

## REVIEW ON ANNAVAHASROTODUSHTI AND ITS RELATION WITH ARSHA VYADHI

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## ABSTRACT

In today's society Anorectal diseases have emerged as a quite common occurrence with progressive nature. According to Ayurvedic concept, etiology of *Arsha* mainly interconnected with *Annava Srotodushti*. *Annava Srotodushti* leads to indigestion, anorexia, lack of interest towards food which leads to Anorectal disorders like *Arsha*, *Bhagandara*, *Parikartika* etc. It seems to be an increasing incidence of the commonest of all anal disease i.e., Hemorrhoids and fissure in ano. Though *Sushruta* has described detailed of, however as lifestyle has been changed significantly therefore it is of great importance to study other causes of Hemorrhoids according to modern era. Hence, the diseases of anorectal area are the commonest of all the diseases of GI tract. This study aimed at *Annava Srotodushti* and its relation in Pathogenesis of *Arsha Vyadhi* and its management.

**KEYWORDS:** *Annava Srotodushti*, *Anorectal*, *Arsha*.

## INTRODUCTION

In the present era of 21<sup>st</sup> century *Arsha* has become most common and distressing disease. In present scenario, the food habits food contents, life styles are changing very rapidly which are the maintained causative factor for *Annava Srotodushti*. *Annava Srotodushti* is the channel for transportation, digestion and absorption of food. *Annava Srotodushti* leads to indigestion, anorexia, lack of interest towards food which leads to constipation and may results in Anorectic disorders like *Arsha*, *Parikartika* etc. Contrarily it seems to be an increasing incidence of the commonest of all anal disease. Though *Sushruta* has described detailed of, however as lifestyle has been changed significantly therefore it is of great importance to study other causes of Haemorrhoids according to modern era.

Hence, the diseases of ano-rectal area are the commonest of all the diseases of GI tract.

The incidence of Anorectal disorders are increasing as compare to other disorders, bleeding per rectum is one of the commonest symptom. *Sushruta Samhita* has mentioned in *Arshanidanam* that the one who suffers from *Mandagni* which leads to *Vataprakopa* alone or in combination with other Doshas and causes symptoms such as *gudashoola*, *saraktamalapravrutti*, *gudadaha* etc.

In modern texts, due to improper lifestyle and improper diet there is indigestion of food which cause hard stools. Hard stools are main causative factor for

haemorrhoid, which leads to constipation and increased abdominal pressure. This leads to increased venous engorgement of the haemorrhoidal plexus and cause of prolapse of haemorrhoidal tissue. This may result into bleeding per rectum, thrombosis, inflamed haemorrhoids. This study aimed at *Annava Srotodushti* and its relation in Pathogenesis of *Arsha Vyadhi* and its preventive management.

**AIM:** *Annava Srotodushti* and its relation in Pathogenesis of *Arsha Vyadhi*.**OBJECTIVE:** To Review *Annava Srotodushti* with respect to *Arsha Vyadhi*.

## MATERIALS AND METHODS

Different Ayurveda texts, journals, research papers, articles are referred to study the concept of ayurvedic *Vivechana* of *Arsha*, *Annava Srotodushti*. The study had initiated for Affirmation of *Annava Srotodushti* leads to *Arsha Vyadhi*.

## Review of Literature

## ANNAVAHA SROTAS

*Annava Srotodushti* is the channel for transportation, digestion and absorption of food.

*Annava Dhamani* plays role in the *Priṇan Karma* of *Rasa Dhātu* by carrying *paramasukshma Tejohuta*, properly digested *Panchbhautic Ahararasa* to whole of body. *Amasaya* is the storage site of the *Panchbhautic Anna* and along with the *Vamaparshwa*. *Amasaya* is

considered as *Moolasthan* with storage point of view, *Annavaaha Dhamanies* as conduction point of view and *Vamaparsva* as clinical point of view.

#### Mula (root)

*Annavaaha Srotas* originates from *amasaya* (stomach) and *Vama Parsva*<sup>[1]</sup>

*Annavaaha srotas* are two in number and they have their origin in *amasaya* (Stomach) and *annavaaha Dhamani* (*anna* carrying *dhamanies*)<sup>[2]</sup>

#### Nidan (etiological Factors)

Excess intake of food, eating during improper time, consumption of unwholesome food, due to impairment in *agni*<sup>[3]</sup>

#### Annavaaha Srotodusti Lakshana

When *annavaahasrotas* get injured or damaged it causes distention of abdomen, pain, aversion towards food, vomiting, thirst, blindness, death.<sup>[4]</sup>

Lack of interest towards food, anorexia, indigestion, vomiting sensation.

#### Arsha

##### Nidana (Causative factors)

##### Nidan of Sahaja Arsha<sup>[5]</sup>

*Mithya aahara* and *vihara* of *matruja* and *pitruj* *Poorvajanmakarma*.

#### According According to Sushruta

Shonita and *Shukra* vitiation.

#### Samanya Hetu

##### Aaharaj Hetu

*Viruddhahara*, *Pramitbhojana*, *Asatmya- bhojana*, *Paryushita*

*Guru*, *Sheeta*, *madhura*, *abhishyandi*, *vidahi aana seavana*

*Matsya*, *Varaha*, *Mahisha*, *Aja- Mansa*

*Krusha-Prani Mansa*, *Shushka Mansa*

*Nava shuka Dhanya*, *Ati-snehapan*

*Dadhi*, *Ikshu Ras*, *Ksheer* etc.

