

**“Review article of Palash Kshar”****\*\* Dr. Ravikumar Shyam Suryawanshi \* Dr.Nitin Urmaliya**

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**Abstract:** The present paper is based on Ayurvedic drug “Palash Kshar.” Here we can see the effect of Palash Kshar. From Clinical view, It is effective in Arsha etc. like Gud vikar. The action of properties of Palash Kshar have mentioned in the classics. Palash Kshar contains mainly Palash. This has Arshoghna etc. Properties. The management of Abhyantar Gudarsha has been elaborated by Sushrutacharya in very detail manner in Sushruta Samhita. According to him, the management of Abhyantar Gudarsha is of four types of treatment protocols viz, Aushadhi Chikitsa (conservative treatment), Ksharkarma, Agnikarma (cauterization), Shastrakarma (surgical interventions). Theorganic pathology local deformity of anal structures known as Dhatuvaigunya requires local treatment with the proper medications. Among the all four treatment modilities, Ksharkarma is the one of the most effective treatment have been proved previously. **Palash kshar** was selected as a kshar component because as in previous many studies by using Yava-kshar Pratisaran in the management of Arsha has got an excellent results and thus the current project was the similar of previous study by taking the different kshar component. But for Application of Kshar, intervention of doctor is necessary and compulsory. Hence it was decided that, this process can be make more convenient for the patient. Here the patient can also apply the Kshar at internal haemorrhoid and doctor’s intervention for application of Kshar was not compulsory. For this purpose the Ointment of Kshar was taken into consideration. Finally main intention for presenting this paper is to share basic details of Palash Kshar as proper Treatment In Arsha.

**Key words – Kshar, Palash, Arsha, Piles, Gud vikar etc.**

**Introduction:-** In Ayurveda, there is description of many diseases and their management as well as lifestyle for healthy living, there are many ano-rectal diseases described in Ayurvedic literature, Arsha is one of the ano-rectal disease which has severe painful condition. It can be correlated with haemorrhoids in modern science. Haemorrhoids are a common ailment among adults. Approximately 50% to 66% of people have problems with haemorrhoids in their lives. Male and females are both affected about equal frequency<sup>3</sup>

Haemorrhoid is derived from the two Greek words i.e. ‘Haem’ means blood and ‘Rhoos’ means flowing. It’s vernacular names are mulvyadh / bawasir / komb etc. Haemorrhoid has been known to human from the ancient time and mentioned in various ancient texts of Ayurvedic literature.

Pratisarniya Ksharkarma Chikitsa is effective but it is more complex and tedious process. So modification in it is necessary. Kshar ointment is modification of Kshar Pratisaran. Previous study with Yava Kshar ointment was done. Siktha tail was previously used as a base for Kshar ointment preparation is proven safe and effective as a base<sup>19</sup>. This showed encouraging results. But Yava Kshar is difficult to prepare and also expensive. Palash kshar is used as Pratisarniya Kshar at many places and is very effective.<sup>20</sup> Hence Palashkshar is used in current

study in place of Yavakshar. Palash kshar ointment which is an ointment of Palash kshar with base Sikhta taila is modified technique for Ksharkarma which was used in current study. In application of Kshar, intervention of doctor is necessary and compulsory. To make the process of applying of the Kshar convenient to the patient, and to avoid physician's intervention of Kshar application, the treatment protocol of Kshar application by then patient by own hand was taken into the consideration and for the Ointment of Kshar was the concept which taken into consideration. For this preparation of Palash kshar ointment was done with taking Sikhta tail as a natural base.

### Materials & Method:-

All Ayurvedic and Modern literature related to Palash Kshar.

Details are as follows –

- Palash is medium-sized deciduous tree having height of about 10-15 meters belonging to the family Fabaceae and it is found throughout India.
- There are four type of Palash viz. Rakta (red), Pita (yellow), Shweta (white) and Nila (blue) as mentioned in Raj Nighantu. In these varieties, Shweta and Nila are seldom available and Pita is rare. As Pita variety becomes endangered the abundantly available Rakta variety is used commonly in medicines and it is called as flame of the forest.<sup>115</sup>
- Rakta Palash flowers used for festival of colour in India i.e. 'Holi'. The thought behind it was that, the colour prepared from flowers is natural, good for skin and has no any adverse effect.

