

**A COMPARATIVE STUDY OF THE EFFICACY OF
ARKA (*Calotropis gigantea*) AND APAMARGA
(*Achyranthus aspera*) PRATISARANEEYA KSHARAS IN
THE MANAGEMENT OF PITTAJA AND KAPHAJA
ARSHA.**

by

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ARKA(*Calotropis gigantea*) AND APAMARGA(*Achyranthus aspera*)
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ABSTRACT

The disease Arsha in Ayurveda or the closed modern counterpart disease Hemorrhoids is one of the most important health issues in the present world. According to the main surgical text book in Ayurveda there are six types of Arsha as ;Vataja ,Pittaja ,Kapaja ,Rakthaja ,Sannipathaja and Sahaja and also four types of treatment modalities for Arsha, such as Bheshaja treatment (medical treatments), Kshara treatment (alkaline treatment) Shastra treatments (Instrumental treatments) and Agni treatment (fire cauterization treatments).Among them one of the Ayurveda Kshara treatment (Prathisaraneeya Kshara) claimed to be very successful, highly efficacious and cost instrumental effective treatment for Arsha or Hemorrhoids. Hence this study focused to do as a comparative study with the efficacy of Arka (*Calotropis gigantia*) and Apamarga (*Achyranthus aspera*) Prathisaraneeya Ksharas on Pittaja and Kapaja Arsha, because Arka (*Calotropis gigantia*) and Apamarga (*Achyranthus aspera*) are the two plants mentioned among the suitable plants to prepare Kshara in Sushruta Samhita and these two plants are freely available in Sri Lanka. The aims and objectives of this study were: to study the effectiveness of arka prathisaraneeya Kshara on Pittja and Kapaja Arsha, and to study the comparative effectiveness of Arka prathisaraneeya kshara with Apamarga Prathisaraneeya Kshara on Pittaja and Kapaja Arsha. This study was a randomized clinical controlled trial, carried out in the Shalya Shalakya Department of Ayurveda teaching Hospital, Borella ,Sri Lanka and based on 100 patients including

both male and female who were having Pittaja and Kapaja Arsha, which were selected with the help of a prepared specific proforma. According to the randomization of treatment allocation they subjected to Apamarga and Arka prathisaraneeya Ksharas. Data were analyzed with the help of SPSS and using T-tests (in before and after treatment (Paired T-test) and between two groups (Independent T-test)) to find out the difference and 95% confidence level ($P < .05$) to make decisions. Results showed that there was a statistically significant difference ($p < .05$) between Arka Kshara on Pittaja Arsha and there was no statistically significant difference ($p = .5830$) between Arka Kshara on Kapaja Arsha. But statistically there was a mean difference (.56) between before and after treatment of Arka Kshara on Kapaja Arsha. According to the overall results of Assessment criteria of Apamarga Kshara on Pittaja and Kapaja Arsha, there was a statistically significant difference ($p < .05$) between Apamarga Kshara on Pittaja Arsha ($p = 0.000$) and Apamarga Kshara on Kapaja Arsha ($p = .002$). According to the Independent sample T-test of overall effectiveness between Arka Kshara group and Apamarga Kshara group on Pittaja Arsha, it was observed that the significance value of between these two groups on Pittaja Arsha is (Sig $> .05$) larger than 0.05. That means that the variables in this conditions (Arka and Apamarga) is about the same. The scores in one condition do not vary too much more than the second condition. The variability in two conditions is not significantly difference. That means the effectiveness of Arka Kshara on Pittaja Arsha and Apamarga Kshara on Pittaja Arsha were not vary too much. But the two tailed significance value between these two groups was ($p = .007$) 0.007. It was indicated that there was a statistically significance difference between these two groups, as the p value is less than 0.005. It revealed there was a statistically significance difference between arka and Apamarga group on Pittaja Arsha. According to the results and observations there was a statistically significant difference ($p = 0.002$) between Apamarga Kshara on Kapaja Arsha, there was not a statistically significant difference ($p = 0.58$) between Arka Kshara on Kapaja Arsha. But there was a mean difference between Arka and Apamarga Kshara group on Kapaja Arsha. Finally it concluded from this research that Arka Kshara was effective on both Pittaja and Kapaja Arsha but it was more effective on Pittaja Arsha than Kapaja Arsha. Apamarga prathisaraneeya Kshara also effective on both Pittaja and Kapaja Arsha, but it was more

effective on Pittaja Arsha than Kapaja Arsha. Apamarga Kshara was more effective on Kapaja Arsha than Arka Kshara.

Key words: Prathisaraneeya Kshara ,Arsha ,Apamarga Kshara ,Arka Kshara