

LITERATURE REVIEW ON ARSHA

^{*1}Dr. Shobhna and ²Dr. Champak Medhi^{*1}PG Scholar, Dept. of Shalya Tantra, Govt. Ayurvedic College, Guwahati-14.²Associate Professor, Dept. of Shalya Tantra, Govt. Ayurvedic College, Guwahati-14.Article Received on
30 April 2025,Revised on 20 May 2025,
Accepted on 07 June 2025

DOI: 10.20959/wjpr202512-37156



*Corresponding Author

Dr. Shobhna

PG Scholar, Dept. of Shalya
Tantra, Govt. Ayurvedic
College, Guwahati-14.

ABSTRACT

Arsha is mentioned in all classical text book of Ayurveda. According to Ayurveda Acharya Sushruta and Acharya Vagbhata described Arsha in the “Ashtha Mahagada”. It is the commonest ano rectal disease and affects all the age group. Its frequency is increasing with advancing age. In Ayurveda, the sufficient descriptions are found regarding etiology, pathology, symptom, types and treatment measures of Arsha. All the classics of Ayurveda enumerate that the present sedentary life style, irregularities in food intake, taking spicy, non-fibrous foods, inactive occupation and suppression of nature urges etc. are causative factors for Arsha. All Ayurvedic literature described that the Arsha is difficult to cure and trouble to the patients like as enemy. Main characteristic feature of Arsha is sprouts like growth in the ano-rectum and torture to the patients. In Ayurveda Acharya Sushruta

fourfold management of Arsha has been indicated viz. Bheshaj, Kshar Karma, Agnikarma and Shashtra Karma according to chronicity and presentation of the disease.

KEYWORDS: Anorectal, Arsha, Kshar karma, Shashtra Karma.

INTRODUCTION

Ayurveda is giving the ideal way of living being and it has a skillful knowledge. Shalya Tantra is the important branch among Ashtang Ayurveda which represents the surgical field. In Shalya Tantra Anorectal diseases are described in details in every aspect. In today senecrio the prevalence rate of Anorectal diseases is very high in the population. Arsha is the one of the most common anorectal disease. According to Ayurveda Acharya Sushruta.^[1] and Acharya Vagbhata described Arsha in the Ashtha Mahagada and indefinitely curable. A thorough description of Arsha found in different ayurvedic Samhitas. Thus need of understanding

Nidan, Bheda, Samprapti and, different types of Chikitsa and complications has to be clear for management of Arsha.

Nirukati:- The term Arsha is derived from “RuGatau” Dhatu with the suffix “Asun” gives the meaning of as violent as enemy which gives trouble to the Person.

Defination^[2]:- Arsha defined as the fleshy projection which creates obstruction in anal passage, kills a person like enemy. In Ayurvedic literature give some various Synonyms e.g. Durnama, Gudakeela, Gudankur etc.

AIM

To study the literature review of Arsha in Ayurveda.

OBJECTIVE

To understand Ayurvedic concept of Nidan, Samprapati, Lakshan and Chikitsa of Arsha.

MATERIAL AND METHODS

All textual references of Arsha collected from Ayurveda classics in the library of Govt Ayurvedic College, Guwahati -14.

Nidan^[3,4,5]

Acharya Charak, Sushruta and Vagbhata have described many causative factors they are following.

AHARAJA	VIHARAJA
Guru, Madhur, Sheet, Abhishyandi, Vidahi Ahar, Ajeernasan, Viruddhasana, Pramitasana, Asatmya Bhojan, Mansa sevan, Dadhi, Tila, Pinyaka, Ikshuras, Yusa sevan, Shushka Shak, Sukta(fermented drink), Lashuna. Navin shuka- shami dhanya, Vasa, Atikrant Madhyapana(alcohol intoxication), Atisneh, Adryasana etc.	Vyavama, Diwaswapna, Sukhashayana, Asana, Vyavaya, Utkatasana, Vishamasana, Kathinasana, Vibrantayana, Ushtrayana, Atinirvahana, Abhilsna, Sheetambu sparsha, Vegvidharana etc.

