



LIMITATIONS OF HAEMORRHOIDS MANAGEMENT IN MODERN SURGERY AND ROLE OF AYURVEDIC THERAPIES

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ABSTRACT

Arshas or Hemorrhoids are quite a common problem observed both in men and women. It can be a recurrent and painful intrusion in life. The incidence of arshas is increasing day by day due to the influence of western food habits, diet which contains very less amount of soluble fibre, inappropriate diet regimen and purisha vegadharana (suppression of natural urge to defecate) which causes constipation. Other factors which trigger Arshas are improper toilet habits, sedentary work style or strenuous work, prolonged periods of standing or sitting, prolonged travelling on vehicles, overweight. Its incidence increases as age advances and at least 50% of people over the age of 50 years have some degree of hemorrhoidal symptoms. Many treatment modalities are available for haemorrhoids in Modern Surgery and Ayurvedic Medicine but comparatively complications are very minimal and cost effective in ayurveda than modern medicine. Ayurvedic remedies like bshesaja, kshara, agni and shastra have been mentioned based on severity in sushruta samhita which is authentic text book of Indian surgery, where as in Modern Surgery the treatments like Oral medication, Barren Band therapy, Injection method, Cryosurgery, Stapler method, Haemorrhoidectomy are available. These treatments have got their own limitations in treating the haemorrhoids.

KEYWORDS: Arshas, Hemorrhoids, Ayurvedic Remedies, Modern Surgical methods.

INTRODUCTION

Haemorrhoids is an ano rectal disorder which is very common disease in human due to sedentary food habits and life style, The word haemorrhoids is derived from greek *haima* means blood and *rhoos* means flow.^[1]

These are dilated veins within the anal canal in the sub epithelial region formed by radicles of superior, middle and inferior rectal veins of anal canal, these are two types *internal* and *external* haemorrhoids,

- *Internal haemorrhoids* are within anal canal and internal to anal orifice covered with mucous membrane which is bright red are purple in colour.
- *External haemorrhoids* are situated outside the anal canal covered by skin. There are two peculiar conditions related with external haemorrhoids.

- a. Dilated veins
- b. Haematoma i.e thrombosed pile mass.^[2]

Aetiology^[3]

Hereditary, anatomical, exciting causes, diet are causes for primary haemorrhoids Carcinoma of rectum, pregnancy and portal hypertension are causes for secondary haemorrhoids.

Clinical features^[4]

Bleeding per rectum, prolapsed pile mass, pain, mucous discharge, anemia.

Treatment

There are different treatment procedures available for haemorrhoids based on severity in modern surgery, like *sclerosant injections*, *Rubber band ligation*, *cryosurgery*, *haemorrhoidectomy* but they have their own limitations and complications In ayurveda, we have different type of treatments for arshas based on the severity like *bshesaja*, *kshara*, *agni and shastra karmas* but main criteria is improving digestive action of the patient so that we have very minimal complications and less recurrence.

- **Sclerosant Injections**^[5]

This method is used for small vascular haemorrhoids even in small second degree pile mass. Where in a solution containing 5% phenol in almond oil and 140mg of menthol is injected in to the sub-mucosa of the pedicle of primary haemorrhoids. Good sclerosis can often be obtained by a single injection of 5ml into each primary haemorrhoids.

Advantages

This method is quick, relatively painless, has high percentage of cure if procedure is done properly.

Disadvantage

Need more skill to inject solution otherwise lead to dangerous sloughing, contraindicated in prolapsed pile mass.

- **Rubber band ligation**^[6]

Here band is ligated to the pile mass with instrument called barron bands apparatus, The bands cause ischaemic necrosis of the piles, which slough off within 10 days. This may be associated with bleeding, about which the patient must be warned.

Advantage

Hospitalisation is not necessary, no need of assistance and 1st and 2nd degree haemorrhoids can be treated by this.

Disadvantage

Severe pain and secondary haemorrhage.

- **Cryosurgery**^[7]

This is performed by freezing the tissue of pile mass to cause necrosis this is done by cryosurgical probe using liquid nitrogen by -106°C.

