

**A CLASSICAL AYURVEDIC AND MODERN REVIEW AND
TREATMENT OF ARSHA (HAEMORRHOIDS/PILES)****¹*Dr. Chhagan Lal, ²Prof. Mahesh Dixit and ³Prof. Harimohan Meena**¹PG Scholar, PG Dept. of Shalya Tantra; M. M. M. Govt. Ayurveda College, Udaipur.²Principal & H.O.D; PG Dept. of Shalya Tantra; M.M.M. Govt. Ayurveda College, Udaipur.³Professor PG Dept. of Shalya Tantra; M.M.M. Govt. Ayurveda College, Udaipur.Article Received on
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Now a day's in the society the Anorectal diseases have been emerged as a quite common occurrence with progressive nature. Arsha is a most and commonly prevalent in all the anorectal disorders. And it has been reported since thousands of years. Arsha is clinically a dilated plexus of superior, middle and inferior haemorrhoidal vein, in relation to anal canal and it is characterized by inflamed or prolapsed pile mass with bleeding per rectum. The aetiology of arsha According to Ayurveda is interconnected with the mandagni of the patients. The other few important causes of arsha are the sedentary life style, straining during defecation, chronic constipation or diarrhoea, pregnancy, diet contain

low fibers diet which is the consequence of busy lifestyle, straining for a long period etc. The possible factors which lead to mandagani According to Ayurveda, are virudhdha-adhyashana, Utkatashana, Samudirna vega vinigrahata etc. It is rarely occurs in the children but more common in young and old persons. In these days many people want to know natural and easy going management of piles without disturbing their day to day activities. According to sushruta the management of arsha involves bheshaj chikitsa, ksharkarma, Agnikarma and shastrakarma.

KEYWORDS: Arsha, bheshaj karma, kshar karma, haemorrhoids.**INTRODUCTION**

Ayurveda has immense potential, through which the many critical & challenging diseases can be caused, Arsha is also a such disease among them. Now a day the problem of Haemorrhoids are progressively increasing in the society. Haemorrhoids are also called piles,

in the medical field which is "dilated veins of the anus and rectum", haemorrhoids are enlarged, dilated, bulging blood vessels of the anus and of the lower rectum. These are the vascular structures of the anal canal. In their normal state, they cushions that help with stool control. This becomes a disease when disease vessels get inflamed or due to any aetiology. The signs and symptoms of haemorrhoids are depends on the types of haemorrhoids is present. Internal haemorrhoids are usually present with painless, bright red rectal bleeding while defecating. External haemorrhoids often results with pain and swelling in the area of the anus. It is manifested due to the disturbance in the life style or in daily routines, improper and irregular diet intake, prolonged remain in position of standing or sitting, faulty habits of defecation etc. Mithaaharvihar and sedentary life style results in the disturbance of jatharagni which leads to vitiation of the tridosa, mainly of vata dosha. These vitiated doshas get localized in the guda vali and pradhan dhamani which further vitiates twak(the skin), mansa(the muscle), and meda dhatus due to Annavha shroto dusti which leads to development of Arsha. Haemorrhoids (Arsha) are usually found in 3 main locations of the anus region, Left lateral, Rt anterior and Rt. Posterior positions. Arsha is being described by all the classics of Ayurveda; Acharya sushruta even placed this disorder in the astha mahagad. 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. Even WHO has declared 20th November of each year as "World Piles Day".

Etymology and Definition of Arsha (piles)

Etymology: Arsha pertains to a disease occurring in Guda and it is torturing to the patients. It may cause obstruction of the anorectal passage.

Piles: - The word Pile is derived from the latin word 'pila' which means a "ball". Thus a growth in the anus which similar in ball likes shape is designated as piles.

Nidana of Arsha (Aetiology)

According to sushruta Nidan of arsha- virudha ahara; adhyashan; maithun(intercourse); ukaduasan(squatting position); yana savari (excessive travelling of cycle and motor cycle); adharaniya vego ka dharan etc.

