

**AYURVEDIC REVIEW ARTICLE ON ARSHA**

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**ABSTRACT**

The word Arsha is self-explanatory, indicating that the disease troubles a person like an enemy. Arsha can be correlated to haemorrhoids in modern science. Arsha is clinically an engorged condition of haemorrhoidal venous plexus characterized by prolapsed mass per anum, bleeding per anum mainly. In contemporary science there are treatments for haemorrhoids like sclerotherapy, banding, laser ablation, lifestyle modifications, surgical procedures like haemorrhoidectomy and other invasive technique. In Ayurvedic tests Chaturvidha Chikitsas said, such as Bhesaja (Medicinal), Kshara Karma (Caustic treatment), Agni Karma (Thermal heat burn) and Shashtra Karma (Surgery). In this review article, treatments from Ayurvedic texts are documented so that proctologists around the world get a better understanding about the disease and its exact treatment modalities in both the sciences.

**KEYWORDS:** Arsha, Kshara Karma, Agni Karma, Shashtra Karma.

**INTRODUCTION**

In today's world full of stress and unhealthy food habits along with unhealthy lifestyles make people prone to ano-rectal diseases such as fissure-in-ano, haemorrhoids, fistulas-in-ano. In Ayurveda Arsha is explained as Mahagada. Shalya Tantra has a wealth of information related to modern surgical theory. The father of surgery, Acharya Sushruta, thoroughly described the

Arsharogain his treatise, which was thought to be one of the Mahagadaand was cured indefinitely. Arsha is a troublesome disease that can affect anyone, anywhere, at any time. Haemorrhoids are a common issue in the present world and almost everyone has experienced them at some point in their lives. Arshais described as a fleshy growth that obstructs the anal canal and eliminates the existence like enemy.<sup>[1]</sup> The primary causes of Arshas are binge eating and a sedentary lifestyle, which decreases the activity of digestive enzymes and causes constipation, itching, burning, and pain near the Guda, which eventually results in bleeding.<sup>[2]</sup> The estimated worldwide prevalence ranges from 2.9% to 27.9%, of which more than 4% are symptomatic.<sup>[3,4]</sup> Age distribution demonstrates a Gaussian distribution with a peak incidence between 45 and 65 years with subsequent decline after 65 years.<sup>[5,6]</sup>

### Nidana of janmottar kalaj arsha

#### A) Samanya hetu

Samanya hetu of Arsha mentioned by Acharya Charak has been described as below

गुरुमधुरशीताभिष्यन्दिविदाहिविरुद्धाजीर्णप्रमिताशनासात्म्यभोजन

ततस्तास्वर्शासिप्रादुर्भावन्ति ॥च.चि.१४/९

#### 1) Aaharaj hetu

तत्रानात्मवतांयथोक्तैःप्रकोपणैर्विरुद्धाध्यशनस्त्रीप्रसङ्गोत्कटकासनपृष्ठयानवेगविधारणादिभिःविशेषैःप्रकुपितादोषाएकशोद्विशःसमस्तःशोणितसहितावायथोक्तं प्रसृताःप्रधानधमणीःअनुप्रपदयाधोगत्वा

गुदमागम्यप्रदुष्यगुदवलीर्मासप्ररोहान्जनयन्तिविशेषतोमन्दाग्नेः,

गुदमागम्यप्रदुष्यगुदवलीर्मासप्ररोहान्जनयन्तिविशेषतोमन्दाग्नेः,

तथातृणकाष्ठोपललोण्ठवस्त्रादिभिःशीतोदकसंस्पर्शनाद्वाकन्दाःपरिवृद्धिमासाद्यन्ति,

तान्यर्शासीत्याचक्षते ॥ -सु.नि.२/४

Guru, Madhura, AsatmyaBhojan, VirudhhBhojan, Sheeta, Vidahi, Abhishyandi, Krusha, Shushka, Praniamamsa, Aja, Mahish, Matsya, Varahmamsa, Nava Shuka & Shamidhanya, Teela, Gudavikruti, Pinyak, Shaluka, Shrungatak, Vasa, Virudhadhanya, Gurushaka, Kasheruka, Kilat, Kroncha, Lasuna, Ikshu Rasa, Dadhi, Gurujala, Atikranta, Madya, Mamsa Yusha, Atisnehapana, Manda, Ksheera.

