



**IMPORTANCE OF *PATHYA* AND *APATHYA* TOWARDS THE MANAGEMENT OF  
*ARSHA*: A REVIEW BASED ON LITERARY STUDY**

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**ABSTRACT**

*Arshas* means.

**KEYWORDS:** *Ayurveda, Haemorrhoid, Arsha, Pathya and Apathya.*

**INTRODUCTION**

Ano-rectal disorders are considered amongst the most painful problems affecting large number of population world widely. The incidence of ano-rectal problems increases in current scenario due to the bad dietary habits, irregular daily regimen, physical & mental stress and lack of exercise, etc. Pathologically *Arsha* involves bunches of dilated veins around lower rectum associated with inflamed tissue leading to burning sensation and bleeding during defecation.

The classical texts of ayurveda mentioned various types of *Arshas* including *Vataja Arshas*, *Kaphaja Arshas*, *Pittaja Arshas*, *Raktaja Arshas*, *Shushka Arshas* and *Sannipataja Arshas*. *Mandagni*, *Adyashana* and *Mithya vihara*, etc. are considered as major pathological components of *Arsha*. The pathogenesis of *Arsha* initiated with precipitation of etiological factors (*Hetu*) resulting *Agnimandya*, followed by *ApanVayu* vitiation leading to disturbances of *Malabaddhata* & *Gudagat Doshas* ultimately causes *Arsha*.

*Chhedana*, *Bhedana* and *Lekhana* etc. are some alternative approaches for the management of *Arsha*. Moreover ayurveda science also described concept of *Ritucharya* (seasonal regime), *Dinacharya*, *Pathya* (wholesome) and *Apathaya* (unwholesome) towards the management of various health problems including *Arsha*. *Pathya* and *Apathaya* mean consideration of things which is to be done or not to be done respectively in specific disease condition. The concept of *Pathya* and

*Apathaya* prevent initiation of diseases pathogenesis and if disease occurs then *Pathy-Apathya Palan* help to reduces severity of diseases. The good conduction of *Dincharya*, *Ritucharya* and *Ratricharya* are basic components of *Pathy-Apathya* along with specific consideration of *Ahara* and *Vihar* in particular pathological conditions. *Ayurvedic Samhita* mentioned importance of *Pathy-Apathya Palan* for management of various disease conditions and considering this fact present article summarizes role of *Pathy-Apathya Palan* in the prevention and treatment of *Arsha*.

There are various *Samanya Hetu* (causative factors) which need to be considering for *Pathy-Apathya Palan* during Management of *Arsha* such as; *Virrudhasan*, *Adhyashan*, *Stree prasang*, *Utkatasan*, *Prustha yaan*, *Vega vidharan* and consumption of *Vidahidravaya*, etc.

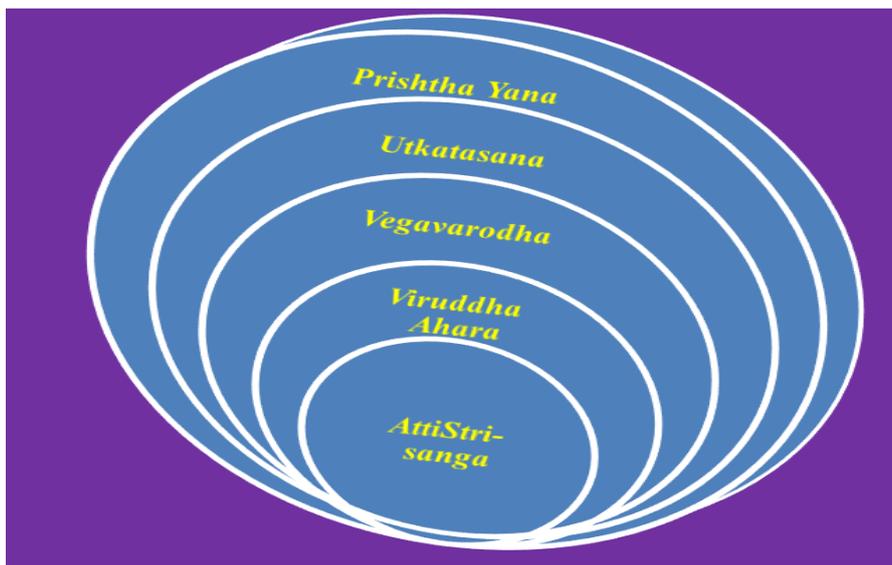


Figure 1: Major causes of Arsha.

**PATHYA FOR ARSHA**

S. No.	Types	Examples
1	Anna Varga	Yava, Rakthashali, Kulattha, Godhuma, Shastika and Priyangu.
2	Ahara Upavarga	Nagara, Palandu and Maricha
3	ShakaVarga	Patola, Vartaka, Shigru, Balamuli, Nimba, Punarnava and Surana.
4	Ksheera Varga	Aja Ksheera and Takra
5	Phala Varga	Kapittha and Amalaki
6	Vihara	Regular exercises; walking, jogging, good conduction of daily & seasonal regimen, proper sleep and Yoga.
7	Asanas	Pawanmuktasana, Shavasana, Vajrasana, Anuloma-Viloma & Kapalbhati.
8	Shatkriyas	Vaman Dhauti

**APATHYA FOR ARSHA**

**Ahara**

- Viruddha Ahara, Guru Ahara, Anupa Mansa, Vishtambhi Ahara, Madhur-amla-lavana rasatmaka and Chilly, etc.

