



## Case Study

### A CASE REPORT ON THE MANAGEMENT OF NASA-ARSHA (FILIFORM WART) WITH KSHARAKARMA

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#### ABSTRACT

Tumors are the uncontrolled growth of cells. Every tissue has their growth limitation, beyond which they don't grow. Ayurved treats the disease by balancing the different body parameters using natural resources. There are thirty-one types of nasal disease out of which, there are four types of *Nasa-Arsha*. The *Nasa-Arsha*, which are uncomplicated, new and having less symptoms can be treated with oral medications. But *Nasa-Arsha*, which are deeply spread, soft and elevated are best to treat with *Kshara-karma*. *Kshara* or alkaline cuts, destroys, promotes healing, coagulates and prevents recurrence. This property of *Kshara* was not only revealed by our ancient sages but they used the *Kshara*, prepared from herbal origin as medicine. *Kshara* are used as *Paneeya* (as liquid to drink) drug and as local application. *Paneeya* drugs are used for internal disease whereas the *Kshara* which are applied locally, destroys the diseased tissue, achieve coagulation and promotes healing. Here an attempt is made to apply *Apamarga-Kshara* in a case of *Nasa-Arsha* or filli form wart, which provides an eye-catching effect. There was no sign of recurrence after the treatment till now.

#### INTRODUCTION

Nose is an integral structure of the face. One cannot imagine a face without a nose. It provides a proper human facial appearance. Nasal growth can occur on the lateral and medial walls as well as the floor and roof of the nasal cavity. Those lesions and growth may be benign or malignant. In Ayurved, *Nasaroga* there are thirty-one according to *Sushrutacharya*. *Nasa Arsha* is of four types and *Arbuda* is of seven types<sup>[5]</sup>. In this concern the Ayurved treatment protocol follows *Kshara*, *Agni*, *Shashtra* and *Aushadha Upakrama*<sup>[9]</sup>. The modern treatment protocol also deals with the above protocols, namely medicine, cauterization and surgical intervention. *Sushruta* and *Vagbhattacharya* considered the *Kshara* or alkali as the best among *Shashtra* and *Anushastra* <sup>[1,2,3]</sup>.

It clears, cleans, dissolves and destroys and heals the *Vrana* <sup>[4]</sup>. It also ceases bleeding or induces coagulation <sup>[1]</sup>. The above treatment protocols depend on the extent of growth, deepness of growth, type and texture of growth or lesion. The *Kshara* can be applied locally or can be used orally as *Paneeya Kshara*<sup>[1]</sup>. The local application of *Kshara* destroys the vitiated *Dhatu* involved from its root with comparatively less complication. *Apamarga*, *Kadali*, *Tankana* and *Palasa Kshara* etc are the examples of *Kshara*. In this case study *Apamarga Kshara* is applied.

#### Patient Information (Fig. 1)

A patient aged 7 years, weight 23kg, vide OPD No. 9381 visited Rohilkhand Ayurvedic Medical college and Hospital, Dohra Road, Bareilly and admitted in IPD with IPD No. 345.

#### Clinical Findings with Timeline

Patient had an elongated growth around 4mm in length over the left nostril on the columella for 4-5 months. This mass caused discomfort, and she often tried to remove it with fingers. This also disfigure her face.

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### Therapeutic Intervention

Two sittings of *Apamarga-Kshara* were applied till fifty *Matrakala*, over the growth on day 1 and 2 followed by application of *Ghrita*. During this the

patient was advised to take *Aswagandha* powder 2gm with lukewarm milk twice for 15 days.

One hundred *Matrakala* is around 2.5 to 3 minutes [24]. So, the fifty *Matrakala* will be around 1.5 minute.



Fig 1: Nasa-Arsha



Fig 2: Kshara Application Application (on Day 2)



Fig 3: Before 2<sup>nd</sup> Sitting of Kshara



Fig 4: After 2<sup>nd</sup> Sitting Kshara



Fig 5: After 2<sup>nd</sup> Sitting of Kshara



Fig 6: After 2<sup>nd</sup> Sitting of Kshara

### DISCUSSION

Among the thirty-one types of *Nasaroga*, there are four types of *Nasa Arsha*: *Vataja*, *Pittaja*, *Kaphaja* and *Sanniptaja* [5]. While describing the disease, *Arsha*; *Ankura* term is used [6], and while explaining *Arbuda*; the term *Kosha* is used. Based on the term *Nasa-Arsha Ankura*; *Nasa Arsha* can be correlated to tumour. Though the term *Arbuda* is referred to tumour but in the case of *Nasa-Arbuda*; it may be correlated to nasal polyp. The tumour of the nose may be benign or malignant. [7]

The Squamous Papilloma can be co related to skin warts. It can occur in nasal vestibule or lower part of septum. it may be pedunculated or sessile. The treatment is local excision with cauterization. The cryosurgery is also included in the treatment protocol.

