

**A REVIEW OF LITERATURE ON ARSHA (HAEMORRHOIDS) WITH SPECIAL
REFERENCE TO AYURVEDA AND MODERN****Dr. Shivanand Fulaji Kawane***

Associate Professor in the Department of Shalyatantra At Ramrao Patil Ayurved College, Purna. Parbhani.

***Corresponding Author: Dr. Shivanand Fulaji Kawane**

Associate Professor in the Department of Shalyatantra At Ramrao Patil Ayurved College, Purna. Parbhani.

Article Received on 28/03/2025

Article Revised on 17/04/2025

Article Accepted on 07/05/2025

INTRODUCTION

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. The faulty dietary pattern and lifestyle, anatomical deformities and hereditary factors are the important etiological factors of this disease. Nearly half of the population generally experience one hemorrhoidal episode at some point during their lives. Arsha (Hemorrhoids) is clinically an engorged condition of hemorrhoidal venous plexus along with abnormally displaced enlarged anal cushion, characterized by inflamed or prolapsed pile mass, bleeding per rectum and some discharge from anus. 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. Lifestyle related factors are mainly thought to be caused of increasing prevalence of haemorrhoids (Arsha). Although haemorrhoids are not fatal, physical and psychological discomfort related with various symptoms. Prevalence of haemorrhoids in routine OPD of institutional hospital which is located at eastern crowded side of metropolitan city of Maharashtra is 30.10%, among these very few patients required surgical treatment. Other patients were treated by conservative treatment methods, as described in Ayurveda. Dilated tortuous veins i.e. varicosity of the vein of anal canal is known as haemorrhoids. Causes of haemorrhoids - cirrhosis of liver, thrombosis of portal vein, abdominal tumors, pregnancy, carcinoma of rectum etc. any organic condition leading to portal hypertension, idiopathic causes, Heredity, Constipation, Diet etc. Clinical features of haemorrhoids are bleeding per rectal, discharge, pain, anal irritation. The wide description of haemorrhoid (Arsha) including treatment available in the classics, Shushruta and another Acharyas considered arsha as one among the Ashtomahagadas because of its chronicity, site of origin, difficulty in management and its complications. It occurs in Guda Pradesh, the seat of Sadya Pranharama which requires careful management.

Kshara chikitsa has been practicing from ancient era. This is described by Acharya Shushruta very elaborately. Every plant produces kshara after burning whole plant where oxidation action happened and which is an alkaline in nature. Though every plant is capable of producing kshara, there are twenty two plants which are described in Sushruta samhita. Kshara is applied to those haemorrhoids which are soft (Mrudu), broad (prasuta), bulged up (ucchitrani), deeply situated (aavgadh). As per available treatment modalities, Kshara karma is one of them. Kshara is used in various form like Kshara sutra, local application of Kshara (Pratisarniya kshara), internal use of kshara (panneya kshara). Through Arsha is thridoshaja vyadhi these are again divided into five types according to their dosha dominance. Before applying Kshara Vataja dominance Arsha (haemorrhoids) area should be scraped out, in Pittaja area should be rubbed, in Kaphaja small incision should be taken on haemorrhoids.

Ayurveda being a science of life is more than capable of providing a safe and effective line of treatment for Arsha (haemorrhoids). Ancient literature is rich with variety of formulations, but in case of haemorrhoids (Arsha) our acharyas didn't stop only till formulations but they suggested a procedure like Bhesaja, Kshara, Agni and Shastrakarma according to severity of disease and Raktamokshana too which have its six types i.e. Shring, Jalauka, Aalabu, Suchi, Pracchan and Siravedh according to condition of patients. According to Sushrutacharya, Raktavistravan is done by two methods i.e. with the help of Shastra & without help of Shastra. Raktavistravan with the help of Shastra is subdivided in two types - Pracchan and Siravyadha. Dushit Rakta dhatu located at any part of body superficially is treated by Pracchan karma, clotted blood is drained by Shringadi and dushit Rakta dhatu is treated by Siravyadha. Draining of dushit Rakta dhatu may be improving the symptoms like pain, disease intensity is seen.