The etiology can be broadly categorized as followings

- On the basis of Dietic factors- Incompatible diet such as Guru, Madhura, Sheeta, Abhishyandi, excessive or less intake of food etc.
- On the basis of Habits –Suppression of natural urges or excessive straining, excessive sexual indulgence.
- On the basis of Local irritation factors–Defective sitting, uneven or hard seats, excessive vehicle riding.
- On the basis of **Mandagni**^[6]- Arshas, Grahani and Atisara are causative factors for each other.
- On the basis of Therapeutic abuses- Excessive oleation therapy, improper evacuation therapy, improper administration of Vastikarma etc.
- On the basis of Genetic factor- Genetic factor has also been considered an etiology of Sahaja arsha.
- Other causes– Pregnancy.

Bheda [Classification]

1. According to Dosha^[7,8,9]

Acharya Charak	Acharya Shusruta, Madhavnidan	Acharya Vagbhata
Vataj	Vataj	Vataj
Pittaj	Pittaj	Pitaj
Kaphaj	Kaphaj	Kaphaj
Dwandaja (3)	Raktaj	Dwandaja (3)
Sannipataj	Sannipataj	Sannipataj
	Sahaj	Raktaj

*Acharyas were given another many types of classification which are following.

2. According to character of Bleeding^[10]

- Shushka[vata-kapha dominant]
- Ardra [pitta and rakta dominant]:-Vatanubandhi, Sleshmaanubandhi.

3. According to Site :a. Bahya b. Aabhyantara

4. According to Origin: a. Sahaj b. Uttar kalaj

5. According to Treatment modality.^[11]

- Bheshaj sadhya b. Kshar sadhya c. Agni sadhya d. Shastra sadhya

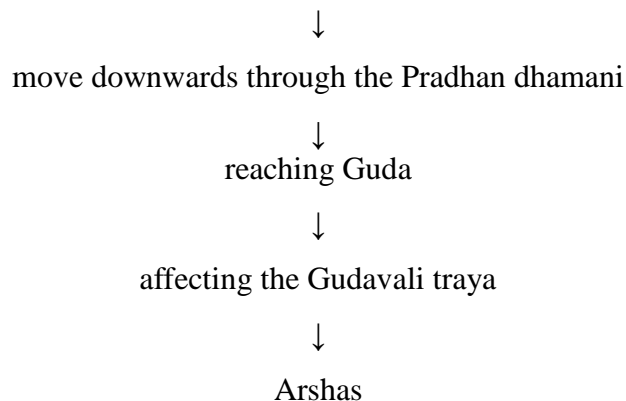
6. According to Prognosis

- a. Sadhya: Sukhasadhya and Kastasadhya
- b. Yasya
- c. Asadhya.

Samprapti (Pathogenesis)

□ According to **Acharya Sushruta**^[12]

As the Nidanas resulting in the vitiation of Doshas in single/combination of two/or along with Rakta dosha



□ According to **Acharya Charaka**^[13]

Vitiation of all the Doshas → follows Bahya and Abhyantara rogamarga → affecting the Gudavalitraya → Arsha

□ According to **Acharya Vagbhata**^[14]

Vitiation of Doshas leads → Mandagni → vitiation of Apanavayu → resulting in stagnation of Mala in Gudavali (prolonged contact of Mala) → development of Arshas.

*The description of Samprapti of Arshas according to Ayurveda indicates that this disease is a local manifestation of systemic derangement in the equilibrium of Doshas. Arsha is specially affected in the person who already suffering from mandagni or poor digestion.

Samprapti Ghatakas

- Dosha- Tridoshaja, dominantly Vata
- Dooshya- Rakta, Mamsa, Medas and Twak
- Shrotas- Raktavaha, Mamsavaha and Purishvaha
- Srotodushti- Sanga, Siragranthi
- Udbhavasthana- Ama-pakvasayotbhava

- Avayava Vikriti – Gudavalitraya
- Rogamaarga- Bhahya and Abhyantara
- Agni- Jataragnimandhya

Poorva Roopa^[15,16,17]

The condition in which sensation is felt in a small amount before the definite appearance of the sign and symptoms is called Poorva Roopa. Acharya Charak, Sushruta and Vagbhata have described poorvaroopa. They are Annavish tambha, Amlika, Antrakunjana, Atopa, Grahani Udar-Pandu Rog ashanka, Pakti, Udarbahulya Alpapurisha (incomplete evacuation), Shwash, Kasa, Gud-parikartan, Paridaha, Balhani, Bhrama, Dourbalya, Karshya, Pipasa, Sakthisaad etc.