**Filiform Wart-** It is a type of Skin wart and called as a facial wart. This is a long, thin projection of skin. It may be single or may be multiple in numbers. Those are harmless lesions and can be treated with topical creams of 5-fluorouracil, imiquimod, benzoyl peroxide.

Excision of the growth, electrocautery, cryotherapy, cantharidin, laser, chemical peels and immunotherapy are used to treat the filiform wart. It originates due to the HPV (Human Papilloma Virus). It spreads through skin-to-skin contact and through the used clothes of patients.

This case resembles the benign Squamous Papilloma or Filiform Wart. According to the Ayurvedic treatment modality, the treatment is *Chaturbidha Chikitsa* according to the nature and property of the *Arsha*. *Chaturbidha Chikitsa* [11] are *Aushadha*, *Kshara*, *Agni* and *Shashtra Chikitsa*. All the treatment modalities are best in their respective indications. In *Nasa Arsha* the *Snehana*, *Vamana* and *Virechana karma* are also recommended. In *Nasa-Arsha* usually local application seems to be more effective than the oral medications. The other treatment modalities may be in the form of *Lepa*, *Taila-Paka* as local application and *Nashya*, *Varti* application [8,9] (insertion inside the nasal cavity). (Table 1).

Table 1: Treatment Modality of *Nasa-Arsha* with their indication

S.No.	Treatment Modality of <i>Nasa-Arsha</i>	Indicated Characters of <i>Nasa Arsha</i>	<i>Dosha</i> involved
1.	<i>Aushadha</i>	New, devoid of complication and <i>Nasa-Arsha</i> with less symptoms.	-

2.	<i>Ksharakarma</i>	Deep, soft, spread, elevated	<i>Vata, Kapha. Mridu Kshara in Pitta and Rakta Doshaja Arsha.</i>
3.	<i>Agni Karma</i>	Hard, rough, fixed, thick	<i>Vata, Kapha</i>
4.	<i>Shashtrakarma</i> [8]	Thin-rooted, superficial, moisten, elevated	-

Local application of *Taila paka* done with equal amount of *Rakta Karabira Pushpa, Jaati Pushpa, Mallika Pushpa* [10]. *Nashya* is indicated with *Taila*, prepared from *Taila* mixed with the *Kalka* of *Karanja, Lodhra, Yasthimadhu, Triphala* and *Khadira-sara* [8]. *Kalka* prepared by mixing *Guda* (jaggery) with *Bibhitaki, Haridra, Lodhra, Priyangu* and *Karanja*. This *Kalka* undergo *Taila Paka* and used as *Nashya* [8]. *Taila paka* done with the paste of *Godhuma, Pippali, Daruharidra, Yava Kshara, Karanja Beeja, Saindhava* and *Apamarga Beej* [10]. *Varti* made up of, *Trivrut, Danti, Chitrka, Saindhava, Pippali, Manshila* and *Hartala* [8]. *Arbuda* can be treated by excision followed by local application of *Sarji-Kshara* mixed with *Sunthi* and *Madhu* [22]. By analysing above therapeutic it is clear that local application of drugs that eliminate or destroy the extra growth; in the form of *Kshara* or minerals that destroy the tissue.

In contemporary science latest management of the nasal tumour are excision of the growth, electrocautery, cryotherapy, laser and immunotherapy.

#### Mode of Action

The *Apamarga Kshara* was applied over the *Nasa Arsha* followed by application of *Ghruta*. The property of the *Kshara* is as in table 2 [16,17]. *Kshara* is

the best among the *Shashtra* and *Anushastra* due to the *Tridosahara* effect, applicability in the extreme areas and due to the function of all the surgical technique that is excision, incision, puncturing, scraping [1,2,3]. In the *Kshara* application no *Poorva Karma* is advised. Now a day the written consent is kept attached in the patient's file. The *Kshara* is applied in a thin layer over the *Arsha* like the leaf of a lotus flower. The *Kshara* must not be kept beyond fifty *Matrakala* [4,12], which is equivalent to 1.5 min. After the stipulated time the *Kshara* is to be cleaned with *Kanji, Madhu, lemon juice, Dadhi* or *Shukta* [9]. We had used lemon juice. If the root is deep then a mixture of *Kanji* paste, *Yasthimadhu* and *Tila* is applied to soften the root so that the root can easily be destroyed with the application of *Kshara* [12]. After the removal of *Kshara, Sheetala Upakrama* is advised followed by application of *Yasthimadhu* mixed with *Ghruta* to reduce the *Daha* caused by *Kshara* [9,4]. In this case we have used only *Ghruta. Abhisyandi* (drugs which obstruct the channels) drugs like *Masa Flour* or *Dadhi* [12] are used to increase *Kleda*, so that, the *Dosha* can be expelled out of the *Vrana*, caused by *Ksharakarma* [12]. *Kshara* also applied after the *Shashtrakarma* in *Rakta visravana* to initiate *Rakta-Skandana* (coagulation) [12]. (Fig. 2, 3, 4, 5 & 6)

