



A CRITICAL REVIEW ON HEMORRHOIDS (ARSHA) & ITS MANAGEMENT

***Dr. Hanumant Mansing Nagawade, Vaidya Nisha Rajendra Khairnar**

Professor, Department of Shalya Tantra*, Swami Vivekanand Ayurvedic Medical College and Research Centre,
Pargaon, Shreegonda, Nagar.

Associate Professor, Department of Panchakarma, Swami Vivekanand Ayurvedic Medical College and Research
Centre, Pargaon, Shreegonda, Nagar.

***Corresponding Author: Dr. Hanumant Mansing Nagawade**

Professor, Department of Shalya Tantra, Swami Vivekanand Ayurvedic Medical College and Research Centre, Pargaon, Shreegonda, Nagar.

Article Received on 18/06/2020

Article Revised on 08/07/2020

Article Accepted on 28/07/2020

ABSTRACT

Haemorrhoids or Piles or Arsha are unique to human beings. Arsha (Haemorrhoids) is clinically an engorged condition of haemorrhoidal venous plexus along with abnormally displaced enlarged anal cushion. The term haemorrhoids is popularly used to refer for pathological varicosity of the haemorrhoidal veins due to increased pressure, is usually resulted by straining during defecation, chronic constipation or diarrhoea, pregnancy etc. Arsha (piles) is one of the commonest diseases of ano-rectal region which is included under the Asthamahagada (eight great diseases). Arsha (Piles) is an extremely common problem and it has been reported since thousands of years and its prevalence rate is highest among all anorectal disorders. In modern medical science, many procedures are described for management of hemorrhoids, of which hemorrhoidectomy is commonly preferred by surgeons, but after sometime of excision there is great possibility of reappearance of the disease. The faulty dietary pattern and lifestyle, anatomical deformities and hereditary factors are the important etiological factors of this disease. In Ayurveda Acharya Sushruta has given a unique order in the management of Arshas, 1) Bheshaj Chikitsa (Medical management) 2) Kshara Chikitsa (Alkaline management) 3) Agni Chikitsa (Thermal cauterization) and 4) Shahstra Chikitsa (Surgical management).

KEYWORDS: Arsha, Asthamahagada, Piles, Hemorrhoids, Bheshaj Chikitsa, Kshar Karma Kshar Sutra, Agni Karma etc.

INTRODUCTION

Ayurveda has immense potential to solve many challenging and unsolved problems of the medical world among them Arsha is one such grave disease. Arsha is being described by all the classics of Ayurveda. Acharya Sushruta even placed this disorder in the "Ashta Mahagada" (Eight grave diseases). Arsha occurs in Guda region, which is undoubtedly a Marma, and it is well known for its chronicity and difficult management. This shows the gravity of the disease. Haemorrhoids are progressively increasing in the society. It is manifested due to multifold factors viz. disturbed life style 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 Vata Dosha. These vitiated Doshas get localized in Guda Vali and Pradhana Dhamani which further vitiates Twak, Mansa, and Meda Dhatus due to Annavaha shrotodushti leads to development of Arsha. Hemorrhoids often described as "varicose veins of the anus and rectum", hemorrhoids are enlarged, bulging blood vessels in and about the anus and lower rectum. Hemorrhoids are usually found in three main locations:

left lateral, right anterior and right posterior portions. They lie beneath the epithelial lining of the anal canal and consist of direct arteriovenous communications, mainly between the terminal branches of the superior rectal and superior hemorrhoidal arteries and to a lesser extent, between branches originating from the inferior and middle hemorrhoidal arteries and the surrounding connective tissue.

Definition of arsha (Hemorrhoids)

Hemorrhoids in Ayurveda is called as ARSHA. It is defined as "ARIVAT PRANAN SHRINOTI HINASTI ITI ARSHAH". A disease which tortures patients vital force (Prana) as enemy is called as Arsha.

Hemorrhoids, emerods, or piles are swelling and inflammation of veins in the rectum and anus. The anatomical term "hemorrhoids" technically refers to "Cushions of tissue filled with blood vessels at the junction of the rectum and the anus."