#### 2) Viharaj hetu

दोषप्रकोपहेतुस्तु प्रागुक्तस्तेन सादिते

अग्नौ मलेऽतिनिचिते पुनश्चातिव्यवायतः॥

यानङ्क्षोभविषमकठिनोत्कटकासनात्।

आमगर्भप्रपतनाद्वर्धवृद्धिप्रपीडनात्॥ -अ.ह.नि.७/१०-१४

Agnimandya, Ativyayam, Vegodharan, Gudagharshan, Asya Sukha, Asamyak Bastinetra, PranishtanBasti, Vibhrama, Asamyakshodhan, Ushtrayana, Sheetambu, Peedan, Diwaswap, aamgarbha prapatan.<sup>[7]</sup>

**Poorvaroop of arsha:** Poorvarupa of arsha starts to appear when vitiated apana vayu along with doshas lodges in the Guda Valis. During its upward migration, this pratiloma Vayu impacts the upper gastrointestinal system. The following poorvarupas are described in Ayurvedic literature, namely Charak, Sushrut, and Vagbhata. The following are some of them:-

तेषां तु भविष्यतां पूर्वरूपाणि अन्नेऽश्रद्धा कृच्छ्रात्पक्तिरम्लीका

परिदाहो विष्टम्भः पिपासा सक्थिसदनमाटोपः काश्यमुदगार बाहुल्यमक्षणोः

कासश्वासौ बलहानिर्भ्रमस्तन्द्रा निद्रेन्द्रियदौर्बल्यं च॥ -सु.नि.२/९

विष्टम्भोऽन्नस्य दौर्बल्यं कुक्षेराटोप एवच।

काश्यमुदगारबाहुल्यं सक्थिसादोऽल्पवितकता॥

ग्रहणीदोषपाण्डूर्तेराशङ्का चोदरस्यच।

पूर्वरूपाणि निर्दिष्टान्यर्शसामभिवृद्धये। -च.चि.१४/२१,२२

तत्पूर्वलक्षणं मन्दवन्हिता॥

विष्टम्भःसक्थिसदनं .....।

आशङ्काग्रहणीदोषपाण्डूगुल्मोदरेषुच॥ -अ.ह.नि.७/१५- २०

### Rupa of arsha

बध्दपक्वपुरिषत्वं सरक्तं वा कृशात्मनः ।

गुदनिष्पीडनम् कण्डुतोदम् च अर्शासि लक्षयेत् ॥ -का. सं. सू. २५/२३

Badhha- PakvapurishatwaSarakta, Gudapradeshi kandu, Gudapradeshi Toda etc

### Samprapti ghatak of arsha

1. **Sankhya:** Six components are involved in the development of Arsha.
2. **Vikalpa:** Pradhan Dosha Vata, Anubandha Doshas: Pitta and Kapha
3. **Pradhanya:** This is classified as a Swatantra Vyadhi (Independent disease).
4. **Bala:** Varies from individual to individual, reflecting the patient's overall strength and constitution.
5. **Kala:** There is no specific season associated with the onset of Arsha, indicating that it can occur at any time.
6. **Adhishthanas:** Gudavalis (The structures within the anal canal) serve as the primary site for the disease.
7. **Dosha:** Involves the Pancha Vayu (Five types of Vata), along with Pitta and Kapha.
8. **Dushya:** Affects various tissues, including Twak (Skin), Rasa (Plasma), Rakta (Blood), Mamsa (Muscle), and Meda (Fat).
9. **Upadhatu:** Sira (Veins) are implicated in the condition.
10. **Srotasa:** Involves the Annavaha (Digestive) and Purishvaha (Excretory) srotas (Channels).
11. **Udbhavasthana:** The disease arises primarily in the Aampakwashaya (The area of the colon).

