



AYURVEDA CONSIDERATION OF ARSHA; A REVIEW BASED ON LITERARY STUDY

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ABSTRACT

Arshas (haemorrhoids) is one of the painful ano-rectal disease occurs in *Gudapradesha* (anal region); considered as *Ashta Mahagada*. Sedentary lifestyle, disturbed diet pattern, prolonged sitting, constipation, stress and presence of other gastric problems are the main etiological factors of *Arsha*. Ayurveda described that disturbances of *jatharagni* associated with *tridoshic* imbalance increases prevalence of *Arsha*. The major clinical symptoms of *Arsha* are; *Gudadaha*, *Gudapida*, *Rakta Srava*, *Sparshasahatwa*, *Shotha*, *Guda Kandru*, *GudaStrav*, *Mansanankur* and *Malavasthmbha*. Ayurveda mentioned various treatment approaches for the management of *Arsha* such as; *Bheshaja* (medicinal), *Agni* (thermal cauterization), *Kshara* (chemical cautery) and *Shastra* (surgery), etc. This article elaborated ayurveda perspective of *Arsha* and its general management.

KEYWORDS: Ayurveda, Arsha, Haemorrhoid, Shalya Tantra.

INTRODUCTION

The ano-rectal disorders are painful diseases related to anal region & affecting mankind severely world widely. The incidences of such diseases increase day by day due to the disturbed life style, irregular diet pattern, physical stress and psychological disturbances, etc. *Arsha* is one such ano-rectal disorder associated with clumps of dilated veins in the anus and lower rectum. The swollen and inflamed tissue around anal region leads pain and bleeding during defecation. The disease may occur irrespective to age and gender. The symptoms involve uneasiness, discomfort, pain, discharge, bleeding while defecation and discomfort. Ayurveda classical mentioned various types of *Arshas* such as; *Vataja Arshas*, *pittaja Arshas*, *kaphaja Arshas*, *sannipataja Arshas*, *raktaja Arshas* and *shushka Arshas*. Ayurveda mentioned various formulations for the management of *Arsha* such as; *Arsha Kuthar Rasa*, *Abhayarishta*, *Arshoghni Vati*, *Nityodita rasa*, *Samangadi churna*, *Surana vataka*, *Kasisadi Taila* and *Triphala Guggulu* etc. The modern treatment approach involves use of analgesics, antibiotics, stool softeners, antacids, local anesthetics and surgical intervention for the management of *Arsha*.

Causes of arsha as per Ayurveda

- *Mandagni*
- *Adyashana*
- *Mithya vihara*

Symptoms of Arsha

- *Gudastrav*
- *Gudavedana*
- *Sparsasahatva*
- *Mamsankura*
- *Sthanikshoth*
- *Daha*.

Pathogenesis

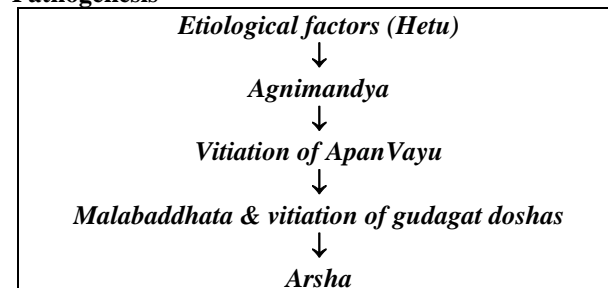
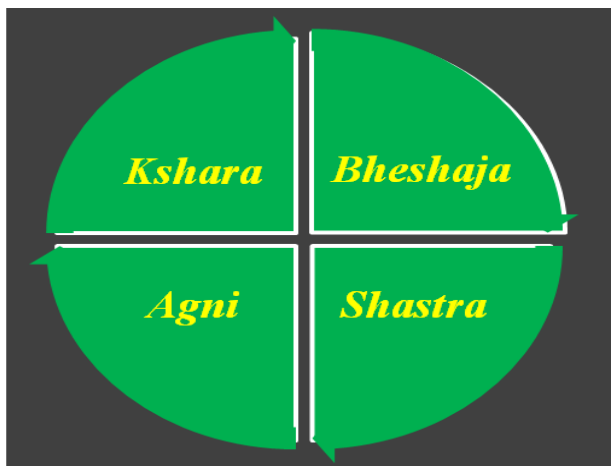


Table. 1: Internal haemorrhoids (Arsha) as per severity.

