

**ROLE OF AYURVEDA IN THE MANAGEMENT OF ARSHA (HEMORRHOIDS): A SINGLE CASE STUDY****Dr. Ravindra B. Ghayate<sup>\*1</sup>, Dr. Sandip Lanje<sup>2</sup> and Dr. Rakesh Bhongade<sup>3</sup>**<sup>1</sup>Associate Professor Department of Panchakarma, Shiva Trust Yashwantrao Chavan Ayurved College, Aurangabad, Maharashtra, India.<sup>2</sup>Professor, Department of Rachana Sharir, Krishna Ayurved College, Vadodara, Gujarat.<sup>3</sup>Professor Department of Panchakarma, Sanskriti Ayurved College and Hospital, Mathura, U.P, India.**\*Corresponding Author: Dr. Ravindra B. Ghayate**

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**ABSTRACT**

Arsha (Hemorrhoids) are the enlargement of blood vessels of anal canal. Hemorrhoids are the common problem now a days due faulty lifestyle follows. The symptoms of hemorrhoids are pain during defecation, swelling of anus, bleeding and burning pain during defecation, constipation, abdominal discomfort. In ayurved Hemorrhoids comes under the gudgat vyadhi. Arivat pranani kilani means pain like enemy is the nirukti of Arsha vyadhi. In present Case Study of 64 year male Patients having symptoms of Gudapradeshi Daha (Burning at anal region), Gudapradeshi vedana (Pain at anal region), Saraktmalpravrutti (Bleeding during defecation), Malavstambh (Constipation). Diagnosis done as an Arsha (Hemorrhoids) undergo the Ayurveda Shaman treatment with Sitz bath for 15 days. After 15 days Patients were much relieved. Present Case Study is to Aim to study the Hemorrhoids (Arsha) in Ayurveda perspective and observed the result with Ayurveda medicine.

**KEYWORDS:** Arsha, Hemorrhoids, Ayurveda.**INTRODUCTION**

Arsha (Hemorrhoids) defines as 'Arivat pranani shrinoti ho nasti iti arsha' A Disease in which torture patients vital force (prana) like enemy's. Arsha is common problem now a days. It has been described from the beginning of medical history. Sushrut was first Acharya who described arsha in details. Apart from its causes, type, sign and symptoms. He had also described its many fold of treatment from which the importance and prevalence of these diseases in the past can be interfered. Arsha (Hemorrhoids) are divided into two categories i: e 1) Internal and 2) External piles. Internal hemorrhoids means it is within the anal canal and it is covered by mucus membrane. External hemorrhoids is situated outside the anal canal and it is covered by skin. When both conditions co-exist the condition called as intero-external hemorrhoids.

**CASE STUDY**

A 64 year Male Patient came in OPD with the symptoms of Gudapradeshi vedna (Pain at anal region), Gudadaha (Burning at Anal region), and Saraktmalpravrutti (Bleeding during defecation) Difficult to seat Malavstambh (Constipation) Gudakandu (Itching at Anus).

**History of Present Illness**

Patient was apparently alright 6 month before. Around 20 days before he had hard stool. Gradually developed the symptoms of Gudadaha (Burning at Anal region), Gudapradeshi Vedana (Pain at anal region), Saraktmalpravrutti (Bleeding during defecation), Difficult to seat, Gudakandu (Itching).

**Past history**

HTN - Known case DM - Non diabetic  
CVE - No history stroke in past  
IHD - No history of IHD  
TB - No history of TB  
BA - No history of bronchial asthma  
Personal history  
Marital status - Unmarried Smoker - NAD  
Tobacco - No history  
Alcohol - NAD  
Family history  
Father - HTN  
Mother - NAD

**O/E (On Examination)**

GC - Fair Pulse -78/min Bp - 120/80 mm/Hg Spo2 - 99  
RR - 20 Pallor - Absent Icterus - Absent.

