

A REVIEW ARTICLE ON ARSHA W.S.R. HEMORRHOIDS/ PILES

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ABSTRACT

The Shalya tantra, an excellent part of Astanga Ayurveda is wealthy in much part of present day careful ideas. Sushruta extravagantly portrayed the advances of the Tantra in different Ano-rectal sicknesses, as Arsha is one among them. The term 'Arsha' is gotten from "Ru Gatau" Dhatu with the addition "Asun", gives the significance of as vicious as adversary. It is the commonest ano rectal sickness and influences anybody whenever.^[1] In Ayurveda, the adequate depictions are portrayed with respect to etiology, pathology, symptomatology, types and the executives or treatment proportions of Arsha. Arsha (heaps) is one of the commonest sicknesses of ano-rectal district which is incorporated under the Asthamahagada (eight extraordinary illnesses). Arsha (Heaps) is an incredibly normal issue and it has been accounted for since millennia and its commonness rate is most elevated among every single anorectal problem. The flawed dietary example and way of life, physical distortions and inherited factors are the significant etiological variables of this sickness.^[5] Hemorrhoids (Arsh) are extremely normal Issue in current way of life. It is extremely normal affliction of rectum impacted as much as half of the populace by the age long term. Hemorrhoids are enlarged, kindled veins and vessels around the Rectum. This is basically delegated outside and interior heaps. Ayurveda fourfold administration of Arsha has been shown viz. Bheshaj, Kshar Karma, Agnikarma and Shastra Karma as indicated by chronicity and show of the illness. Among these, Bheshaj Chikitsa and Kshar Karmas show superb outcomes in administration of Arsha^[3]

KEYWORDS:- Anorectal, Arsha, Sushruta, Haemorrhoids, Ayurveda, Bheshaj Chikitsa.**INTRODUCTION**

Ayurveda is the study of life since days of yore and has been showing the best approach to living which guarantees a sickness free, sound and long life. The Shalyatantra, a great branch is wealthy in much part of present day careful ideas. Acharya Sushruta, the dad of medical procedure extravagantly portrayed about the Arsharoga in his composition and considered as one among the Mahagada and endlessly treatable. Arsha as the ghastly illness can influence anybody, whenever, anyplace. In present period, every person in his/her life time would have experienced any of the grumbling of hemorrhoids. Arsha is characterized as the meaty projection which makes check in butt-centric section, eliminates the existence like enemy.^[11] The cardinal etiological variables of Arshas are gorge and stationary way of life that prompts hypo capability of stomach related proteins, which thus prompts stoppage, tingling, consuming sensation and torment in the locale of Guda lastly drains and in this way Arsha roga begins. Arsha happens in Guda locale, which is without a doubt a Marma (essential part). Sign of the sickness happens

because of many variables ex., ill-advised diet consumption, delayed standing or sitting, flawed propensities for poo and so on, which brings about insanity of Jatharagni prompting vitiation of Tridosha, mostly Vata dosha.^[15] These vitiated Doshas get limited in Gudavali and Pradhana Dhamani which further vitiates Twak, Mansa, and Meda dhatus because of Annavaahasrotodushiti prompts improvement of Arsha. Arsha might be contrasted and Hemorrhoids, which is the dilatation of the haemorrhoidal plexus of veins; arranged in the lower piece of the rectum and in the sub epithelial area of butt-centric waterway. Sushruta, the trailblazer of medical procedure, depicted four standard restorative estimates in the administration of Arsha i.e., Bhesaja chikitsa, Kshara karma, Agni karma, and Shastra karma, these actions in positive request are reminiscent of comparative techniques to be favored first.^[4]

Ayurveda can possibly take care of many testing and strange issues of the clinical world among them Arsha is one such grave infection. Hemorrhoids are logically expanding in the general public. It is appeared due to

multifold factors viz. upset way of life or day to day schedules, inappropriate or unpredictable eating routine admission, delayed standing or sitting, broken propensities for poop and so on which brings about insanity of Jatharagni prompting vitiation of Tridosha, mostly Vata Dosha.^[14] These vitiated Doshas get limited in Guda Vali and Pradhana Dhamani² which further vitiates Twak, Mansa, and Meda Dhatus because of Annavaha shrotodushti prompts improvement of Arsha. The inexpensive food and cola culture have again demolished the condition. This problem is absolutely humiliating to the patient. The perianal skin is one of the most aggravation delicate district in the body because of rich sensitive spots. Subsequently even a gentle type of turmoil can deliver incredible uneasiness to the patient.^[8] Arsha is being depicted by every one of the works of art of Ayurveda. Acharya Sushruta even positioned this confusion in the "Ashta Mahagada" (Eight grave sicknesses). Arsha happens in Guda district, which is without a doubt a Marma, and it is notable for its chronicity and troublesome administration. This shows the gravity of the illness. Indeed, even WHO has proclaimed twentieth November of every year as "World Heaps Day", which obviously demonstrates the invasion of this infection all around the world and huge physical and mental sufferings of the humanity as aftereffect of this sickness.^[6]

