



# International Journal of Contemporary Research In Multidisciplinary

## Review Article

## Review Article of Arsha (Hemorrhoids) and Its Ayurvedic Management

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**DOI:** <https://doi.org/10.5281/zenodo.14593473>

Abstract	Manuscript Information
<p>In Ayurveda, there is a description of many diseases and their management as well as lifestyle for healthy living, there are many Ano-rectal diseases described in Ayurvedic literature. Arsha is one of the anorectal diseases which is a severe painful condition. It can be correlated with hemorrhoids in modern science. In India, according to a recent survey, the prevalence of hemorrhoids is about forty million. Chronic constipation, diarrhea, low-fiber diet, spicy foods, obesity, Aging, pregnancy, depression, alcohol intake, etc are the main etiological risk factors that can be responsible for the development of hemorrhoids. Studies have shown a history of rectal disorders occurrences in long-sitting occupations. The hemorrhoid treatment depends on the degree and severity of piles and ranges from dietary changes and lifestyle modification and even the radical surgery should be done depending on the condition of the patient. The primary objective of most topical treatments is to control symptoms like pain, inflammation, itching, etc. rather than to cure the disease. The number of topical preparations contains various constituents like local anesthesia, anti-inflammatories, antibiotics, and corticosteroid drugs. So, this paper aims to present the topic of Ayurvedic and Modern management of Arsha (Hemorrhoids) for clinical knowledge.</p>	<ul style="list-style-type: none"> <li>▪ <b>ISSN No:</b> 2583-7397</li> <li>▪ <b>Received:</b> 17-09-2024</li> <li>▪ <b>Accepted:</b> 21-10-2024</li> <li>▪ <b>Published:</b> 28-12-2024</li> <li>▪ <b>IJCRM:</b>3(6); 2024: 182-185</li> <li>▪ <b>©2024, All Rights Reserved</b></li> <li>▪ <b>Plagiarism Checked:</b> Yes</li> <li>▪ <b>Peer Review Process:</b> Yes</li> </ul> <p><b>How to Cite this Manuscript</b></p> <p>Ravikumar Shyam Suryavanshi, Nitin Urmaliya. Review Article of Arsha (Hemorrhoids) and Its Ayurvedic Management. International Journal of Contemporary Research in Multidisciplinary.2024; 3(6): 182-185.</p>

**KEYWORDS:** Guda, Shareer, Shalya, Arsha

### INTRODUCTION

In Ayurveda, there is the description of many diseases and their management as well as lifestyle for healthy living, there are many anorectal diseases described in Ayurvedic literature, Arsha is one of the anorectal diseases which is a severe painful condition. It can be correlated with hemorrhoids in modern science. Hemorrhoids are a common ailment among adults. Approximately 50% to 66% of people have problems with hemorrhoids in their lives. Males and females are both affected with equal frequency.<sup>3</sup> Haemorrhoid is derived from the two Greek words i.e. 'Haem' means blood and 'Rhoos' means flowing. Its vernacular names are mulvyadh/bawasir/komb etc.

Hemorrhoids have been known to humans since ancient times and are mentioned in various ancient texts of Ayurvedic literature. Hemorrhoids are classified mainly into two groups, according to anatomical origin, Internal Hemorrhoids and External Haemorrhoids. Internal Haemorrhoids consist of the redundant mucus membrane of the anus. This Redundant mucus membrane originates on the upper site of the dentate (anorectal) line. On the other hand, the external Hemorrhoids have an epithelial component that arises from the lower side of the dental line. True Hemorrhoids also called internal Hemorrhoids can be graded based on the extent of tissues that descend into the anas.

## METHODS & MATERIALS

Ayurvedic and Modern literature on Arsha (Hemorrhoids) so, details of Ayurvedic and Modern management of Arsha (Hemorrhoids) are as follows -

In India, according to a recent survey, the prevalence of hemorrhoids is about forty million. Chronic constipation, diarrhea, low-fiber diet, spicy foods, obesity, Aging, pregnancy, depression, alcohol intake, etc are the main etiological risk factors that can be responsible for the development of hemorrhoids. Studies have shown a history of rectal disorders occurrences in long-sitting occupations.

According to Acharya Sushrut, the Hemorrhoids are described under the concept of Mahagada, as it is Dirghakalanubandhi (associated with the patient for a prolonged duration), Dushchikitsya (difficult to cure), Tridoshaj in nature and involvement of guda marma. The treatment protocol of abhyanga Gudarsha i.e. Internal hemorrhoid can be classified into 4 types: - Bheshaj (Medicinal Treatment), Kshara karma, Agnikarma (Cauterisation), and Shashtra-karma (Surgery). There is the occurrence of Dosha prakopa due to causes like Virudhdahar, Vegvidharan, Adhyashana, Utkatasana, Prustha – yaan, Stree-Prasanga, etc. which are responsible for Hemorrhoids. Mandagni is the main cause which is mentioned as ‘Visheshto Mandagne’. These prakupeet Doshas alone or all together with or without Rakta, enter the Mukhya Dhamani (main channel), go downward, and reach at Guda. There is the formation of Mansa-Prarohas due to the vitiation of the Gudavalies.

The hemorrhoids treatment depends on the degree and severity of piles and ranges from dietary changes and lifestyle modification and even radical surgery should be done depending on the condition of the patient. The primary objective of most topical treatments is to control symptoms like pain, inflammation, itching, etc. rather than to cure the disease. The number of topical preparations contains various constituents like local anesthesia, anti-inflammatory, antibiotics, and corticosteroid drugs. There is no evidence-based scientific topical treatment available in Ayurveda. Hence nonsurgical treatment in the form of topical ointment is the need of time.

