



## A REVIEW ON MANAGEMENT PRINCIPLES OF ARSHA (HAEMORRHOIDS) AS PER ACHARAYA CHARAKA

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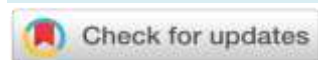
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## ABSTRACT

*Arshas* (Haemorrhoids) is one of the ano rectal diseases that affects *Gudapradesha* (ano rectal region), Arsh is also mentioned in *Astha Mahagada* (8 Major disorders). haemorrhoid is one of the most prevalent illnesses that significantly lowers living quality of life. Many people in the world are suffering from this disease, this illness can strike any age group and affect both men and women.

The primary causes of piles are unusual diet (junk food, lack of fibre diet and more intake spicy food) and lifestyle (inactive occupation and lack of exercise). Mental stress may potentially be the cause of *Arsha*. Many treatment modalities of *Arsh* have been told by *Acharyas* like Surgical, Para-Surgical and Conservatives. *Acharya Shusruta* explains four measures in the therapeutic plan: *Bheshaja Chikitsa* (Medication), *Kshara karma* (Chemical cauterization), *Agni karma* (Thermal cauterization), and *Shastra chikitsa* (Surgery). *Sushrua* has described these four methods in detail, *Sushruta's* main treatise on surgery: That's why he has laid special emphasis on surgery. *Acharya charaka* explained the conservative management (*Bheshaja chikitsa*) of haemorrhoids in detail in *Chikitsa sthan* chapter 14. In this article we will describe in detail the treatment given by *Acharya Charak*.

**Keywords:** Arsha, Haemorrhoids, piles, anorectal, kshara.

## INTRODUCTION

In the field of Ayurveda, Haemorrhoid or piles is known as *Arsha*, which affects the anorectal region. The word 'Haemorrhoid' is derived from Greek word, Haima means bleed and Rhoos means flowering, and the word pile is derived from the Latin word 'Pila' means Ball.

It is explained throughout classical literatures but *Acharya Charak and Sushruta* {the founder of Indian surgery (1500–1000 B.C.)} recognise the significance of *Arsha* (~Haemorrhoids), they described the treatment principles of piles in detail. Cause of hemorrhoids are unusual diet, junk food, lack of fibre diet, more intake spicy food, faulty lifestyle, inactive occupation, lack of exercise and mental stress. Clinical Features of haemorrhoids are fresh Bleeding occurs during defecation, Mass per Anum, mucoid discharge, Pruritus, pain and on inspection, prolapsed piles will be visualized. It has been estimated that at least 50% of individuals over the age of 50 years will have, at some point, experienced symptoms related to haemorrhoids<sup>1</sup>.

Depending on where they are in relation to the dentate line of anal canal, they are typically classified as either internal or external. There are four additional classes for internal haemorrhoids, which are as follows<sup>2</sup>-

### 1. First degree haemorrhoids

Piles within that may bleed but do not come out.

2. Second degree haemorrhoids Piles that prolapse during defecation but returns back, spontaneously.

### 3. Third degree haemorrhoids

Piles prolapsed during defecation, can be replaced back, only by manual help.

### 4. Fourth degree haemorrhoids

Piles that are permanently prolapsed.

One more classification of haemorrhoids on the basis of their location-

Primary and Secondary haemorrhoids

Primary haemorrhoids: Located at 3, 7, 11 o'clock positions, related to the branches of the superior haemorrhoidal vessel.

Secondary haemorrhoids: One which occurs between the primary sites.

Ayurveda's fundamental approach to treating any illness is to steer clear of the etiological variables (*Nidanaparivarjana*) that contribute to *Samprapti vighatana*, or the disruption of etiopathogenesis.

For the purpose of preventing and curing *Arsha*, Acharyas provided a critical description of the different *Chikitsa* approaches.

*Acharya Shusruta* explains four measures in the therapeutic plan: *Bheshaja chikitsa* (Medication), *Kshara karma* (Chemical cautery), *Agni karma* (Thermal cauterization), and *Shastra chikitsa* (Surgery). *Sushruta* has given different clear indications of these four treatments.