#### According According to Sushruta

*Virrudhashana*, *Adhyashana*

#### Viharaja hetu

*Streeprasanga*, *utkutasana*, *prushtayana*, *vegavidharana*,

*Diwaswapan*, *Ativyayama*, etc.

#### Vishesha Hetu

##### Vataja Arshas<sup>[6]</sup>

Excessive intake of *Kashaya*, *Tikta*, *Katurasa Ruksha*, *Sheeta Dravya*

*Laghuguna Aharadravyas*

Less intake of food

extremely less quantities

Intake of *Rukshamadya*

Oversexual indulgence

#### Pittaja Arshas<sup>[7]</sup>

Excessive intake of food having *Vidahi Guna*

Intake of alcohol

Anger

Hot place and time

Exposure to sunlight and fire

*Ativyayama*, *Atisevan* of *Amla*, *Kashaya*, *lavana Rasas*, *Kshara* and *Ushna*, *Tikshnagun Aharadravyas*

#### Kaphaja Arshas<sup>[8]</sup>

Excessive intake of sweet, salty *dravya*

*Diwaswapa Avyayama*

sour *Rasas* and *Snigdha*, *Sheetaguna of Ahaaradravyas*

Mental activity

Cold place and time

#### SAMPRAPTI (PATHOPHYSIOLOGY)

According to *Shushruta* due to *nidan* of *arsha* mainly due to *mandagni* it cause vitiation of *doshas* as single or more along with *rakta* and *doshas* move downwards through the *mahadhamani* reach to the *guda* which affects *gudavalitraya* and cause *arsha*.

According to *Charaka Arsharoga* is produced due to vitiation of all *doshas* which follows *bahya* and *aabhyantara rogmarga* and affect *gudavalitraya*

Samprapti Ghataka

*Dosha - Tridosha*

*Dushya - Tvak, mamsa, meda, rakta*

*Srotas- raktavaha and mamsavaha srotas*

*Srotodusti - Sanga, siragranthi*

*Udbhavasthana – amaapakvasayotbhava*

*Vyaktasthana - Gudavalitraya*

*Rogmarga - bahya and abhyantara*

*Agni – Jataragnimandya*

#### In the aspect of kriyakala

These are the six stages of manifestation of disease. It has mentioned only by *sushruta*. The management of each *shat kriyakaal* stages is different. The symptoms are aggravated after the *sthana sanshaya avastha*. Hence if treatment is given before this *avastha* then it will not occur.

#### Stages

#### Sthan

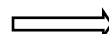
*Sanchaya*

*Prakop*



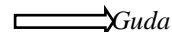
*Amashaya (agni sthana)*

*Prasara*



*Pradhana Dhamani*

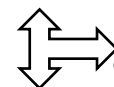
*Sthana Sanchaya*



*Guda*

*Vyakti*

*Bheda avastha*



*Gudavali*

#### CHIKITSA VIVECHANA (TREATMENT)

In contemporary sciences surgical treatment available for haemorrhoids such as ligation and haemorrhoidectomy, rubber band ligation, sclerotherapy, but these surgical procedure having adverse effects such as bleeding,

infection, incontience, strangulation etc but surgery is not only option for piles it can be cure by preventive and curative measures.

### Management

#### Preventive measures

*Nidanparivarjana*

*Snehana, swedana*

Sama agni – keep agni in equilibrium condition

*Deepana, Pachana, Anuloma*

Curative measures

Medical

Parasurgical-*Kshara sutra, Agnikarma, Raktamokshana*

Surgical- *Chedana*

#### Apathya in Arsha

##### Diet

Heavy food, Vishtambhi, Vidahidravya like chillies, Spices, food stuffs made of rice, fried food, Maida product, excessive intake of oils, Non vegetarian foods Curd etc.

##### Habits

Lack of exercise, sleep in day time, Constant sitting on hard objects, Excessive riding, straining during defecation etc.

#### Pathya<sup>[9]</sup>

##### Diet

Give cow ghee with warm milk every night for soothing effect in large intestine, Takra (Mattha), wheat, Green vegetable etc.

##### Habits

Regular diet, exercise, proper sleep, Non suppression of natural urges etc.

### OBSERVATIONS AND RESULTS

*Ayurveda* defines Health as “*Samadosha, samagni, samadhatu malakriyah Prasannatma indriyas manah swath abhidayate*<sup>(10)</sup>” For healthy life agni should be in sama avastha.

In todays era due to improper diet habits and changing in lifestyle cause *annavahasrotasdusti* and it causes *agnimandya* which leads to indigestion which is causative factors of various disorders. Hence irrespective of any disorder *agni* should be consider first. Hence *agnipariksha* is so important to examine by physician.

### DISCUSSION

*Arsha* is a problem related to life style, age, occupation and dietary factors. Sometimes patient is afraid of defecation because of pain with bleeding per rectum. Hard stools, improper bowel habit are most common symptoms. Due to that it hampers the digestive system and cause *agnimandya*. Hence agni should be in *samaavastha* first. *Ayurvedic* formulations which gives *deepanpachana* effect can be used and improve the *malapravrutti*. Also intake of proper diet is necessary

and *nidanparivarjana* is important factor to be considered.

### CONCLUSION

*Annavaha srotodusti* is mainly responsible for indigestion. *Agnimandya* is main reason for *Arsha* which is due to improper diet habit which leads to *annavahasrotodusti*. Therefore if person follows proper dietary habits it keeps agni in *sama avastha* and proper bowel habits that will prevent from anorectal disorders. Hence, person should focus on the diet plan what should eat and what should be avoided. Prevention is always better than cure.

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