Other aetiology factor

Dietetic factor: diet indulgence like incompatible diet, excessive or less intake, irregular intake and lacks of fibre etc., which will interfere with digestive power leading to poor digestion and constipation.

Habits: Procedures that would vitiate Vata Dosha e.g. excessive sexual indulgence, suppression of natural urges etc.

Pressure or irritation of anal canal: Prolong sitting or standing, improper sitting, horse riding, local touching with hard and rough objects etc., may aggravate the existing pathology.

Anatomical factors: Absence of valves in superior haemorrhoidal veins.

Chronic constipation: The common reason for haemorrhoids to develop is because of chronic constipation, passing hard stools, and straining at the toilet due to repeated pressure in the rectal or anal veins. It aggravates and precipitates piles.

Exciting factors: Over purgation, diarrhoea, colitis, dysentery, IBS, enteritis, straining due to heavy work, chronic cough etc.

Hereditary: It is often seen in members of the same family, mostly due to congenital weakness of the veins wall, etc.

Secondary Causes:

Pregnancy

Abdominal tumours

Carcinoma of rectum

Straining during micturition

Portal hypertension

Samprapti (Pathogenesis)

Viruddhahara, Adhyasana, irregular diet habits, over riding etc.



suppression of Apana Vayu, Mandagni and constipation.



Vitiation of Doshas and involvement of Rakta travels
through pradhana dhamani and affects Gudavali .



Involves Meda, Mamsa, and Twak representing anal cushions.



Fleshy mass i.e. Haemorrhoids.

Classification of Piles (Arsha) 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

According to origin 2 types of Arsha

1. Sahaj
2. Kalaja

The classification on the basis of prognosis

1. Sadhya (Curable), 2. Yapy (Palliative) 3. Asadhya (Incurable).

Classification according to the prolapse

1st Degree- No prolapsed bleeding per rectum.

2nd Degree- Prolapsed on defecation spontaneous reduction, something coming down and going back.

3rd Degree- Prolapse on defecation requires manual reduction, bleeding mucus discharge, pruritus.

4th Degree- Permanent prolapsed, acute pain, throbbing discomfort.

Depending upon the Anatomical positions

1. Internal haemorrhoids-above the dentate line, covered with mucous membrane.
2. External haemorrhoids- at anal verge, covered with skin
3. Interno-external-both varieties together, respectively.

Classification According To Position of Piles Mass Primary haemorrhoids the three classical position of the haemorrhoids are 3, 7, 11 o clock. They are called as left lateral, right anterior and right posterior

Lakshana (Symptomatology)

Vataj: Dry, hard, painful, usually of external origin, various shapes, with irregular surface of various colours of fleshy masses, frequently associated with constipation, and painful defecation which is radiating in nature.

Pittaj: Usually small in size, bluish red in colour, moist fleshy masses of various types, which enlarges during straining with passage of blood mixed with stool, may cause severe burning sensation during defecation which may lead to thirst, faintness and shock.

Kaphaj: Wide based, smooth, oval, fixed, fleshy masses which generally do not bleed or suppurate and accompanied by severe pruritus and mucous discharge.

Raktaja: Fleshy masses which give immense blood loss during defecation, leading to secondary anaemic condition.

Sannipataj: Mixed Lakshana of all Doshas.

Sahaj: Genetically determined ugly appearance. Patient is mostly immunocompromised.

General Features

1. Pain less bleeding – fresh bleeding occurs after defecation splash in the pan. this causes chronic anaemia. Haemorrhoids which bleed are called grade 1 haemorrhoids.
2. Discharge of mucous and soiling of perianal skin pruritus by prolapse of haemorrhoidal cushions and mucosa.
3. Most of the patients complain of constipation.
4. Permanently prolapsed piles outside the patient complain of pain or discomfort.
5. Anaemia: It is seen in long standing cases of haemorrhoids due to persistent and profuse bleeding. If anaemia is severe, patient may develop exertion, dizziness, pallor, lethargy etc.

