



A SYSTEMIC STUDY ON HEMORRHOIDS (ARSHA) & ITS MANAGEMENT -AN AYURVEDIC PROSPECTIVES

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ABSTRACT

One of the most prevalent disorders of the ano-rectal area that is a part of the Asthamahagada (eight great diseases) is arsha (piles). Since it has been documented for a very long time—dating back thousands of years—Arsha (Piles) is one of the most prevalent anorectal ailments. The main etiological elements of this illness include improper food habits and lifestyle choices, anatomical abnormalities, and inherited factors. Approximately 50% of people typically have one hemorrhoidal episode over their lifetime. Clinically speaking, arsha (hemorrhoids) is an engorged condition of the hemorrhoidal venous plexus associated with an abnormally misplaced, larger anal cushion, and is distinguished by an inflamed or prolapsed pile mass, bleeding from the rectum, and some discharge from the anus. Hemorrhoidectomy, which is frequently recommended by surgeons, is one of several treatments for managing hemorrhoids that are documented in current medical research. However, when the condition is removed, there is a high likelihood that it will return. But in Ayurveda, there are many treatments for Arsha depending on how persistent and manifested the condition is, including Bsheshaj, Kshar Karma, Agnikarma, Shashtra Karma (Chedana), and Kshar sutra.

KEYWORDS – Arsha, Hemorrhoids, Asthamahagada, Bsheshaj Chikitsa

INTRODUCTION

When you have hemorrhoids, edema, or piles, the veins in the rectum and the anus expand and become inflammatory. In anatomical terms, "hemorrhoids" are defined as "Cushions of tissue filled with blood vessels at the junction of the rectum and the anus."

Blood vessels in and around the lower rectum and anus that are enlarged and protrude are hemorrhoids. Occasionally, people will refer to them as "varicose veins of the anus and rectum." The left lateral, right anterior, and right posterior regions of the body frequently have hemorrhoids. They are made up of direct arteriovenous connections between the anal canal and the inferior and middle hemorrhoidal arteries, as well as, to a lesser degree, the terminal branches of the superior rectal and superior hemorrhoidal arteries, Every Ayurvedic classic has a description of Arsha. This condition was included in the "Ashta Mahagada" (Eight terrible ailments) by Acharya Sushruta. Arsha is a Marma that manifests in the Guda region and is widely recognized for being chronic and challenging to treat. This demonstrates how serious the illness is.

HETU

- Hemorrhoids that are symptomatic have uncertain specific etiology. One of the many elements thought to be crucial is having irregular bowel movements (either constipation or diarrhea).
- Lack of activity
- Nutritional aspect
- Increased abdominal pressure brought on by prolonged strain, an abdominal mass, or pregnancy
- Genetics
- Aging
- the lack of valves in the hemorrhoidal veins.
- Constant sitting
- Additional elements that are thought to raise the risk include

ETIOLOGY

Little is known about the precise pathophysiology of hemorrhoidal development. Because hemorrhoids and anorectal varices are now known to be separate conditions, the varicose veins theory, which for years held that hemorrhoids were caused by varicose veins in the anal canal, is no longer valid. The sliding anal canal lining idea is now widely recognized. This suggests that hemorrhoids form when the anal cushions' supporting tissues break down or degrade. Therefore, the pathological name for the aberrant downward displacement of the anal cushions that results in venous dilatation is hemorrhoids.

The right anterior, right posterior, and left lateral aspects of the anal canal normally include three large anal cushions, with varying numbers of lesser cushions positioned in between. Hemorrhoids sufferers' anal cushions

have severe pathological alterations. These alterations include aberrant venous dilatation, vascular thrombosis, fibroelastic tissue degeneration, anal subepithelial muscle deformation, and rupture. In addition to the results mentioned above, hemorrhoidal specimens have shown a significant inflammatory response including the vascular wall and surrounding connective tissue, along with concomitant mucosal ulcers, ischemia, and thrombosis.

CLASSIFICATION OF ARSHA

EXTERNAL HEMORRHOIDS

Hemorrhoids that extend beyond the anal margin (the distal end of the anal canal) are referred to as external hemorrhoids. They are specifically venous varicosities that drain the region of the inferior rectal arteries, which are branches of the pudendal artery. They can be accompanied by swelling and irritation, and they can occasionally be painful. External hemorrhoids are vulnerable to thrombosis; if a vein ruptures or a blood clot forms, the hemorrhoid becomes thrombosed.

INTERNAL HEMORRHOIDS

Hemorrhoids inside the rectum are referred to as internal hemorrhoids. Particularly, they are vein varicosities that drain the region of branches of the superior rectal arteries. Internal hemorrhoids are rarely uncomfortable since there are no pain receptors in this location, thus most individuals aren't even aware they have them. However, internal hemorrhoids can bleed when agitated, typically as a result of constipation.

SIGN AND SYMPTOMS

The type of hemorrhoids present determines the symptoms. While external hemorrhoids may generate little symptoms or, if thrombosed, severe pain and swelling in the region of the anus, internal hemorrhoids often appear with painless rectal bleeding.

PREVENTION

Drinking more fluids, eating more fiber-rich foods (including fruits, vegetables, and fiber-rich cereals), exercising, adopting better posture, and speeding up bowel movements are all ways to prevent hemorrhoids. The area may become irritated, have low muscle tone, and develop hemorrhoids as a result of tight clothes and underwear.

Women who detect uncomfortable stools around the time of their period may be wise to start consuming more dietary fiber and drinks a few days beforehand. The digestive tract's waste products may contain irritants that might exacerbate hemorrhoid fissures. Using cold water and soap to wash the anus may lessen swelling.

MANAGEMENT OF HEMORRHOIDAL DISEASE

Depending on the extent and severity of symptoms, therapeutic treatment options for hemorrhoids can range from dietary and lifestyle changes to major surgery.

NON-OPERATIVE TREATMENT

1. Sclerotherapy
2. Rubber band ligation
3. Infrared coagulation
4. Cryotherapy

CONCLUSION

The issue of Arsha is influenced by lifestyle, age, employment, and nutritional variables. People who adhere to the ideal way of life outlined in the classics of Ayurveda can enjoy long, disease-free lives. Consuming foods low in fiber, having bad eating habits, having incorrect body posture, having a difficult birth, having several abortions, having psychological imbalances, and suffering bodily harm to the anal area are some of the significant causes cited in the classics of Ayurveda for the development of Arsha (piles). This awful illness makes the patient frightened to urinate since it causes rectal agony and bleeding. As a result, Ayurveda offers a great deal of promise for effectively and trouble-free management of all Arsha phases.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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