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“Review on Arsha with Special Reference to internal haemorrhoids.”

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ABSTRACT

Haemorrhoids are certainly one of the commonest ailments that affect mankind. It is difficult to obtain any accurate idea of their incidence, but clinical experience suggests that many people of either gender suffers from *Haemorrhoids*. The incidence of piles apparently increases with age, and it seems likely that at least 50% of people over the age of 50 have some degree of *Haemorrhoid*. However, the disease is by no means confined to older individuals, and piles are encountered in people of all ages including young children occasionally. Hence In this article we have tried to compiled a review on management of

Raktarsha with special reference to internal haemorrhoids.

Keywords: *Raktarsha*, Internal haemorrhoids, *Arsha*, *Kshasutra*, *Gudagat rog*, *Anorectal diseases*.

INTRODUCTION:

The word *Arsha* is derived from the root word *Ru-gatau* after adding the suffix *asuna* which means to take life. *Arsha* occurs at many sites like *nasaarsha* and *shishnaarsha* but the present context deals with the *Arsha* occurring at the *guda* only.

By common consent the terms ‘*Haemorrhoids*’ and ‘piles’ are used

quite interchangeably, but etymologically the words have entirely different meanings. The term 'Haemorrhoid' is derived from the Greek adjective *Haemorrhoid*, meaning bleeding (*haema* = blood, *rhoos*=flowing) and emphasizes the most prominent symptom in the majority of cases. But it cannot be accurately applied to all the conditions diagnosed

as *haemorrhoids*; for a number of them do not have bleeding. The term 'pile' on the other hand, derived from the Latin word *pila*, a ball, can be aptly used for all forms of Haemorrhoid or piles.

Aim and Objects:

To review the Management of *Arsha* with Special Reference to internal *haemorrhoids*.

Material and methods:

- From *Ayurvedic* compendia, basic of *Arsha* with Special Reference to internal hemorrhoids.
- Published journals related to subject, update information available on internet is critically analyzed and assessed.
- Modern literature regarding Prognosis of the disease hemorrhoids is reviewed.

Type of study–Fundamental study

REVIEW OF LITERATURE

Definition of *Arsha/Paribhasha*

The word *Arsha* is self-explanatory by itself, indicating that the disease troubles a person like an enemy.

According to *Acharya Vagbhata* and *Yogarajnakara* in *Arsha the mamsakeelaka* which obstructs the anal passage, and kills the person like an enemy.

Synonyms

- *Durnama* - Bad one by name or sin from origin.
- *Gudamaya, Gudaja* - Arising from *guda*
- *Gudakila* - Peduncle or horn in anus.
- *Gudankura* - Sprout or swelling in anus
- *Anamaka* – Infamous
- *Payuroga* - Disease of anus

Arshachikitsa sutra

Sushruta has mentioned four broad principles of treatment as:

1. *Bheshajachikitsa*
2. *Ksharakarma*
3. *Agnikarma*
4. *Shastra karma*

The indications of these treatment principles are:

1. *Bheshajachikitsa*:- *Arshaankura* which are *achirkalajata, alpadoshayukta, alpalakshanayukta* and *alpaupadravayukta*.

2. *Ksharakarma: Arshaankura* which are- *mrudu, prasruta, avagadha and uchrita.*
3. *Agnikarma: Arshaankura* which are- *karkasha, sthira, pruthu and kathina.*
4. *Shastra karma: Arshaankura* which are- *tanumool, uchrita and kledayukta.*

1. *Bheshaja Chikitsa:*

In *Arsha*, *Agni deepanachikitsa* is vital as majority of the patients of *Arsha* will be having *mandagni*

A. *Arshachikitsa* sutra according to *dosha* predominance:

doshas chikitsa sutra

- If *vata* is predominant - *snehana, swedana, vaman, virechan, asthapana and anuvasanabasti*
- If *pita* is predominant - *virechana*
- If *kapha* is predominant- *vamana* and use of *adaraka* and *kulatha*
- If *tridoshaja* - *tridoshaghnachikitsa* and *takraprayoga*

B. *Chikitsa of raktaja arsha:*

Condition Chikitsa Sutra

- *vataanubandhiraktajaarsha:* *snigdha, sheeta- aharavihar*

- *kaphaanubandhiraktajaarsha:* *rooksha, sheeta- aharavihar and bheshaj*
- *pitta kaphajaanubandhi:* *vamana and virechana*
- *pitta pradhanaraktaajaarsha* in *greeshmarutu* and *balavanrogi:* *raktasthamabana*
- in *balavanarogi* if *raktasrava* allow to *bleed* and do *langhana*
- after *dushtaraktasrava* *raktasthambana,* *jataragni pradeepana*

Kutaja is the drug of choice in *raktaja arsha*

C. *Chikitsa of shushka Arsha:*

Condition chikitsa sutra

- *baddhamalapravratte udavarta vat chikitsa*
- *bhinamalapravratte atisara vat chikitsa*
- *Takra, bhallataka* are the drugs of choice in *shushka arsha*

Other formulations:

Kasis, hartaala, saindhav, karvir, vidang, karanj, krutvedhan, jambuk, arka, bhumiamalaki, danti, chitrak, alark, snuhisiddh tail are used in the form of local application.