**Vihara**

- Vegavarodha (avoidance of natural urges), Utkatasana (defective sitting posture), Prishtha Yana (long bike riding), AttiStri-sanga (excessive indulgence in sex), seating job.
- Dhumapana, Divaswapna and Maithuna etc.
- Chinta, Krodha, Shoka, Ratrijagaranaa and Dukha Shaiya.

**Importance of Pathya in Arsha W.S.R. to Ahara**

Pathya-Palan pacifies vitiated Doshas, open up Srotasa, improves circulation and boost natural appetite, these all effects together help greatly in Arsha. Consumption of diet suitable to Agni, intake of cold and less spicy digestive materials and food that help in defecation offers symptomatic relief in Arsha. Pathya-Palan nourishes Dhatus, detoxify the body helps to pacify vitiated Vata and improves gastric motility thereby provides beneficial effects in Arsha. Dietary materials

like; red variety of rice, green gram, milk & ghee etc. offers beneficial effects in Arsha.

The diet in proper amount consumed at regular time help in tissue regeneration while faulty diet in less quantity causes malnutrition slow down the natural healing process in Arsha. The appropriate dietary regimen not only offers Tushti but provides Urja and Sukhophhogata, thereby strength of disease get diminished.

**Importance of Pathya in Arsha W.S.R. to Vihara**

Regular exercise like; walking jogging and meditation increases movements of abdomen, provides relief in Manipura chakra, activates the parasympathetic flow, increases blood flow, neutralize acid secretion, relives acidity, boost secretion of digestive juice and stimulates Jatha ragni therefore prevent pathological initiation of Arsha.

Regular habits of defecation and non avoidance of natural urge helps in detoxification process therefore reduces severity of piles and Arsha. Control in psychological stress like; Kaama, Lobha, Krodha, Irsha, Moha, Lajja, Shoka, Manodvega and Bhaya offers relief in Ajirna and Agnimandya thus prevent chances of Arsha.

Good conduction of daily & seasonal regimen, proper sleep and *Yoga* boost physical strength and immunity thereby prevent further infections of hemorrhoids. One should avoid faulty defective sitting posture, long bike riding and excessive indulgence in sex since involvement in such habits can precipitate initial symptoms of *Arsha*.

Similarly *Dhumapana*, *Divaswapna* and *Maithuna* etc. interfere with natural healing process and diminish immunity therefore one should not get involved in such activities.

#### Importance of *Pathya* in *Arsha* W.S.R. to *Asana*

*Vajrasana* improves digestion, circulation and depression etc. therefore help in early healing of *Arsha*. *Vajrasana* after meals helps in the forward movement of ingested foods towards duodenum for further digestion. This forward movement enforced by *Vajrasana* help in early digestions therefore decreases chances of constipation followed by *Arsha*.

*Pawanmuktasana* is another *Asana* help in various pathological conditions, in this *asana* deep breathing increases oxygen intake of the body and provides nourishment to the organs through blood circulation. This *Asana* provide massage to the abdomen area since abdominal muscles are tensed and internal organs are compressed. The enhanced blood circulation stimulates process of tissue regeneration and healing of internal injury like *Arsha*. The increase flow of blood enhances secretion related to *Jatharagni* which correct vitiated *Agni* and constipation. These all effects together help in problem like; *Arsha* and piles.

Similarly *Shavasana* offers physiological and psychological relaxation to the whole body. The impaired digestive system associated with psychological stress can be corrected by *Shavasana*. This *asana* provides benefits of meditation, calmness to the mind and reduces emotional tension therefore prevent stress induce damage of gastric mucosa and fluctuations in the production of gastric secretions, thus relief symptoms of *Arsha*.

#### CONCLUSION

Ayurveda offers various holistic and scientific approaches for the management of different diseases. The evidence based practice and logical reasoning enhances global acceptance of Ayurveda principles. It emphasizes more on diet and daily regimen than use of medicine for the health management. The good conduction of daily regimen and dietary consideration help to maintain normal health status. Considering these all aspects the concept of *Pathya* and *Apathya* described as things to be done or not to be done. *Pathyavyavstha* offers beneficial effects in *Arsha* in a scientific way, *Pathya-Palan* help to maintain *Tridoshic* balances, improves digestion and enhances circulation therefore relief symptoms of *Arsha*. *Arsha* is a problem mainly related with life style and dietary factors. Therefore good

conduction of daily and dietary regimen (*Pathya-Palan*) helps in the prevention and management of *Arsha*.

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