

**AN OBSERVATIONAL STUDY OF ARSHA PURVARUPA
'SHAKRUBHEDO ATHWA GRAHA' WITH SPECIAL ASPECT TO
AHARYA DRAVYA SEVAN AND DEHA PRAKRITI**

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ABSTRACT

Indigestion is one of the main cause of many diseases. It is the condition from which many other disease conditions arise. Diarrhea (*Shakrubbheda*), Constipation (*Shakrudgraha*) and Haemorrhoids (*Arsha*), these all are the common problems of digestive system. The health of digestive system is the most important factor for health and wellbeing of individuals. Healthy digestion leads to a healthy life and unhealthy digestion leads to an unhealthy life. If digestion is healthy, body can produce healthy tissues i.e. *Dhatu*. When digestion is weak, *Dhatu* become weak and susceptible to diseases. The *Nidana* of digestive disorders lies in our actions i.e. our *Aahar* and *Vihar*. By taking *Aahar* in an unhealthy manner, the equilibrium of *Dosha* are

disturbed. *Vata Dosha* is vitiated by *Sheet*, *Ruksha* and *Laghu Aahar*. *Pitta Dosha* is vitiated by *Ushna*, *Laghu* and oily foods like deep fried vegetables. *Kapha Dosha* is vitiated by *Sheet*, *Guru* and moist food. In addition, *Aahar Sevan* in an improper manner is also more harmful than choosing inappropriate *Aahar*. Even *Hita Ahara* taken in the wrong way i.e. not following rules of *Aahar Sevan*, will still cause digestive disorders. *Ayurveda* stresses a lot on the role of *Aahar* in maintaining good health and preventing diseases. According to the *Ayurveda*, health is maintained not only by taking a balanced diet but it also depends on a very important factor i.e. *Prakriti* of an individual. The concept of *Prakriti* in *Ayurveda* is helpful in maintaining health, understanding disease and its management. Knowledge of *Prakriti* can be helpful in maintenance of health by following appropriate lifestyle, diet and regimen suitable in the particular environmental condition. *Prakriti* of an individual consists of one or more of the *Dosha* i.e. *Vata*, *Pitta* and *Kapha*. This determines which type of *Aahar*

helps the person in promoting health and which are not appropriate for the same. *Prakriti* has power to predict future illnesses, hence *Ayurveda* has given lot of importance to *Prakriti Parikshana*. *Prakriti* indicates proneness of that individual for *Dosha* specific diseases by which his *Prakriti* is decided. That means an individual who belongs to *Vata* predominant *Prakriti*, will get *Vata* vitiated diseases more frequently and easily than an individual of *Pitta* or *Kapha Prakriti*. The severity of diseases will also be more, if the *Dosha* of *Prakriti* and vitiation is common. With the help of *Prakriti Parikshana*, the individual can be given suggestions regarding diet and life style not only during disease but also during healthy condition for maintaining optimal health. By using proper diet and if required changes in life style will keep the individual free from diseases for which *Prakriti* of that individual makes him prone. Hence *Prakriti* plays a vital role in prevention aspect.

KEYWORDS: Indigestion, Constipation, Diarrhea, Aahar, Prakriti.

INTRODUCTION

Ayurveda is “The Science of Life”. It is a science dealing with physiological and pathological status of human body. *Ayurveda* is *Upaveda* of *Atharvaveda*.^[1] Originally there are four *Vedas*; *Rigveda*, *Yajurveda*, *Samaveda*, and *Atharvaveda*. These *Vedas* include topics like health, astrology, spiritual business, poetry and ethical living etc.

इह खलु आयुर्वेदं अष्टांगम् उपांगम् अथर्ववेदस्य । (सु. सू. १/६)

Ayurvedic knowledge is often called the “Mother of All Healing” and it is originated more than 5000 years ago in India.

प्रयोजनं च अस्य स्वस्थस्य स्वास्थ्य रक्षणमातुरस्य विकारप्रशमनं च ॥ (च.सू. ३०/२६)

Ayurveda places special importance on prevention of diseases and support the maintenance of health by balancing one’s life, right thinking, diet and lifestyle.^[2]

In *Ayurveda* *Aahar*, *Nidra* and *Bramhacharya* are described as *Tryopastambhas* i.e. three supportive pillars. In this, *Aahar* is given the first position stating its importance.

Dietary habits in India or the world are almost different due to their living style, population, religion and their socio-economic conditions. For a healthy life, balanced diet is required according to once *Prakriti*.

Prakriti plays a very important role in health, emotions, disease and every aspect of life. According to *Ayurveda*, every individual is unique. Every individual has different size and shape, not only physiological but also psychological characters are different. It also helps to maintain the health throughout the life by proper measures. *Prakriti Parikshan* is very important not only for maintaining healthy life but also for treatment of diseases. Treatment for same disease can also differ from person to person according to their *Prakriti*. Hence, *Acharya Charak* considered *Prakriti Parikshan* as the first point in his ten points of investigations regarding patients.

The word 'Arsha' is applicable to a disease occurring in *Guda* and it is torturing to the Patient. It may create anorectal passage obstruction.

Haemorrhoids are caused by wrong lifestyle that includes our *Ahara*, *Vihara*, mental state etc. Changing lifestyle and unhealthy diet are the main cause by which every other individual is facing digestive problems which in turn causes Haemorrhoids. In *Ayurveda*, various dietary concepts has been explained by our *Acharyas* for *Arsha Vyadhi*, as it is caused mainly due to diet and lifestyle.

