



# A Critical Literature Review of Management of Arsha (Haemorrhoids) w.s.r to Ayurveda.

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## ABSTRACT-

In *Ayurveda* vast description of *Arsha* is present. It is defined as “*arivat pranam shrinoti hinasti iti arshah*”. A disease which pains patient’s vital force (*prana*) as enemy is called as *Arsha*. Negligence of proper diet and lifestyle habits ends in reducing digestive fire (*Agni*) or making it abnormal termed *mandagni*. It means inability to digest food material with proper pace and time leading to accumulation or stagnation of half-digested food material (*Aama*) in the form of stool inside, or expelling it before time in watery or semisolid form, which disturbs *doshas* at anorectal region. In *Ayurveda*, *Bhaishajyakarma*, has been indicated as an initial line in management of Hemorrhoid as described by *Acharya Sushruta*. Also in modern medicine many drugs are developed for hemorrhoid and also for hemostasis in bleeding hemorrhoid. Hence it is need to study alternative *Ayurvedic* medicine with less cost & more effective drug for per-rectal bleeding due to internal Haemorrhoids.

**Keywords-** *Arsha*, *Bhaishajyakarma*, Haemorrhoids, Managements, Agnikarma, Ksharakarma.

## Introduction-

*Ayurveda* literally means the science of life. The ultimate goal of *Ayurveda* is to balance each *doshas*. This is done through an arrangement of diet, lifestyle variations and herbal remedies. In *Ayurveda* Shalyatantra is the important branch, which represents the surgical field. Hemorrhoid is named as *Arsha vyadhi* in *Ayurveda*. The word hemorrhoids is derived from the Greek word Haima (bleed) and Rhoos (flowering), means bleeding. Whereas word Pile derived from Latin word “pila” means ball. By Yogratnakara it is also called as Gudkilak.

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In *Ayurveda*, *Bhaishajyakarma*, has been indicated as an initial line in management of Hemorrhoid as described by *Acharya Sushruta*. Also in modern medicine many drugs are developed for hemorrhoid and also for hemostasis in bleeding hemorrhoid. Hence it is need to study alternative *Ayurvedic* medicine with less cost & more effective drug for per-rectal bleeding due to internal Haemorrhoids.

### Management of *Arshas*<sup>1, 2, 3,4</sup>

- Acharya Sushruta* has mentioned four fold treatments for *Arshas* – *Bhesaja*, *Shastra Karma*, *Kshara Karma*, and *Agni Karma*.
- Acharya Charka* has given more importance for *Bhesajha* (medical management) also advocated use of *Leeches* for bloodletting.
- Acharya Vagbhata* advocated the treatment modalities in *Arshas* which is different from *Acharya Sushruta* and his basic principal is *Bhesaja*, *Shastra Karma*, *AgniKarma*, *Anusalya* (parasurgical) i.e. *Jalaukavacharana*.

Thus in other words are can say that treatment of *Arshas* having his own way of management according to every *Acharyas* due to this varied description about treatment it is difficult to standardize the pattern. *Acharya Sushruta* mentioned treatment of *Arshas* in a rational way with their indication.

### Indication of *Bhesaja Chikittsa*

- Achirkala* (Recent origin)
- Alpadosha* (First degree)
- Alpa lingam* (with fewer symptoms)
- Alpa upadrava*

### Indication of *Kshara Karma*

- Soft in touch.
- Deep seated and wider base.
- Markedly elevated and extended.

### Indication of *Agni Karma*

- Rough surface.
- Asthir* (not fixed -sessile)
- Round in shape

- Hard in consistency (Thrombosed pile)

### Indication of *Shastra Karma*

- pedunaulated pile and discharge present
- Hard in consistency (Thrombosed pile)
- Raised pile (marked elevated)

The aim of *Ayurveda* is to cure the disease of the diseased person and maintain the health of healthy person. Thus in the management of *Arshas* also, the treatment can be classified into preventive and curative measures.

### Preventive Measures

For the prevention of any disease one should avoid the causative factors of that disease. *Mandagni* is the primary etiological factor; therefore measures viable to improve *Agni*, and regulate bowel habits would prevent the development of *Arshas*.

It is true that once the disease is manifested there is no other way to stop it except to adopt curative treatment.