### Historical Aspects:

- It is mentioned as 'Agnidevta' i.e. the god of fire in vedic literature because the dry stem of Palash was used to make sacred fire.<sup>116</sup>
- It is used on occasion of Shivratri for the lord Shiva worship.
- In Kerala, called as "Plasu" and "Chamata".
- In The ravada Buddhism, The peoples of this religion Palas tree used as the tree for achieved enlightenmentor "Bodhi" by second lord Buddha.

### 2.Vedic Era:-

- According to 'Kaushik Sutra', Palasha is Medhajanan. While according to Keshav it is 'Sarvaroga Bhesaja' and also be used in Krimi Roga.<sup>117</sup>
- In Rigveda, Palash is found by synonym 'Kimshuka' (sukta 85 of adhyaay 7 of mandal 10). This synonym is given for Palash because of its attractive color of the flowers.<sup>118</sup>
- In Upanishad, It is mentioned that the flower looks like flesh because of its red color. In this tree there is the seat of Bramha, therefore this tree is most important among all Vanaspati.

### 2. Samhita Era:-

Charak Samhita:

- Palash is not described in any Mahakasaya.<sup>119</sup>
- But it is mentioned in Sutra, Chikitsa, and Siddhi sthana for treating the diseases like Arsha, Atisar, etc. by the only name Palash in Charak Samhita.

Sushrut Samhita:

- In Rodhradi, Muskakadi, Ambasthadi and Nyagrodhadi Gana the reference of Palash was described.<sup>120</sup>

Kashyapa Samhita:

- Kwath of Palash is used to give mukti from 'Sheetaputana grah' for kids.

Ashtang Hridaya:

- Palash is included in Ambasthadi, Rodhradi, Muskakadi, and Nyagrodhadi Gana.<sup>121</sup>

Astanga Sangraha:

- Palash is included in Ambasthadi, Rodhradi, Nyagrodhadi and Muskakadi, and Gana.<sup>122</sup>
- References of Palash are found in Chikitsa sthana-2/43- Raktapitta chikitsa, Chikitsa sthana 9/68- Atisar chikitsa.

Chakradutta:

- Chakradatta explains the utility of Palash as same as Aacharya Charaka but he used Kimshuk as its synonym.

Nighantu Era- in Nighantu

1. Bhavprakash Nighantu - Palash flower and beeja in "Vatadi Varga" as krumighna and Kushtaghna.<sup>123</sup>
2. Kaiyadev Nighantu- Palash included in "Ayush adhvarga".<sup>124</sup>
3. Dhanwantari Nighantu- Palash young leaves Navpatra in "Amradivarga" for Pliha, Gulma, Grahni, Arsha and beeja in Amradivarga as krumighna.<sup>125</sup>
4. Raj Nighantu – Palash flower and beeja are mentioned in "karviriyadvarga" for Kushtha and prameha.<sup>126</sup>
5. Priya Nighantu – Palash mentioned "Haritkyadi varga". Its seeds have Krimihar property.<sup>127</sup>
6. Shodal Nighantu- Palashkanda in "Aamradivarga" as Rasayan and beeja in "Amradivarga" as krumighna.<sup>128</sup>
7. Madanpal Nighantu- palash flower in "Vatadivarga" as krumighna.<sup>129</sup>
8. Shaligram Nighantu- Palash in "Phala Varga". It also be used as Krimihar and mainly seeds are used in Twak rogas.<sup>130</sup>

**Nirukti-<sup>131</sup>**

Palash- “The tree having beautiful and useful leaves”.

**Vyutpatti-<sup>132</sup>**

Palash- The Sanskrit word ‘Palash’ literally means looks like fleshy or blood.

