt		Lavana	Laghu	Sheeta/ Madhura	V-K↓, Deepana, Shulahar, Anulomana,

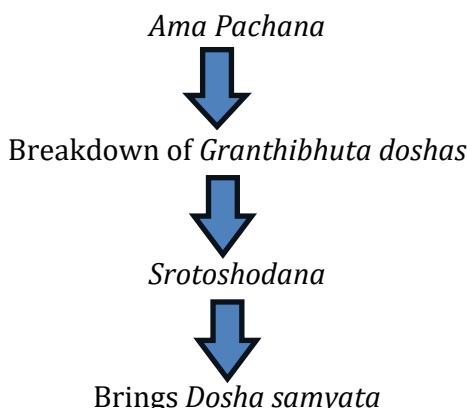
						<i>Rochana</i>
<i>Sauvarchala Lavana</i> <sup>(11)</sup>	Black salt		<i>Lavana</i>	<i>Laghu</i>	<i>Sheeta/ Madhura</i>	<i>V↓ Shulahar, Udgard shudhi, Vibandhar</i>
<i>Haritaki</i> <sup>(12)</sup>	<i>Terminalia chebula</i>	Combreteceae	<i>Pancha Rasa</i>	<i>Laghu, Ruksha</i>	<i>Ushna/ Madhura</i>	<i>V, P, K↓, Deepana, Pachana, Rochaka, Ayushya, Shothhar, Rasayana, Brumhana, Anumolana, Balaprada, Krimihar, Udaravartahar, Arshohara, Srotovibandhahar</i>
<i>Vibhitaki</i> <sup>(13)</sup>	<i>Terminalia bellerica</i>	Combreteceae	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna/ Madhura</i>	<i>V, P, K↓, Bhedana, Krimihara, Virechanopaga</i>
<i>Amalaki</i> <sup>(14)</sup>	<i>Emblica officinalis</i>	Euphorbiaceae	<i>Pancha Rasa</i>	<i>Guru, Ruksha Sheeta</i>	<i>Sheeta/ Madhura</i>	<i>V, P, K↓, Sarvadoshaghna, Raktapittghna, Vayasthapana, Dahahar, Rasayana</i>
<i>Danti</i> <sup>(15)</sup>	<i>Baliospermum montanum</i>	Euphorbiaceae	<i>Katu</i>	<i>Guru, Tikshna</i>	<i>Ushna/ Katu</i>	<i>K-P↓, Bhedana, Arshoghna, Shothhar, Krimighna, Kandughna, Grahi, Vatarshahar, Sara</i>
<i>Bhallataka</i> <sup>(16)</sup>	<i>Semecarpus anacardium</i>	Anacardiaceae	<i>Katu, tikta, Kashaya</i>	<i>Laghu, Tikshna</i>	<i>Ushna/ Madhura</i>	<i>K-V↓ Deepana, Pachana, Bhedana, Chedana, Lekhana, Arshoghna, Vranahara, Shoolahar, Anahahara, Krimihar</i>
<i>Chitraka</i> <sup>(17)</sup>	<i>Plumbago zylanica</i>	Plumbaginaecea	<i>Katu</i>	<i>Laghu Ruksha, Tikshna</i>	<i>Ushna/ Katu</i>	<i>K-V↓, Deepana, Pachana, Arshoghna, Lekhana, Bhedana, Shoolahar, Shothhar, Krimighna, Grahi, Vatarsha</i>
<i>Eranda Taila</i> <sup>(18)</sup>	<i>Ricinus communis</i>	Euphorbiaceae	<i>Madhura katu, Kashaya</i>	<i>Snigdha, Sukshma Tikshna</i>	<i>Ushna/ Madhura</i>	<i>V-K↓, Deepana, Shoshhar, Shulahar, Shothhar, Anahahar, Arshohar, krimihar</i>
<i>Gomutra</i> <sup>(19)</sup>			<i>Kashaya</i>	<i>Tikshna, Ushna</i>		<i>V-K↓, Arshohar, Krimighna, Deepana, Kanduhar, Vishaghna, Utsadana, Aalepana</i>

### Probable Mode of Action of the Drug

*Karma-Deepana* acts over the *Mandagni* and does *Agnivardhana*, *Pachana* does the *Ama pachana*, *Deepana-Pachana* both combine to form *Rasa dhatu*. *Shothahara* plays a role in reducing the systemic inflammation & oedema caused by *Rasa*

*dushti*. *Chedana*, *Bhedana*, *Lekhana*, help in the reduction of *Mamsankura* by acting upon the *Dushyas* of *Arshas*, i.e., *Mamsa* & *Meda*. *Rechaka* brings out the *Badha* and *Abadha mala* from the body, which further aids in *Vata* and *Pitta*

shamana. *Krimihara* does *Kriminashana* and thus aids in the prevention of the formation of *Ama* and malabsorption. *Anulomaka* does “*Apano Apanagaha*” and brings the *Vata* to mainstream, *Vibandahara* aids in the evacuation of *Badhmala*, which normalises the *Vata*, and so does *Shulahara*, and like this the *Arshoghna* action does *Samprapti vighatana* and cures the *Arshas*.



Therefore, it acts on *Agni* and corrects *Malabaddhata*, which further prevents straining and increased abdominal pressure, thereby keeping the anal mucosa in its place and preventing it from sliding down.

#### Pain in Ano

*Shoolaghna* and *Vatanulomana karma* bring down the pain.

#### Bleeding Per Anum

*Madhura rasa*, *Kashaya rasa*- Helps in wound healing and *Rakta stambhana*.

#### Itching-In Ano

*Shoshana* of *Kledaka Kapha* brings down the itching.

#### Hard stool

*Ushna Teekshna* drugs help in *Deepana Pachana*, by which formation of stool occurs properly, causing *Vatanulomana* by increasing gut mobility, hence softening of the hard stools.

*Bhedana guna* breaks down the hard stool so that defecation becomes easy without any obstruction.

#### Grade of pile mass

By its *Ushanatva*, *Teekshnatva* & *Sukshmatva*, penetrates the pile mass and reduces the size.

#### CONCLUSION

Treatment of *Arshas* solely depends on the correction of vitiated *Agni*; treating the root cause of *Arshas* is treating *Mandagni*.

This simple protocol saves the condition from undergoing invasive procedures.

Which aids in the management of Time, cost and mental fatigue of the patient.

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