### *Nidana*<sup>3</sup>

#### *Aharaja-*

*Guru*(~Heavy food),

*Madhura*(~Sweet nonvegeta(~Cold), *Abhishyan-di*(~Kaphavardhak Ahara)

*Vidahi*(~Burning properties), *Viruddhbhojan*(~Unwholesome diet), *Ajirna bhojan*(~Over diet), *Go*, *Matsya*, *Varaha*, *Mahisha*, *Aja*, *Avi Mamsa bhakshana*(~Non veg), *Krusha*, *Shushka*, *Puti mamsa sevana*(~Bad non veg), *Kshira*(~Milk), *Dadhimand*(~Curd water), *Tila*(~Oil), *Gud sevan*(~Jaggery), *Suska saka*(~Dried vegetable), *Lashuna*(~Garlic), *Kilata*(Milk products), *Mrinala*(*Kamalanala*), *Virud dhanya sevan*(~Sprouts).

#### *Viharaja-*

*Utkatasana* (~Squatting position), *Vishamasana* (~Irregular position), *Kathinasana* (~Hard surface), *Atimethun* (~Excessive Sexual activity), *Ushtradi yana sevan* (~Animal ride), *Sitambu sparsh* (~Cold water touch), *Bastinetra asamyaka prayog*, *Aama Garbha*(~Abortion), *Visham prasav* (~Breech presentation) *avam*, *Sukhsayana*(~Very Comfortable Bed).

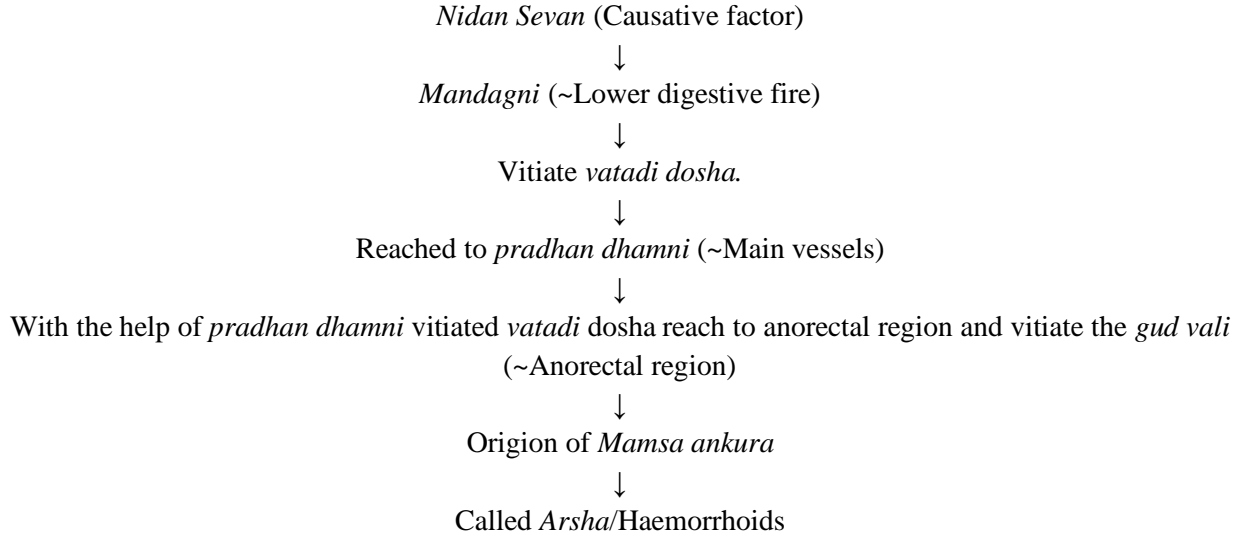
### **Types of Arsha-**

1. According to *Dosha-*

1. Vataja 2. Pittaja 3. Kaphaja 4. Raktaja 5. Sannipataja 6. Sahaja (~Congenital)
2. According to Arsha utapati -
  1. Sahaja (~Congenital) 2. Uttarakalaja (~Acquired)
3. According to Secretion (Bleeding)-

1. Ardra/Sravi (Bleeding piles)- due to vitiation of Rakta and Pitta Dosha.
2. Shushka (Nonbleeding piles)- due to vitiation of Vata and Kapha Dosha.