Hartaaladilepa is also useful in *Arsha* as local application

2. Ksharakarma:

Ksharakarma procedure is of two types namely, *Pratisaranakshara* and *Kshara sutra*. Both these procedures are described here in brief.

Method of *Teekshna Pratisaraniya Kshara*:

The procedure which is being practically followed in clinical practice, but principally based on the textual description is explained here. Chakrapani in his treatise Chakradutta has given reference of *snuhiksheera* sutra preparation by smearing repeatedly the latex of *snuhi* (*Euphorbia nerifolia*) and *haridra* powder (*Curcuma longa*) which is useful in the treatment of *Arsha*. Patients selected for the procedure are made to lie down in lithotomy position. Anal canal and perianal area was cleaned with antiseptic lotion. Infiltration of local anesthesia at the base of the Haemorrhoidal mass to be done. *Proctoscopic* examination is to be done for confirmation of number and position of the pile masses. *Arshankuras* are made to protrude in the slit *proctoscope*. Protruded masses are to be encircled by cotton pad, so that *kshara* should not come in contact with normal anal mucosa. After that *kshara* is to be applied with spatula. When mass become reddish brown in color, the applied *kshara* to be washed with lemon juice. The same

procedure to be repeated on other masses if present.

Shastra karma:

Hold *Arshaankura* by *arshograhi yantra* and perform *chhedana* with the help of sharp instrument like *mandalagra shastra*, *sarpavakra shastra* and excised part should be treated with *agnikarma*. *kavalika* has to be applied and *gophanabandhana* has to be done. This procedure is very much similar to that of ligation and excision procedure(hemorrhoidectomy) in present day.

3. Agnikarma

Agnikarma is an important *para* surgical measure and is still used extensively in the surgical practice in modified form by way of electric heat cautery and freezing. It is regarded as superior to other surgical and *para* surgical procedures because of non-recurrence of the disease.

4. Raktamokshana

Sushruta enumerated *Arsha* as one of the disease contraindicated for bloodletting. But in the management of *Arshas*, he advised bloodletting under certain conditions like protruding out with full clinical picture of *Arsha*. This controversy was probably intentional because of its

Limited applicability in the management and unsuitability as a general measure in all types of *Arshas*.

Proctology is the branch of medicine which deals with the description and management of various diseases occurring in *Anorectal* region. The majority of the Ano rectal diseases by nature are very troublesome. The reasons being the part is always subjected to natural stress and strain, exposed to *fecal* contamination and difficulty in maintaining local hygiene.

The modern surgery has made rapid progress as in the present era no organ or the tissue is spared from surgical approach. In spite of such progress the surgical procedures in *Anorectal* diseases are not so encouraging. The surgery in these diseases invariably leads to immediate or delayed complications, as well as, chances of high incidence of relapse of the diseases.

DISCUSSION

Piles often described as "varicose veins of the anus and rectum", Piles are enlarged, bulging blood vessels in and about the anus and lower rectum. Piles are usually found in three main locations: left lateral, right anterior and right posterior portions. Thus, *Arsha* is a gift of modern diets and busy lifestyles and

many people are suffering from some sort of

Anorectal disorder, it may be simple constipation to complex carcinoma, in which prominent disorder is *Arsha*. Haemorrhoids are progressively increasing in the society. It is manifested due to *multifold* factors viz. disturbed lifestyle or daily routines, improper or irregular diet intake, prolonged standing or sitting, faulty habits of defecation etc. which results in derangement of *Jatharagni* leading to vitiation of *Tridosha*, mainly *VataDosha*. These vitiated *Doshas* get localized in *Guda Vali* and *PradhanaDhamani* which further vitiates *Twak*, *Mansa*, and *Meda Dhatus* due to *Annavaha shrotodushti* leads to development of *Arsha*.

CONCLUSION

Concept of *Arsha* has been widely described in *Ayurveda* by various *Acharyas*. *Acharya* growth in anorectal region (*Guda*) whereas at other sites it is called *Adhimamasa*. *Acharya Vagbhata* has mentioned it as fleshly projections, kill the life like an enemy and create obstruction in the anal passage. He also used the word *visasanti* that denotes cutting, Slaughtering, dissecting etc. The prime etiological factor of *Arsha* is *mandagni* (Poor digestive power). The management of Haemorrhoids in modern surgical

practice is changing from conventional surgical procedure i.e. Haemorrhoidectomy to other minimal invasive procedures like *Sclerotherapy*, *Band ligation*, *Cryosurgery*, *Laser therapy* etc. As the result of all these procedures have their limitations and complications as well as relapse of the diseases.

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