

**Review Article**

**An Ayurvedic concept of Arsha vyadhi**

Swapnil K. Tahasildar<sup>1</sup>, Ashok Patil<sup>2</sup>  
Associate Professor<sup>1,2</sup>

Department of Rog Nidan & Vikruti Vidnyan<sup>1,2</sup>

<sup>1</sup>Dr. J. J. Magdum Ayurvedic Medical College, Jaysingpur, Maharashtra, India-416101

<sup>2</sup>Yashwant Ayurvedic College, Post Graduate Training and Research Institute, Kodoli, Maharashtra, India-416114

\* **Corresponding Author:** Dr. Swapnil K. Tahasildar, **E-mail:** [swapniltahasildar10@gmail.com](mailto:swapniltahasildar10@gmail.com)

Article Received on: 09/11/2020 Accepted on: 26/12/2020 Published on: 31/12/2020

**ABSTRACT:**

In Ayurveda, Arsha is described in the Ashtha Mahagada, which is difficult to cure. It is one of the common disease of anorectal region. Arsha (Hemorrhoids) are swollen veins found in and around the anus and rectum. They can be either internal or external, characterized by inflamed or prolapsed pile mass, bleeding, pain per rectum and some discharge from anus. Few important causes according to Ayurveda are sedentary life style, irregular bowel habit, low fiber diet, prolonged straining etc. The Ayurvedic management of Arsha includes Bheshaj chikitsa, Ksahar karma, Shastra karma and Agni karma according to presentation of disease.

**KEY WORDS:** Arsha, Hemorrhoids, Mandagni.

**INTRODUCTION:**

The Sanskrit name for Hemorrhoids is Arsha roga. Symptoms of Arsha is clinically resemble as feature of Hemorrhoids, Maximum concepts are similar to each other. In Ayurvedic text various synonyms used for Arsha such as Darunaka, Gudkila, Gudankura. Arsha is the Sanskrit term for any sharp instrument and roga means disease. Hence Arsha roga means a disease that is characterized by sharp pains. Hence even a mild form of disease can produce great discomfort to the patient. The problem just seems to get worse over time and age. All Ayurvedic literature described that the Arsha is difficult to cure and trouble to the patients like as enemy. Sushruta, the pioneer of ancient Indian Surgery has described Arsha (Hemorrhoids) in detail.

**Aetiology:**

Low digestive fire(AGNI). Mandagni is a prime factor in Arsha.

Vitiation of any or all of the three doshas; i.e. vata, pitta, kapha. The vitiation of Apan vayu is especially linked with formation of Arsha roga. All vitiated doshas come at anal region and vitiates twak, mansa, meda in that region leading to mansankur formation at anal region. These mansankur termed as Arsha.

**The following factors can bring about vitiation of the doshas that is responsible for piles:**

Chronic constipation, Continues sitting, such as traveling or sitting regularly on hard areas such as school desks, Controlling of natural urges , Continues lifting heavy loads, People having chronic diarrhea. In female having recurrent abortions or Pregnancy and Family history of Arsha.

**Classification:**

Acharya Sushrut differentiate Arsha into six types on the predominance of Dosha, they are Vataj, Pittaj, Kaphaj, Raktaj, Sannipataj and Sahaj. Acharya Charak and Vagbhata also described dwandaja, and Acharya Charak has omitted the Raktaj variety of Arsha. Acharyas were given another many types of classification which are following:

**1. According to origin:**

a. Sahaj

b. Janmottarakalaja

1. Sahaja Arsha is considered to be congenital anomaly. It is of different size and shape.

2. Janmottarakalaja Arsha occurs due to the malpractices in daily life like faulty food habits and regimen.

**2. According to character of bleeding:**

- a. Shushka
- b. Ardra

Ardra also called as Sravi, are bleeding piles due to vitiation of Rakta and Pitta mainly.

Shushka Arsha is Non-bleeding pile masses due to vitiation of Vata and Kapha.

**3. According to site**

- a. Bahya
- b. Aabhyantara

Sushruta has used the word Drishya probably to denote those occurring in Bahya Vali and Adrishya/ Abhyantar arising from Madhya and Antarvali.

**4. According to Therapeutic group:**

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

**5. According to Prognosis:**

- a. Sadhya
- b. Yapya
- c. Asadhya

If the Arsha is located in the Samvarani and is of single Doshika involvement and not very chronic, than it is curable (Sadhya). The Arsha caused by the simultaneous vitiation of any two Doshas and the location of Arsha in the second Vali, the chronicity of the disease is not more than one year, it can be considered as Yapya variety. Sahaja Arsha, situated at third Vali i.e. Pravahini and having involvement of three Doshas and chronicity more than one year, then they are said to be Asadhya. In addition to this if the patients develops oedema in hands, legs, face, umbilical region, anal region, testicles and if he suffers from pain in the cardiac region, it is also considered as incurable.

**SYMPTOMS:****1) VATAJ ARSHA:**

- Piles are darker in color almost black.
- Hard, rough on touch, tingling sensation.
- Constipation is present and acute pain is present.

Other associated symptoms:

Headache, low back pain, thigh pain, pain in groin, anorexia, cough.

**2) PITTAJ ARSHA:**

- Piles are reddish in color.
- Usually gets inflamed and soft in touch.
- Bleeding may be present.

