

CONSERVATIVE TREATMENT FOR PILES (HEMORRHOIDS): A COMPARATIVE STUDY OF AYURVEDIC AND MODERN MEDICAL APPROACHES

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ABSTRACT

Piles or hemorrhoids, a common anorectal disorder, are characterized by swelling and inflammation of veins in the rectum and anus. Conservative treatment aims to manage symptoms, reduce recurrence, and avoid surgical intervention. This research article presents a comparative analysis of conservative management in Ayurveda and modern medicine. Ayurvedic approaches including **Ksharasutra**, **Bhaishajya Chikitsa**, **Basti**, and lifestyle modifications are reviewed alongside modern pharmacological treatments, dietary regulation, and non-surgical procedures. The article emphasizes integration of traditional and modern practices for comprehensive, patient-centered management.

KEYWORDS: Piles, Hemorrhoids, Ayurveda, Conservative treatment, Ksharasutra, Sclerotherapy, Basti, Anorectal disorders.

1. INTRODUCTION

Piles (Arśa) are a common proctological condition affecting a significant percentage of the adult population. Sedentary lifestyle, constipation, and dietary habits are primary etiological factors. Modern medicine emphasizes pharmacological and non-invasive therapies, while Ayurveda offers holistic management using herbal formulations, dietary guidelines, and Panchakarma procedures. Understanding both perspectives allows for a comprehensive, conservative management plan.

2. Classification of Piles

System	Classification
Modern	Internal, External, Intero-external
Ayurveda	Śuśka Arśa (dry), Raktārśa (bleeding), etc.

3. Etiology

Modern View

- Constipation
- Prolonged sitting
- Pregnancy
- Obesity
- Portal hypertension

Ayurvedic View

- Apathyakar Ahar-Vihar
- Agni Mandya (Digestive impairment)
- Mala Sanchaya (Fecal accumulation)
- Dosha Prakopa (Vata, Pitta, Kapha imbalance)

4. Conservative Management in Ayurveda

4.1 *Bhaishajya Chikitsa (Medicinal Therapy)*

- **Arshoghni Vati, Abhayarishta, Triphala Churna, Kutaja Ghanavati**
- **Local application:** Jatyadi Taila, Nirgundi Taila

4.2 *Basti (Medicated Enema)*

- **Niruha Basti** and **Anuvasana Basti** to balance Vata and relieve constipation.

4.3 *Kshar Karma*

- Use of **Apamarga Kshar, Snuhi Ksheera** for chemical cauterization in early stages.

4.4 *Dietary and Lifestyle Management (Pathya-Apathya)*

- Fiber-rich diet, warm water intake
- Avoid spicy, oily, and constipating food
- Regular bowel habits and exercise

5. Conservative Treatment in Modern Medicine

5.1 Oral Medications

- **Flavonoids (Daflon, Diosmin)** to reduce venous pressure
- **Laxatives** to relieve constipation

5.2 Topical Agents

- Hydrocortisone creams
- Local anesthetics (lidocaine)
- Astringents (witch hazel)

5.3 Non-Surgical Procedures

- **Sitz bath**
- **Rubber band ligation**
- **Sclerotherapy**

5.4 Dietary Management

- High-fiber diet (psyllium husk, whole grains, vegetables)
- Adequate hydration

6. Comparative Analysis

Parameter Ayurveda Modern Science

Medication	Herbal formulations	Allopathic drugs	Local Application	Taila, Ghrita	Creams, ointments
Lifestyle Approach	Strict Pathya-Apathya rules	General diet and exercise advice			
Procedures	Ksharkarma, Basti, Ksharasutra	Rubber band ligation, Sclerotherapy	Emphasis		
Root cause (dosha, agni, mala) correction	Symptom suppression				

7. DISCUSSION

Both systems offer effective conservative treatments, with Ayurveda providing long-term benefits through systemic detoxification and dosha balance, while modern medicine offers faster symptomatic relief. Integrative therapy can be more effective in managing chronic or recurrent hemorrhoids. Individualized treatment plans should be prioritized.

8. CONCLUSION

Conservative management of piles through Ayurveda and modern medicine offers a patient-centric, minimally invasive solution. While modern treatment provides rapid relief, Ayurveda ensures long-term correction of underlying causes. A multidisciplinary approach holds

promise for effective, sustainable hemorrhoid management.

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