

International Journal of Research in AYUSH and Pharmaceutical Sciences

Case Study

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

Raageshree R.Mayur^{1*}, B.Prabhakar²

*¹PG Scholar, ²HOD and Professor, Dept. of Shalya Tantra, Dr BRKR Govt. Ayurvedic Medical College, Hyderabad.

ARTICLE INFO

Article history:

Received: 18-11-2025

Accepted: 19-12-2025

Published: 15-01-2026

Keywords:

Arshas, Hemorrhoids, *Kalyana Kshara bhasma*, *Ama*, *Mamsankura*, *Mandagni*, *Samprapti vighatana*.

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 pranana shrinati hinasti iti Arsha."⁽¹⁾ 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*.

Sushruta and other *Acharyas* considered *Arsha* as one among the *Ashtomahagadas*⁽²⁾ 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.⁽³⁾

Acharyas suggested a procedure like *Bheshaja*, *Kshara*, *Agni*, and *Shastra karma* according to the severity of the disease.⁽⁴⁾ *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*,

Access this article online	
Quick Response Code	https://doi.org/10.47070/ijraps.v9i10.213
	Published by Mahadev Publications (Regd.) publication licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0)

Vibandhahara, Grahi, Shophahar, Anahahar, Shoolahar Chedana, Bhedana, Lekhana, Ropana, etc.,⁽⁵⁾

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 7th, 14th, and 21st days for clinical assessment. On day 7th, relief from Anorexia and Hard stool was noted. On day 14th, relief from profuse bleeding per anum (splash in the pan), Pain while defecation and itching around the anal region was achieved. On day 21st, 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
Sunthi ⁽⁶⁾	<i>Zingiber officinale</i>	Zingiberaceae	Katu	Laghu, Ruksha	Ushna/Madhura	K-V ↓, Pachana, Bhedana, Rochana, Deepana, Stimulant, Anulomaka, Vibandhahar, Grahi Shophahar, Anahahar, Shoolahar
Maricha ⁽⁷⁾	<i>Piper nigrum</i>	Piperaceae	Katu	Laghu Tikshna	Ushna/katu	V-K↓, Deepana, Rochana, Krimihar, Shulahar
Pippali ⁽⁸⁾	<i>Piper Longum</i>	Piperaceae	Katu	Laghu Tikshna	Anushna Sheeta/Madhura	V↓, Deepana, Rasayana, Rechana, Arshahar, Shoolahar
Saindhava Lavana ⁽⁹⁾	Rock salt		Lavana	Laghu Sukshma	Sheeta/Madhura	V, P, K↓, Deepana, Avidahi, Rochana
Vida Lavana ⁽¹⁰⁾	Black salt		Lavana	Laghu	Sheeta/Madhura	V-K↓, Deepana, Shulahar, Anulomana,

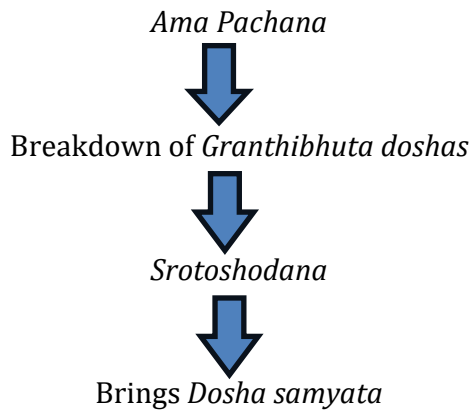
						<i>Rochana</i>
<i>Sauvarchala Lavana</i> ⁽¹¹⁾	Black salt		<i>Lavana</i>	<i>Laghu</i>	<i>Sheeta/ Madhura</i>	V↓ <i>Shulahar, Udgar shudhi, Vibandhar</i>
<i>Haritaki</i> ⁽¹²⁾	<i>Terminalia chebula</i>	Combreteceae	<i>Pancha Rasa</i>	<i>Laghu, Ruksha</i>	<i>Ushna/ Madhura</i>	V, P, K↓, <i>Deepana, Pachana,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

dashti. *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.