### Upadravas

तेषां प्रशमने यत्नमाशु कुर्याद्विचक्षणः। तान्याशु हि गुदं बद्धा कुर्युर्बद्धगुदोदरम्॥ च.चि. १४/३२

दुर्नाम्नामित्युदावर्तः परमोऽयमुद्। वाताभिभूतकोष्ठानां तैर्विनाऽपिसजायते॥ अ.ह.नि. ७/५२

**Charak & Vagbhata** has mentioned Baddha Gudodara and Udavarta<sup>[43,44]</sup>

**Sushrut** states reduction of Jatharagni and blood in the body.

**Harita:** Hasta – Pada – Mukha – Nabhi – Medhra – Guda Shotha, Jwara, Chardi, Moha, Tamakshwasa, Pravashoola, Vibandha are upadravas.

**Gananathsen** in Siddhanta Nidana suggested Bhagandar, Udavarta, Yakrit Vidradhi, Gudabhransha, Kamala, Pandu, Baddhagudodara as upadravas. Due to increase in Dushta Arsha there is obstruction of Guda which leads to Buddhagudodara.

Obstruction of the Guda due to increase in Arsha reduces the space which causes Apana Vayu prakopa and there is utpathi of Udavarta vyadhi.

**Sadhya – Asadhyatwa**

बाह्यमध्यवलिस्थानां प्रतिकुर्याद्विषग्वरः।

अन्तर्वलिसमुत्थानां प्रत्याख्यायाचरेत्क्रियाम्॥ -सु.नि.२/१७

त्रिदोषाण्यल्पलिङ्गानि याप्यानि तु विनिर्दिशेत।

द्वद्वजानि द्वितीयायां वलौ यान्याश्रितानिच॥

कृच्छ्रसाध्यानि तान्याहुःपरिसंवत्सराणि च।

सन्निपातसमुत्थानि सहजानि तु वर्जयेत्॥ -सु.नि.२/२५,२६

सहजानि त्रिदोषाणि यानि.....

अर्शासि सुखसाध्यानि चचिरोत्पतितानिच॥ -च.चि.१४/२८-३१

सहजानि त्रिदोषाणि यानि.....

अर्शासि सुखसाध्यानि च चिरोत्पतितानि च॥ -अ.ह.नि.७/५३-५५

**Table showing the description of Sadhya-Asadhyatwa of Arsha** <sup>[8,9,10,11]</sup>

According to	Sadhya (Curable)		Asadhya (Uncurable)	
	Sukh –Sadhya (Easily curable)	Kruchha –Sadhya (Difficulty cured)	Yaapya (Palliable)	Pratyaakheya (Irremediable)
Sthana	Samvarni	Visarjani	-	Pravabini
Dosha	Ek – Doshaj	Dwi- Doshaj	Tri doshaja with mild symptoms	Sannipataj
Hetu	Janmottar	Janmottar	Janmottar	Sahaj
Duration	-	More than one year	-	-

Also Acharya Charak indicated the symptoms of incurable stage of Arsha, which are as given below–

हस्ते पाद मुखे नाभ्यां गुदे वृषणयोस्तथा।

शोथो हृत्पार्श्वशूलं च यस्यासाध्योऽर्शसो हि स॥

हृत्पार्श्वशूलं सम्मोहश्छर्दिरङ्गस्य रुग्ं ज्वरः

तृष्णा गुदस्य पाकश्च निहन्युर्गुदजातुरम्\

सहजानि त्रिदोषाणि यानि च आभ्यन्तरां बलिम्

जायन्ते अर्शासि संश्रित्य तानि असाध्यानि निर्दिशेत् -च.चि.१४/२६-२८

Hasta – Paad – Nabhi – Guda – Vrushan shotha, Hrud – Paarshwa Shool, Sammoha, Chhardi, Trushna, Guda-Paak, Angomarda.

## DISCUSSION

### Chikitsa of arsha

According to Sushruta following Chikitsa has been described.

