



Critical Review of “Arsha” as in classical text of *Ayurveda w. s. r. to hemorrhoids.*

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ABSTRACT :

Arsha is a very common disease in the anorectal region. *Arsha* is included in Asho-Mahagad by Acharya. due to faulty lifestyle, fast consumption and excessive stressful defecation are responsible for *Arsha* or Piles. *Arsha* or Piles is the result of the dilated vein in the anal canal. In Ayurveda there is proper management of *Arsha* is described it included *Bhaisaja*, *Ksharkarma*, *Agnikarma*, and *Shastrakarma*. These all methods of treatment are used as per the severity and chronic condition of the disease. Modern medicine advises various operative methods for the treatment of piles. In this article, we reviewed the *Arsha* by ayurvedic and the modern aspect which can help us in the treatment and prevention of *Arsha*.

Key Words: *Arsha*, Piles, Hemorrhoid

Introduction:

A healthy mind and healthy body is that the principle aim guiding all the prevailing medical sciences. All the time *ayurveda* has also the identical implacability. *Āyurveda* is science of life. “Ayu” means life and “Veda” means science. Its a natural healing system

of drugs to keep up health of a healthy person and cure the ailments ailing person. Out of Ashtanga of Ayurveda *Shalyatantra* is the one of the all the important branch follows six major principles of management like *Bhaisaja*, *Ksarakarma*, *Yantrakarma*, *Agnikarma*, *Raktamoksaṇa*, *Śastrakarma*, and altogether the disorders first line of the treatment is *Bhaisaja cikitsa*. Modern world is that the era of fast foods, irregularity in food timing, changing food, life style and sedentary life and mental stress of these factors disturb the gastrointestinal system resulting into many diseases related Gastrointestinal system, Among them one important group is that of ano-rectal disorders. Among these hemorrhoids commonly called piles is kind of common within the society by common people. It's commonly seen within those who working long time in sitting position like driver, manager, tailors, shopkeeper, IT peoples etc. consistent with Indian journal of surgery, among 2000 consecutive proctoscopy examination, 72% incidence of piles was found. About 50% of the populations of the globe above fifty years aged people suffer from piles (Robinson’s n. Kumar – pathology). In Ayurveda, all the *Acharyas*

have described *Arsha* in separate chapter, and *acharya Susruta* has described it under title of *Asha Mahagad*

Aim and Objectives :

- 1) To study the concept of “*Arsha*”.
- 2) To study management of “*Arsha*” as per modern and *Ayurveda*.

Material And Method:

- 1) For this study we referred *Shushruta samhita* and *Samhitas* for various references of *Arsha*”
- 2) Related modern text books also referred for modern references

Review of Literature:

Disease Definition

Piles are dilated vein within anal canal in the subepithelial region form by radical of superior, middle and inferior veins¹

Etiology:

Following factors are responsible of etiology of pile²

1. Hereditary
2. Anatomical factors
3. Exciting causes
4. Physiological cause
5. Diet
6. Miscellaneous causes for secondary piles

1. Hereditary :

Some anatomical fault in the venous structure is responsible e.g. Congenital weakness of the walls of vein, abnormal large arterial supply to rectal plexus, in the formation of piles, its often seen in member of same family

2. Anatomical Factors:

- Radicals of the superior rectal veins remain unsupported in sub-mucous connective tissue of rectum These veins

are responsible for constriction by the muscular tissue results constriction during motion, hence, may result into piles.

- One of the reason of piles is absence of vein valve.
3. Exciting causes:
Excessive straining to expel out constipated stool causes dilation of venous plexus
 4. Physiological cause
Hyperplasia of the corpus cavernous rectum may result from failure of mechanism to controlling arteriovenous shunt produces superior *haemorrhoidal* veins varicosity which is turn in to *haemorrhoid*
 5. Diet
Elimination of cereal fibers from the diet results considerably in the delay of the faecal transit time in the bowel, thereby giving rise to the high chances of chronic constipation its further turn into piles.
 6. Miscellaneous causes for secondary piles
 - Pregnancy
 - Chronic constipation
 - Portal hypertension
 - Ca rectum

Pathology³

Every hemorrhoid divided in to 3 parts

1. Pedicle

Each internal hemorrhoid has pedicle in the rectum just above the anorectal ring

2. Body

After the pedicle of internal pile body continues distally and end at the dentate line

3. Associated external hemorrhoid

Its line between dentate line and anal margin and its covered by skin

Types of piles:

According to prolapse tendency piles are classified as follows⁴

1. 1st degree pile :
These are not come out from anus and these are mostly non bleeding piles.
 2. 2nd degree pile
These piles are come out from anus during motion and reduces sharply after motion
 3. 3rd degree pile
 4. These piles are come out from anus during motion and not reduces themselves after motion. They reduce by manual reduction.
 5. 4th degree pile
These piles are permanently prolapsed.
1. Bleeding – bleeding is bright red and occurs along with motion
 2. Prolapse :
Protrusion of mass during defecation. Type of protrusion represent degree of piles
 3. Pain:
Pain is not characteristic of pile. Its may present if there will be thrombosis or associated with fissure in ano
 4. Anemia :
In patient with chronic or long standing piles with bleeding anemia present due to excessive blood loss.

