



“Study of *Arsha sadhyasadhytva* with special references to *Chaturvidha chikitsa* – A Literature Review.”

¹Dr Amol Ramchandra Awalekar (Professor, & HOD Department of Rognidan).
Shantabai Shivshankar Arali Ayurvedic Hospital & College, Jat, MH.

² Dr Rakesh Khandrao Nikam
(Associate Prof Department of Agad Tantra SSAAH&C, Jath)
Shantabai Shivshankar Arali Ayurvedic Hospital & College, Jat, MH.

Abstract:

Arsha vyadhi has been mentioned in all classical book of Ayurveda. According to Ayurveda Acharya sushrut and Acharya Vagbhata described Arsha in the “*Ashtha Mahagada*”. Assessment of sadhyasadhyata is based on the factors like doshik involvement, vyadhi sthana, vyadhi kala and association of upadravas. Also it is depend on the type of treatment adopted and age & *satva* of the patient.

In bruhatrayi of Ayurveda the acharyas has described a unique order in the management of Arshas, they are Bheshaj, Kshara, Agnikarma and Shahstrakarma. The chances of recurrence are also increasing due to current lifestyle and diet pattern. This article is focus on sadhyasadhytva of the arsha & its chaturvida chikitsa.

Key words: Arsha, Sadhyasadhytva.

Introduction:

Arsha in Ayurveda are an ano-rectal disorder which affect people all over the world irrespective of age groups and economical groups. It is becoming very common now a days and is distressing too.¹

In Ayurveda, it is recognized as “Arsha Roga” caused by an imbalance of Tridosha. In such conditions, the veins of the lower anus and rectum get swollen and there are lumps or inflamed tissues around the anal canal. It is

interlinked with constipation and straining at defecation (while passing stool)²

The swelling, mass around rectum and anus region which irritates the vital energy (*prana*) of the body as an enemy (*ari*) and obstructs the rectum and anus (*gudamarga nirodh*). As per Ayurveda, the individual's dominant dosha determines the types of haemorrhoids. It can be one of the following: *Vataj*, *Pittaj*, *Kaphaj*, (*Tridoshaj*) *Sannipataj*, *Raktaj* and *Swabhavik*. Some acharyas classify it in two types: *Shushka Arsha* (non bleeding) and *Sravi Arsha* (bleeding).³

Assessment of *sadhyasadhyata* is based on the factors like doshik involvement, *vyadhi sthana*, *vyadhi kala* and association of *upadravas*. Also it is depend on the type of treatment adopted and age & *satva* of the patient. So it is important to study the prognosis (*Sadhyasadhytva*) of *arsha* in detail & its management according to 4 types ie. *Aushadha*, *kshar karma*, *Agnikarma* & *Shastrakarma*.

Objectives:

To study of *Arsha sadhyasadhytva* with special references to *Chaturvidha chikitsa*.



Methods:

Literature Survey Methods:

*Arsha sadhyasadhytva*⁴

| sn | Condition | Sadhyasadhytva |
|----|---|----------------|
| 1 | If the patient suffering from piles/Arsha with odema in hands, legs, umbilicus, anus & testicals, & if he suffers from pain in cardiac region & side of chest. Hereditary piles caused by simultaneously aggrevation of all the three doshas. & piles located in the internal sphincter. | Incurable |
| 2 | Dosha – dwandwaj (2 doshas) Stan- In second anal sphincter Duration: 1 year old piles | Kashta sadhya |
| 3 | Dosha – single dosha involved (1 doshas) Stan- external anal sphincter Duration: new or less than 1 year old piles | Sukha sadhya |
| 4 | The Arsha caused by the simultaneous vitiation of any two Doshas and the location of Arsha in the second Vali, the chronicity of the disease is not more than one year, it can be considered as Yapyva variety | Yapyva |

Sign & symptoms:⁵

- Fresh bleeding on defecation
- Painful defecation
- Burning sensation after defecation
- Itching (pruritus)
- Constipation
- Difficulty in sitting posture due to pain

If neglected may result in prolapse, anaemia, strangulation which may cause gangrene.

Treatment :

बिजनतअपकी बीपापजैरु

तत्राहुरेके शस्त्रेण कर्तनं हितमर्शसाम्द्य

दाहं क्षारेण चाप्येकेए दाहमेके तथाऽग्निनाद्यद्य३३द्यद्य

The fundamental rule of Ayurvedic disease care is to prevent the etiological variables that contribute to Samprapti vighatana.

Four therapeutic modalities for Arsha have been documented by Acharya Sushruta, and these are used depending on the degree of Dosha involvement and the stage of Arsha.

1. Bheshaja Karma (Medical Treatment) 2. Shastra Karma (Surgery Management) 3. Kshara Karma (chemical cauterization) 4. Agni Karma (Cauterization)⁶

Discussion:⁷

1. Bheshaja Chikitsa:

Bheshaja Chikitsa (Medical management) is described as very first line of treatment of Arsha. It is statistically good effective in 1st to 2nd degree of Ushna disease prognosis.²² The ingredients having Veerya, Katu Vikaka, Deepana, Pachana, Vatanulomaka, Srotosodhana, Sronitsanghata Bhinnakara Guna are capable to Samprapti Vighatana and cure the disease²³ and based on that various preparations are mentioned for management of Arsha.

2. Agni Karma (Cauterization)-

A crucial Para surgical measure is Agni karma. Agni Karma is greater Karma, Because of non-recurrence of diseases, It can help treat illnesses that are incurable despite the use of medications, medical devices, and Kshara. It is frequently adapted for use in surgical procedures such as electric heat cautery and freezing.

3. Kshara Karma (chemical cauterization)-

Kshar is an alkaline, caustic chemical that is made from the ashes of medicinal plants. When compared to Shastra karma and Agni karma, it is a less invasive treatment. It is referred to as one of the Upayantras or Aanu Shastras. Because it performs Chedana, Bhedana, and Lekhana Karma in addition to Tridoshahara property, it is the best among sharp and secondary instruments. It is adaptable because Kshar karma may be used to treat locations that are challenging to reach using conventional methods. Since ksharkarma can be applied both inside and externally, it is more successful than other forms of treatment.

4. Surgery Management (Shastra Karma)-

If conservative approaches are unsuccessful, various surgical techniques are utilized to manage Arsha. One of these, haemorrhoidectomy, is generally recommended in cases with internal haemorrhoids, prolapsed haemorrhoids, and high disease manifestation levels. Complications include bleeding, infection, incontinence, anal strictures, and urine retention are sometimes related to shastra karmas.

Nowadays the increasing incidence of Arsha (piles) is mainly due to unhealthy lifestyle habits which is prevalent in the modern society. It is important to choose the appropriate treatment according to its sadhyasadhytva.

Conclusions:

1. Treatment should be done according to sadhyasadhytva.
2. Four therapeutic modalities for Arsha have been used depending on the degree of Dosha involvement and

the stage of Arsha.

3. It is useful for the MCQ in competitive exam.

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