चतुर्विधोऽर्शसां साधनोपायः।

तद्यथा-भेषजं क्षारोऽग्नि शस्त्रमिति॥ -सु.चि.६/३

तत्राहुरेके शस्त्रेण कर्तनं हितमर्शसाम्।

दाहं क्षारेण चाप्येके, दाहमेके तथाऽग्निना॥ -सु.चि.१४/३३

Acharya Charak has also specified such management, but only Aushadhi – Chikitsa was discussed in detail. Acharya Sushruta has detailed descriptions of several methods of therapy and their indications.

तत्र, अचिरकालाजातान्यल्पदोषलिङ्गोपद्रवाणि भेषज साध्यानि,

मृदुप्रसृतावगाढान्युच्छ्रितानि क्षारेण, कर्कशस्थिरपृथुकठिनान्यग्निना,

तनुमुलान्युच्छ्रितानि क्लेदवन्ति च शस्त्रेण।

तत्र भेषज साध्यानामर्शसामदृश्यनां तु भेषजं भवति॥ -सु.चि.६/३

### 1. Bheshaj Chikitsa

### 2. Kshara karma

### 3. Agni karma

### 4. Shastra karma

Table showing the description of treatment of Arsha

Sr. no.	Mode of Treatment	Indications
1.	Aushadhi chikitsa	1) Which are newly occurred 2) Having less Dosha Dusthi 3) In which symptoms are not fully developed. 4) Without complications.
2.	Kshar Karma	1. Soft in consistency 2. Widely spread 3. Deeply situated

		4. Which are protruded out
3.	Agni karma	1. Having rough surface. 2. Having fixed base 3. Which are thickened 4. Harder in consistency
4.	Shastra karma	1. Which are thin rooted 2. Projected out 3. Having mucus discharge

### Bheshaj (Aushadhi) chikitsa

The medicinal treatment of Arsha has been mentioned by all Acharya. The line of medicinal treatment in Sushruta – samhita is as shown below–

तत्र, वातप्रायेषु स्नेहस्वेद वमनविरेचनास्थापनानुवासनमप्रतिषिद्धं, पित्तेजेषु

विरेचनम्, एवमरक्तजेषु संशमनं, संशमनं, कफजेषु शृगंबरकुलत्थोपयोगः,

सर्वदोषहरं यथोक्तं सर्वजेषु, यथास्वौषधिसिद्धं च पयः सर्वेष्टिति ॥ -सु.चि.६/१६

Vataj Arsha: Snehan, Swedan, Vaman, Virechan, Asthapa and Anuwasan basti.

Pittaj Arsha: Virechana

Raktaj Arsha: Sanshamana

Kapahj Arsha: Ardrak, Kulathya

Tridoshaj Arsha: All Doshanashak chikitsa and Siddha milk Acharya Charak and Vagbhat have described the various preparations for the treatment of different types of Arsha.

स्निग्धशीतं हितं वाते रुक्षशीतं कफानुगे।

चिकित्सितमिदं तस्मात्संप्रधार्य प्रयोजयेत् ॥ १७५ ॥ च.चि. १४/१७५

अथ रक्तर्शसां वीक्ष्य मारुतस्य कफस्य वा।

अनुबन्धं ततः स्निग्धं रुक्षं वा योजयेद्विहितम् ॥ १४ ॥ -अ.ह.चि. ८/१४

### Ksharkarma

तत्र, बलवन्तमातुरमर्शोभिरुपद्रुतमुपस्निग्धं....

.....वामात्पृष्ठजं, ततोऽग्रजमिति ॥ सु.चि. ६/४

क्षारमात्रा नखोत्सेधप्रमाणाऽद्या प्रकीर्तिता।

द्विगुणा मध्यमा मात्रा त्रिगुणा महतीमता ॥

पित्ते श्लेष्मणि वाते च यथासंख्यं योजयेत्॥सु.चि.६/५

### Procedure overview

**Positioning:** The patient is placed in the lithotomy position.

### Preparation

Apply Ghruta (Clarified butter) to the anus and Arsha-yantra. Introduce the yantra into the anus to visualize the Arsha.

**Kshar application:** Use a shalaka (Tool) to apply Kshar directly. Maintain the yantra in the anus for a few minutes to protect the normal mucosal layer.