Haemorrhoids are unpleasant and torture the patient like an enemy, but they can be easily treatable and preventable. They should be treated as soon as appear, as they generally get worse overtime.

The efforts of Physician and Patient should be to detect the pathology as soon as possible and try to control and cure it. *Purvarupas* are the best clues regarding the developing pathology of disease.

The symptoms which are produced when *Samprapti* has not been manifested i.e. during the process of *Sthanasamsraya* are called *Purvarupas*.^[3]

Haemorrhoids get neglected for many years, as many people cannot approach towards doctors for treatment due to feeling of embarrassment, and disease get worsen. So, for early stage disease management this research work is selected.

Study rationale

Haemorrhoid is a very common medical problem. It occurs more commonly in middle aged and older individuals. Haemorrhoids are dealt rationally under the concept of *Arsha Vyadhi*.

Arsha is such a grave disease, for which *Acharya Sushruta* included it in *Ashta Mahagad*, showing the gravity of this disease.^[4]

‘Prevention is better than cure’, and to prevent disease it is good to keep away the causative or etiological factors of the disease. For this one should have a comprehensive knowledge of *Nidan Panchak* i.e. *Nidan*, *Purvarupa*, *Rupa*, *Upshaya*, *Samprapti*.^[5] With the help of *Purvarupa*, appropriate treatment can be started immediately, before the actual onset of disease and succeed in preventing the disease or at least in minimizing its severity. As so many places in *Samhita*, specific treatment is advised in *Purvarupa* of disease. The *Purvarupas* may give a clue to the disease,^[6] but at this stage one cannot be certain whether any disease will manifest or whether the disease may subside.

One of the *Purvarupa* of *Arsha Vyadhi* mentioned in *Ashtang Hridaya Nidan Sthan* is ‘*Shakrubhedo Athwa Graha*’.^[7] But not in all cases of *Shakrudgraha* or *Shakrubhedo* will convert into *Arsha Vyadhi*.

Hence present study is to establish relation between *Aharya Dravya Sevan*, *Deha Prakriti* and *Arsha Purvarupa* (*Shakrubhedo Athwa Graha*). i.e. in which *Prakriti Shakrudgraha* leads to more chances of *Arsha Vyadhi* or *Shakrubhedo* leads to more chances to manifest *Arsha Vyadhi*, or is there neither *Shakrubhedo* nor *Shakrudgraha* as *Purvarupa* of *Arsha*, and what is the role of *Aharya Dravya Sevan*. So the topic “An Observational Study of *Arsha Purvarupa* ‘*Shakrubhedo Athwa Graha*’ With Special Aspect to *Aharya Dravya Sevan* and *Deha Prakriti*” is being selected.

Prevalence rate of Haemorrhoids is 4.4% in total world population.^[8] Nearly 1 million new cases are reported annually in U.S. , 47 per 1000 and increases with age, age group of 45-65 years, it is estimated that 50-58% of people around the world have Haemorrhoids. In India 75% of population is estimated. Among this almost half million population are experiencing conditions that are related to Haemorrhoids. Usually many are not aware that they have a symptom associated to this condition.

AIM AND OBJECTIVES

Aim: To study *Arsha Purvarupa*, ‘*Shakrubhedo Athwa Graha*’ and *Aharya Dravya Sevan* of *Arsha* patient in different *Deha Prakriti* individuals.

Objectives

Primary Objective: To observe *Purvarupa* of *Arsha Vyadhi*, *Aharya Dravya Sevan* in different *Deha Prakriti* individuals.

Other objectives

- 1) To study *Arsha Vyadhi* and *Deha Prakriti* of patient in detail.
- 2) To study *Aharya Dravya* in Practice of *Arsha* patient

Hypothesis

Null hypothesis: There is no relation between *Arsha Purvarupa*, *Aharya Dravya Sevan* and *Deha Prakriti*.

Alternate hypothesis: There is relation between *Arsha Purvarupa*, *Aharya Dravya Sevan* and *Deha Prakriti*.

MATERIALS AND METHODS

Materials

- Classical sign and symptoms of *Arsha Vyadhi*
- Case studies
- Questionnaire for observation of *Aharya Dravya* taken by patient.
- Case report form for the determination of *Prakriti* by *Ayurveda*, used for assessment of *Prakriti*.
- Bristol stool chart was used for observation of *Swarupa* of *Mala* in *Purvarupa*.^[197]
- Rome IV criteria was taken into consideration for historical evolution of Constipation.^[198]

Methods

Patients had classical signs and symptoms of *Arsha* was selected for the study from O.P.D. and I.P.D. of our Hospital, age group of 18 years to 65 years male and female patients. The known cases of *Arsha* patients were subjected for the study.

Location of study

Patients reported in the OPD and IPD of our Hospital were carefully selected according to the diagnostic, inclusive criteria.

Consent

A well informed written consent of all patients included in my study was taken before starting the study.

Plan of study

A. Literary study: For literary study, the conceptual and basic materials was collected from *Ayurvedic Samhitas* as *Bruhatrayee* and *Laghutrayee*, mainly *Charak Samhita*, *Sushruta Samhita* and *Vagbhat Samhita* (*Ashtang Hridaya* and *Ashtang Sangraha*) and other classics with available literature. Also various reference books, various publications, research papers and articles, text books have been referred to collect literary material. All these collected literary materials have been critically analyzed and assessed and evaluated according to hypothesis and problem selected here. Related portion of modern medical science has also been considered and compiled.

