

A REVIEW ARTICLE ON HAEMORRHOIDS AND ITS MANAGEMENT

Dr. Avantika Chintkuntlawar^{1*} and Dr. Madhavi Banarase²¹PG Scholar, Dept. of Shalyatantra, PDEACARC, Pune, Maharashtra.²Professor & HOD, Dept. of Shalyatantra, PDEACARC, Pune, Maharashtra.

*Corresponding Author: Dr. Avantika Chintkuntlawar

PG Scholar, Dept. of Shalyatantra, PDEACARC, Pune, Maharashtra.

Article Received on 11/08/2024

Article Revised on 01/09/2024

Article Accepted on 21/09/2024

ABSTRACT

Haemorrhoids is an extremely common problem and its prevalence rate is highest among all ano-rectal disorders. In Ayurveda Haemorrhoids correlated with arsha. Haemorrhoids are dilated veins within the anal canal. In Ayurveda the description of Arsha with its etiology, pathology, symptoms, Types according to doshas and treatment measures of arsha given. Acharya sushruta has described four types of chikitsa which are Bheshaj, Agnikarma, ksharkarma, shastrakarma. In modern texts surgical management of haemorrhoids is mentioned. In this review article both ayurvedic and allopathic treatment of Haemorrhoids is covered.

KEYWORDS: Haemorrhoids, Arsha, Agnikarma, Ksharkarma, sushruta.**INTRODUCTION**

Haemorrhoids also called piles, these are dilated veins within the anal Canal which are caused due to increased Pressure that may result from chronic constipation or Diarrhoea, straining during defecation or pregnancy etc. Arsha is called as destroyer of life like an enemy. Acharya Sushrut mentioned Arsha in Ashtamahagada i.e those diseases which are difficult to treat. Prevalence rate of Haemorrhoids in India is 75% of the population, affecting as much as half the population by the age of 60.^[1]

AIMS AND OBJECTIVES

To review the literature of Arsha in Ayurvedic Texts, collect data of Ayurvedic and Surgical Management.

MATERIALS AND METHODS

All references are collected from our ancient ayurvedic texts Sushruta Samhita, Charaka Samhita, Ashtanga Hridaya, Ashtanga Samgraha. Modern books like concised textbook of Das, SRB's Manual Of Surgery, Baily and Loves's Short Practice of Surgery.

Causes of Haemorrhoids

Fast food, disturbed bowel habits, sedentary life style, shift Duties, stressful life, being obese, straining during bowel movements, prolong standing & sitting, Nutritional factor (a low-fiber diet) Genetics, absence of valves within the hemorrhoidal veins, these are other causes of Haemorrhoids.

Classification of Arsha

1. On the basis of the origin- Basically Arsha Is of two types.^[2]

- I. Sahaja Arsha (Hereditary – Congenital)
- II. Janmottar i.e. acquired one after birth.

2. On the basis of the character of bleeding^[3]

- III. Ardra (Sravi)-Bleeding piles due to vitiation of Raktka and pitta dosha
- IV. Shushka- Non bleeding piles due to vitiation of Vata and Kapha Dosha.

3. On the basis of site^[4]

- I. Bahya (Samvarani)
- II. Abhyantara (Visarjini, Pravahani)

4. On the basis of prognosis^[5]

- I. Sadhya (Curable)
- II. Yapya (Palliative)
- III. Asadhya (Incurable)

5. On the basis of Doshas^[6]

- I. Vataj
- II. Pittaj
- III. Kaphaj
- IV. Raktaj
- V. Sannipataj
- VI. Sahaj.

6. On the basis of position

- I. External Haemorrhoid
- II. Internal Haemorrhoid

III. Interno-External Haemorrhoid.

7. Stages of Arsha

- Grade I: No Prolapse. Just prominent blood Vessels.
- Grade II: Prolapse upon bearing down but Spontaneously reduce.
- Grade III: Prolapse upon bearing down and Require manual reduction.
- Grade IV: Prolapsed and cannot be manually Reduced.

Samprapti (Pathogenesis) of Arsha

Sushruta has described the pathogenesis of Arshas as the Nidanas resulting in the aggregation of Doshas in single, combination of two or more along With Rakta, Dosha get localized in guda vali through pradhan dhamani and vitiaties twak, mans and meda dhatu and at the site of gudavali they produce Arsha to the individuals Suffering from Mandagni and other local causes.^[7]

Sign & Symptoms

The symptoms of pathological hemorrhoids depend on the type present. Internal hemorrhoids usually present with painless rectal bleeding while external hemorrhoids May produce few symptoms or if thrombosed significant pain and swelling in the area of the anus.

Chikitsa

The Basic rule of Ayurvedic disease care is to Prevent the etiological variables that contribute to Samprapti vighatana.

Acharya Sushruta explained four dimensional treatment modalities Depending on the degree of Dosha involvement and the Stage of Arsha.^[8]

चतुर्विधोऽर्शसां साधनोपायः |
तद्यथा – भेषजं क्षारोऽग्निः शस्त्रमिति ||

1. Bhesaja Karma (Medical Treatment)

अदिकालजातान्यल्पदोषलिङ्गोपद्रवाणि भेषजसाध्यानि |

Bhesaja Chikitsa (Medical) is described as very first line of Treatment of Arsha. It is effective In Arshas which are of short duration of one year and whose symptoms and complications are less.

2. Shastra Karma (Surgery Management)

तनुमुलान्युच्छ्रितानि क्लेदवन्ति च शस्त्रेण |

Arshas which are Tanumula uchrita and kledayukta in that case shastra karma done

3. Kshara Karma (chemical cauterization)

मृदुप्रसृतावगाढान्युच्छ्रितानि क्षारेण |

When arsha masankur are mrudu, prasruta, awgadh and unnat Ksharkarma procedure is mentioned.