Other associated symptoms:

Burning sensation, Excessive thirst, fever and diarrhea may be present.

**3) KAPHAJ ARSHA:**

- Piles are slim, large, and whitish in color
- Itching occurs frequently.
- Pain is mild.
- Smooth and feels comfort on touching.

Other associated symptoms

Patient having digestive problems, nausea, vomiting, excessive salivation, heaviness in groin.

**4) RAKTAJ ARSHA:**

- In Raktaj Arsha symptoms are similar to Pittaj Arsha. Excessive bleeding is present.

**5) SANNIPATAJ:**

- Mixed Lakshana of all Doshas

**TREATMENT OF ARSHA ROGA**

**In all types of Arsha following things are necessary to be done**

- Find and eliminate the cause.
- Relieve constipation.
- Improve digestion. ( Agni)

**In AYURVEDA Arsha Roga can be treated with**

1. Ayurvedic medicine

The Arshas which are of recent origin, having only few symptoms, having no complications can be well managed with the medical management.

**The main preparations are:**

1. Deepan-Pachan Aoushadhi e.g. chitrakadi vati, lavanbhaskar churan, agnitundi vati.
2. Prevention of constipation Use laxative e.g. Triphla churan, panchskar churan, haritski churan, abhyarisht.

3. Arsho Ghan Aoushadhi, Arshkuthar ras, Shigru Guggulu. Hot sitz bath- e.g. tanakbhasam, Saphatic Bhasam, Triphla Kawath.
4. Rakta stambhak-bol Parpati, Kukutandatwak Bhasam, Praval Pisthi.
5. Vran Ropak- Jatayadi Tail, Nirgundi tail.
6. Vedna har-Madhuyastyadi Tail, Triphla Guggul.
7. Kshar chikitsa: Haemorrhoids which have smooth surface, deeply situated but clearly visible and having wider base these better treated with Kshara Karma.
8. Agni chikitsa:Arsha which are not smooth, more of fixed and wider surface can be treated with Agni Karma.
9. Surgery (Shastra Karma): Haemorrhoids having narrow base, which have tendency of bleeding and are prominent can better dealt with Shastra Karma.

**Pathya-** Ghruta with warm milk every night Plenty of green vegetables prepared in ghee, Non suppression of natural urges, regular sleep, regular diet etc. Yavagu, vegetable rasa, mutton soups, pomegranate, milk butter, milk etc are pathya for Arsha patient.

**Apathya-** Indulgence in the causative factors listed spicy food, excess driving & sitting, constipating food stuff, retention of natural urges, excessive intake of water, improper management of Vamana and Basti, Viruddhahara.

#### CONCLUSION:

Arsho roga explained in Ayurveda includes all ano rectal pathologies.

Vataja variety of the Arshas resembles the clinical features of Fissure in ano with sentinel pile masses. Pittaja Arshas resembles the internal bleeding haemorrhoids and Kaphaja varieties are those of thrombosed and externo internal variety of the haemorrhoids. Sahaja being the congenital pathologies hence not fit in these haemorrhoids and also the symptoms of the Sannipataja Arshas are more in resembles with the malignant pathologies. Hence we can say

Pittaja and Kaphaja Arsha are the haemorrhoidal pathologies explained by Sushrut. Aetiological factor of this disease is mainly the poor digestive fire. Hence correcting impaired digestive fire should be the prime motto of the treatment. In modern science ano rectal diseases are considered mainly as surgical entity. Acharyas described a unique order in the management of arshas, they are Bheshaj, Kshara, Agni

and Shahstra chikitsa. Ayurveda has given better planning to avoid immediate surgery. Therefore, Ayurveda definitely has immense potential to manage all stages of Arsha successfully without any complications.

#### REFERENCES:

- [1]Sushrut Samhita, Edited with Ayurved Tattva Sandeepika, Hindi commentary, Edited by Kaviraj Ambikadutta Shastri, Part-1 st, Chaukhambha Sanskrit Sansthan, Varanasi. nidanastan adhyaya,
- [2]Sushrut Samhita, Edited with Ayurved Tattva Sandeepika, Hindi commentary, Edited by Kaviraj Ambikadutta Shastri, Part-1 st, Chaukhambha Sanskrit Sansthan, Varanasi. Chikitsa sthan adhyaya
- [3]Astanga Hridayam of Srimadvagbhata, Edited with 'Nirmala' Hindi commentary, Edited by Dr. Brahmanand Tripathi, Chaukhambha Sanskrit Pratishtan, nidanastan adhyaya
- [4]Astanga Hridayam of Srimadvagbhata, Edited with 'Nirmala' Hindi commentary, Edited by Dr. Brahmanand Tripathi, Chaukhambha Sanskrit Pratishtan, Chikitsasthana adhyaya
- [5]Agnivesha's Charak Samhita; Revised by Charak and Dridhabala with Ayurved Dipika Commentry of Chakrapanidutta; Edited by Dr. Ghanashyam Pandey Reprint; Acharya Priyavrata Sharma, Part II; Chaukhamba Sanskrit Sansthan; Siddhistan adhyaya

#### Cite this article as:

Swapnil K. Tahasildar, Ashok Patil, An Ayurvedic concept of Arsha vyadhi, ADJIM 2020: 5(4), p. 26-28.