B. Observational study: For this observational study, the materials and methods include registration of the patients as per inclusive and exclusive criteria. The case record form or special research proforma containing all required examinations, questionnaire and the investigations conducted with the help of *Ayurvedic* and modern techniques had made. For the present study, 60 diagnosed patients of *Arsha* (Haemorrhoids) had taken from the OPD and IPD of our Hospital irrespective of gender, religion, economic status, education and occupation. Patients were selected as per criteria of inclusion as well as exclusion. Patients were observed on the basis of classical signs and symptoms of *Arsha Vyadhi*, proper history of all the patients were taken and *Prakriti Parikshan* of all patients were done. Also *Aharya Dravya* in Practice of *Arsha* patient was observed.

Sample Size: 60

Inclusive criteria

1. Subjects with signs and symptoms of *Arsha Vyadhi*.
2. Both Male and Female patients.
3. Subjects with age group between 18 to 65 years.

Exclusive criteria

1. Age of patient less than 18 years and greater than 65 years.
2. Subjects with Anorectal disorders such as Rectal Prolapse, Rectal Carcinoma.
3. HIV and HBsAg Positive patients.

4. Pregnant Women.

Investigations

1. Blood- CBC, ESR, BT, CT
2. Blood sugar level: fasting and post prandial or Random
3. HBsAg
4. HIV
5. Other: Urine
 - a. Routine
 - b. Microscopic
6. Digital Rectal Examination
7. Proctoscopy

Instruments: Proctoscope

Criteria of assessment








Criteria for Diagnosis of *Arsha* by signs and symptoms;

- Pile Mass
- PR Bleeding
- Constipation
- Pain

Criteria for observation of *purvarupa* of *arsha* ‘*Shakruddheda athwa graha*’.

Bristol stool chart was used for observation of *Swarupa* of *Mala* in *Purvarupa*.^[9]

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Rome IV criteria^[10]

- Symptoms are present atleast 6 months before diagnosis.
- Must include 2 or more of the following;
 - i. Straining during at least 25% defecation.
 - ii. Lump/hard stools at least 25% defecation.
 - iii. Sense of incomplete evacuation.
 - iv. Sense of anorectal obs/blockage
 - v. Manual maneuvers to facilitate 25% defecation.
 - vi. Less than 3 defecation/week

Plan and Presentation of the work

The study is divided into four sections as follows;

1. Conceptual or Literary Study
2. Clinical or Applied Study
3. Discussion
4. Conclusion and Summary

Review of literature

Prakriti means manifestation of special characteristics due to predominance of *Dosha*. *Prakriti* means 'nature' or natural constitution of the human body. It comprises not only 'physical body' but also 'mental body'. Each individual has different mass and profile. Their physiological and even psychological characters are not similar. Hence according to *Ayurveda* every individual is Unique. This is because they have predominant *Panchmahabhuta*, *Dosha* or *Triguna* at the time of birth which decides their *Prakriti* (constitution). Once *Prakriti* of an individual is established, it is stable for that individual.

According to this predominance of *Dosha*, each individual needs certain type of food, drinks, and behavior to keep him healthy and fit.^[9] Therefore every individual must know his own *Prakriti* so that he can take reverse qualities of food, drinks, etc. to maintain him healthy.

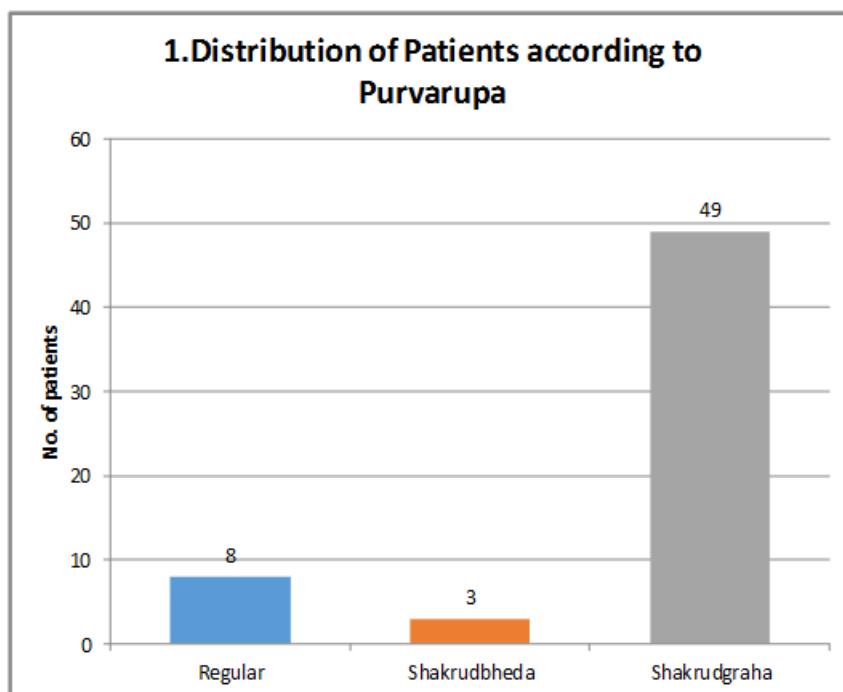
Prakriti is important for making correct diagnosis of the disease, for giving *Ayurvedic* therapies to the patient, for giving appropriate *Chikitsa* to the patient and for giving appropriate *Rasayana*

OBSERVATIONS AND RESULTS

1. Distribution of patients according to *purvarupa*.

Sr.No.	<i>Purvarupa</i>	No. of patients	Percent
1	Regular	8	13.33%
2	<i>Shakrumbheda</i>	3	5.00%
3	<i>Shakrudgraha</i>	49	81.67%
Total		60	100.00%