Etymology of arsha (Hemorrhoids)

Neglect of proper diet and lifestyle habits ends in reducing digestive fire (Agni) or making it abnormal called Mandagni. It means inability to digest food material with proper pace and time leading to accumulation or stagnation of half digested food material (Aama) in the form of stool inside, or expelling it before time in watery or semisolid form, which disturbs Doshas at anorectal region.

Causes

The exact causes of symptomatic hemorrhoids are unknown. A number of factors are believed to play important role including;

1. Nutritional factor (a low-fiber diet)
2. Irregular bowel habits (constipation or diarrhea)
3. Prolonged sitting
4. Increased intra-abdominal pressure (prolonged straining, an intra-abdominal mass, or pregnancy), genetics, absence of valves within the hemorrhoidal veins.
5. Lack of exercise
6. Aging.

Signs & symptoms of arsha

Appearance of fleshy swelling (Mansaankura) in the anus, obstruction to the passage of gases, pain particularly on defecation, diminished appetite and constipation are the general signs and symptoms of Arsha.

In addition to these, following are the specific symptoms of Shushk Arsha (Dry piles) and Sravi Arsha.

- i. Shushk Arsha: The piles which generally do not bleed is known as Shushk Arsha. This type of piles occur due to the dominance of Vayu and Kapha
- ii. Sravi Arsha: Sravi Arsha is piles which occur due to the dominance of Pitta and Rakta. In this condition patient passes suddenly streaks of bright red blood with the stool. Sometimes it may bleed profusely leading to the complications like anaemia.

Classification of arsha (Piles)

There are different opinions of Acharya regarding the classification of Arsha:

➤ On the basis of the predominance of dosha

1. Vataj 2. Pittaj 3. Kaphaj 4. Raktaj 5. Sannipataj 6. Sahaj

➤ On the basis of the origin

1. Sahaja
2. Janmottarakalaja

➤ On the basis of the character of bleeding

1. **Ardra (Sravi)** - Bleeding piles due to vitiation of Rakta and Pitta Dosha.
2. **Shushka** - Non bleeding piles due to vitiation of Vata and Kapha Dosha.

➤ ON THE BASIS OF PROGNOSIS

1. Sadhya (Curable)
2. Yappa (Palliative)
3. Asadhya (Incurable)

Sadhya variety: If Arsha is located in the Samvarani vali and is of single Doshika involvement and not very chronic.

Yappa variety: 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.

Asadhya variety: Sahaja Arsha and if caused by the vitiation of three Doshas and if the Arsha is situated in the Pravahini Vali, than it is incurable. In addition to this if the patient develops oedema in hands, legs, face, umbilical region, anal region, testicles or if he suffers from pain in the cardiac region, it is also considered as incurable.

➤ On the basis of prolapse

1. **1st degree** hemorrhoids are those which bleed but do not prolapse outside the anal canal.
2. **2nd degree** hemorrhoids are those which prolapse outside the anal canal during defecation and reduce spontaneously its self.
3. **3rd degree** hemorrhoids are those which prolapse outside the anal canal during defecation and goes back manually.
4. **4th degree** hemorrhoids are those which permanently prolapse outside the anal canal.

➤ On the basis of anatomical position

1. **Internal hemorrhoids:** It originates above pectinate line and covered with mucous membrane.
2. **External hemorrhoids:** It originates below pectinate line and covered with skin.
3. **Interno-external hemorrhoids:** The above two variety may coexist simultaneously.

Pathophysiology of hemorrhoidal disease

The exact pathophysiology of hemorrhoidal development is poorly understood. For years the theory of varicose veins, which postulated that hemorrhoids were caused by varicose veins in the anal canal, had been popular but now it is obsolete because hemorrhoids and anorectal varices are proven to be distinct entities. There are typically three major anal cushions, located in the right anterior, right posterior and left lateral aspect of the anal canal, and various numbers of minor cushions lying between them. The anal cushions of patients with hemorrhoids show significant pathological changes. These changes include abnormal venous dilatation, vascular thrombosis, degenerative process in the collagen fibers and fibroelastic tissues, distortion and rupture of the anal subepithelial muscle. In addition to the above findings, a severe inflammatory reaction involving the vascular wall and surrounding connective tissue has been

demonstrated in hemorrhoidal specimens, with associated mucosal ulceration, ischemia and thrombosis.

