

An Ayurvedic Vivechan on Arsha Vyadhi

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ABSTRACT

In today's society Ano rectal diseases have emerged as a quite common occurrence with progressive nature. According to Ayurvedic concept, aetiology of Arsha mainly interconnected with mandagni of the patients. Few important causes are sedentary life style, irregular bowel habit, low fiber diet, prolonged straining etc. According to Ayurveda, virudhdha-adhyashana, Utkatashana, Samudirna vega vinigrahata are some of the factors leads to mandagni. It is quite rare in children but more common in young and old adults. It is very common ailment of rectum affected as much as half of the population by the age 50 year. Hemorrhoids or piles are masses of tissues consist of muscles and elastic fibers with swollen, inflamed vasculatures along with supported surrounding tissues around the anal canal. This is mainly classified as external and internal piles. In these days many people want to know natural and easy going management of piles without disturbing their day to day activities. Here in this article an attempt has been made to point out different treatment principles which can be performed in home level with minimal medical interventional procedures like Kshar Sutra ligation, Kshar karma & Agnikarma only in case of any complications and emergency.

Keywords: Arsha, mandagni.

INTRODUCTION

In the present era of 21st century Arsha has become most common and distressing disease. Symptomatic hemorrhoids affect at least 50% of the population at some phase during their lives with around 5% of the population suffering at any given time. According to Acharya Vagbhata mandagni is the prime cause of all disease. Thus main cause of anorectal disorders is the irrationality of jatharagni, which further leads to constipation. Constipation increases the back pressure into the haemorrhoidal veins to produce piles. This disorder is utterly embarrassing to the patient. The perianal skin is one of the most pain sensitive region in the body due to rich nerve endings. Hence even a mild form of disorder can produce great

discomfort to the patient. The problem just seems to get worse over time and age.

Aetiology:

Mandagni as a prime factor in the diseases like Arsha, Grahani and Atisara where each conditions again plays as an aetiological factor for the manifestation of other diseases due to mild to severe form of agni imbalance. Secondly the improper dietary and bowel habit interferes with digestive power leading to poor gastric to intestinal digestion and absorption of nutrients leading to constipation with straining habit during defaecation which further plays as risk factor for visibility of piles mass in case of external piles. Again Procedures that could vitiate Vata Dosha e.g. excessive sexual indulgence, suppression of natural urges etc also plays

their part. Defective and long duration of sitting also related to pathogenesis in an indirect way. Some disease like Udara Roga, Pliha Vriddhi, Grahani plays their role as well. Genetic factors have also been considered in the etiology of Sahaja Arsha due to Bija Dosha of parents. The group of the general causes includes Aharaja and Viharaja and Manasika factors. Retention of urine or forceful micturition, miscarriage or difficult labor and heavy exercises are also the causative factors of Arsha.

1)Aharaja nidan:- Abhishyandi, Sankirna, Ajeerna, Madhura, Paryushita, Shita, Asatmya, Pramitasan etc.

ANNA DRAVYA:-Amamulaka, Haritaka, Mandaka, Kasheruka, Mardaka Guruphala, Kilata,Mrunala, Guru Raga, Kraunchadana, Navashamidhanya Guru Shaka, Lashuna, Navashukadhanya, Shastika , Shirasapada , Shringataka , Sushka Shaka etc.

DRAVA DRAVYA:- Atikranta Madhya, Ati Snehapana , Guru Jala , Ikshu Rasa, Manda, Masha Yusha, Kshira, Vikruta jala etc.

Samprapti (Pathogenesis):

Virruddhahara, Adhyasana, irregular diet habits, over riding etc.

↓
suppression of Apana Vayu, Mandagni and constipation.

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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.

Lakshana (Symptoms):

Vataj: Parisushka (Dry), hard, rough, Visham (irregular surface), Vivarna (of various colours of fleshy masses), various shapes, blackish in appearance, sashulam Samhatamupveshyate (frequently associated with constipation, and painful defecation) which is radiating in nature.

Pittaj: Usually small in size, passage of blood mixed with stool (Sarudhiram Atisaryate), may cause severe burning

2) **VIHARAJ NIDANA:-** Ati Vyavayam, Divaswapan, Shayya Sukha , Avyayama, Utkatasana, etc.