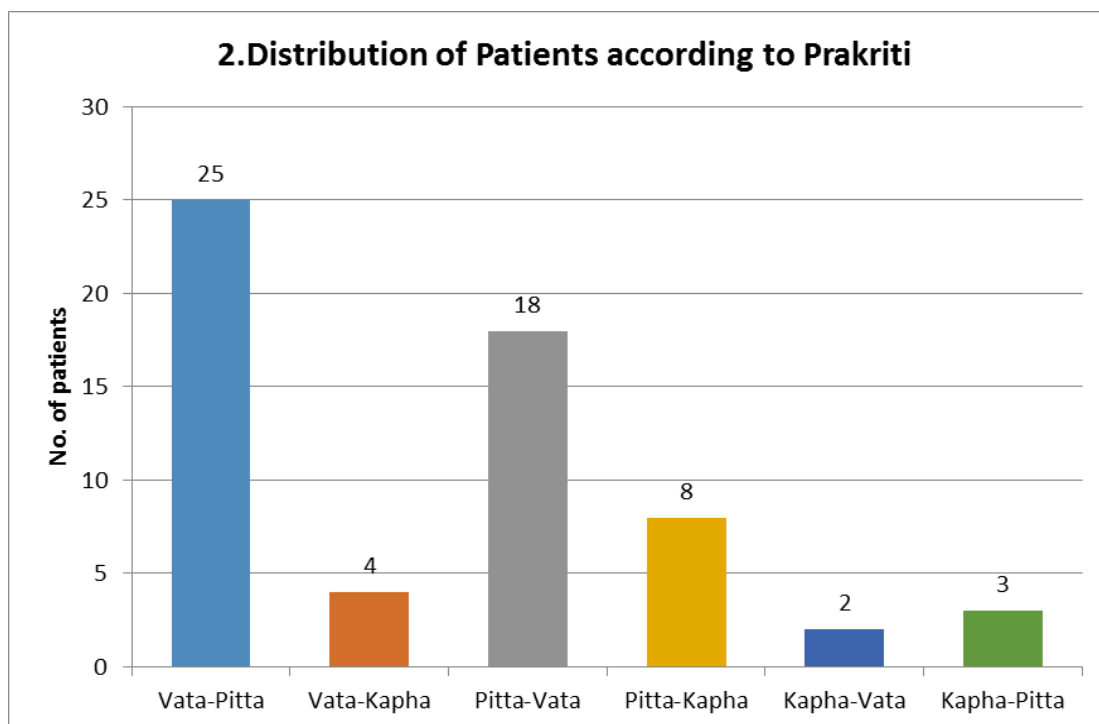
Out of 60 patients, 8 patients (13%) were having Regular bowel habit *Purvarupa*, 3 patients (5%) were seen with *Shakrumbheda Purvarupa* while 49 patients (82%) were with *Shakrudgraha Purvarupa*.



2. Distribution of patients according to *prakriti*.

Sr.No.	<i>Prakriti</i>	No. of patients	Percent
1	<i>Vata-Pitta</i>	25	41.67%
2	<i>Vata-Kapha</i>	4	6.67%
3	<i>Pitta-Vata</i>	18	30.00%
4	<i>Pitta-Kapha</i>	8	13.33%
5	<i>Kapha-Vata</i>	2	3.33%
6	<i>Kapha-Pitta</i>	3	5.00%
Total		60	100.00%

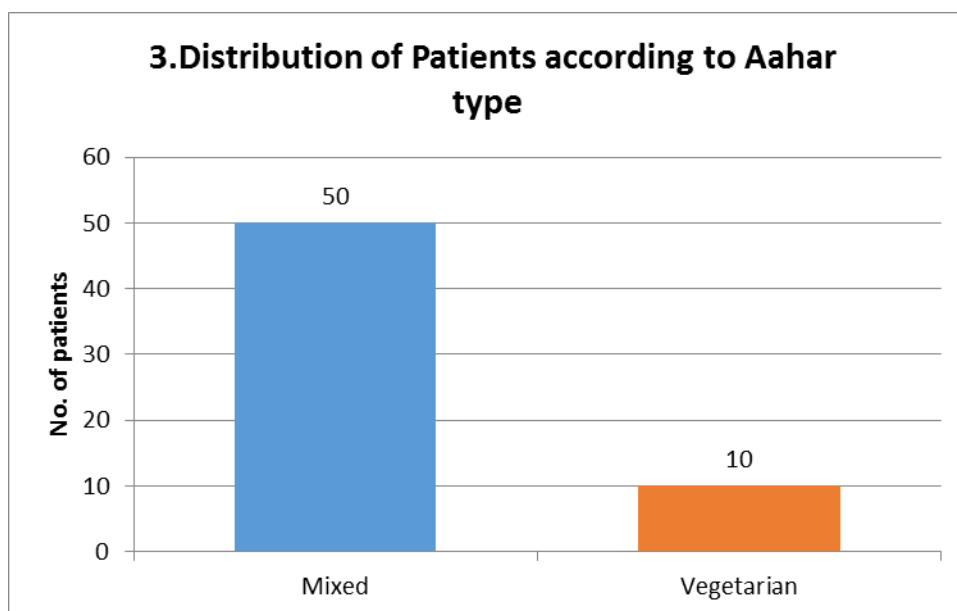
Out of 60 patients, 25 patients (42%) were seen with *Vata Pradhan Pitta Prakriti*, 4 patients (7%) were seen with *Vata Pradhan Kapha Prakriti*, 18 patients (30%) were with *Pitta Pradhan Vata Prakriti*, 8 patients (13%) were found with *Pitta Pradhan Kapha Prakriti*, 2 patients (3%) were with *Kapha Pradhan Vata Prakriti* while 3 patients (5%) were seen with *Kapha Pradhan Pitta Prakriti*.