Investigations

1. Per rectal examinations is done mainly to rule out carcinoma rectum or other causes of bleeding per rectum.
2. Proctoscopy-An important investigation done by proctoscope one can see pile masses under direct vision at different position.
3. Sigmoidoscopy and proctoscopy are done to rule out proximal cancer.

Complications

1. Profuse haemorrhage
2. Strangulation
3. Thrombosis
4. Ulceration
5. Gangrene
6. Suppuration or abscess formation
7. Fibrosis
8. Perianal haematoma

Treatment of Piles at Modern Parlance

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

1. Medical Treatment

- a. Bland, soothing preparations like allantoin, bismuth oxide, bismuth subgallate etc.
- b. Local Anaesthetic preparation like ointment lidocaine etc.
- c. Anti-inflammatory agents like Diclofenac sodium in combination with steroids like hydrocortisone.
- d. Hot sitz bath.
- e. 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.

2. Para surgical methods

- a. Sclerotherapy
- b. Infra-red coagulation
- c. Barrons band Application

3. Operative methods

- a) Open haemorrhoidectomy
- b) Closed haemorrhoidectomy
- c) Stapler haemorrhoidopexy

Treatment of Arsha at Ayurvedic paralance**1. Bheshaj Chikitsa**

- a) Vibandha nashaka- Laxative- Triphalachurna, Panchsakarchurna etc.
- b) Deepan Pachan- Chitrakadivati, Lavanbhaskar churna etc.
- c) Hot sitz bath- Tankan bhasm ,Sphaticbhasma, Triphalakwath, Panchawalkalkwath, etc.
- d) Rakta Stambhak- Bolparpati, bolbaddharas etc.
- e) Vranropak- Jatyadi tail, kasishadi tail, etc.
- f) Vednashamaka- Triphala guggulu, etc.
- g) Arshoghna- Arshoghnavati, Soornapak, Arshkutharras, Shigru guggulu, etc.

2. Kshar karma

Kshar is a chemical substance, obtained from the ashes of medicinal plants. It is alkaline in nature.

It is described as one among the Aanu Shastras or Upayantras. It is the superior most among the sharp and subsidiary instruments because of performing Chedana, Bhedana and Lekhana Karma along with Tridoshhara property. The Arsha which are soft, extensive, deeply situated, projectile are treated by Kshar. Pittaja and Raktaja varieties should be treated by Mrudu Kshar.

3. Agni Karma

It is an important Para surgical method. Direct treatment of any lesion by Agnikarma 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 namely Bheshja, Kshar and Shastra.

According to Acharya Sushuruta, Agnikarma is indicated in rough, fixed, broad and hard types of masses and mainly in Vataj and Kaphaj Arsha.

4. Shastra karma Shastrakarma in indicated in pedunculated, large, and discharging Arshas.
Pathya and apathya in arsha.

Apathya Diet in Arsha: Heavy food, Vishtambhi, Vidahidravya. Habits: Lack of exercise, sleep in day time, sitting on hard objects, Excessive riding, straining during defecation etc.

Pathya Diet in Arsha: Milk, Takra, wheat, Cow ghee, Green vegetable etc. Habits: Regular and proper diet, exercise, proper sleep, etc.

CONCLUSION

Arsha as delineated in the classics comes under the category of Mahagadas. It appears at Guda region which is Sadyahpranahara Marma. It's a common problem related to mithyaaharvihar, sedentary life style, age occupation and dietary factors. Bleeding per rectum is main symptom followed by swelling in anal region, pruritus ani etc. It is a very terrible condition, patient is afraid of defecation because of pain with bleeding per rectum. Moreover, patient becomes very anxious after observing pan full of blood. Thus, Ayurveda definitely has immense potential to manage all stages of Arsha successfully without any complications.

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