Roopa

Acharyas described symptoms (Roopas) of Arsha was divided into two groups; they are General (samanya) and Specific (vishesh).

Samanya Lakshan:- Angamarda, Arochaka, Ashmari, Asyavairasya, Asthishul, Atinishprabha, Badhirya, Bhinna swara, Deenata, Hatotsaha, Hridayashul, Jwara, Kasa, Klaibya, Klama, Krishata, Akshamata, Ksham Swar, Kshavathu, Nabhishoola, Pandu, Payushula, Pinasa, Pipasa, Parvashula, Srava shthivan, Shwash, Timir, etc.

Vishesh Lakshana^[18]

- 1) Vataj: Parishushka (Dry), Vishamamadhyani, Aruna(reddish brown), Vivarna (different color), like Kadambaflower, Tundikeri, Suchimukhi (needle like appeance in tip of arsha), hard stool with pain.
- 2) Pittaj: Tanu (small/tiny), Nilaagraani (bluish tip), Pitvabhasani, looks like liver color, Shukajihva, Yavamadya, Jalauka vaktra, stool mixed with blood and burning during defecation.
- 3) Kaphaj: Wide based, smooth, oval, fixed, plump mass which are neither burst nor discharge secretion, resembles like Kareeraphala, Panasaasthi, Gosthana, extreme pruritus and mucous discharge with stool.
- 4) Raktaja: lakshan similar as pittaj, looks like Nyagrod hapraroha, vidroma (coral), Gunja fruit, during passing hard stool excessive bleeding occurs.
- 5) Sannipataj: Blended Lakshana of all Doshas

6) Sahaj: Durdarshana, Parusha (dry and hard), Darun (hard to cure) and Antramuka (apex inward), emaciated body, Alpabhuk (poor appetite, taking little quantity of food) Shinreta (oligospermia), Shamsvara (reduced quality of voice), Satatantrakunjan, Aatop (gurgling sound of intestine), Hridyaalepa (precordial heaviness), suffering from Nose, head, eye and ear diseases, Aruchi (anorexia). Patient is generally immuno- compromised.

Complication^[19,20,21]

Shusruta	Charka	Vagbhata
Shotha (swelling), Daha, Fainting, Aanah, Aatop (distension), Shula, Excess Bleeding, Infertility, Parvahan (dysentery) and Atisar (Diarrohea) and at last Death	Swelling in hand-feet-face-umbilical region-anus-scrotum, Pain in flanks-cardiac region, fainting, jawar, trishna, vomiting and gudapaka, baddhagudodara etc.	Udavarta is the chief complication of Arsha

Examination

The full history of patients may be sufficient for the diagnosis of diseases. Some examination will confirm the diagnosis of Arsha. Acharya Sushruta has described three types of clinical examination.

- 1) Darshan
- 2) Sparshana
- 3) Prashna

Darshana

On inspection visually prolapsed Haemorrhoid mass may be diagnosed as they are seen outside the anal canal orifice. These prolapsed haemorrhoid masses are lie at (Vam, Pristha and Dakshin) 3, 7 and 11° O'clock positions. It Is very important to confirm the diagnosis through inspection.

SPARSHANA

DRE^[22]

The Haemorrhoid masses are diagnosed by Digital Rectal Examination when they are thrombosed or prolapsed as firm and oval. The pile masses cannot be felt on DRE unless the local tissues become indurate due to episode of thrombosis.

Proctoscopy^[23]

On examination with the help of proctoscope (Arshoyantra), the haemorrhoid mass may bulge into the lumen just below the anorectal ring and identified by the bluish, pinkish or reddish covering of mucous membrane. It may be help to know the position, number and degree of haemorrhoids and symptoms like bleeding, mucosal discharge etc.