### **Samprapti of Arshas (~Etiopathogenesis)**



### **Management of Arsha**

The basic principle of Ayurveda treatment of any illness is to avoid the etiological factors (*Nidanaparivarjana*) that lead to the disturbance of etiopathogenesis, or *Samprapti vighatana*.

*Acharya Shusruta* describes the four therapeutic measures as follows<sup>4</sup>: *Bheshaja chikitsa* (Medicine), *Kshara karma* (Chemical cautery), *Agni karma* (Thermal Cauterization) and *Shastra chikitsa* (Surgery).

#### **Bheshaja Chikitsa**

The initial course of treatment for *Arsha* is said to be *Bheshaja Chikitsa* (Conservative management). In the first, second degree and initial stage of 3<sup>rd</sup> degree of disease prognosis, it is statistically good effective. In cases where the pile mass is relatively new, *Bheshaja Chikitsa* should be performed as there should be less *doshas* involvement, less severe symptoms, and less severe complications.

#### **Kshara Karma**

Then indication of *kshar karma* in haemorrhoids, which have smooth surface, wider base, deeper loca-

tion but still visible, and raised hemorrhoidal mass these are better treated with *kshara karma*.

#### **Agni Karma**

*Agni karma* can be used to cure *Arsha* that have a fixed, not smooth, larger surface and hard in consistency rather than a smooth one.

#### **Shastra Karma**

*Shastra Karma* works better for haemorrhoid's which have a narrow base, raised up, and which remains wet (Bleeding).

#### **Principles of Bheshaja Chikitsa (Conservative management)**

The *Arshas* are divided into two groups for *Chikitsa*'s purposes: 1. *Shushka Arsha* 2. *Sravi Arsha*. *Pittaja* and *Raktaja Arshas* fall under the group of *Sravi Arshas*, whereas *Vataja* and *Kaphaja Arshas* belong to *Shushkarsha*.

#### **1. Treatment of Shushka Arsha**

If a patient is suffering from diarrhoea or constipation, treatment can be modified accordingly.

#### **Swedana/ Avagaha sweda (~Sitz bath)**

Oil made from *kalka* of *chitraka*, *kshara* and *bilva* should be applied on the anal region and *pottali swedana* should be done by *yav*(~Barley), *masha* and *kulthi*. If a patient is suffering from pain, he should get *avagaha swedhan* (~Sitz bath) after massaging of anal region with oil, *bilva kwath*, *dadhimand* (~Curd water) and cow urine should be used for *avagaha swedan*.

#### **Dhuma(~Fumigation)**

By massaging the fat of *Sarpa* and *Varah* in anal region followed by *Dhuma prayoga*, for *Dhuma prayoga* using *Dhuma*, one should use *baal* (~hair), *Sarpa Nirmoka*(~Snake slime) and *Ark mool*(~Calotropis root).

#### **Lepa/Poultice**

*Haridra* powder (~Turmeric powder) should be mixed with *Sudha Ksheera* (~Pure milk) and applied on the pile mass, The paste reduces swelling, congestion and pain of the affected area.

#### **Anvasana Basti**

If the patient is suffering from *Udavrta*, dryness in the body, *Vilomta* and pain in anal region, then *Anuvasana Basti* is given to such a patient.

#### **Niruha Basti**

Patients suffering from *Shushkarsha* should be given *Niruha Basti* by mixing cow urine, cow milk, *Sneha* (Ghrita or Tail), rock salt and *Madanphal* in the decoction of *Dashmool*.

#### **Guda Prakshalana (~Anal region wash)**

The anus should be washed with water after boiling *bhanga* (Hemp) leaves.