S. No.	Grade	Type
1	Grade 1	Non-prolapsing internal hemorrhoids.
2	Grade 2	Internal hemorrhoids that prolapsed during defecation and reduce spontaneously.
3	Grade 3	Internal hemorrhoids that prolapsed during defecation and not reduce spontaneously.
4	Grade 4	Internal hemorrhoids that is prolapsed and incarcerated.

**Figure. 1: The Classical Treatment Approaches of Arsha.****Triphala Guggul for Arsha**

Triphala guggul used internally for the management of disease offer Dipaniya, Pachniya, Shool prashamaniya & Arshoghadravya properties. The Agnivardhan & SuyogyaPachan of Aahar achieved with the use of drug therefore relieves in Malabaddhata observe which further relieves Arsha. It improves symptoms such as; Gudavedana, Malavibandha, Sparshasahatva and Sthanik Shoth due to its Tridoshagna & Vatanuloman properties.

Kshara for Arsha

Kshara karma recommended for Arsha as para-surgical modality which is convenient, adoptable, economic and effective. Kshara used externally as ksharasutra ligation & ksharpatan, etc. Apamarga kshara is one of the most commonly used kshara and help to relieve Vedana, Srava, kandu and prolapse. Ayurveda classic mentioned various plants for the preparation of kshara such as; *Euphorbia nerifolia*, *Achyranthus aspera*, *Holarrhena antidysentrica*, *Cassia fistula*, *Calotropis gigantea*, *Sesamum indicum* & *Adhatoda vasica* etc. The paniya kshara used for internally while the pratisaraniya kshara used externally. Kshara possess properties such as; chhedan, bhedan and lekhan and thus help to reduce pile masses. Kshara offer relief in gudadaha, pacify Pitta and Rakta dosha therefore decreases pathological progression of Arsha.

Ayurveda Formulations➤ *Nityodita Rasa*

It consisted of *Rasa sindoor*, *Shu. Gandhaka*, *Abhraka bhasma*, *Loha bhasma*, *Tamra Bhasma*, *Shu Vatsanabha*, *Bhallataka Churna*, *Suranaknda rasa* used in bleeding arsha.

➤ *Jatiphaladi Vati*

It consisted of *Jayaphala*, *Lavanga*, *Pippali*, *Saindhava*, *Shunti*, *Shu Dhatura bija*, *Hingula* and *Tankana* used in bleeding arsha.

➤ *Arshoghna Vati*

It composed of *Nimba*, *mahanimba*, *Khunkharaba*, *trunakanta pishti* and *Rasauta* used in bleeding arsha.

➤ *Bhallatakadi Modaka*

It consisted of *Bhallataka*, *Tila* and *Haritaki* used in Pittaja arsha.

➤ *Samangadi Churna*

It composed of *Samanga*, *Utpala*, *Mocharasa*, *Lodhra*, *Tila* & *Shweta Chandana* used in bleeding arsha.

➤ *Chandanadi Kwatha*

It made up of *Chandana*, *Kiratatikta*, *Duralabha Shunti*, *Daruharidra*, *Twak*, *Ushira* and *Nimba* used in bleeding arsha.

➤ *Dantyarishtha*

It is prepared from *Danti*, *chitraka*, *laghupanchamula*, *bruhat panchamula* & *triphala* used in guda arsha.

➤ *Kasisadya taila*

It is prepared from *Kasisa*, *Danti*, *Saindhava*, *Karvira*, *Chitrakamula*, *Kanji* & *Tila taila*.

CONCLUSION

Arsha is disease which involves vitiation of ApanaVayu due to the Vegavidharana, Ati Ushna-Tikshnaand Mamsa Ahara, Mandagni, Adyashana & Utkutasana etc. The current scenario of life style associated with consumption of fast food, disturbed life style, excessive sitting habits and occurrence of other gastric problems leads ano-rectal diseases such as; Arsha. Ayurveda emphasized use of Bhaishaj Chikitsa, Agni and Kshara, etc. for the management of Arsha.

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