Nowadays there are various recent advances in medical science, despite this, the treatment of *hemorrhoids* remains a challenge for clinicians as there not any specific medication or surgical method has proven to be a complete curative remedy for Hemorrhoids. According to ancient Ayurvedic texts, *Hemorrhoids* i.e. Arsha develops in *Gudabhaga* (Anal canal), which is well known as Marma in Ayurvedic literature, and it is well known for its chronicity and difficulty in treatment. Piles is a very common disease, if it is not given the proper treatment, then it may produce complications like hemorrhage, suppuration, portal pyemia, strangulation, thrombosis, fibrosis, etc. This indicates the significance of the disease. Even the World Health Organisation has started celebrating the 20th Nov. of every year as “World Piles Day”, which absolutely shows the importance of hemorrhoids in today’s world and the extreme physical and mental suffering of human beings due to hemorrhoids.

## Ancient concept of Arsha

Viruddhahara, Adhyasana, irregular diet habits, overriding, etc. suppression of Apana Vayu, Mandagni, and constipation.



Vitiation of Doshas and involvement of Rakta travels through pradhana dhamani and affects Gudavali.



Involves Meda, Mamsa, and Twak representing anal cushions.



Fleshy mass i.e. Haemorrhoids

All the authors have conceded that Sahaja and Janmottarkalaja types of Arsha are different, thus their pathogenesis is also different. Charaka has emphasized the importance of Sahaja Arsha with the explanation like Avarana of Apana Vayu by evolved pile mass resulting in the provocation of Apana and eventually vitiates the other Vayus and Dosas which begin to move in reverse direction. This leads lot of complication which agonize the patient in many ways. Thus, a patient of Sahaja Arsha can be found with several complaints which even put the mind in distress.

## Ayurvedic Management

### Curative

- Medical Para-surgical Surgical
- Systemic Local Ksharkarma Chhedana
- Deepan Snehan Agnikarma
- Pachana Swedana Rakta Mokshan Agnikarma
- Anulomanam Dhupan
- Rogaharayogas Avagahan
- Raktasangrahana Alepa
- Samshamana Pratisarana
- Samshodhana Basti Pariseka

### Preventive

Nidana *parivarjana*, *Samshodhana*, *Samshaman*, *Dipana*, *Pachana*, *Anulomana*

## Pathya-Pathya of Arsha

### Pathya:

Different vegetables, such as Sooran, Pattol, Rasona, Vastuka, *Sunthi*, etc., Annadravya, like Lohitsali, Shasthi, Yava, Kulatha, Godhuma, etc., Peydravya, like Takra, Sura, Govmootra, Ustra Mootra, etc., and Murga Mansa, Prasha Mansa, Navneet, Aja Dugdha, etc., are Pathya for Arshapathients.

### Apathya:

The meat of animals of Anup Desha, Matshya, Pinyaka, Dadhi, Pishta anna, Masha, Karir, Nishpav, Bilva, excessive sunbathing, excessive water intake, improper management of Vamana and Basti, *Viruddhahara*, eastern wind, retention of natural urges,

*Prusthayana*, *Uttkutasana*, and over-indulgence in sex, etc. are *Apathya* for the Arsha patients.

### The modern concept of Arsha

Deficiency of fiber food, irregular diet, constipation, irregular bowel habits, pregnancy, sedentary work, and anal sphincter over activity.



Congestion, engorgement of vessels with blood in haemorrhoidal plexus.



Laxity of anal cushions i.e. supporting connective tissue, muscular mucosa, submucosal tissue, and fascia.



Hemorrhoids

### Modern Treatment

In the treatment of hemorrhoids, firstly focus on improving the symptoms clinically instead of only thinking about surgical removal of hemorrhoids. Management of hemorrhoids is mainly divided into types of treatment protocols i.e. (a) **conservative management** and (b) **surgical management**. It is further subdivided into non-invasive and invasive treatments.

### Conservative Treatment

Conservative treatment can be performed in all types of hemorrhoids, which may be present in the early stage or in severe stage. In this way, symptoms surely get a certain degree of improvement. Thus, conservative treatment should be employed basically than their severity. The conservative treatment of early internal hemorrhoids or external hemorrhoids should be done in the following ways:

1. Dietary management
2. Medication
3. Hot sitz bath
4. Defecation counselling

### Dietary Treatment

In patients with hemorrhoids, a fiber diet and plenty of fluid intake should be employed in the patient for an increase in stool and also responsible for soft and easy defecation. One should strictly prohibit alcohol intake for the prevention of inflammation and diarrhea. There should be restrictions on a spicy food diet and coffee because such a diet is responsible for the stimulation of the intestine and anus.

### Medication

The oral medications for hemorrhoids include agent like Phlebotomids which improves circulation due to anti-inflammatory activity, softens stool, strengthens the vein and capillaries, and facilitates easy defecation in the person.

### Hot Sitz Bath

It is one of the very important conservative treatments for the management of hemorrhoids. It is also essential in postoperative patients after surgery. Along with this helps in the prevention of benign anal diseases such as hemorrhoids, anal fissures, etc. In this procedure patient immerses the anus in a tub, which is filled with warm water of temperature ranging from 40–42 °C up to 3 minutes.

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