Prashna

It is very important method for elicit the criteria in the disease. The criteria of diagnosis are throbbing pain indicates abscess, severe intermittent pain indicates fissure, sudden onset of pain indicates thrombosed haemorrhoid mass, Painless bleeding indicates haemorrhoid of various degree with relation to nature of prolapsed haemorrhoidal mass etc.

Managements

The Acharyas introduce it as a Shalya domain disease. The final arena of Arsha is surgery.

Mandagni is the main etiological factor, so that improvement of the Agni and regulates the bowel habits are prime measures for the treatment of Arsha. Acharya Sushruta has given four types of management in the Arsha as they are Bheshaj, Kshar, Agni and Shastra karma.

- 1. Bheshaj Chikitsa** (oral medicines):-“Achirkaljatanya alpa dosh lingo updravani bheshajsadhyani” Acharya Sushruta has clearly described the medical management in recent originated Arsha which are less vitiated dosha with fewer symptoms. These are two types systemic and local measures. Systemic measures are act on Agni so that improve the appetite, correct the bowel habits and astringent action on blood vessels. Local measures act as emollient, astringent and decongestant etc. local measures includes Abhyanga, Swedan, Basti, Dhoopan, Parisheka etc.
- 2. Kshar karma** (caustic cauterization):-“Mridu prasrit avgad nyuchachhartani ksharen” Acharya Sushruta has described the management by Kshar in soft, widespread, deeply situated and elevated Arsha. Sushruta has described to use Kshara in the Vatakaphaja and Pitta-raktaja (Mridu kshar) Arshas. Kshara karma should be applied on the Balwana (good strength) patients.
- 3. Agni karma** (thermal cauterization) :-“Karkash stir prithu katin anya agnina” Acharya Sushruta has described the management by Agni in uneven, fixed, wide and firm Arsha. Sushruta has described to use Agni in the Vataj and kaphaja Arshas. Agnikarma

should be applied on those patients who are suffering from prolapsed and third degree haemorrhoid mass.

4. **Shastra karma** (operative):-“Tanumula nayuchachhartani kaledavanti ch shastren”

Acharya Sushruta has described the management by Shastra karma in thin pedicle, elevated and discharging Arsha. Sushruta has introduced to excise out such Arsha. The chedan karma (Ardhachandrakar incision) should be done with the help of sharp instruments. This procedure seems like conventional open haemorrhoidectomy or to say the ligation and excision procedure.

***According to Acharya Shusruta^[24] on the basis of Dosha involvement in the pathogenesis of the disease following treatment is given**

- I. Vataja Arsha- Snehana, Swedana, Vamana, Virechana, Asthapana and Anuvasana Vasti
- II. Pittaja Arsha - Virechana
- III. Kaphja Arsha - Ahara dravya mixed with Shunthi and Kulatha.
- IV. Raktaja arsha - Shamana
- V. Sannipataja Arsha- Mixed treatment of all dosha.

Pathya^[25,26]

Godhuma-Genhu (wheat), Shali variety of rice, seeds of Yava (barley) and Kulattha(dolichos bean), Aja dugdha (goat's milk), Navneeta (butter), fruit of Kapittha (wood apple), leaf and fruit of Patola (a variety of small cucumber), root of Punarnava(pigweed), Surana Kanda (tuber of amorophallus-elephant's foot), leaf of Vastuka (a variety of chenopodium),fruit rind of Āmalakī are the useful articles of diet for the patient of Arsa (piles).

Apathya^[27]

Masha-urad (Pulses), seed of Tila (sesame), Pinyaka (oil cake), Pishamaya Dravya [dishes prepared through pashna(Grinding on stone)], fried, constipating and difficult to digest articles of food are harmful for the patient of Arsha. Excessive use of water, sun bath, heat and riding, and suppression of natural urges of urination and defecation should be avoided.