Other important Causative factors :-

a) Vegadharana and Vegodirana like habitual suppression and initiation of the urge of defecation.

b) Visamasana ,yana- constant sitting on very hard, soft, cold, warm, uneven seat, riding on vehicles etc.

c) Visama\asatmya ahara- Excessive use of katu, sour, salty, irritating, food. Water of lakes which contain much minerals, alkalis etc., excess drinking of alcohol and other factors which cause agnimandya.

d) Virechana Aushadhis- Constant use of laxatives, purgatives and enema etc.

e) Local abnormalities like lesions such as Pidaka (boils), granthi (tumour), salya (foreign body), vidradhi (abscess) and arbuda (cancer) etc.

f) Kulaj\sahaj factors- heredity and familial tendency is seen in about 20% of the cases and in some cases it is congenital also.

sensation during defecation which may lead to thirst, faintness and shock.

Kaphaj: Mahamoola (Wide based), smooth, oval, fixed, fleshy masses which generally do not bleed or suppurate and accompanied by severe pruritus (Kandu) and mucous discharge.

Raktaja: Fleshy masses which give immense blood loss during defecation.

Sannipataj: Mixed Lakshana of all Doshas

Classifications:

The classification on the basis of the origin:-

1. Sahaja 2. Janmottarakalaja

1.Sahaja Arsha is considered to be congenital anomaly due to disorders of paternal and maternal chromosomes. It is very difficult to diagnose because of its different size and shape.

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

The classification on the basis of the character of bleeding:-

1. Ardra 2. Shushka

Acharya Charaka has stated these two types of Arsha while describing the Chikitsa. Ardra also called as Sravi, are bleeding piles due to vitiation of Rakta and Pitta mainly. Acharya Vagbhata has again divided it into vatanubandhi, pittanubandhi and kaphanubandhi. While other Shushka Arsha is Non-bleeding pile masses due to vitiation of Vata and Kapha.

The classification on the basis of the site of origin:-

1. Bahya 2. Abhyantara

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

The classification on the basis of the predominance of Dosh:- It is mainly sub division of the janmottarklaja type of arsha. According to Acharya Charaka and Vagbhata, it is of five types while Acharya Sushruta differentiates it into four types. Six type of Arshas are mentioned similar to Charaka in Yoga Ratnakara, Madhava Nidana, Harita Samhita and Bangasen Samhita.

The classification on the basis of prognosis:

1. Sadhya (Curable): According to Acharya Sushruta if the Arsha is located in the Samvarani and is of single Doshika involvement and not very chronic, than it is curable (Sadhya).

2. Yapyia (Palliative): 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 Yapyia variety.

3. Asadhya (Incurable): Sahaja Arsha, if caused by the vitiation of three Doshas and if the Arsha is placed in the internal Vali, than it is incurable. 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.

Acharya Charaka stated that, if the Arsha located in Samvarani Vali with involvement of only one Dosh and is less chronic then they are said to be Sadhya. The Arsha located on second Vali i.e. Visarjani with involvement of any two Doshas and the chronicity is not more than one year, than they are known as Yapyia. While 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.

The classification on the basis of management:-

On the basis of the treatment, Arsha can be classified into four varieties as follows.

1. Bhaishaja Sadhya Arsha.
2. Kshara Sadhya Arsha.
3. Agnikarma Sadhya Arsha
4. Shastra Sadhya Arsha

If the texture of pile masses is soft to touch, reddish in color and slightly protruded, it is supposed to be under the realm of Ksharsadhya category where as if the pile masses are rough, stable and profuse then they must be subjected to Agnikarma so that the patient does not suffer from their recurrence and if the mass is thin rooted with reddish hue, protruded but kledayukta, then only Shastrakarma is possible in these cases to root out the Arsha. Such pile masses do not respond to other types of treatment .

Modern classification of arsha according to gradation:

Grade I: Here the mucosa barely prolapses, occasional occurrence of venous congestion resulting into discomfort and/or bleeding.

Grade II: Mucosal protrusion usually present but disappears soon after defecation unless thrombosis occurs.

Grade III: present due to chronic haemorrhoidal conditions where persistent prolapsing caused anal sphincter dilatation.