Hemorrhoids, emerods, or heaps are expanding and aggravation of veins in the rectum and butt. The physical term "hemorrhoids" actually alludes to "Pads of tissue loaded up with veins at the intersection of the rectum and the butt." Hemorrhoids frequently portrayed as "varicose veins of the rear-end and rectum", hemorrhoids are extended, swelling veins in and about the rear-end and lower rectum. Hemorrhoids are normally tracked down in three fundamental areas: left parallel, right foremost and right back segments.^[5] They lie underneath the epithelial coating of the butt-centric channel and comprise of direct arteriovenous correspondences, for the most part between the terminal parts of the predominant rectal and better hemorrhoidal veins and than a lesser degree, between branches starting from the mediocre and center hemorrhoidal supply routes and the encompassing connective tissue.^[9] Arsha is being portrayed by every one of the works of art of Ayurveda. Acharya Sushruta even positioned this confusion in the "Ashta Mahagada" (Eight grave sicknesses). Arsha happens in Guda district, which is without a doubt a Marma, and it is notable for its chronicity and troublesome administration. This shows the gravity of the infection. Hemorrhoids are many times portrayed as varicose veins of butt and rectum. These are expanded, swelling veins in and around rear-end and lower rectum.^[16]

Samprapti-ghatakas of arsha

Dosha	Tridoshaja, dominantly Vata
Dooshya	Rakta, Mamsa, Medas and Twak
Shrotas	Raktavaha, Mamsavaha and Purishvaha
Srotodushti	Sanga, Siragranthi

MATERIAL AND METHODS

Definition and Etymology of Arsha and piles

Arsha relates to a sickness happening in Guda and it is tormenting to the patients. It might make block of the anorectal entry.^[17]

This word is gotten from the latin word 'pila' which implies a 'ball'. Hence a development in the rear-end which comparative in ball likes shape is assigned as heaps.^[7]

Nidana of arsha

Charaka has portrayed the causative elements in detail. The unwholesome way of behaving of guardians and the previous deeds are liable for Sahaja Arshas. Sushruta likewise determines the job of ill-advised Ahara and Vihara in the causation of Arshas. Vagbhata consolidated the perspectives on both Charaka and Sushruta.^[3] The etiology can be extensively sorted as followings:-

- i Based on Dietic factors-Inconsistent diet, for example, Master, Madhura, Sheeta, Abhishyandi and so on over the top or less admission.
- ii Based on Propensities - Concealment of natural inclinations or unnecessary stressing, extreme sexual guilty pleasure.
- iii Based on Nearby aggravation factors- Faulty sitting, lopsided or hard seats, inordinate vehicle riding.
- iv Based on Mandagni-Arshas, Grahani and Atisara are causative variables for one another.
- v Based on helpful maltreatments Excessive oleation treatment, inappropriate departure treatment, ill-advised organization of Vastikarma and so on.
- vi Based on hereditary element Hereditary component has likewise been viewed as an etiology of Sahaja arsha.
- vii Different causes-Pregnancy.^[4]

Samprapti of Arsha

Sushruta has depicted the pathogenesis of Arshas as the Nidanas bringing about the vitiation of Doshas in single, mix of at least two alongside Rakta, Dosha move downwards through the Mahadhamani arriving at Guda and influencing the Gudavalitraya creating Arshas to the people experiencing Mandagni and other nearby causes . Charaka has thought that Arshoroga is created because of vitiation of all the Doshas, follows Bahya and Abhyantararogamarga and influencing the Gudavalitraya. As per Vagbhata, vitiation of Doshas prompts Mandagni and vitiation of Apanavayu bringing about stagnation of Mala in Gudavali and the drawn out contact of Mala prompts the improvement of Arshas. The depiction of Samprapti of Arshas as per Ayurveda shows that this illness is a nearby sign of foundational insanity in the harmony of Doshas.^[14]

Udbhavasthana	Ama-pakvasayotbhava
Avayava Vikriti	Gudavalitraya
Rogamaarga	Bhahya and Abhyantara
Agni	Jataragnimandhya ¹²

