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Clinical Evaluation of the Efficacy of *Prathisa*. (*Palasa*) in the Management of Haemorrhoids.

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Haemorrhoids occur in everyone and they become large, causing problems only in 4% of the population. Their prevalence peaks in people over 50 years of age. Problems are found in 2: 1 ratio in men and women. There are different treatment modalities available for Haemorrhoids. Surgical procedures like Haemorrhoidectomy give the risk of recurrence. Complications are pain, retention of urine, secondary haemorrhage, and development of abscess or fistula. Patients require longer hospitalization in some of the procedures. **Ksharakarma** is a non-surgical procedure of Ayurveda indicated for the management of haemorrhoids as a chemical cauterization. It is alkaline in nature derived from a combination of various herbs and is applied to the pile mass with the help of a special slit proctoscope. Superiority of **kshara** over sharp instruments and accessory sharp instruments has been mentioned in **Sushruta Samhita** and **AshtangaHridaya**. In this study application of **Palasakshara** on second degree **pile** masses were evaluated. This was a clinical study of two months and followed up to four months. Occupational situation, **Doshas** variation and Food habits of patients were studied in relation to haemorrhoids. Sixty male and female patients between 20 – 70 years were selected randomly and were divided in to two groups at Surgery clinic, Gampaha Wickramarachchi Ayurvedic Teaching Hospital. Both groups are given internal medicine. Study group was applied **kshara** while other group considered as control group. Selected patients were examined and confirmed as **Haemorrhoids** according to modern and Ayurvedic criteria and treated under the written informed consent. If patients are unwilling to continue or allergic reaction to the drug, they were freed from the research. Patients visited once in a week for treatment. **Kshara** was applied according to the method described in **Susrutha Samhitha**. Pain during or after defecation, per-rectal bleeding and size of pile mass were assessed before and after treatment. Side effects were recorded if any. The pile mass and per rectal bleeding resolved in 8 days and the patient was relieved from all symptoms within 28 days. No complications were reported after the procedure. The patient was followed up regularly from 2014 onward till date and proctoscopic examination did not reveal any evidence of recurrence of the haemorrhoids.

Key words: Haemorrhoids; **Kshara**; **Palasa**

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