3. Distribution of patients according to *aahar* type.

Sr. No.	Aahar type	No. of patients	Percent
1	Mixed	50	83.33%
2	Vegetarian	10	16.67%
Total		60	100.00%

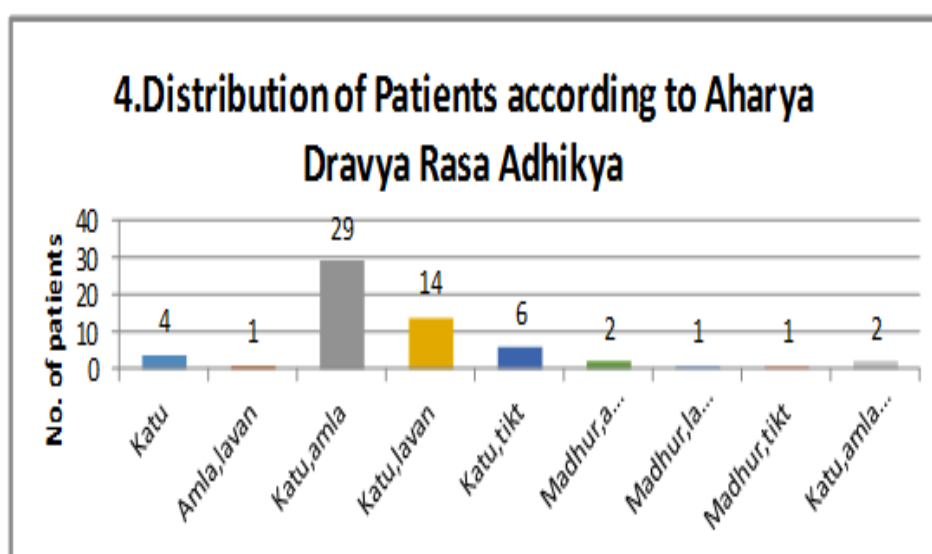
Out of 60 patients, 50 patients (83%) were taking mixed diet while 10 patients (17%) were vegetarian.



4. Distribution of patients according to *aharya dravya rasa adhikya*.

Sr.No.	Rasa Adhikya of Aharya Dravya	No. of patients	Percent
1	Katu	4	6.67%
2	Amla,Lavan	1	1.67%
3	Katu,Amla	29	48.33%
4	Katu,Lavan	14	23.33%
5	Katu,Tikt	6	10.00%
6	Madhur,Amla	2	3.33%
7	Madhur,Lavan	1	1.67%
8	Madhur,Tikt	1	1.67%
9	Katu,Amla,Lavan	2	3.33%
Total		60	100.0%

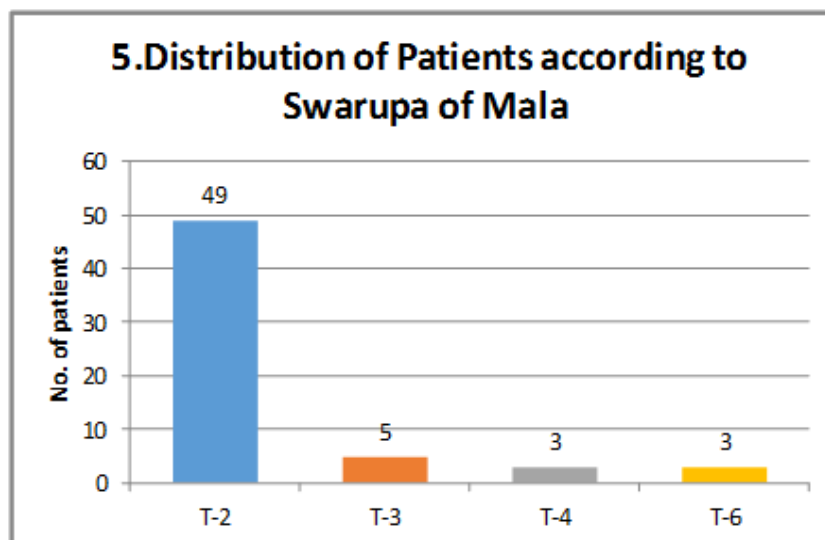
Out of 60 patients, maximum number of patients i.e. 29 (48%) were with *Katu* and *Amla* *Rasa Adhikya* followed by 14 patients (23%) with *Katu* and *Lavan* *Rasa Adhikya*.



5. Distribution of Patients according to *Swarupa* of *Mala* (According to Bristol stool chart):

Sr.No.	Swarupa	No. of patients	Percent
1	T-2	49	81.67%
2	T-3	5	8.33%
3	T-4	3	5.00%
4	T-6	3	5.00%
Total		60	100.00%

Out of 60 patients, 49 patients (82%) were with Type-2, 5 patients (8%) were with Type-3, 3 patients (5%) were with Type-4 while 3 patients (5%) were with Type-6 of Bristol Stool Chart *Mala Swarupa*.