Lakshana of arsha

- 1) Vataj: Dry, hard, excruciating, ordinarily of outer beginning, different shapes, with unpredictable surface of different shades of beefy masses, regularly connected with obstruction, and difficult poop which is transmitting in nature.
- 2) Pittaj: Generally little in size, pale blue red in variety, soggy meaty masses of different sorts, which develops during stressing with section of blood blended in with stool, may create serious consuming uproar during crap which might prompt thirst, faintness and shock.
- 3) Kaphaj: Wide based, smooth, oval, fixed, plump masses which for the most part don't drain or fester and joined by extreme pruritus and mucous release.
- 4) Raktaja: Meaty masses which give huge blood misfortune during crap, prompting optional pale condition.
- 5) Sannipataj: Blended Lakshana of all Doshas.
- 6) Sahaj: Hereditarily decided appalling appearance. Patient is generally immunocompromised.^[2]

Classification of Arsha

1. On the basis of the origin- Basically Arsha is of two types-
 - I. Sahaja Arsha (Hereditary - Congenital)
 - II. Kalaja i.e. acquired one after birth.
2. On the basis of the character of bleeding-
 - I. Ardra (Sravi)-Bleeding piles due to vitiation of Rakta and Pitta Dosha.
 - II. Shushka- Non bleeding piles due to vitiation of Vata and Kapha Dosha.
3. On the basis of site-
 - I. Bahya (Samvarani)
 - II. Abhyantara (Visarjini, Pravahani)
4. On the basis of prognosis-
 - I. Sadhya (Curable)
 - II. Yapya (Palliative)
 - III. Asadhya (Incurable)^[17]
5. On the basis of position -
 - i Internal
 - ii External^[16]
6. On the basis of symptoms-
 - i Grade I: No Prolepses. Just prominent blood vessels.
 - ii Grade II: Prolepses upon bearing down but spontaneously reduce.
 - iii Grade III: Prolepses upon bearing down and require manual reduction.
 - iv Grade IV: Prolapsed and cannot be manually reduced.^[6]

Complications

1. Anaemia
2. Thrombosed strangulated piles.

Chikitsa of Arsha

According to Modern

The treatment of haemorrhoids can be divided into 3 parts according to their degree and local condition-

1. Medical Treatment

Here is the list of some prescriptions for symptomatic relief with topical preparations:-

- 1) Bland, soothing preparations like allantoin, bismuth oxide, bismuth subgallate etc.
- 2) Anaesthetic preparations like ointment lidocaine etc.
- 3) Anti-inflammatory agents like Diclofenac sodium in combination with steroids like hydrocortisone.
- 4) Hot sitz bath.
- 5) Various laxatives like liquid paraffin, milk of magnesia, sodium picosuphate, and lactulose solution along with bulk forming agents like isabagul are widely used to treat constipation. To summaries we can say that, no specific treatment is available, rather symptomatic treatment is adopted which contains wide range of antibiotics, NSAIDS, laxatives, haemostatic agents, antihistaminic drugs, steroidal treatment, local anaesthetic applications and local antiseptic lotions and ointments.^[6]

2. Para surgical Methods

1. Injection Treatment (Sclerotherapy)
2. Barron Band Ligation
3. Infra-Red Coagulation
4. Anal Dilatation
5. Cryo Surgery
6. Laser therapy
7. Radio frequency coagulation
8. Ultraoid
9. Bipolar dithermy
10. Doppler guided haemorrhoidal artery ligation.^[9]

3. Surgical Treatment

1. Open haemorrhoidectomy
2. Closed haemorrhoidectomy
3. Stapled haemorrhoidectomy.^[9]

According to ayurveda

Acharya Sushruta has described four dimensions of the treatment for Arsha, these are applied on the basis of Dosha involvement and stages of Arsha^[13]-

1. Bheshaja Karma (Drug Therapy)
2. Shastra Karma (Surgical Management)
3. Kshara Karma (Cauterization with Chemical)
4. Agni Karma (Cauterization)

1. Bheshaja Karma (Drug Therapy)

Prevention of constipation- Laxative[Triphalachurna, Panchsakarchurna, Haritakichurna] etc. depending upon the Koshtha of the patient.