Prevention

- Fluids emitted by the intestinal tract may contain irritants that may increase the fissures associated with hemorrhoids. Washing the anus with cool water and soap may reduce the swelling and increase blood supply for quicker healing and may remove irritating fluid.
- Prevention of hemorrhoids includes drinking more fluids, eating more dietary fiber (such as fruits, vegetables and cereals high in fiber), exercising, practicing better posture, and reducing bowel movement strain and time. Wearing tight clothing and underwear may also contribute to irritation and poor muscle tone in the region and promote hemorrhoid development.
- Many people do not get a sufficient supply of dietary fiber (20 to 25 grams daily), and small changes in a person's daily diet can help tremendously in both prevention and treatment of hemorrhoids.

Management of hemorrhoidal disease

Ayurvedic management

➤ Bhesaja chikitsa

1. Prevention of constipation - Laxative- Triphala Churna, Panchasakar Churna, Abhayaarista.
2. Rakta Stambhak - Bol Baddha Rasa, Bol Parpati, Kukutandatwak Bhasma, Praval Pisthi.
3. Deepan Pachan - Chitrakadi Vati, Lavan Bhaskar Churna, Agnitundi Vati.
4. Hot sitz bath - Tankan Bhasma, Sphatic Bhasma, Triphala Kwath, Panchawalkal Kwath.
5. Vran Ropak - Jatyadi Tail, Nirgundi Tail.
6. Vednahar - Madhuyastyadi Tail, Triphala Guggulu. Arshoghna-Sooranpak, Arshakuthar Rasa, Shigru guggulu.

➤ Ksharkarma

Involves the applying of a sclerosing agent, such as Apamarg Kshar, Snuhi Kshar, into the hemorrhoid. This causes the vein walls to collapse and the hemorrhoids to shrivel up.

➤ Kshar sutra ligation

It is a Parasurgical measure which excises the pile mass gradually by the virtue of mechanical action and chemical cauterization. Acharya Sushruta has advocated Kshar Sutra in the management of Nadvirana and Bhagandara. But regarding the method of preparation of Kshar Sutra, Acharya Chakrapani in his treatise Chakradutta, gave a brief description for management of Arsha, using the latex of Snuhi and Haridra powder.

➤ Agni karma

It is an important Para surgical method and is still used extensively in surgical practice in modified form by way of electric heat cautery and freezing. Direct treatment of

any lesion by Agni Karma is regarded superior than other surgical and parasurgical measure because of its capacity to destroy the diseased tissues completely and its wide applicability even of lesions incurable by other measure. Agni Karma is indicated in rough, fixed, broad and hard types of masses and mainly in Vataj and Kaphaj Arsha. Those patients suffering from prolapsed and third degree piles can be treated with Agni. Agni karma is contra - indicated in Raktaj and Pittaj type of Arsha.

➤ Shastra karma

Shastra Karma is indicated in pedunculated, big, and discharging Arshas. The preoperative measures should be well taken. The Chedana Karma of Arsha should be done with the help of sharp instruments like Mandalagra, Karapatra, Nakhashstra, Mudrika, Utpalapatra and Ardhadhara in shape of semilunar incision. After Chedana Karma, if needed, Agnikarma should be immediately applied in case of any remnant or to arrest the active bleeding or secondary oozing of the blood vessels. The procedure of Kavalika placement followed by the Gophana Bandha should be performed. This whole procedure seems like conventional open haemorrhoidectomy or to say the ligation and excision procedure performed in recent times.

Modern management

The treatment of haemorrhoids can be divided into 3 parts according to their degree and local condition.