**Monitoring:** Observe the color change of the Arsha to that resembling ripe Jambu (Jamun fruit). Use Amla Dravya (Sour substances) like fresh lime juice or Kanji to wash out the Kshar once the desired color is achieved.

**Reapplication:** Repeat Kshar application until the desired color change is consistently observed.

**Post-Treatment:** After achieving the appropriate color, apply a paste of Yashtimadhu (licorice) and Ghruta to the treated area.

**Treating multiple arshas:** Prioritize treatment of Arsha on the right side, followed by the left.

**Kshar-Pratisarana frequency:** If multiple sessions are necessary, maintain a gap of 7 days between treatments.

### Kshar dosage by type of arsha

Pittaj arsha: Nakhotsed matra (Minimal amount).

Kaphaj arsha: Double nakhotsed matra.

Vataj arsha: Triple nakhotsed matra.

### Complications of kshar

परं च यत्नमास्थाय गुदे क्षाराग्निशस्त्राण्यवचारयेत्, तद्विभ्रमाद्धि षण्ढयशोफ

दाहमद मूर्च्छाटोपानाहातिसारप्रवाहणानि भवन्ति मरणंवा॥ -सु.चि.६/१०

Kshar must be applied very carefully at anus, otherwise complications may occur i.e. Napunsakata (Sterility), Shooth, Daaha, Moorcha, Aatopa, Anaha, Atisara, Pravahana, Death.



**Agnikarma**

महान्तिचप्राणवतश्चित्वादहेतु एवसर्वस्थानगतानामर्शसांदहनःकल्पः॥ - सु.चि.६/७

The pre-procedure measures are same as for that for Ksharkarma. The only difference is instead of Kshar – application, the hot shalaka is applied at Arsha. Even after the excision of Arsha, Agnikarma is recommended by Acharya Sushruta.

**Shastrakarma**

महद्वा बलिनच्छित्वा वीतयन्त्रमथातुरम्॥ -अ.ह.चि.८/७

Acharya Sushruta mention, If the pile masses are big and patient having good strength of body and mind, then it should be cut (Excised) and the area burnt with fire with thermal cautery.

**Raktamokshan**

Raktamokshan is also indicated in Arsha Chikitsa. It is done with the help of Jaluka, Suchi, Shashtra etc.

**Pathya – Apathya**

वेगावरोधस्त्रीपृष्ठयानान्युत्कुटुकासनम्।

यथास्वं दोषलं चान्नमर्शःसु परिवर्जयेत्॥ -सु.चि.६/२२

भित्वा विबन्धाननुलोमना थयन्मारुतस्याग्निबलायच्च।

तदन्नपानौषधमर्शसेन सेव्यं विवर्ज्य विपरीतमस्यान्॥ -अ.ह.चि. ७/१६३

**Pathya aahara**

Anna varga – Godhum, Yava, Raktashali, Kulattha

Shaka varga – Surana, Nimba, Patola, Balamula

Ksheera varga –Aja ksheera, Takra phala varga

Mams varga –Goha, Mushaka, Vanara ashva

**Apathya aahara**

Ahara – virudha, visthamhi, dushta udak, anup mamsa, matsya, tila khalli, ruksha ahar, dadhi, kareer, bilva patra, tumbi, jaliya kanda.

Vihara – uttkatukasana, vegadharana, atistreesanga, atapsevana, poorva desh vayu sevan, viruddha dravya in rasa, veerya, vipaka.

## CONCLUSION

Ayurved has each system for heap the executives. Moderate as well as careful Patient shouldn't hold back to impart the issue to the ayurvedic doctor and not drag out the issue. Kshar sutra ligation is the best treatment of heap that requires some investment it tends to be act in those patient which might experience the ill effects of various heart sicknesses likewise requires no confirmation and monetary as well. So Kshar Sutar substantially more advantageous in correlation with hemorrhoidectomy. Arsha is an issue connected with way of life, age, occupation and dietary elements. It is a truly horrendous condition, patient fears poop as a result of torment with draining per rectum. Besides, patient turns out to be extremely restless subsequent to noticing container brimming with blood. Hence, Ayurveda most certainly can possibly deal with all phases of Arsha effectively with next to no confusions.

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