**Common Names<sup>133</sup>**

English- The forest Flame

Hindi- Dhak

Marathi- Palas

Sanskrit- Palash

Tamil – Palashu

Bengali- Palash

Gujarati- Khakhro

Kannada –Mutag

Telugu – Modugo

**Synonyms: <sup>134</sup>**

Palash- leaves are beautiful

Kimshuk- flower looks like beak of parrot

Krumighna- pacifies krimi

Beejsneha- seeds are oily

Yadnyik- used in yadnya since vedic period

Triparna- Three foliate leaves

Raktapushpa- flowers are of red colour

Samidvara- describing its usefulness in rituals as samidha

**Morphology:**<sup>135</sup>

- It is Medium sized deciduous tree which grows upto height of 20-40 feet, and trunk is generally wisted and with crooked and having irregular branches
- The bark is hard, rough greyish in colour.
- Leaves- 3-foliolate leaflets and having 8-16 cm petiole
- Leaflet- 10-20 cm long, obtuse, glabrous above. When the leaflet becomen old, finely silky and conspicuously reticulately veined beneath.
- Flowers- long, rigid and bright orange-red in colour.
- Fruit- pods, thickned at the structures containing a single seed.
- Seeds- Flat and uniform, Length- 25-38 mm long, Width-16-25 mm and having thickness of 1.5-2.1 mm.

**Chemical Composition:**<sup>137</sup>

Flower- Butrin, butein, flavonoids, steroids, coreopsin, isocoreopsin, sulphurein, monospermoside and chakones.

Seed- oleic acid, linoleic acid, linolenic acid, arachidic acid, palmitic acid, stearic acid, behenic acid, linoceric acid, monospermoside, palasonin, glycoside.

Root- Glycine, Glycoside and aromatic compound.

Bark- Kino-tannic acid, palasitrin, butolic acid, Gallic acid, pyrocatechin, lupeol, lupenone, cynidin, butrin, minerals,

Gum- Mucilaginous material, pyrocatechin and tannin.

**Raspanchka:**<sup>138</sup>

Rasa(Taste)	Kashaya, Katu, Tikta
Virya(potency)	Ushna
Vipaka	Katu
Guna(Quality)	Laghu, Ruksha
Doshghnata	Kapha, Vatashamak and Pittakar
Roghagnata	Prameha, Arsha, Krimihar, Kushta, Gulma, Udar roga, Kandu, Shoola.

Prayoganga–Gum, Flowers, Bark, Seed, and Leaves.<sup>139</sup>

### Traditional uses of Palash-<sup>140</sup>

- Roots- in treatment of elephantiasis and night blindness.
- Bark-Used as appetizer, laxative, anthelmintic, dysentery, diseases of anus and aphrodisiac. It is useful in hemorrhoids, hydrocele, bone fractures, ulcers and tumours. The decoction of bark can be use in fever, cough, cold, various forms of haemorrhages including menstrual disorders. Stem bark is antifungal in nature.
- Anti- asthmatic property-The sodium salt of phenolic constituents isolated from the bark, has shows potential as anti- asthmatic properties in experimental animals.<sup>143</sup>
- Leaves- are used in eye diseases, antibacterial, tonic and cure for pimples. The properties of leaves are astringent, diuretic and anti- ovulatory. They are used to cure boil, pimples and timorous haemorrhoids and piles.<sup>144</sup>
- Gum- cures excessive perspiration from the body. It is ruby red and transparent. The gum is one of most powerful astringent; used internally for diarrhoea and dysentery, phthisis and haemorrhage from stomach and bladder; its local application in leucorrhoea. A solution of gum is applied to erysipelatous inflammations and ringworm.<sup>141</sup>
- Flower-sweet, bitter, acrid, astringent to bowels, increase “Vata” and decrease “Kapha”, gout, skin diseases, thirst, burning sensation. Flowers are tonic and nutritive, used to produce yellow and orange red dyes. The powder of the flower is used during Holi. They are used as poultice in orchitis and to reduce swelling, They are also effective in leprosy, leucorrhoea and gout.<sup>145</sup> A decoction of flowers is given in diarrhoea and haematuria. The juice is useful in eye diseases.
- Fruit and seeds- These are aperients, dry and used in abdominal troubles, piles, urinary discharges, skin diseases and tumours. Also used in the poisoning due to scorpion sting.
- Seeds – anthelmintic, seed powder along with lemon juices is applied as cure for ringworm and herpes. The alcoholic extract of the seed proved to be having a significant ovulatory and anti-implantation role in rats and rabbits.<sup>142</sup>

### Therapeutic Uses-

#### 1. Anti-diarrheal activity-

An experimental study shows that, after administration of charcoal meal in Wistar Albino rats, it reduces the Gastro- intestinal motility. The Palash gum has been found useful in the treatment of chronic diarrhoea.<sup>146</sup>