Grade IV: Its usually external and protruding all the time. In this grade the dentate line also distends.

Treatment

Many treatment modalities like Abhyanga, Swedana, Dhupana, Avagahana, Lepana, Raktamokshana, Deepana and Pachana are employed as a part of Arsha treatment. Acharya Vagbhata indicated that the Dhupana, Lepana and Abhyanga procedures are meant to let the blood out of the engorged veins which leads to the relief.

1) Vataj arsha – should be treated with Snehana, Swedana, Vamana, Virechana, Asthapana and Anuvasana.

Use of Sesame oil or balalakshadi oil to the external piles and then carry out fomentation.

The decoction of the leaves of Asana, Vasa and Eranda is very good for fomenting the piles to relieve pain.

External Application-

a) Pippalyadi lepa

b) Harataladi pralepa

c) Arsha shamaka ointment: Prepared with Shatadhauta ghee and Ahipheena is an effective analgesic in piles.

Oral liquid/arista-

a) Abhayarista

b) Phalarista and Dantyarista

c) Takrarista

vati-

a) kankayana vati

b) Surana modaka

c) Bahusala gudam

d) Arshogni vati

2) Pittaj arsha - should be treated with Virechana whereas Shamana therapy is the best way to tackle with Raktaj arsha.

3) Kaphaj arsha - could be managed with Ahardravya mixed with Shunthi and Kulattha.

4) The Sannipatika Arsha - should be subjected to the mixed treatment of all Dosha.

5) Raktaj Arsha-

Externally-

Application of Shatadhauta ghrta or Jathyadi ghrta on bleeding piles mass.

Dhupa- Medicated dhupana (of rala+Sarsapa oil) exposure to the pile mass.

Avagahana- In Usira, Rakta chandan kashaya (in a tub).

Poultice- made from tila is applied over bleeding piles .

Internally-

Bilvadi lehyama

Nagakesara yog

Bolbadda rasa

Chandrakala rasa

Kamadhugdharasa

Treatment of Arsha according to dosha

1	Vataj Arsha	Snehan, Swedan, Vaman, Virechan, Anuvasan and Asthapan Basti.
2	Pittaj Arsha	Virechan.
3	Kaphaj Arsha	Ardraka and Kultha preparation.
4	Raktaja Arsha	Sanshaman.
5	Tridoshaja Arsha	Medicated milk according to vitiation of specific Dosha.

Conditional Treatment Indicated in Arsha

Condition	Therapy indicated	Method of administration
Shotha\inflammation Sula\pain Stabdanta\stiffness	Abhyanga Swedana Pariseka\avagahana	tila taila or chitraka taila Yava. Masha - kulattha potli vasa. Arka, Bhilva patra kvatha.
Unresponsive to regular therapies condition.	Raktamokshana	Jaluka prayoga
Flatulence, constipation and upward movement of Vayu.	Anuvasana vasti	With pippalyadi taila
Inflammation of anus, pain, sticky secretion	Niruhavasti	With Dashmula kwath taila and Saindhava.
Bleeding condition	Avagahana	Shatadhatu ghrta application etc. Panchmula kwatha.
for arresting bleeding	Pichhavasti	With a kus, kash, amla etc.
Burning sensation	Lepana with	Shatadhauta ghrta
Dry(Sushka) piles	Shamana Drugs	Kutaja, Arshakutara etc., bhallataka

Pathya- Give ghee with warm milk every night for soothing effect in the large intestine.

Planty of green vegetables, which are Tikta and slight Kashaya prepared in Ghee

Non suppression of natural urges, regular sleep, regular diet etc.

Yavagu, vegatable 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 etc.

CONCLUSION

Arsha as delineated in the classics comes under the category of Mahagadas. It appears at Guda region which is Sadyahpranahara Marma. In humans, the erect position results in very high pressure on the valve less rectal venous plexus which make humans prone to this disease. It is estimated that 50% of the population above the age of fifty have the minimal or significant piles. Once manifested Arsha are very hard to treat, need a long treatment to get cured. Bleeding, Prolapse of the pile mass, mucoid discharge, pain and anal irritation are the cardinal symptoms of Hemorrhoids.

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