Statistical analysis

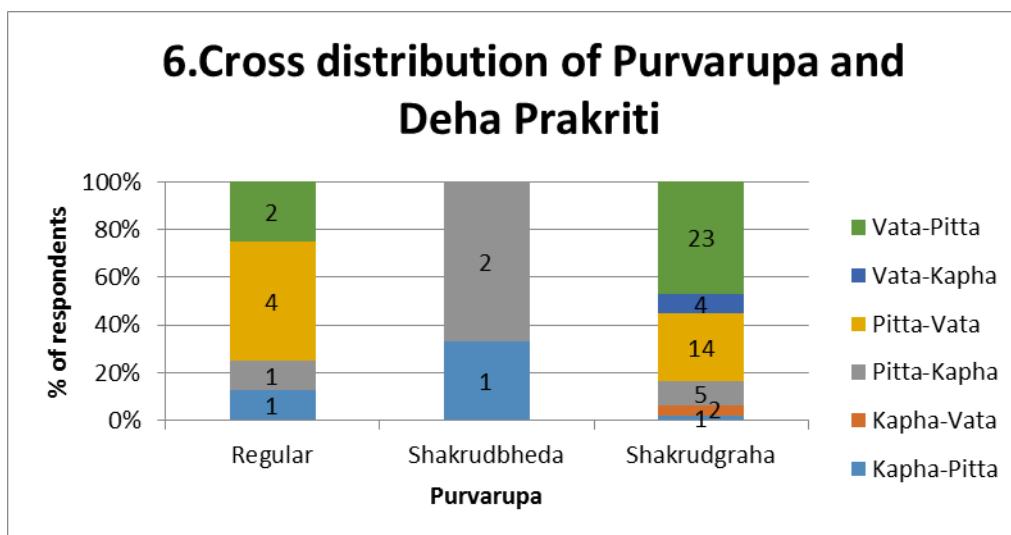
For testing association between '*Arsha Purvarupa*' with '*Aharya Dravya Sevan*' and '*Deha Prakriti*', we use "Chi-square test of independence". If significant association is found, then the nature of association is interpreted appropriately using summary statistics. Level of significance is kept at 5%.

6. Association between *Arsha Purvarupa* and *Deha Prakriti*.

Contingency table	Prakriti					
	<i>Kapha-Pitta</i>	<i>Kapha-Vata</i>	<i>Pitta-Kapha</i>	<i>Pitta-Vata</i>	<i>Vata-Kapha</i>	<i>Vata-Pitta</i>
Regular bowel habit	1	0	1	4	0	2
<i>Shakruddheda</i>	1	0	2	0	0	0
<i>Shakrudgraha</i>	1	2	5	14	4	23
d.f. = 10, Chi-square statistic = 18.796, P-value = 0.043						

There was significant association between *Arsha Purvarupa* and *Deha Prakriti* as observed by Chi-square test at 5% level of significance (P-value = 0.043). Hence *Arsha Purvarupa* and *Deha Prakriti* are associated.

This association can be explained as the proportion of *Vata Pradhan Pitta Prakriti*. In *Shakrudgraha Purvarupa*, proportion of patients of *Vata-Pitta* were (0.469) while that in *Shakruddheda* was 0; while in Regular bowel *Purvarupa* the proportion is just 0.25 (2 out of 8).

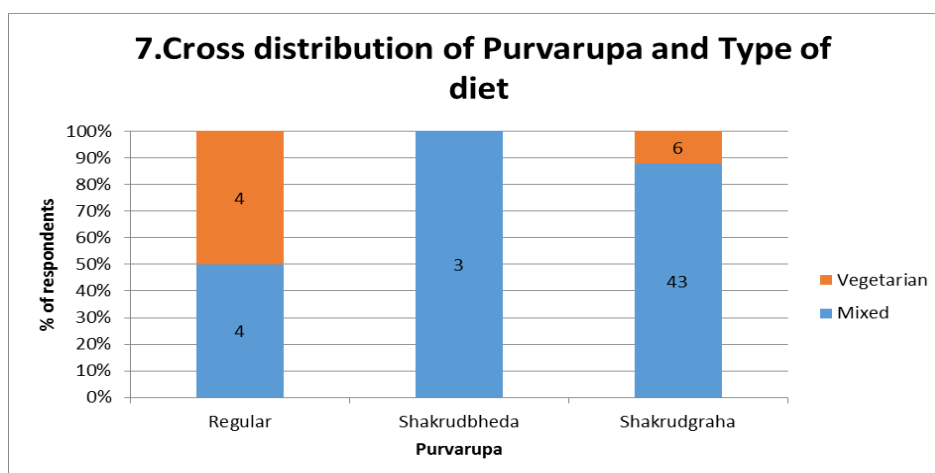


7. Association between *Arsha Purvarupa* and Type of diet.

Contingency table	Type of diet	
<i>Purvarupa</i>	Mixed	Vegetarian
Regular bowel habit	4	4
<i>Shakruddbheda</i>	3	0
<i>Shakrudgraha</i>	43	6
d.f. = 2, Chi-square statistic = 7.690, P-value = 0.021		

Arsha Purvarupa and type of diet were observed to be significantly associated by Chi-square test at 5% level of significance (P-value = 0.021). Hence, *Arsha Purvarupa* and type of diet are associated.

The association can be interpreted as, the proportion of patients taking mixed diet was higher (0.878) in *Shakrudgraha Purvarupa* as compared to the proportion in Regular bowel *Purvarupa* (0.5). Whereas in *Shakruddbheda Purvarupa* all 3 patients (prop=1) were taking mixed diet.