- i Deepan Pachan- Chitrakadivati, Lavanbhaskar churna, Agni tundivati, etc.
- ii Arshoghna- Arshoghnivati, Soornapak, Arshkutharras, Shigru guggulu, etc.
- iii Hot sitz bath- Tankan bhasma, Sphaticbhasma, Triphalakwath, Panchawalkalkwath, etc.
- iv Rakta Stambhak- Bolbaddhras, Bolparpati, Kukkutandtwak bhasma, Pravalpisthi etc.
- v Vranropak- Jatyadi tail, Nirgundi tail, etc.
- vi Vednahara- Madhuyastyadi tail, Triphala guggulu, etc.^[17]

2. Shastra Karma (Surgical Management)

Various surgical interventions are used for management of Arsha if conservative measures show ineffectiveness. Hemorrhoidectomy is one among them which is basically indicated in high degree of disease manifestations, prolapsed and internal Hemorrhoids. Shastra karmas are associated with some incidence of complications like bleeding, infection, incontinence, anal strictures and retention of urine. Hemorrhoidectomy is having higher rates of bleeding as a complication when comparing other anorectal procedures.^[1]

3. Kshara Karma (Cauterization with Chemical)

Kshar is a caustic chemical, alkaline in nature obtained from the ashes of medicinal plants. It is a milder procedure compared to Shastrakarma and Agnikarma. It is described as one among the Aanu Shastras or Upayantras. It is the superior most among the sharp and subsidiary instruments because of performing Chedana, Bhedana and Lekhana Karma along with Tridoshara property. It is versatile, because even such places which are difficult in approach by ordinary measures can be treated by Kshar karma. Ksharkarma is more effective than the other modalities of treatment, because they can be administered both internally and externally. Kshar karma is useful as the substitutes of surgical instruments, because they can be used safely on the patients who are afraid of surgery. The Arsha which are soft, extensive, deeply situated, projectile are treated by Kshar. Pittaja and Raktaja varieties should be treated by Mrudu Kshar.^[18]

Kshar Sutra Ligation:- It is a Parasurgical measure which excises the pile mass gradually by the virtue of mechanical action and chemical cauterization. Acharya Sushrutahas advocated Kshar Sutra in the management of Nadivrana and Bhagandara. But regarding the method of preparation of Kshar Sutra, Acharya Chakrapani in his treatise Chakradutta, gave a brief description for management of Arsha, using the latex of Snuhi and Haridra powder.^[11]

Benefit of kshar sutra

1. Day care surgery does not need admission.
2. Useful in all ages and even in cardiac patients.
3. Simple procedures, safe and sure treatment
4. No Complications
5. No Re-Occurrence

6. Very High success rate
7. Not very costly
8. No antibiotics required^[4]

4. Agni Karma (Cauterization)

Agni karma is an important Para surgical measure. Agni Karma is said to be superior Karma due to non-recurrence of diseases. It can be useful in such diseases which are incurable even by drugs, instruments and Kshara. It is used extensively in the surgical practice in modified form by way of electric heat cautery and freezing.^[13]

Pathya

Non suppression of natural urges, green vegetables, low fat milk, butter, ghee, wheat, rice, green vegetables, regular sleep, regular diet etc.^[17]

Apathya

Chilies, fried food, junk food, maida products, non-veg, constipating foods, seadative life style, excessive pressure during defecation etc.^[17]

DISCUSSION

Ayurved has each system for heap the executives. Moderate as well as careful Patient shouldn't hold back to impart the issue to the ayurvedic doctor and not drag out the issue. Kshar sutra ligation is the best treatment of heap that requires some investment it tends to be act in those patient which might experience the ill effects of various heart sicknesses likewise requires no confirmation and monetary as well. So Kshar Sutar substantially more advantageous in correlation with hemorrhoidectomy. Arsha is an issue connected with way of life, age, occupation and dietary elements. It is a truly horrendous condition, patient fears poop as a result of torment with draining per rectum. Besides, patient turns out to be extremely restless subsequent to noticing container brimming with blood. Hence, Ayurveda most certainly can possibly deal with all phases of Arsha effectively with next to no confusions.

CONCLUSION

Arsha is a typical issue connected with stationary way of life, age occupation and dietary elements where butt-centric torment, butt-centric bump and rectal draining are extremely normal gripe. It is an entirely horrendous condition. Patient fears poo on account of torment and draining per rectum. Along these lines Ayurveda has extreme administration modalities to dispose of that sort of devastating circumstances, which are as of now portrayed in different traditional texts. Arsha is an issue connected with way of life, age, occupation and dietary elements. The individual who follows the ideal living example as depicted in Ayurveda works of art can live illness free sound life. Devouring food lacking fiber content, flawed food propensities, strange body pose, confounded conveyance, rehashed early termination, mental awkward nature and actual injury to butt-centric locale are a few significant variables featured in Ayurveda works of art for the appearance of Arsha (heaps). It is a truly horrendous condition, patient fears

crap in view of torment with draining per rectum. In this manner, Ayurveda most certainly can possibly deal with all phases of Arsha effectively with practically no entanglements.

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