

## AN AYURVEDIC REVIEW ON TYPES OF HAEMORRHOIDS WITH SPECIAL REFERENCE TO ARSHA

Irza Ayyub Pathan<sup>1\*</sup> and Naimish Kishor Saraf<sup>2</sup>

<sup>1</sup>P.G. Scholar, Dept. of Shalya Tantra, Siddhakala Ayurved Mahavidyalaya & Hospital,  
Sangamner, Dist- Ahmednagar, State- Maharashtra.

<sup>2</sup>Professor & HOD, Dept. of Shalya Tantra Department Siddhakala Ayurved Mahavidyalaya  
& Hospital, Sangamner, Dist- Ahmednagar, State- Maharashtra.

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**\*Corresponding Author**

**Dr. Irza Ayyub Pathan**

P.G. Scholar, Dept. of  
Shalya Tantra, Siddhakala  
Ayurved Mahavidyalaya &  
Hospital, Sangamner, Dist-  
Ahmednagar, State-  
Maharashtra.

### ABSTRACT

Due to the fast changing lifestyle the gut health of every individual is being affected intensely. Constipation has become a common symptom in every household and is being ignored by them. Chronic constipation leads to anorectal diseases such as Haemorrhoids, fissure in ano, fistula in ano etc. Various Acharyas have mentioned various classifications of Arsha which needs our attention while diagnosing them as they provide a correct line of treatment if diagnosed specifically. In modern science short description is given about types of Haemorrhoids, but Ayurveda science which is the ocean of ancient knowledge gives various types of Arsha, which are clinically important. In order to cure the Haemorrhoids, one should study the different types of Haemorrhoids (Arsha), which are told by different Acharyas. In this article, we are going to review different types as per different ayurvedic texts.

**KEYWORDS:** Haemorrhoids, Arsha, Types.

### INTRODUCTION

Before stating the types, let's understand what is Haemorrhoid according to Ayurveda.

Arsha – “Arsha” The term "Arsha" is derived from "Ru Gatau" Dhatu and has the meaning of "as violent as an enemy" thanks to the suffix "Asun".

## MATERIALS

### Classification of arsha

The classification of Arsha has been mentioned in Sushrut Samhita, Charak Samhita, Yogratnakar, Madhav Nidan, Vangasen, Harita, Ashtanga Hrudaya.

❖ Acharya Sushruta<sup>[1]</sup> Has mentioned seven types of Arsha in Sushruta Nidan Sthan

Sahaja

Vataj

Pittaja

Kaphaja

Shonitaja

Sannipataja

Dwandaja

❖ Charak Acharya<sup>[2]</sup>

Acharya Charak has described seven types of Arsha with special clinical features. (Ch.Nidan sthana) The classification of Arsha are as follows –

Charaka<sup>[2]</sup>

Sahaja

Jatasyottarkalaj

Vataj

Pittaja

Kaphaja

Sannipataja

Dwandaja

Charak Acharya has mentioned two more types while describing the chikitsa as

Ardra

Stravi

### The classification on the basis of prognosis

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

❖ Ashtang Hrudaya<sup>[3]</sup>

Sahaja

Jatasyottarkalaj

Vataj

Pittaja

Kaphaja

Sannipataja

Dwandaja

Ardra also called as Sravi, are bleeding piles due to vitiation of Rakta and Pitta. Acharya Vagbhata has divided Ardra into

Vatanubandhi,

Pitnubandhi

Kaphanubandhi.

Sushka Arsha are non bleeding haemorrhoids due to vitiation of Vata and Kapha.

Six types of Arshas are mentioned similar to Charaka in Yoga Ratnakara, Madhava Nidan, Harita Samhita and Vangasen Samhita.

❖ According to Modern Science<sup>[4]</sup>

Mainly Three classifications are done.

Classification<sup>[1]</sup>

Internal- Above dentate line

External –Below dentate line

Interno external- Both occurs together



**Figure 1: Internal and External haemorrhoids.**

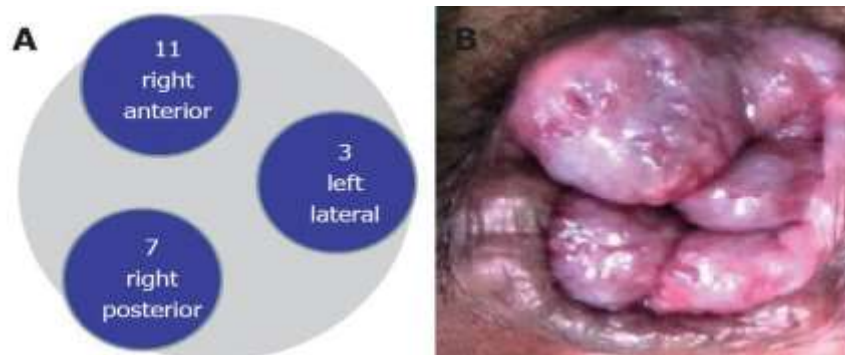
Classification<sup>[2]</sup>

Primary

Occurs at 3,7,11 o'clock

Secondary

Occurs in between the primary sites



**Figure 2: Primary haemorrhoids.**

#### Classification<sup>[3]</sup>

##### 1. First degree

Piles that occur within and may bleed but does not come out

##### 2. Second degree

Piles that prolapse during defecation but returns back spontaneously

##### 3. Third degree

Piles that prolapse during defecation can be replaced back only by manual help

##### 4. Forth degree

Piles that are permanently prolapsed

## CONCLUSION

Arsha may be corelated with Haemorrhoids. Acharya Charaka, Acharaya Sushruta and Ashtang Hrudaya has mentioned 7 types of Arsha. Modern science also classifies Haemorrhoids according to three categories mainly.

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