Asthvidh pariksha Nadi - Vata-Pitta Mala - Malavstambh, Saraktmalpravrutti Mutra - Prakrut Jiva - Sam Shabd - Prakrut Sparsh - Ushna Druka - Prakrut Aakruti - Madhyam.

### S/E (Systemic examination)

RS - AE=BS, CVS - S1S2 Normal, CNS - Conscious Oriented, GIT - Liver, Spleen, Kidney not Palpable P/R Gudavrana with 2 nd Degree piles mass at 11 O' clock position present.

### RESULT

Sr. no.	Symptoms	Before Treatment	After Treatment 7 Days	After Treatment 15 Days
1	Gudapradeshi Vedna (Pain at anal region)	++++	++--	----
2	Gudapradeshi Daha (Burning at Anal region)	++++	+---	-----
3	Saraktmalpravrutti (Bleeding during defecation)	++++	-----	----
4	Malavstambh (Constipation)	++++	-----	----

### DISCUSSION

Hemorrhoids are described as "Varicose Veins of the Anus and Rectum", It found in three main locations: left lateral, right anterior and right posterior portions. Hemorrhoids are progressively increasing in the society. It is manifested due disturbed lifestyle or daily routines, improper or irregular diet intake, prolonged 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. In order to prevent the Arsha vyadhi and its further complication pathya-apathya strictly followed. In Ayurveda its treatment has been described in four types. Aushadhi chikitsa, Agnikarma, Kshar and lastly Surgery. This depend upon chronicity and type of Arsha which chikitsa has to be done. The chances of recurrence is also increasing due to faulty lifestyle follows. The mass awareness in the community about prevention of Arsha vyadhi is needed.

### Action of medicine

#### 1) Vaishwanar churna

Saindhava lavana (Rock salt), Yamani (Trachyspermum ammi), Ajamoda (Trachyspermum Roxburghianum), Nagara Ginger (Zingiber officinalis), Haritaki (Terminalia chebula). Vaishwanar Churna has Agni Vardhak as well as Vatanuloman Property.

#### 2) Kanchar guggulu

Kanchar (Bauhinia variegata) bark, ginger, black pepper, long pepper, Haritaki, bibhitaki, amalaki (The combination of triphala), Varuna (Crataeva nurvala bark), cardamom, Cinnamon, and Guggulu resin in equal amounts. It has Vatahar property. Shot (Inflammation) and Gudapradeshi Daha (Burning pain at anal region) can be managed with Kanchar Guggulu.

### MATERIAL AND METHODS

Presenting Complaints of Patient Treatment advice along with Pathyapathya and Sitz bath.

Name of drug Dose of Drug Kala Frequency and Anupan  
1 Kanchar Guggulu 2 Tab After Food twice a day with lukewarm water  
2 Vaishwanar Churna 4 Gm. After Food Twice a day with Takra (Buttermilk), 3 Jirakadyarishtam 15 ml After Food Twice a day with lukewarm water

### 3) Jirakadyarishtam

Jiraka (shveta Jiraka) Cuminum cyminum Guda Jaggery, Dhataki Woodfordia fruticosa, Shunthi Zingiber Officinale, Jatiphala Myristica fragrans, Mustaka (Musta) Cyperus rotundus, Tvak Cinnamomum zeylanicum, Ela (Sukshmaila) Elettaria cardamomum, Patra (Tejapatra) Cinnamomum Tamala, Nagakesara Mesua ferrea, Yamanika (Yavani), Trachyspermum Ammi, Kakkola (Kankola) Piper cubeba, Devapushpa (Lavanga) Syzygium aromaticum Jirakadyarishtam is Deepan, Pachan in action. It is proper the Apan vayu. It has Carminative, Digestive Property.

### CONCLUSION

From this Study It is clear that Arsha Cases Can be managed with Ayurveda treatment in Initial Stage. Change in lifestyle and healthy diet is very important in the management of Arsha (Hemorrhoids). This is a Single Case Study large Scale Case Study needed with this Ayurveda treatment.

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