

CRITICAL REVIEW ON ARSHA ROGA AND ITS MANAGEMENT

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Abstract- Hemorrhoids is a commonest problem due to modern lifestyle. Half of the humans generally experience one hemorrhoidal episode at some point during their lives. Hemorrhoidal term generally refer for pathological viscosity of the hemorrhoidal veins due to increase pressure. Acharya Sushruta has described Arsha causes, types, sign and symptoms and treatment. The faulty dietary pattern and lifestyle, anatomical deformities and hereditary factors are the important etiological factors of this disease. It is characterized by inflamed or prolapsed pile mass, bleeding per rectum and some discharge from anus. Management of arsha described in detail in Ayurveda like Bheshaj (medicines), Kshar karma (Application of alkaline paste), Agni karma (Heat burn Therapy) and Shastra kalpana (surgical intervention)

Keywords: Arsha, Hemorrhoids, kshar karma

INTRODUCTION

Arsha is being described by all the classics of Ayurveda. Acharya Sushruta even placed this disorder in the “Astha 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. It can be included as one of the lifestyle disorder caused due to sedentary lifestyle. These become swollen and inflamed causing pain and rectal bleeding while defecation. Incidence of haemorrhoids can occur at any age and can affect both the sexes. It has been estimated that at least 50 % of the individuals over the age of 50 years will have, at some point, experienced symptoms related to haemorrhoids. ^[1]The main cause of anorectal disorders is the irrationality of jatharagni, which further leads to constipation increases the back pressure into the haemorrhoidal veins to produce piles.

MATERIAL AND METHOD

Cause of Arsha (Hemorrhoids)^[2]

- ✓ Chronic constipation
- ✓ Dietary habit irregular and lack of fiber intake, incompatible diet.
- ✓ Pressure of anal canal –prolonged standing and sitting, horse riding, improper sitting etc.
- ✓ Hereditary – It is mostly seen in members of the same family, mostly due to congenital weakness of the vein walls.
- ✓ Habits- suppression of natural urges, excessive sexual indulge etc.
- ✓ Secondary cause-pregnancy, abdominal tumours, carcinoma of rectum etc.

CLASSIFICATION OF ARSHA (PILES)

There are different opinions of Acharya regarding the classification of Arsha

- a) On the basis of origin^[3]
 1. Sahaja
 2. Janmottarakalaja
- b) On the basis of the character of bleeding^[4]

Ardra (Sravi)- Bleeding piles due to vitiation of Rakta and pitta Dosha.
Shushka- Non bleeding piles due to vitiation of vata and kapha dosha.
- c) On the basis of predominance of dosha:^[5]

Vataj	Raktaj
Pittaj	Sannipataj
Kaphaj	Sahaj
- d) On the basis of prognosis^[6]
 1. Sadhya (Curable)
 2. Yasya (Pallative)
 3. Asadhya (Incurable)
- e) On the basis of Position^[7]
 1. Internal
 2. External

- f) On the basis of symptoms^[8]
- Grade 1: No prolapses. Just prominent blood vessels.
 - Grade 2: Prolapses upon bearing down but spontaneously reduce.
 - Grade 3: Prolapses upon bearing down and require manual reduction.
 - Grade 4: prolapsed and cannot be manually reduced.

Sign and symptoms of arsha (Hemorrhoids) ^[9]

Sr. no.	Dosha	Lakshana
1.	Vataj	Hard, painful, various shapes with irregular surface of various colour of fleshy masses, dry hard, painful defecation
2.	Pittaj	Bluish red in colour, severe burning sensation during defecation , faintness, shock
3.	Kaphaj	Oval, smooth, fleshy masses which generally do not bleed, severe pruritis, mucous discharge
4.	Raktaj	Fleshy masses which cause immense blood loss during defecation which leading to secondary anemic condition of patients.
5.	Sannipataj	Present lakshana of all doshas
6.	Sahaj	Patient is mostly immunocompromised and ugly appearance

COMPLICATIONS OF HAEMORRHOIDS ^[10]

- ✓ Ulceration
- ✓ Gangrene
- ✓ Strangulation and thrombosis
- ✓ Fibrosis
- ✓ Portal pyaemia

AURVEDIC MANAGEMENT

Conservative

- Preventive of constipation
- Laxative**-Triphala churna, panchasakar churna, Haritaki churna, Abhyaarishta.
- Deepan pachan**- Chitrakadivati, lavan bhaskar churna, agnitundi vati.^[11]
- Arshoghna- Sooranpak, Arshakuthar ras, Shigru guggul.
- Hot sitz- Tankan bhasma sphatic bhasma, Triphala kwath panchawalkal kwath.
- Rakta stambhak- Bol baddha rasa, Bol parpati, kukutandatwak bhasma praval pishti
- Vran ropak- Jatyadi tail, Nirgundi tail.
- Vednahaar- Madhuyastyadi tail, Triphala guggulu.

Procedures:

1. Ksharsutra Ligation

These days Ayurvedic kshar –sutra treatment is in trend . This is the method of treatment of hemorrhoids which is described in ancient Ayurvedic grantha. It is showing high successful rate and negligible reoccurrence. This is nonsurgical treatment and can be done by experienced physician. In this treatment kshar-sutra is applied in the hemorrhoids under local anesthesia / general anesthesia and the pile mass sheds off within seven to ten days with stool.

2. Chedana karma

The chedana karma of arsha should be done with the help of sharp instruments like mandalagra, karapatra, Nakhsashtra, 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.

3. Agni Karma

A number of cauterization methods have been shown to be effective for hemorrhoids , but are usually only used when other methods fail. This procedure can be done using electrocautery, infrared radiation, laser surgery or cryosurgery.^[12]

4. 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. . Pittaj and raktaj variety of arsha should be treated by mrudu kshar.^[13]

5. Shastrakarma (Hemorrhoidectomy)

Acharya sushruta indicated this procedure in pedunculated, discharging and big arsha. chedan karma of arsha should be done with sharp instrument like karpatra, mudrika, nakhsashtra etc. 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 blood vessels.^[14]

PATHYA IN ARSHA

Cow milk, butter, buttermilk, wheat, ghee, rice, green vegetables, exercise, regular sleep, regular diet, non suppression of natural urges

APATHYA IN ARSHA

Chilies, maida product, fried foods, paneer, nonveg, constant sitting, constipating foods, excessive pressure in defecation.

CONCLUSION

Arsha is a problem related to lifestyle, 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, psychological imbalance, repeated abortions and physical injury to anal region are some important factors highlighted in Ayurveda classics for the manifestation of arsha. Arsha is a Tridoshaj disease that arises from mandagni and ama formation. It is a very terrible condition, patient is afraid of defecation because of pain with bleeding per rectum. In respect with the bheshaj chikitsa of arsha, the vatanuloman effect is desired, the principle of treatment of arsha includes three chief clinical effects- 1) Agni deepan, 2) Vatanuloman and 3) Raktastambhan. Therefore Ayurveda definitely has immense potential to manage all stages of arsha successfully without any complications.

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