DISSCUSION

Arsha is a very common troublesome disease in mankind. The prime etiological factor is Mandagni along with viruddha aahar, vihar and other etiological factors triggers Arshas. In Ayurveda Arsha nidan, lakshan, treatment modalities according to different types, stages of

disease and pathya -apathya are explained in details. Four fold Management of Arsha Bhesja Chikitsa, Ksharkarma, Agnikarma and Shastra karma are incomplete without the treatment of Agnimandya. In Ayurveda text a variety of oral medications (Bhesja Chikitsa) are mentioned for Mandagni along with diet modifications. According to characteristic of Arsha mass the type of treatment modalities are chosen for better outcome and least complication.

CONCLUSION

Arsha is most common anorectal disease. Arsha prevalence increases day by day and it is classified under mahagada i.e. difficult to treat. Arshas are classified on the source of character, location, shapes, doshas, causes and symptoms etc. The causative factors described in Ayurveda are almost same as Modern science like constipation and straining, occupation and heredity etc. All the classics of Ayurveda enumerate that the present sedentary life style, irregularities in food intake, taking junk, spicy, non-fibrous foods, inactive occupation and mental stress etc. are causative factors for 'Arsha' (Hemorrhoid) and that leads to hypo function of digestive enzymes, which in turn leads to constipation. According to Acharya Sushruta doshas vitiated along with Rakta dosha and they travel downwards through pradhan dhamani to reach guda (anal canal). The factors cause obstruction in haemorrhoidal veins it can be termed as „Sanga” of Rakta and it leads to Srotodusti that causing Arshas. Trividha pariksha (Darshana, Sparshana, Prashna) are useful in diagnosis the Arsha. The site of origin with dosha and upadrava involvement duration are introduced the prognosis of Arsha. Arshas chikitsa may classify into medical, Para-surgical and surgical method. While in modern science, Haemorrhoid are considered mainly as local entity and surgical intervention is the foremost treatment. Various treatments are available in present era for haemorrhoid. Each treatment is designed in order to achieve least complications and reoccurrence of the disease. Conservative treatments and surgical measures in Ayurveda literature are the same as modern science. Acharyas described a unique order in the management of Arshas, they are Bheshaj, Kshara, Agni and Shastra Chikitsa. Ayurveda has given better planning avoid immediate surgery.

REFERENCES

1. Acharya Sushruta, Sushruta Samhita, by Ambikadatta shastri, published by chaukambhaorientalia, reprint edition, 2016; Sutra sthana chapter 33 sloka 42.

2. Astanga Hridayam of Srimadvagbhata, Hindi commentary, Edited by Dr.Kaviraj Atridev Gupat. Chaukhambha Sanskrit Pratishthan: Reprinted, 2021; Nidansthana adhyaya, 7 sloka 1.
3. Acharya Charaka, Charaka samhita, by Pandit Kasinath pandey and Dr. Gorakhnath Chaturvedi. Varanasi: Chaukambha Bharti Academy: Reprinted, 2007; chikitsa sthan chapter 14 sloka 9.
4. Acharya Sushruta, Sushruta Samhita, by Ambikadatta shastri, published by chaukam bhaorientalia, reprint edition, 2016; nidan chapter 2 sloka 4.
5. Astanga Hridayam of Srimadvagbhata, Hindi commentary, Edited by Dr.Kaviraj Atridev Gupat. Chaukhambha Sanskrit Pratishthan: Reprinted, 2021; Nidansthana adhyaya, 7 sloka, 11-14.
6. Acharya Charaka, Charaka samhita, by Pandit Kasinath pandey and Dr. Gorakhnath Chaturvedi. Varanasi: Chaukambha Bharti Academy: Reprinted, 2007; chikitsa sthan chapter 14 sloka 244.
7. Acharya Charaka, Charaka samhita, by Pandit Kasinath pandey and Dr. Gorakhnath Chaturvedi. Varanasi: Chaukambha Bharti Academy: Reprinted, 2007; chikitsa sthan chapter 14 sloka 9.
8. Acharya Sushruta, Sushruta Samhita, by Ambikadatta shastri, published bychaukambhaorientalia, reprint edition, 2016; nidan chapter 2 sloka 3
9. Astanga Hridayam of Srimadvagbhata, Hindi commentary, Edited by Dr.Kaviraj Atridev Gupat. Chaukhambha Sanskrit Pratishthan: Reprinted, 2021; Nidansthana adhyaya, 7 sloka 11-14.
10. Acharya Charaka, Charaka samhita, by Pandit Kasinath pandey and Dr. Gorakhnath Chaturvedi. Varanasi: Chaukambha Bharti Academy: Reprinted, 2007; chikitsa sthan chapter 14 sloka 40
11. Acharya Sushruta, Sushruta Samhita, by Ambikadatta shastri, published by chaukam bhaorientalia, reprint edition, 2016; Chikitsa Sthan chapter 6 sloka 3
12. Acharya Sushruta, Sushruta Samhita, by Ambikadatta shastri, published by chaukam bhaorientalia, reprint edition, 2016; nidan chapter 2 sloka 4.
13. Acharya Charaka, Charaka samhita, by Pandit Kasinath pandey and Dr. GorakhnathChaturvedi. Varanasi: Chaukambha Bharti Academy: Reprinted, 2007; chikitsa sthan chapter 14 sloka 9.