REVIEW OF AYURVEDIC LITERATURE

Arsha is dreadful disease and difficult to treat since ancient times and hence it include as "Mahagada." "Haemorrhoids" or "piles" are a disease which is described in Brihatrayee as "Arsha."

ARSHA VYADHI

Vitiated dosha produce various overgrowth of mansa from tvaka, mansa and meda at various sites like anus, nose etc. known as "Arsha" but the present context deals only with the "Arsha" occurring in Guda only.

ETYMOLOGY

The word Arsha is derived from the root word Ru-gatau after the suffix Asuna which means to take life.

SYNONYMS

- According to symptoms - Arsha
- According to site - Gudaj
- According to appearance - Gudakilak, Gudankur
- According to severity - Durnama, hatnama
- According to origin - Adhimansa

DEFINITION OF ARSHA

The excrescent growth of Mansa occurring in the guda vali alone are referred as arsha, by obstructing the anal canal these growth of mamsa produce sever pain or troubles to human like an enemy.

Purvarupa

Annaashradha, krichatpkti, Amlika, paridaha, vishtambha, pipasa, saktisadan, aat op, karshya, udgarbahulya, akshishoth, antrakunjan, gudaparikartan, pandu, gra hani, shosh, kas, shwas, bhrama, tandra, nidra, indriya dourbalya.

Roopa

Sushruta and Vagbhata say that after complete development of Arsha the marked appearance of poorva roopa itself is roopa of arsha and also they described the types of arsha in details.

According to Acharya Vagbhata the Samanya roopas of Arsha are given below.

- **Subjective general symptoms:-** Agnimandya, Asya-vairasya, Arochak, Ashtiparva shool, vankshana shool, Hrudy shool, Nabhi shool, payu shool, Angamarda, Klama, kshaam – bhinnaswara, krushta, hatotsah, deenata, Asaarata, kantiheen, jwar, swasa, kaas, sarakta-shtheevana, timir, baadhira, peenasa, pipasa, klaibya, vaman, vishthambha, pandu, shoth, vaivarnya, kwachit Amla/ haarit/ rakta/ pandu/ pitta/ vibhandhi- malpravrutti.
- **Objective general symptoms:-** Acharya Charaka has described the general different size and shape of Arsha, which are similar to – Sarshap masur, maasha, muddga, makusthaka, yava, kalay- pinda, tintikera, kembuka, tinduka, karkandhu, kakantika, bimbee, badar, kareena, udumbara, kharjura, jambooka, gostana, angustha kashruka, shrugataka,

shruga, shika- tunda/ jimha, shikhee-tunda jivha daksha- tunda,/ jimha, padmamukul- karnika.

Samprapti of Arsha

Due to hetu (like virudhdha – Aahara, adhyashana, stree-prasanga, utkatasan, prustha –yan, veg-vidharan etc.) dosha prakop occurs. The main hetu is mandagni, which is mentioned as „Visheshto Mandagne. These prakupeet doshas alone or all together with or without Rakta, enters in the pradhan dhamani (main channel), goes downward and reaches at Guda. By vitiating the Gudavalis, produces the mansa-prarohas are known as Arsha.

Acharya Charak and Vagbhata also support this description.

Upadravas: Badhdhagudodar, Udavarta.

CHIKITSA OF ARSHA

Arsha must be treated as early as possible otherwise complications may develop. So many remedies of arsha are mentioned in various Ayurvedic texts. According to Sushruta samhita, the management of Arsha has been classified as aushadhi- chikitsa, ksharkarma, agnikarma and Shastrakarma. Acharya Charaka also mentioned such management but only aushadhi chikitsa has been described in detail.

Discussion on Ksharkarma

INDICATIONS OF KSHARKARMA

- Pratisarniya Kshara
- ✓ Arsha – Haemorrhoids
- ✓ Bhagndara - Fistula in ano
- ✓ Nadi Vrana - Sinuses
- ✓ Upjivha, Adhijivha - Oral disease
- ✓ Charmakila - Warts
- ✓ Tilkalak, Nyacha - Moles.

INDICATIONS OF PAANEYA KSHARA

- ✓ Visha, Udar roga, Gulma
- ✓ Agnisang, Ajeerna, Ashmari
- ✓ Arochak, krumi, antar vidradhi etc.