**Table 2: Property of Apamarga Kshara with their action**

S.No.	Property of Apamarga Kshara	Function/Action of Apamarga Kshara
1	<i>Na Ati Teekshna</i>	Neither too strong
2	<i>Na Ati Mrudu</i>	Nor too mild
3	<i>Shlakshna</i>	Smooth
4	<i>Pichhila</i>	Slimy/slippy
5	<i>Sheeghraga</i>	Quick in spreading
6	<i>Sweta/ Sita,</i>	White in color
7	<i>Sikhari</i>	Remaining like a mountain peak at the site of application
8	<i>Sunirbyapi</i>	Easily removable
9	<i>Na Vishyandi</i>	Producing neither too much of exudation/moistness
10	<i>Na Ati Ruk</i>	Does not cause much pain
11	pH	12-13

There are few complications that may arise during the procedure of *Ksharakarma*, which we must consider while doing the procedure like chance of reoccurrence; the *Hina Chhedana laxana, Swaraghn, loss of smell, Visarpa, fainting, destruction of Nasa, constriction of Nasa* which are the *Ati chhedana laxana*

[13,14]. *Madhura* property reduces the potency of *Kshara*. So, after *Kshara karma* the *Amla Dravya* are applied [15,13]. Usually the *Kanji, lemon Juice* etc. are used to reduce the *Daha* and to reduce the potency of *Kshara*.



The cell membrane of human-being is made up of biphospholipid layer, which is a lipid chain [18]. *Kshara* are nothing but alkaline. Alkali dissociates and saponifies fatty acid, of the cell membrane and therefore destroys the structure of cell membrane of the tissue. It is hygroscopic, so it extracts the water out from the cell, which causes total necrosis. Alkali combines lipids of cell to form soluble compounds, which produce a condition of softening and gelatinization. Thus, it results in an increased deep penetration of the alkali into the tissue. Alkali burns saponifies the lipid chain of cell membrane and spreads deeply and widely into the tissue and destroys the lesion or diseased tissues from the root [19].

This concept was well known by our ancient Acharyas during the *Samhita* period that is around 1500 B.C. They have explained in detail about the function of *Kshara*. They clearly mention the property of *Kshara Chhedana* (excision), *Bhedana* (incision), *Lekhana* (scraping), *Vyadhana* (puncturing), Destruction of unwanted tissues and causes coagulation [1,2,3]. *Kshara* is also pacify *Tridosha*, it is an ideal and best among the *Shashtra* and *Anushashtra* and it causes blood coagulation or ceases bleeding [20,1,2]. In addition, the *Kshara* can be applied locally as well as internally as *Pratisaraniya* and *Paneeya Kshara* respectively [1]. The applied *Apamarga Kshara* has PH around 12 to 13. Based on the above conditions *Kshara* is applied locally in the *Arsha*, *Arbuda* or tumours, Polyps and Warts (*Charma Kila*) [21]. So, we have used the *Kshara* locally to eliminate the *Nasa Arsha* (Filiform Wart).

After the first day of *Apamarga Kshara* application for fifty *Matrakala*, the mass becomes deep brown and the *Kshara* peels the epidermis. On day two, after application of *Kshara* for fifty *Matrakala*, 2/3 of the mass shed, while removing the *Kshara* with cotton, which is dipped in lemon juice. On day four, there is discharge coming out of the wound, it started healing and gradually heal thereafter. During this period, the patient was advised to apply *Triphala Ghrita* over the wound, which helps in healing the wound.

## CONCLUSION

*Aushadha*, *Kshara*, *Agni* and *Shashtra* are the basic treatment modalities to treat disease. *Kshara* is an *Anushashtra*. In the case of *Arsha* it is clearly mentioned to destroy it with the above four modalities, according to their texture, extension and nature. *Kshara* is the ideal and best among the *Shashtra* and *Anushashtra*. It also ceases bleeding. *Kshara* burns, saponifies the lipid chain of cell membrane and spreads deeply and widely into the tissue, so destroys the lesion or diseased tissues from the root. During 1500 B.C., neither modern pharmacology nor modern

medicine was developed. Imagine how difficult it would be to use these as medicine. Still those treatment modalities were developed, practiced and documented by our peers, in their respective *Samhita*. To improve our Ayurved science we must practice the classical treatment modality and document those treatments with their unsuccessful and successful stories. The human body (cell membrane and tissue) accept the treatment modality of *Kshara* application, the *Nasa-Arsha* was destroyed and the wound created was healed properly without any scar mark.

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