14. Astanga Hridayam of Srimadvagbhata, Hindi commentary, Edited by Dr. Kaviraj Atridev Gupat. Chaukhambha Sanskrit Pratishthan: Reprinted, 2021; Nidansthana adhyaya, 7 sloka, 11-14.
15. Acharya Sushruta, Sushruta Samhita, by Ambikadatta shastri, published bychaukambhaorientalia, reprint edition, 2016; Nidan sthan chapter 2 sloka 9
16. Acharya Charaka, Charaka samhita, by Pandit Kasinath pandey and Dr. Gorakhnath Chaturvedi. Varanasi: Chaukambha Bharti Academy: Reprinted, 2007; chikitsa sthan chapter 14 sloka 21-22.
17. Astanga Hridayam of Srimadvagbhata, Hindi commentary, Edited by Dr.Kaviraj Atridev Gupat. Chaukhambha Sanskrit Pratishthan: Reprinted, 2021; Nidansthana adhyaya, 7 sloka 15-19.
18. Acharya Sushruta, Sushruta Samhita, by Ambikadatta shastri, published bychaukambhaorientalia, reprint edition, 2016; Nidan sthan chapter 2 sloka 11-16.
19. Acharya Sushruta, Sushruta Samhita, by Ambikadatta shastri, published by chaukambhaorientalia, reprint edition, 2016; chikitsa sthan chapter 6 sloka 10.
20. Acharya Charaka, Charaka samhita, by Pandit Kasinath pandey and Dr. Gorakhnath Chaturvedi. Varanasi: Chaukambha Bharti Academy: Reprinted, 2007; chikitsa sthan chapter 14 sloka 26-27.
21. Astanga Hridayam of Srimadvagbhata, Hindi commentary, Edited by Dr.Kaviraj Atridev Gupat. Chaukhambha Sanskrit Pratishthan: Reprinted, 2021; Nidansthana adhyaya, 7 sloka 52.
22. John Goligher, Surgery of the Anus, Rectum and Colon, A.I.T.B.S. Publishers & Distributers, Delhi; Sth edition, 2002; Volume I, chapter 4.
23. Bailey & Love's short practice of surgery 25th Edition, Edited by S. Williams Christopher, J. K Bulstrode & P. Ronan 0° Connell Norman.
24. Acharya Sushruta, Sushruta Samhita, by Ambikadatta shastri, by chaukam bhaorientalia, reprint edition, 2016; chikitsa sthan chapter 6 sloka 16 published.
25. Acharya Sushruta, Sushruta Samhita, by Ambikadatta shastri, published by chaukam bhaorientalia, reprint edition, 2016; chikitsa sthan chapter 6 sloka 8.
26. Acharya Charaka, Charaka samhita, by Pandit Kasinath pandey and Dr. GorakhnathChaturvedi. Varanasi: Chaukambha Bharti Academy: Reprinted, 2007; chikitsa sthan chapter 14 sloka 95.
27. Acharya Sushruta, Sushruta Samhita, by Ambi kadatta shastri, published by chaukam bhaorientalia, reprint edition, 2016; chikitsa sthan chapter 6 sloka 22.