



AYURVEDA REVIEW ON CAUSES, SYMPTOMS AND MANAGEMENT OF ARSHAH (PILES)

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ABSTRACT

Arsha is the Ayurvedic term for piles, which is a condition when the patient's life style becomes worsen due to the anal haemorrhoids. Neglecting a healthy diet and lifestyle leads to a decrease in *Agni* or an abnormality known as *Aandagni*. It refers to the failure to digest food at the right rate and duration, which results in the buildup or stasis of partially digested food (*Aama*) within as stools or the premature elimination of it in a watery or semisolid state, which upsets the *Doshas* in the anorectal area. In the current lifestyle, haemorrhoids (*Arsha*) are a very prevalent problem. By the time people reach the age of 50, about half of the population is affected by this highly frequent rectum condition. External and internal piles are the two basic categories for this. Ayurveda advocated *Kshar Sutra* ligation, *Kshar Karma* and *Agnikarma*, etc. for the management of piles.

KEYWORDS: Hemorrhoids, Arsha, Piles, Ayurveda.

INTRODUCTION

A fleshy mass of varying size, shape, and colour that develops in the anus as a result of varicose veins is known as *Arsha* (piles). *Arsha* can be classified into two kinds from the perspective of treatment as depicted in Figure 1.



Figure 1: Types of piles.

As mentioned in above figure the *Shushkarsh* is dry piles and *Sravi Arsha* is exudating piles. *Shushkarsha* refers to piles that typically do not bleed, due to the dominance of *Vayu* and *Kapha*. *Sravi Arsha* refers to piles that develop as a result of *Pitta* and *Rakta* domination. The patient in this state abruptly passes streaks of bright crimson blood along with the excrement. It can occasionally bleed excessively, which can cause problems like anaemia.^[1-5]

Irregular bowel habits, lack of activity, low-fiber diet, enhanced abdominal pressure, prolonged straining, pregnancy, genetics, aging and sedentary life style, etc. are major causes of diseases.

Symptoms

- Fleshy swelling (*Mansaankura*) in the anus
- Obstruction to the passage of gases
- Pain during urination and defecation
- Decreased appetite and constipation
- Severe itching near the anus
- Bulge or swelling around the anus

Arsha's classification based on the sources

- ✓ *Sahaja*
- ✓ *Janmottarakalaja*

Arsha's classification based on the characteristics

- ✓ *Ardra* (*Sravi*)
- ✓ *Shushka*

Arsha's classification based on the *Dosha's* predominance

- ✓ *Vataj*, *Pittaj*, and other *Kaphaj*, *Raktaj*, *Sannipataj*

Arsha's classification based on the prognosis

- ✓ *Sadhya*
- ✓ *Yapya*
- ✓ *Asadya*

If *Arsha* is in the *Samvarani vali*, has only one *Doshika* involved, and isn't particularly chronic it is considered as curable. *Arsha* of the *Yapya* kind has a one-year maximum duration of chronicity and is brought on by the simultaneous vitiation of any two *Doshas* and the placement of *Arsha* in the second *Vali*. If the *Sahaja*

Arsha of the *Asadhya* kind is located in the *Pravahini Vali* and is brought on by the vitiation of three *Doshas*, it is incurable. Additionally, it is also regarded as incurable if the patient experiences oedema in the hands, legs, face, umbilical region, anal region, testicles, or if he experiences pain in the cardiac region.^[4-7]

Internal piles

The main sign of internal haemorrhoids is bleeding; there is no pain. Hematochezia is a condition when there is blood in the stools, on the toilet paper, or in drops on the toilets. Mucus discharge, a perianal tumour protruding through the anus, itching, and faecal incontinence are examples of other symptoms. Internal piles typically don't hurt unless they develop thrombosis or necrosis.

External Hemorrhoids

These are also not uncomfortable, but they might become very painful if they thrombose. In 2 to 3 days, pain may go away. It can take a few weeks for swelling to go away. Poor hygiene can occasionally lead to itchiness and irritation. Anaemia and thrombosis are major complications.

Treatment

Numerous ayurvedic preparations are available for treating piles including *Deepan-Pachan* drugs, such as *Chitrakadi vati*, *Lavanbhaskar Churan* and *Agnitundi vati*, etc. Avoiding constipation, uses of laxatives such as *Triphala Churan*, *Haritiki Churan* and *Panchskar Churan*, etc are also recommended. Hot sitz baths along with dietary control also offers benefits in diseases symptoms. *Kukatandatwak Bhasam* and *Praval Pisthi* used as *Rakta stambhak* in piles. *Nirgundi* and *Jatayadi tails* offers *Vran Ropak* effects and *Guggul* imparts anti-inflammatory action.

Kshara is an alkaline, caustic paste that is used to treat haemorrhoids. The herbal paste has a cauterising effect and is formed of a mixture of herbs. A slit proctoscope is a specialist tool used to apply *Kshara* to the haemorrhoid. The haemorrhoid, which may have been exposed and bleeding, is then chemically cauterised by the paste. This *Kshara karma* is regarded as the most effective method for treating haemorrhoids in Ayurvedic medicine. *Agnikarma* also recommended for such types of condition, external haemorrhoids can be cauterized.^[7-10]

The following Ayurveda drugs possessing anti-inflammatory, analgesic and antiseptic action can be used for to treat piles:

- ✚ *Haritaki*
- ✚ *Guggul/Guggullu*
- ✚ *Triphala*
- ✚ *Amla/Amalaki*
- ✚ *Turmeric*

Pathya

- ✓ *Godhuma-Genhu*, *Shali* rice, *Yava* barley seeds, and *Kulattha-kulathi*.

- ✓ *Aja dugdha*, *Navneeta*, fruit of *Kapittha*, leaf and fruit of *Patola*
- ✓ Root of *Punarnava* pigweed, *Suraa Kanda* and fruit

Apathya

- ✓ Fried, constipating and hard to digest dietary items
- ✓ *Masha-urad*, seed of *Tila*, *Piyaka* and *Pishamaya Dravya*
- ✓ Suppressing natural desires to urinate and defecate, etc.

CONCLUSION

Every technique for pile management is found in ayurveda; both surgical and non-surgical methods can be adopted according to disease severity. The fastest and most efficient method of treating piles is known as *Kshar sutra* ligation. Drugs such as *Chitrakadi vati*, *Lavanbhaskar Churan*, *Agnitundi vati*, *Triphala Churan*, *Haritiki Churan* and *Panchskar Churan*, etc. are recommended along with dietary advises. Drugs possessing *Rakta stambhak*, *Vran Ropak* and anti-inflammatory action such as *Haritaki*, *Guggullu*, *Triphala*, *Amla* and *Turmeric*, etc. offers relief in symptoms of piles.

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