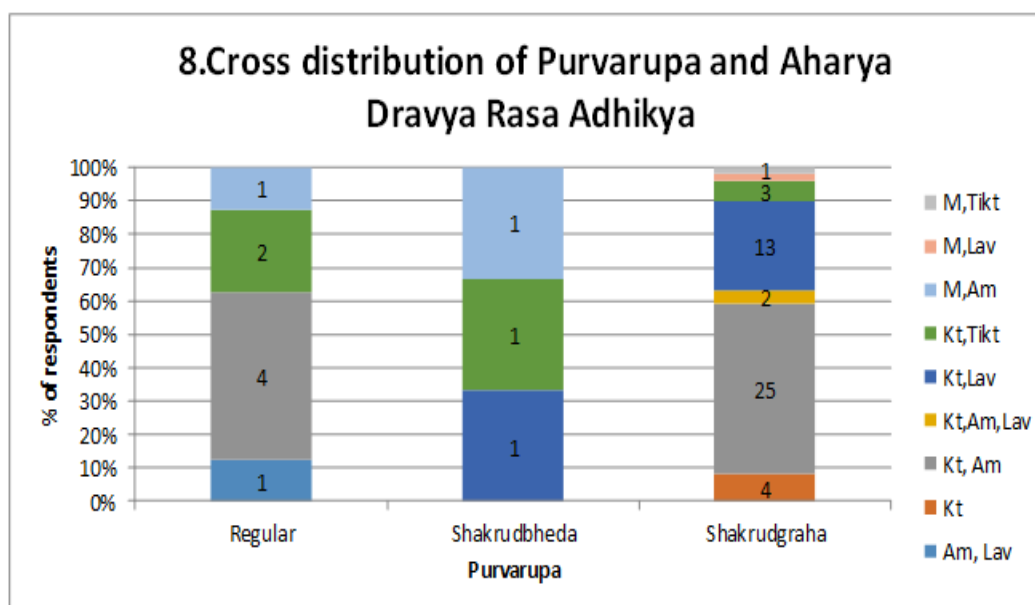


8. Association between *Arsha Purvarupa* and *Aharya Dravya Rasa Adhikya*

Contingency table	<i>Aharya Dravya Rasa aadhikya</i>								
	<i>Amla, Lavan</i>	<i>Katu</i>	<i>Katu, Amla</i>	<i>Katu, Amla, Lavan</i>	<i>Katu, Lavan</i>	<i>Katu, Tikt</i>	<i>Madhur, Amla</i>	<i>Madhur, Lavan</i>	<i>Madhur, Tikt</i>
Regular bowel habit	1	0	4	0	0	2	1	0	0
<i>Shakruidbheda</i>	0	0	0	0	1	1	1	0	0
<i>Shakrudgraha</i>	0	4	25	2	13	3	0	1	1
d.f. = 16, Chi-square statistic = 27.954, P-value = 0.032									

Arsha Purvarupa and *Rasa Adhikya* were significantly associated (P-value = 0.032) as observed by Chi-square test at 5% level of significance. Hence *Arsha Purvarupa* and *Rasa Adhikya* are associated.

The association can be interpreted as – in the patients with *Shakrudgraha Purvarupa*, *Katu Rasadhikya* was more common (in 47 out of 49 i.e. prop = 0.951) whereas, in Regular bowel *Purvarupa* this proportion was 0.75 (6 out of 8) whereas in *Shakruidbheda Purvarupa* the proportion was 0.67 (2 out of 3).



DISCUSSION

Discussion on observation

Observation of *purvarupa*

In *Ashtang Hridaya Nidansthan* one of the *Purvarupa* of *Arsha Vyadhi* is '*Shakruidbheda Athwa Graha*' i.e. Diarrhea or Constipation. So in this study I found maximum number of patients i.e. 82% patient with history of *Shakrudgraha*.

Prakriti of patients

In this study I found maximum number of patients having *Vata Pradhan Prakriti* i.e. 49%. I also found significant number of *Pitta Pradhan Prakriti* i.e. 43%. *Vata Pradhan Prakriti* individuals have *Vishamagni* and mostly suffer from constipation, which is the main cause of *Arsha Vyadhi*. *Pitta Pradhan Prakriti* individuals were having *Pitta Prakopaka Aahar* i.e. *Katu*, *Amla* and *Lavan Rasa Adhikya* in their diet, which is the main cause of *Pitta Dosha* vitiation and manifestation of *Arsha Vyadhi*.

Type of aahar of patient

Maximum number of patients i.e. 83% were taking mixed diet. They were taking *Ushna*, *Tikshna*, spicy mixed diet which is *Katu Rasatmaka*, which is the main cause of Constipation as well as for *Arsha Vyadhi*.

Rasa adhikya of aharya dravya

In this study I found maximum patients taking *Katu Amla Rasa Adhikya Aahar* i.e. 48% and *Katu Lavan Rasa Adhikya Aahar* i.e. 23% was also significant. *Katu Rasa* is the pungent taste. This *Rasa* produces dryness and heat in the body and is found in spicy foods. *Katu Rasa* aggravates *Pitta* and *Vata Dosha*, as it is *Aagney* and *Vayviya* in nature. If *Katu Rasa* consumed in excess quantity, it causes excess heat in body, irritation, inflammation and diarrhea. The long term use of *Katu Rasatmaka Aahar* causes dizziness, heartburn, excessive thirst and constipation. *Katu*, *Amla* and *Lavan Rasa* are *Pitta Prakopaka*. Excessive intake of these *Rasa* causes *Pitta Prakop* and manifest the disease.

