

**“A COMPARATIVE CLINICAL STUDY OF ARKA AND
APAMARGA PRATISARANEEYA KSHARA IN THE
MANAGEMENT OF ARSHA”**



Dissertation submitted as partial fulfillment for the degree of

AYURVEDA DHANVANTRI

[Master of Surgery - AYURVEDA]

Specialty – SHALYA TANTRA SAMANYA

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ABSTRACT

TITLE:“A COMPARATIVE CLINICAL STUDY OF *ARKA* AND *APAMARGA PRATISARANEYYA KSHARA* IN THE MANAGEMENT OF *ARSHA*”

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INTRODUCTION:

Arshas has become one of the commonest health problems of the modern society. It is the foremost common disease among Anorectal disorders and the area of concern even since the *Vedic* periods.

This disease causes discomfort and severe pain to the patient which creates problems in his daily routine. Because of its severity it is considered as one among *Ashta Mahagada*. As it is difficult to treat completely and because of its *Svabhava* which create problems to the patients as an enemy the name *Arshas* has been given.

The food habits and life styles of modern man also added to the increase in the rate of incidence of *Arshas*. When we observe the attitudes of today's patients, we understand that they want quick relief but at the same time not interested to undergo surgery that may give severe post-operative pain. In such conditions the alternative is *Kshara Karma* procedure that gives relief and the pain is insignificant.

AIM AND OBJECTIVES:

AIM:

To evaluate and compare the efficacy of *Arka Pratisaraneeya Kshara* and *Apamarga Pratisaraneeya Kshara* in the management of *Arsha*.

OBJECTIVES:

- ❖ To evaluate the effect of *Arka Pratisaraneeya Kshara* in the management of *Arsha*.
- ❖ To evaluate the effect of *Apamarga Pratisaraneeya Kshara* in the management of *Arsha*.
- ❖ To compare the effect of *Arka Pratisaraneeya Kshara* and *Apamarga Pratisaraneeya Kshara* in the management of *Arsha*.

METHODOLOGY:

An Open Randomized Clinical Comparative study. A total 40 patients were selected randomly with the symptoms were divided in two groups, and in each group 20-20 patients were treated with *Arka Pratisaraneeya Kshara* (Trial Group) and *Apamarga Pratisaraneeya Kshara*(Control Group).

OBSERVATIONS & RESULTS:

Observation and result of the study can be concluded that *Arka Pratisaraneeya Kshara* is equally effective as of *Apamarga Pratisaraneeya Kshara* in the management of *Pittaja and Raktaja Arsha*.

The statistical test showed significant result in the assessment parameters in both groups. None of the variables showed any significant difference between the two groups.

CONCLUSION

Arka Pratisaraneeya Kshara was found effective in the management of *Arsha* on the given parameters.

Apamarga Pratisaraneeya Kshara effectiveness is reestablished in the management of *Arsha* on the given parameters.

Arka Pratisaraneeya Kshara was more efficient in sloughing of pile mass compared to *Apamarga Pratisaraneeya Kshara*.

The study suggests that Null Hypothesis is rejected and Alternative Hypothesis is accepted.