1. Medical Treatment
2. Para Surgical Treatment
3. Surgical Treatment

Medical treatment

Here is the list of some prescriptions for symptomatic relief with topical preparations:-

- Bland, soothing preparations like allantoin, bismuth oxide, bismuth subgallate etc.
- Anaesthetic preparations like ointment lidocaine etc.
- Anti-inflammatory agents like Diclofenac sodium in combination with steroids like hydrocortisone.
- Hot sitz bath.
- Various laxatives like liquid paraffin, milk of magnesia, sodium picosuphate, and lactulose solution along with bulk forming agents like isabagul are widely used to treat constipation.

Para surgical treatment

1. Injection Treatment (Sclerotherapy)
2. Barron Band Ligation
3. Anal Dilatation
4. Cryo Surgery
5. Laser therapy

Surgical treatment

- Open hemorrhoidectomy
- Closed hemorrhoidectomy
- Stapled hemorrhoidectomy

Apathya in arsha

Chilies, Fried Foods, Maida product, Non-Veg, Paneer, Constipating foods, Constant sitting, Excessive Pressure in defeacation.etc.

Pathya in arsha

Cow milk, Butter, Buttermilk, Wheat, Ghee, Rice, Green vegetable, Regular sleep, Exercise, Regular diet, Non suppression of natural urges etc.

CONCLUSION

Arsha is a very terrible condition, patient is afraid of defecation because of pain with bleeding per rectum. Arsha is a problem related to life style, age, occupation and dietary factors. The person who follows the ideal living pattern as described in Ayurveda classics can live disease free healthy life. Moreover, patient becomes very anxious after observing pan full of blood. Thus, Ayurveda definitely has immense potential to manage all stages of Arsha.

REFERENCES

1. Kukreja Ajit Naniksingh Anorectal Surgery Made Easy. New Delhi; Jaypee Brothers Medical Publishers (P) Ltd. Replika Press Pvt.Ltd, 2013; 307.
2. Chaturvedi Gorakha Nath and Shastri Kasinath Charak samhita (Chikitsa sthana). Varanasi: Chaukhambha Bharati Academy, 2011; 416.
3. Chaturvedi Gorakha Nath and Shastri Kasinath Charak samhita (Chikitsa sthana). Varanasi: Chaukhambha Bharati Academy, 2011; 419.
4. Chaturvedi Gorakha Nath and Shastri Kasinath Charak samhita (Chikitsa sthana). Varanasi: Chaukhambha Bharati Academy, 2011; 46-50.
5. M Sriram Bhat SRB's Manual of Surgery New Delhi; Jaypee Brothers Medical Publishers (P) Ltd;2013. p. 1042.
6. Chaturvedi Gorakha Nath and Shastri Kasinath Charak samhita (Chikitsa sthana). Varanasi: Chaukhambha Bharati Academy, 2011; 430-433.
7. B.D. Chaurasia human anatomy New Delhi; CBS Publications, 2004; 381-383.
8. Chaturvedi Gorakha Nath and Shastri Kasinath Charak samhita (Chikitsa sthana). Varanasi: Chaukhambha Bharati Academy, 2011; 416.
9. S. Das A Concise text book of surgery Kolkata; Dr. Published by S. Das. 13, Old Mayor's Court, 2014; 1075-1076.
10. S. Das A Concise text book of surgery Kolkata; Dr. Published by S. Das. 13, Old Mayor's Court, 2014; 1077.
11. Chaturvedi Gorakha Nath and Shastri Kasinath Charak samhita (Chikitsa sthana). Varanasi: Chaukhambha Bharati Academy, 2011; 419.
12. Shastri Kaviraja Ambikadutta Sushrutasamhita (Sutra Sthaana). Varanasi: Chaukhambha Sanskrit Sansthan, 2010; 163.
13. Shastri Kaviraja Ambikadutta Sushruta samhita (Nidana Sthaana). Varanasi: Chaukhambha Sanskrit Sansthan, 2010; 306.
14. Shastri Kaviraja Ambikadutta Sushruta samhita (Nidana Sthaana). Varanasi: Chaukhambha Sanskrit Sansthan, 2010; 310.