REFERENCES

1. Madhavakara, Madhava Nidana with Madhukosha commentary by Vijayaraksita and Srikanthadatta, edited by Sri Yadunandan Upadaya, volume 1, reprint, 5 th chapter, verse, 2019; 2: 194.
2. Agnivesha, Charaka Samhita, Ayurveda Deepika commentary of Chakrapani, edited by Vaidya Yadavji Trikamji Acharya, Chaukhamba Orientalia, Varanasi, reprint; chikitsa sthana, 2015; 14: 34.
3. Agnivesha, Charaka Samhita, Ayurveda Deepika commentary of Chakrapani, edited by Vaidya Yadavji Trikamji Acharya, Chaukhamba Orientalia, Varanasi, reprint; chikitsa sthana, 2015; 14: 34.
4. Sushruta, Vd. Ambikadattashastri, Sushrut samhita, Chikitsasthana Adhyaya 6/3, Chaukhamba prakashan 2015, page no.46.
5. Vagbhata: Ashtanga Hridaya with the commentaries Sarvangasundara of Arunadatta and Ayurveda rasayana of Hemadri, collated by late Dr Anna Moreswara Kunte and Krsna Ramachandra Shastri Navare, Chaukhambha Orientalia Varanasi, reprint ninth edition 2005, Chikistasthana 8/140.
6. Database on medicinal plants used in Ayurveda, Vol. 5, Published by the Central Council for Research in Ayurveda and Siddha New Delhi, 2000 edition, p. 315
7. Database on medicinal plants used in ayurveda vol 5, Published by the Central Council for Research in Ayurveda and Siddha New Delhi, 2000 edition, p. 187
8. Database on medicinal plants used in Ayurveda, Vol. 3, Published by the Central Council for Research in Ayurveda and Siddha, New Delhi, 2000 edition, p. 472
9. Bhavprakash Nighantu, commentary by Prof. K.C. Chunekar, edited by Late G.S. Pandey, Chaukhambha Bharati Academy, Varanasi Edition: Reprint 2013, Page no.149

10. Bhavprakash Nighantu, commentary by Prof. K.C. Chuneekar, edited by Late G.S. Pandey, Chaukhambha Bharati Academy, Varanasi, Edition: Reprint 2013, Page no.154
11. Bhavprakash Nighantu, commentary by Prof. K.C. Chuneekar, edited by Late G.S. Pandey, Chaukhambha Bharati Academy, Varanasi, Edition: Reprint 2013, Page no.155
12. Database on medicinal plants used in Ayurveda, Vol. 3, Published by the Central Council for Research in Ayurveda and Siddha, New Delhi, 2000 edition, p. 282.
13. Database on medicinal plants used in Ayurveda, Vol. 3, Published by the Central Council for Research in Ayurveda and Siddha, New Delhi, 2000 edition, p. 153
14. Database on medicinal plants used in Ayurveda, Vol. 3, Published by the Central Council for Research in Ayurveda and Siddha, New Delhi, 2000 edition, p. 11
15. Database on medicinal plants used in Ayurveda, Vol. 1, Published by the Central Council for Research in Ayurveda and Siddha, New Delhi, 2000 edition, p. 114
16. Database on medicinal plants used in Ayurveda, Vol. 5, Published by the Central Council for Research in Ayurveda and Siddha, New Delhi, 2000 edition, p. 09
17. Database on medicinal plants used in Ayurveda, Vol. 1, Published by the Central Council for Research in Ayurveda and Siddha, New Delhi, 2000 edition, p. 102
18. Database on medicinal plants used in Ayurveda, Vol. 4, Published by the Central Council for Research in Ayurveda and Siddha, New Delhi, 2000 edition, p. 122
19. Literary review of Gomutra and Haritaki with special reference to the preparation of Gomutra Haritaki (compound) wjpmr, 2021,7(5), 164-166

Cite this article as:

Raageshree R.Mayur, B.Prabhakar. Clinical Success of Kalyana Kshara Bhasma Orally as a Bhesaja Chikitsa one among Chaturavidha Sadhana Upaya in Arshas - A Case Report. International Journal of Research in AYUSH and Pharmaceutical Sciences, 2025;9(10):1-6.

<https://doi.org/10.47070/ijraps.v9i10.213>

Source of support: Nil, Conflict of interest: None Declared

***Address for correspondence**

Dr.Raageshree R.Mayur

PG Scholar,

Dept. of Shalya Tantra,

Dr BRKR Govt. Ayurvedic Medical College, Hyderabad.

Email: mraageshree@gmail.com

Disclaimer: IJRAPS is solely owned by Mahadev Publications - A non-profit publications, dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJRAPS cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of IJRAPS editor or editorial board members.