### **2. Treatment of Sravi/Rakta/Aadra Arsha**

*Pittaja* and *Raktaja Arshas* fall under the group of *Sravi Arshas*, all *Sarvi Arsha* is related to *Vata* or *Kapha Doshas* also. Treatment of *Sarvi Arsha* depends on whether the *Anubandh Doshas* are *Vata dosha* or *Kapha dosha*. *Snigdha*(~Oily) and *Sheeta*(~Cold), *Ahara* (Food) or *Aushadha*(Medicine) and are advised in the *Vatanubandha Raktarshas*. *Ruksha*(~Dry) and *Sheeta* (~Cold), *Ahara* (Food) or *Aushadha* (Medicine) are advised in the *Kaphanubandha Raktarshas*. If *Pita* and *Kapha doshas* are involved in the *Raktarsha* then *Sodhan* therapy should be used.

If there is bleeding from piles, then no attempt should be made to stop it initially or should be treated by *langhan chikitsa* (~light diet). If stop bleeding in the beginning, there is a possibility of occurring the following diseases: *Raktapitta*, *Jwara*(~Fever), *Trishna*, *Mandagni*, *Arochaka*(~Indigestion), *Kamala*(~Jaundice), *Pandu*(~Anaemia) and other *Raktaja* diseases (~Bleeding disorders). That is why measures to stop bleeding should be taken only after the vitiated blood has been removed. *Tikta Dravyas* should be used to stop bleeding.

#### **Rakta prayoga<sup>5</sup>/ Blood use**

In case of excessive loss of blood and *Mala* (~Stool) from the body, goat's blood should be mixed with onion juice and given to the patient to eat.

#### **Picha Basti<sup>6</sup>**

*Pichha Basti* should be used in *Rakta Asha*. *Picha Basti* also cures *Pravahika*(~Diarrhoea), *Gudbaransha* (~Rectal prolapse), *Raktasarva*(~Hemorrhage) and *Jwara*(~Fever).

#### **Vyatyash chikitsa (~Alternative treatment)**

In the treatment of patients suffering from *Arsha*, *Madhur-Amla* (~Sweet-Sour) and *Seeta-Usna*(~Cold-Hot) *dravya* should be used.

#### **Importance of Jatharagni<sup>7</sup>/ Digestive fire**

*Arsh*, *Atisaar* (~Diarrhea) and *Grahni* (~Intestinal disease), these three diseases are caused by each other. These three diseases occur only when *Jatharagni Mandta* occurred and These diseases are cured when the power of *jatharagni* increases, that is why *Jatharagni* should be specially protected in these diseases.

#### **Importance of Takra/Buttermilk**

There is no other good medicine other than *Takra* to eliminate *Vataj* and *Kaphaj Arsha*. In case of *Vataj* diseases, *Sneha*(~Butter) *yukta takra* should be used and in case of *Kaphaj* diseases, *Sneha* (~Butter) free *takra* should be used.

## **DISCUSSION**

With only minor variations, the descriptions of haemorrhoids and *Arsha roga* appear to be comparable. *Arsha* occurs due to disturbances in eating habits such as excessive consumption of junk food, low fibre diet and continuous sitting job. Talking about the

symptoms of piles, bleeding is the main symptom, other symptoms Pain, itching and mass per Anum. First and second piles can be cured best with conservative management. *Acharya Charak* has described it well. Sushruta has described 4 steps for the management of haemorrhoid's, the first treatment is conservative. *Nidan Parivarjana* along with conservative medicine helps in curing the *Arsha* or haemorrhoids.

## CONCLUSION

Piles is a disease arising from *Tridosha*, it is very difficult to cure, that is why it has been included in *Ma-hagada*. In the initial stage, it can be cured with medicine, but later on, it can be cured only with surgery, that's why it is diagnosed in the initial stage itself and the disease must be cured. One should try to cure the disease in the initial stage so that the disease does not go to an advanced stage. *Acharya Charak* has explained its medical management very well. In order to medical management *Snehana*, *Swedan*, *Dhoop*,

*Lep*, *Dhoom*, *Basti Chikitsa*, and oral Medication have been mentioned.

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