### Curative measures

*Sushruta* and *Charaka* both mentioned four curative measures with specific indications viz. *Bheshaja*, *Kshara*, *Agni* and *Shastra*.

### INTERNAL MEDICINES

As stated earlier *Ayurveda* beholds *Arshas* as local manifestation of systemic derangement of *Dosha* and *Agni*, therefore all the *Ayurvedic* text books presented with different types of *Yogas* in the form of internal medicines to treat the underlying pathology.

Even *Acharya Sushruta* in *Arsha Chikittsa*, first mentioned the *Bhesaja Chikittsa* or in other words he gives the priority to *Bhesaja Chikittsa* in comparison to other treatment modalities of *Arshas*.

In the same manner *Acharya Charaka* advocated the use of *Bhesaja Chikittsa* first and then go to other treatment modalities. He described the general properties of these medicines for internal use and dietetic regime which are as follows-

1. *Anulomana*
2. *Agni dipana Pachana* (digestive)
3. *Samshamana* (suppressive of symptoms)
4. *Rakta sangrahi* (haemostatic)

## LOCAL TREATMENT -<sup>5</sup>

In this medicines are to be given by anal route. These measures are aimed to relive pain and local congestion this includes-

### 1. AABHYANG

Medicated oil application to the *Arshas*, then *Dhupana* given.

### 2. BASTI

There are two types of Basti described in the management of *Arshas* oily and non-oily. It has both systemic as well as local benefits. *Anuvasana Basti* is helpful in correcting vitiated *Vata*.

*Acharya Charaka* (in *Arsho Chikittsa* in *Chikittsa Sthana*) indicated it for prolapsed rectum, pain, dysuria, dysentery, pain in back and thigh, weakness, tympanitis, frothy discharge from anus and retention of stool and flatus similarly *Niruha basti* is also helpful in eliminating pain itching, numbness, discharge etc, in *Arshas*.

### 3. DHUPANA

Fumigation with human hair serpent slough and drum stick tree leaves, etc. it has better effect in combination with *Abhanaga* to treat the *Arshas*.

### 4. AWAGAHA

When the patient of *Arshas* is suffering from pain he should take Sitz bath in the decoction of mentioned medicines.

### 5. PRALEP

*Acharya Charaka* advocated *Pralepa* and *Pradeha* in those *Arshas* which are inflamed and with pain this help in bloodletting of vitiated blood accumulated

in the piles.

### 6. PARISEKA

It is a measure to wash *Arshas* (*Raktaja Arshas*) with a medicated decoction

### 5. *Pathya, Apathya* (Dietic regimen) –<sup>6,7,8</sup>

Diet is equally important as medicine in the course of treatment. *Vaidya Lolimbaraja* has told that, those who follow *pathya* or dietic regimen requires no medicine, those who do not follow *pathya*, no medicine is useful. Person suffering from *Arshas* should indulge in such of the food & drink habits which regulats bowel movement & improve digestive power.

#### **Pathya :**

1) *Anna varga* – *Godhuma, Yava, raktaashali, sastika, kulaththa, priyangu*

2) *shaka varga* – *Surana, Nimbu, Patola, varataka, Punarnava, Shigru,*

3) *ksheera varga* – *Aja ksheera, chaga ksheera, takra*

4) *Phala varga* – *Amalaki, kapittha*

5) *Ahara upavaraga* – *Palandu, nagara, Maricha*

6) *Mamsa - Mruga mamsa*

**Apathya :**

- 1) *Viruddha ahara*
- 2) *Vistambika ahara*
- 3) *Guru ahara*
- 4) *Anupa mamsa*
- 5) *Dusta udaka etc*
- 6) *Nidana parivarjana factors*

**Discussion & Conclusion-**

*Ayurveda* beholds *Arshas* as local manifestation of systemic derangement of *Dosha* and *Agni*, therefore all the *Ayurvedic* text books presented with different types of *Yogas* in the form of internal medicines to treat the underlying pathology. Even *Acharya Sushruta* in *Arsha Chikittsa*, First mentioned the *Bhesaja Chikittsa* or in other words he gives the priority to *Bhesaja Chikittsa* in comparison to other treatment modalities of *Arshas*. In the same manner *Acharya Charaka* advocated the use of *Bhesaja Chikittsa* first and then go to other treatment modalities. He described the general properties of these medicines for internal use and dietic regime.

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