#### 2. Anthelmintic activity-

Seeds of *Butea monosperma* extract when tested in-vitro, showed the anthelmintic activity. The experimental study conducted by taking crude powder of palash seeds with mixed species of gastro-intestinal nematodes or

roundworms. Palash seed are administrated at the doses of 1g/kg, 2g/kg and 3 g/kg to sheep. The result of this experiment showed a dose and time dependent anthelmintic activity.<sup>146</sup>

### 3. Anti-diabetic activity-

The ethanolic extract of palash causes the reduction in blood sugar level in the Alloxan induced diabetic rats. After repeated oral management of this herbal drug for 14 days, blood glucose get reduced, reduction in serum cholesterol and improved high density lipoprotein cholesterol were noted. Ethanolic extract of seed shows hypolipidemic, antidiabetic and antioxidative effect in type 2 diabetes mellitus rats.<sup>147</sup>

### 4. Anti-stress activity-

The ethanolic extract of *Butea monosperma* was found to be useful in reducing the water immersion stress induced high concentration of serotonin and plasma corticosteroid hormone.<sup>148</sup>

### 5. Anticonvulsant activity –

A triterpene whose name is TBM has been found in palash. It is responsible for the anticonvulsive activity. TBM shows the anticonvulsant activity against seizure induced by MES (Maximum Electro Shock), lithium sulphate, and pilocarpine nitrate, electrical killing, and pentylenetetrazol (PTZ). It also shows depressant effect on the CNS after repeated use for a total of 7 days. In the same way, after repeatedly using the TBM, the duration of sleep induced by pentobarbital was not decreased.<sup>149</sup>

### 6. Anti-implantation activity-

Butin isolated from the flower of palash shows both male and female contraceptive property. Butin had been extracted from the seed of palash, was given to female rats in the doses of 5mg/rat, 10mg/rat and 20 mg/rat in the pregnancy from day 1 to day 5 and it presented the anti-implantation activity in 40%, 70% and 90% of the treated animals respectively. Alcoholic extract of palash has been found to show the anti-fertility activity. Butin is a weak estrogen as sufficient uterotrophic effect was recognised even at 1/20th the contraceptive dose.<sup>150</sup>

### 7. Anti-inflammatory activity-

A study was carried out on *Butea monosperma* methanolic extract for evaluation of anti-inflammatory properties against carrageenan-induced rat paw inflammation and cotton pellet induced granuloma in albino rats. The agent Methanolic extract of *Butea monosperma* (MEBM) was found that extract having oral doses of 600mg/kg and 800mg/kg inhibited the carrageenan-induced paw edema. At these doses, MEBM was also found effective in reducing the granuloma tissue formation in the case of cotton pellet induced granuloma. It also reduced the serum lysosomal enzymes and lipid peroxides when compared to control groups.<sup>151</sup>

### 8. Antifungal activity-

The ethyl acetate and petroleum extracts of palash show the antifungal activity against *Cladosporium cladosporioides*. The chemical constituent that was responsible for this antifungal activity was medicarpin. Its activity against fungus was found to be greater than the standard fungicide that is Benlate.<sup>152</sup>

#### 9. Anti-microbial activity-

Gum of *Butea monosperma* is used to treat microbial infection. The in-vitro antimicrobial activity of alcoholic extract of *Butea monosperma* gum was evaluated. It was done against the many microbial strains such as *Candida albicans*, *Bacillus subtilis*, *Staphylococcus aureus*, *Pseudomonas aeruginosa*, etc. by using disc diffusion method.<sup>153</sup>

#### 10. Hepato-protective activity-

When the powdered flower of *Butea monosperma* was given to rabbits, then the paracetamol induced serum marker enzymes got inhibited. In paracetamol treated group, there was the increase in the alanine phosphatase and alkaline transaminase. Butrin and the isobutrin acted as hepatoprotective agent.<sup>154</sup>

#### 11. Anti-oxidant activity-

Antioxidant activity of *Butea monosperma* flowers was studied in vitro models such as the radical scavenging activity using 2, 2-diphenyl-1-picrylhydrazyl (DPPH) assay, reducing power assay. Nitric oxide scavenging activity and antioxidant capacity studied by phosphomolybdenum method. The n-butanol fractions showed the highest scavenging activity.<sup>155</sup>