Investigation :

1. Haemogram
2. Per rectal examination
3. Proctoscopy

Treatment⁶:

Conservative and medicinal treatment :

1. Bowel regurgitation
2. If infective focus then use antibiotics
3. NASID during pain present
4. Topical 2% xylocaine gel application
5. Sitz bath

6. Avoid straining during stool passing

Surgical treatment :

There are many choice of surgical treatment of piles as follows

1. Injection method :
Sclerosant injection method used in small vascular piles
2. Rubber band ligation :
Rubber band ligation is the ideal method of treatment for large first and second degree internal piles in absence of associate tag
3. Cryosurgery :
It's a midway between injection therapy and surgical excision.
4. Minimal anal dilation or Lord's procedure :
Anal tightness is responsible for diseases like pile so maximal anal dilation always done to disturbs this tight band.
5. Haemorrhoidectomy :
For large third degree piles particularly associated with tag and external haemorrhoidal plexus haemorrhoidectomy is choice of treatment

Complications of piles⁷:

1. Bleeding
2. Thrombosis
3. Strangulation
4. Gangrene
5. Fibrosis

Ayurvedic Review

As per Ayurveda *Arsha* vyadhi can correlate with piles

Classification⁸ :

As per *acharya Sushruta* there are six types of *Arsha vyadhi* as follows

1. *Vataj Arsha*
2. *Pittaj Arsha*
3. *Kaphaj Arsha*

4. *Raktaj Arsha*
5. *Sannipataj Arsha*
6. *Sahaj Arsha*

Hetu:⁹

Acharya *sushruta hetus* that is cause of *Arsha Vyadhi* are explained as follows,

1. *Virudhashan*
2. *Adhyashan*
3. *Vega dharana*
4. *Utkatukasana*

Samprapti :¹⁰

As per *acharya Sushruta samprati* of *Arsha* as follows, Due to *hetusevana* normal *vata dosha* in body get abnormal, this *Vata dosha* contaminate to other *dosha* mixed with *raktadosha* that is with blood at *Guda sthana* and entered in to *Gudavalli* through *Pradhan Dhamani* and *Gudavalli* contaminated with abnormal *dosha* and generate *Mansakura in Gudavalli* and its called as *Arsha* .

Purvarupa:¹¹

Acharya *sushruta purvarupa* that is cause of *Arsha Vyadhi* are explained as follows,

1. *Amlodgar*
2. *Paridaha*
3. *Pipasa*
4. *Vishtabha*
5. *Aatopa*
6. *Sakhthisadana*
7. *Aatrakujan*
8. *Gudaparikartana*
9. *Pandu*
10. *Shosha*

Rupa:¹²

Acharya *sushruta rupa* of *Arsha Vyadhi* are explained as follows

1. *Nabhi, Vankshana pradeshi Kartanwat pida*
2. *Gudshula*
3. *Pravahika*
4. *PrahArsha murcha*
5. *Alapa shukra*

6. *Shwas, Kasa Trusha, Pinas*
7. *Arochaka*
8. *Jwara*
9. *Angamarda*
10. *Sarva parvasthi shula*
11. *Hruday-Kukshi-Parshwa-Basti-Prushtagraha*

Arsha Upadrava :¹³

1. *Adhman*
2. *Hallas*
3. *Parikartika*
4. *Vaman*
5. *Aruchi*
6. *Jwara*
7. *Timira, shirashula*
8. *Shwasa, kasa*
9. *Manovikar*
10. *Grahani*

Arsha Chikitsa :¹⁴

Arsha chikitsa can be done by 4 way according to Acharya *Sushruta*

1. *Beshaj* – by medicinal treatment if *Arsha* isn't chronic or not have sever symptoms then it can be treated by *Bheshaj*
2. *Kshar Prayoga* :
3. *Agnikarma* : In now days laser or cautery is used in treatment of piles it's a part of *Agnikarma*
4. *Shartrakarma*: If not any one of above treatment helpful in treatment of *Arsha* then *Shastrakarma* that is surgery is preferred

Discussion:

Now days number of diseases increases due to advance life style. It can be says that *Arsha* is one of the occupational disease. By literature study it is found that modern science has various treatment for *Arsha* but avoidance *hetu* of *Arsha vyadhi* and maintain life style it's a effective treatment. In *Ayurveda* there are lots of choices for

treatment of *Arsha* like Bheshaja, Kshara, Agnikarma, Shatrakarma, Aahar and Vihara management.

Conclusion :

Arsha is one of the disease from Ashto Mahagada's . all acharyas are given wide range literature related to *asha*. In modern science there are much work done on *Arsha* vyadhi that is on piles. Now there are very effective and choice of treatment present in Ayurveda and modern science

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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

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Ayurlog: National Journal of Research in Ayurved Science- 2023; (11) (02): 01-05