Advantage

Painless.

Disadvantage

Profuse watery discharge for more than 4 weeks which contains potassium and proteins in large quantity which may lead to electrolyte imbalance.

- **Haemorrhoidectomy**^[8]

1. Closed method
2. Open method

This method is performed under spinal anaesthesia require hospitalization, here haemorrhoids are excised permanently.

Advantage

Only option in 4th haemorrhoidectomy.

Disadvantages

Recurrence is more, mishandling may lead to sphincter damage, Post op complications are more like pain, retention of urine.

In ayurvedic classics Acharya Sushruta has mentioned four types of treatments for arshas, based on severity one can perform this procedures they are *beshaja*, *kshara karma*, *agni karma* and *shastra karma*.^[9]

- **Beshaja karma**^[10]

This method can be adopted in 1st and 2nd degree haemorrhoids of new origin and which has less complications In *shuska arshas*, Abhaya arishta, Kanaka arishta, Danthi arishta, Takra arishta, Single drugs with anupana, Surana, Ballataka In *ardhra arshas*.

Kutajadi rasakriya, Palandu prayoga, Avagaha, Piccha basti, Avapidaka basti in continuous bleeding.

Other formulations: Bahushala guda, Suranadi avaleha, Chirabilvadi kashaya, Triyushanadi churna have good effect over 1st and 2nd degree haemorrhoids.

Advantages

very cost effective, no discomfort, less side effects.

Disadvantages

Not advised in chronic and complicated haemorrhoids.

- **Kshara**

This is performed in condition like elevated, deep rooted and soft pile mass

Two types

- Pratisaraniya(application)
- Paniya(internal administration)

Mechanism of pratisaraneeya kshara as kshara contains ksharana guna (corrosive nature) it cauterizes the pile mass, it coagulates protein in haemorrhoidal plexus. Because of coagulation of protein leads to haemolysis.

Advantages

Less complications, recurrence rate is less, minimal Hospitalization.

Disadvantage

Pain will there after the withdrawal of Anesthesia, anal discharge upto 7 days but very minimal discharge.

- **Agni**

It is used in a modified form by way of electric heat. In Vata and kapha dosha predominance it can be done in Bahya Arshas and prolapsed internal pile mass.

Advantages

Non recurrence, minimal hospitalization, nirjiwanukarana (sterilization) the pathogens destroy and chance of infection are rare.

Disadvantage

- **Shastra**

This can be performed in condition like *Tanu moola*, *Uchrita*, *Kleda vanti*.

Advantages

Is only option in 4th degree pile mass.

Disadvantages

Lack of anaesthesia, pain killers and anti biotics.

Other procedures like kshara sutra ligation and jalaukaavacharana (leech application).

▪ **Jalaukaavacharana**^[11]

This is performed in pitta rakta arshas where there is bleeding, burning sensation, this procedure is suggested by sushruta.

▪ **Kshara sutra ligation**^[12]

Here kshara sutra is ligated to the pile mass this is done in prolapsed pile mass and external piles.

Patya apaya**Patya**

- Anna varga: rakta shali, shastika shali, yava, godhuma, kulatha.
- Ksheera varga: aja kshara, takra.
- Shaka varga: surana, nimba, patola, balamuli.
- Mamsa varga: mruga mamsa.

Apathya

- Ahara: anupa mamsa, viruda ahara, dusta udaka.
- Vihara: vegadharana, utkatukasana (squatting position), ati streesanga, diwa swapna.

CONCLUSION

Treatments explained in Ayurvedic classics are having their own importance in treating Haemorrhoids, our ancestors has given for Haemorrhoids by giving prime importance to patya and apatyas, by this there will be improvement in agni (digestive power) and dietary habits, so by improving agni of an individual we can counteract the constipation and hard stools by this there will not be any pressure over haemorrhoidal veins. So all this procedures are cost effective and have very minimal complications comparing to the modern surgical procedures the main achievement of the Ayurvedic treatment is non recurrence.

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