CONTRAINDICATIONS OF KSHARA KARMA

Durbala, Balak, Vrudhha, Garbhini, Rajaswala, Jwar vegi, prarnehi, Pandurogi, Atisara, after vaman and virechana.

EXTERNAL APPLICATION OF KSHARA

Ksharas are applied on the body surface. Symptoms of proper application are relief from Pain and Cessation of discharge. After application of kshara, neutralize the kshara by acidic substances i.e. Lime juice.

Symptoms suggesting inadequate action of kshara application.

- ✓ Burning
- ✓ Redness
- ✓ Fainting (Dizziness)

- ✓ Drowsiness Treatment for the symptoms should be done immediately

COMPLICATIONS OF KSHAR KARMA

Kshara must be applied very carefully at anus, otherwise following complications may occur. Napunsakata (sterility), Shooth, Daaha, Moorcha, Aatopa, Anaha, Atisara, Pravahana, Death.

CONCLUSION

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. Consuming food lacking fibre content, faulty food habits, abnormal body posture, complicated delivery, repeated abortion, psychological imbalances and physical injury to anal region are some important factors highlighted in Ayurveda classics for the manifestation of Arsha (piles). It is a very terrible condition, patient is afraid of defecation because of pain with bleeding per rectum. Therefore, Ayurveda definitely has immense potential to manage all stages of Arsha successfully without any complications.

REFERENCES

1. Chaturvedi Gorakha Nath and Shastri Kasinath Charak samhita (Chikitsa sthana). Varanasi: Chaukhambha Bharati Academy, 2011; 419.
2. Gahunge Pankaj Manikrao, Shinde Ashashri Tulsiram, Kambale Yogendra Dayanand, Panja Asit kumar, Meena Kedar Lal, The Role of Diet and Lifestyle in Preventing Arsha, Int. J. Res. Ayurveda Pharma, may-june 2012; 3(3).
3. Riss S, Weiser FA, Schwameis K, Riss T, Mittlbock M, Steiner G, et al. The Prevalence of Haemorrhoids in Adults. Int J Colorectal Dis, 2012; 27: 215-220.
4. F. Charles Brunnicardi, Schwartz's Principles of Surgery, published by McGRAW-HILL medical publishing division new Delhi, printed in 2005 for Eighth Edition, p.no.-1101.
5. Dr.S Das, A Consise Textbook of Surgery, Published by Dr. S. Das Calcutta, reprinted in, july 2012 for 7th edition p.no.-1058.
6. Yadavji Trikamji Acharya and Narayan Ram Acharya Sushrut Samhita, Sutrasthan, chapter 33 verses 4, reprint edition, Varanasi, Chaukhambha Surbharti Prakashana, 2008; p-144.
7. Dr A.R. Sharma, Shushrutsamhita, Published by Chaukhamba Sanskrit Sansthan, Varanasi, reprinted in (9th)2009 Shushru, Su.Sha.6/10, p89.
8. Dr. Ganesh Krushna Garde, Sartha Vagbhata, published by Chaukhambha Surbharti Prakashana Varanasi, reprinted, 2014, (aa.h.ni.6/1), page no.-271.
9. Sushruta samhita of Maharsi Sushruta- Sutrasthan- in edited with Ayurveda Tatva Sandipika By Kaviraj Ambikadutta Shastri,- ShonitVarnaniya Adhyaya- Rakta Utapatti, Gun, Karma, Raktadosha, Dushti hetu, Lakshane, Chikitsa, Edition Reprinted 2010, Choukhamba Sanskrit SansthanVaranasi 221001 page no- 71
10. Dr A.R. Sharma, Shushrutsamhita, Published by ChaukhambaSanskrit Sansthan, Varanasi, reprinted in (9th)2009 Shushrut,(su.ni.2/4) p- 474-475.
11. Vd. Vijay Shankar Kale, Charak Samhita, published by Chaukhamba Sanskrit Pratishthan Dilli, Edition Reprinted, 2013; Ch.su.24/18, p-330.
12. Shastri Kaviraja Ambikadutta Sushruta samhita (Nidana Sthaana). Varanasi: Chaukhambha Sanskrit Sansthan, 2010; 306.