Swarupa of mala

For observation of *Mala Swarupa* of patient in *Purvarupa*, I used Bristol Stool Chart. In this chart 7 types of *Mala Swarupa* are given. I showed it to patient and asked which type of stool you passed. Then I found maximum patients i.e. 82% were having Type 2, which is lumpy and sausage like and indicates constipation.

Statistical analysis discussion**Test applied**

After preparing master chart the appropriate statistical test was applied.

‘Chi-square test of independence’ applied to test association between ‘*Arsha Purvarupa*’ with ‘*Aharya Dravya*’ and ‘*Deha Prakriti*’. Level of significance is kept at 5%.

Relation between *Arsha Purvarupa* and *Deha Prakriti*

There was significant association between *Arsha Purvarupa* and *Deha Prakriti* as observed by Chi-square test at 5% level of significance (P-value = 0.043). Hence *Arsha Purvarupa* and *Deha Prakriti* are associated.

This association can be explained as In *Shakrudgraha Purvarupa*, proportion of patients of *Vata-Pitta* were (0.469) while that in *Shakrubheda* was 0; while in regular bowel the proportion is just 0.25 (2 out of 8).

Vata Pradhan Prakriti individuals have *Vishamagni* and *Krur Koshtha*. Therefore they suffer more from digestive problems like constipation i.e. *Shakrudgraha*. While *Shakrubheda* (diarrhea) was not seen in *Vata Pradhan Prakriti*. It doesn't mean that *Vata Pradhan Prakriti* individuals will never suffer from *Shakrubheda*. It means that if *Vata Pradhan Prakriti* individuals have *Shakrubheda*, they can recover early from it and there will be no manifestation of *Arsha Vyadhi*.

Relation between *Arsha Purvarupa* and *Aharya Dravya***i. Type of *Aahar***

- *Arsha Purvarupa* and type of diet were observed to be significantly associated by Chi-square test at 5% level of significance (P-value = 0.021). Hence, *Arsha Purvarupa* and type of diet are associated.
- The association can be interpreted as, the proportion of patients taking mixed diet was higher (0.878) in *Shakrudgraha Purvarupa* as compared to the proportion in Regular bowel habit *Purvarupa* (0.5). Whereas in *Shakrubheda* all 3 patients (prop=1) were taking mixed diet.

Maximum number of patients i.e. 83% were taking mixed diet. They were taking *Ushna*, *Tikshna*, spicy mixed diet (Veg and Non Veg) which is *Katu Rasatmaka* and which is the main cause of Constipation as well as for *Arsha Vyadhi*.

ii. *Rasa adhikya* of *aharya dravya*

- *Arsha Purvarupa* and *Rasa Adhikya* of *Aharya Dravya* were significantly associated (P-value = 0.032) as observed by Chi-square test at 5% level of significance. Hence *Arsha Purvarupa* and *Rasa Adhikya* of *Aharya Dravya* are associated.
- The association can be interpreted as – in the patients with *Shakrudgraha Purvarupa*, *Katu Rasadhikya* was more common (in 47 out of 49 i.e. prop = 0.951) whereas, in

history of Regular bowel this proportion was 0.75 (6 out of 8), whereas in *Shakrubbheda Purvarupa* the proportion was 0.67 (2 out of 3).

Katu Rasa is the pungent taste. This *Rasa* produces dryness and heat in the body and found in spicy foods. *Katu Rasa* aggravates *Pitta* and *Vata Dosha*, as it is *Aagney* and *Vayviya* in nature. If *Katu Rasa* consumed in excess quantity, it causes excess heat in body, irritation, inflammation and diarrhea. The long term use of *Katu Rasatmaka Aahar* causes dizziness, heartburn, excessive thirst and constipation. Therefor I found significant association of *Katu Rasa Adhikya Sevan* in my study.

CONCLUSION

The thesis entitled- “AN OBSERVATIONAL STUDY OF *ARSHA PURVARUPA ‘SHAKRUBBHEDO ATHWA GRAHA’* WITH SPECIAL ASPECT TO *AHARYA DRAVYA SEVAN* AND *DEHA PRAKRITI*” was undertaken for study. Following conclusions are drawn-

- ✓ *Prakriti* and *Aahar* are very important factors in manifestation of diseases.
- ✓ Hundreds of people following same lifestyle, all will not suffer from same diseases. Susceptibility to diseases mainly depends on the *Prakriti* of an individual which vary from person to person.
- ✓ An individual's *Prakriti* is considered to be normal for that individual but any derangement of the *Dosha* of the *Prakriti* leads to diseases.
- ✓ From present study I came to a conclusion that, commonly there is *Shakrudgraha* in *Purvarupa* of *Arsha Vyadhi* and it is maximum in *Vata Pradhan Prakriti* individuals.
- ✓ *Shakrubbheda* is also present in *Purvarupa* of *Arsha Vyadhi* but in rare patients. So *Shakrubbheda* leads to minimum chances in the manifestation of *Arsha Vyadhi*.
- ✓ In some patients, though there is neither *Shakrubbheda* nor *Shakrudgraha* in *Purvarupa* i.e. they have history of regular bowel habit, they can also suffer from *Arsha Vyadhi*.
- ✓ *Aahar* plays an important role in *Samprapti* of *Arsha Vyadhi*. Excessive intake of *Katu Rasatmaka* Mixed (Veg and Non-veg) *Aharya Dravya* plays an important role in manifestation of *Arsha Vyadhi*.

So there is strong relation between *Arsha Purvarupa ‘Shakrubbhedo Athwa Graha’*, *Aharya Dravya Sevan* and *Deha Prakriti* of patients.

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