#### 12. Wound healing activity-

Flavonoid fraction of Palash stem bark was administered for evaluation of its wound healing activity. It showed that, it increases in rate of wound contraction and epithelization and also increases the granuloma tissue formation. Topical application of the flavonoid fraction of Palash stem bark on excised wounds accelerates wound contraction and reduced epithelization period in rats.<sup>156</sup>

#### 13. Anti-cancer activity:

In the assessment of individual hepatic function in cancer patient, liver function test (LFT) represents a broad range of normal function performed by the liver. Analysis of ALT levels in both treatment groups of mice showed a dramatic reduction in its levels indicating ameliorative effects of *Butea monosperma* against HCC and restoration of normal liver physiology.<sup>157</sup>

#### 14. Antitumor activity:

An experiment conducted where, intraperitoneal administration of the aqueous extract of *Butea monosperma* flowers was performed in the x-15-myc onco mice. After the administration of drug, anti tumorigenic property by maintain liver physical state and nuclear morphometry but also down regulated the serum VEGF levels.



Immunohistochemical staining of liver section with anti- ribosomal protein S27a antibody showed after treatment abolition of this proliferation marker from the tumour tissue.<sup>158</sup>

#### 15.Radical scavenging activity:

Experiments show that Methanol extract of *Butea monosperma*, its ethyl acetate and the butanol fractions has potent free radical scavenging property. On other hand aqueous extract does not show any of such radical scavenging properties. By this experimentation, it was concluded that, due to the higher phenolic content in the extracts and 17.74% w/w in methanol extract, ethyl acetate and butanol fractions respectively.

#### **KSHARA KALPANA:**

Humans are blessed with many natural resources in the form of various herbs, metals, minerals, and animal products for their consumption. These resources are used in medical treatment globally for maintaining the health of healthy persons and to treat patients in diseased condition. There are many paths shown by Ayurveda to use these resources in medical treatment since ancient time. Ayurveda descriptively described the use of these resources by formulating various medicines to treat human diseases. One of the protocols is Kshara Kalpana (alkaline preparation). Kshara (alkaline substance as a medicament) is prepared from the ash of plants, animal, and mineral products. Kshara is prepared by the extraction of 'alkalis' from the ash of plants. It is known that Kshara-therapy (Therapy by using alkaline medicament) can cure the diseases which are difficult to cure.<sup>160</sup>

The word Kshara is defined by Shabdakalpdruma as Kshara Sanchalini which means melts or moves. Sushruta defines Kshara as substance having Ksharana property which means cleaning of the excessive morbid Doshas, Kshara also has property of disintegration. Superiority of Kshara can be explained as they perform the work of incision, puncture and scarification and correct derangements of Tri Doshas and uniformly affect the diseased part to which they are applied. Ksharas are the substances which are whitish in color, having burning sensation, pungent in taste, endothermic and irritant.

Kshara therapy minimizes complications, reduces the recurrence of the disease and also reduces the chances of infections occurred because of surgery with its alkalinity. According to Acharya Sushruta Kshara has the prime importance in surgical measures and para- surgical measures. It is administered in both ways i.e. external and internal application as per the disease condition. In the various texts of Ayurveda number of Ksharas are mentioned for preparing metal and mineral formulations.<sup>161,162</sup>

The Kshara can treat those diseases which are difficult to cure. It can be used both internally as well as externally as per indications given in text. In different texts, there are references of number of Ksharas manufactured by different pharmaceutical processes to prepare metals and minerals in to therapeutic formulations (Bhasma form) through the process of Shodhana (detoxification), Marana (incineration of metals and minerals), Sattvapattana (metal extracting), and also to contradict the harmful effects of poisonous drugs as antidotes.<sup>165, 166</sup>

As per mode of use, it has two types that is pratisaraniya, paniya kshara. and on the intensity of corrosive property, it is divided into three types:

1. Mrudupaka, 2. Madhyampaka, 3. Tikshnapaka. <sup>167</sup>

So as per Kshar kalpana, we can make Palash Kshar easily.

#### **Conclusion:**

- **Palash is indicated in Many diseases.**
- **Palash kshar can also cure Gud vikar due to Kshar therapy.**
- **So Palash kshar can cure Arsha etc. gud vikar.**

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