4. Agni Karma (Cauterization)

कर्कशश्चिरपृथुकठिनान्यग्निना |

Agnikarma is used in Arshas which are Karkasha, sthir, pruthu, kathina.

Aurvedic Conservative Management

- I. Prevention of constipation- Laxative- Triphala
- II. Churna, Panchasakar churna, Haritaki churna, Abhayaarista
- III. Deepan pachan- Chitrakadi vati, Lavan baskar Churna, Agnitundi vati.
- IV. Arshoghna-Sooranpak, Arshakuthar ras, Shigru Guggulu
- V. Hot sitz bath- Tankan bhasma Sphatic bhasma, Triphala kwath Panchawalkal kwath.
- VI. Rakta stambhak-Bol baddha rasa, Bol parpati, Kukutandatwak bhasma Praval pisthi.
- VII. Vran ropak-Jatyadi tail, Nirgundi tail.
- VIII. Vednahar-Madhuyastyadi tail, Triphala guggulu.

Operative Procedures^[9]

1. Sclerotherapy

Sclerosant injection has been the method of treatment of small vascular Haemorrhoids and indeed is used to control all cases of first degree haemorrhoids whatever may be the presenting symptoms. The most commonly used sclerosant is 5% phenol in almond or arachis oil. Advantages are that (i) this method is quick, (ii) relatively painless, (iii) comparatively free from complications and (iv) in first degree haemorrhoid results in a high percentage of cure. If injection therapy is done for treatment of first and small second degree haemorrhoids, the cure rate is in the order of 95% and recurrence may take place in about 15% of cases within 3 years.

2. Rubber band ligation

Rubber banding is the ideal method of treatment of treating large first degree and second degree internal haemorrhoid in absence of associated tags or external haemorrhoidal component. Ligation of the hemorrhoidal tissue with a Rubber band causes ischemic necrosis and scarring, Leading to fixation of the connective tissue to the rectal Wall.

3. Cryotherapy

Cryotherapy involves freezing the tissues of the haemorrhoids for a sufficient time to cause necrosis. the great advantage of this method is that it is completely without pain because sensory nerve endings are destroyed at very low temperature.

4. Haemorrhoidectomy

Third degree haemorrhoids particularly with associated Tags and an external haemorrhoidal plexus haemorrhoidectomy is the treatment of choice and is the Only method to give lasting relief in such cases. Many patients are reluctant to submit to haemorrhoidectomy because the operation has become Notorious of being associated with a great deal of Postoperative pain and it also has the considerable Economic disadvantage that the patient has to live In hospital for several days postoperatively and a Further period away from work. Excisional hemorrhoidectomy is The most effective treatment for hemorrhoids with the lowest rate of recurrence compared to other modalities. Other methods

of Haemorrhoidectomy are I) ligation and excision of piles—commonly done procedures also known as Milligan—Morgan method (open method.) II) Submucosal haemorrhoidectomy of ‘Parks’-Approach is Above the skin through submucosal plane. III) Hill—Ferguson closed method where in cut mucosa and Skin is approximated using catgut suture.^[12]

5. Circular stapled haemorrhoidectomy

In this method of haemorrhoidectomy circular stapeling device is used. This circular stapling device acts by excising a circumferential column of mucosa and submucosa above the dentate line to interrupt the terminal branches of the haemorrhoidal artery, thus reducing flow to the subepithelial space and mucous prolapse. The average duration of procedure is about 15 minutes. There is significantly low postoperative pain. The Patients may be discharged within 36 hours after operation ensuring a smooth and painless passage of stool Postoperatively. First follow-up is performed at 1 week, followed by follow-ups at 2 weeks and 6 weeks. Usually there is no incidence of postoperative bleeding or incontinence.

Pathy-apathya of Arsha^[10,11]

Pathya

- I. Anna Varga: Godhuma, Yava, Rakthashali, Shastika, Kulattha, Priyangu.
- II. Shaka Varga: Surana, Nimba, Patola, Vartaka, punarnava, Shigru, Balamuli.
- III. Ksheera Varga Aja Ksheera, Takra.
- IV. Phala Varga: Amalaki, Kapittha.
- V. Ahara Upavarga: Palandu, Nagara, Maricha.
- VI. Mansa: Mruga Mansa.

Apathya

Fishes, oil cakes and the food stuffs made of Rice, Bilva, fibrous root of lotus etc, are Apathya for the Arsha patients.

- I. Ahara – Viruddha Ahara, Vishtambhi Ahara, Guru ahara, Anupa Mansa, Dushta Udaka etc. etiological factors.
- II. Vihara – Vegavarodha suppression of natural Urges), Atistri-sanga (over indulgence in sex), Utkatasana (defective sitting posture), Prishtha Yana (riding), bathing in the sun, improper Management of Vamana and Basti etc

DISCUSSION

Nowday Haemorrhoids is a very common problem in this modern world because lifestyle changes, unhealthy eating habits etc so for the treatment of arsha one can avoid the etiological factor. Prevention of Arsha includes, Fiber rich diet(Fruits, vegetables), drinking more water, Exercise, avoiding straining during defecation, etc. A small change in daily Life style of person can help both in prevention and treatment of Haemorrhoids.

CONCLUSION

Arsha is a common issue related to sedentary life style, age, occupation and dietary factors where constipation leads to anal pain, feeling of maas at anal region and rectal bleeding are very common complaints. It is a very painful condition, Patient is afraid of defecation because of pain and bleeding per rectum. Ayurvedic management not only involves the use of medicinal Plants, formulations but also includes treatment plan according to Doshas, preventive management, dietary and lifestyle management, parasurgical management i.e ksharkarma, Agnikarma, yoga, and meditations. Therefore, Ayurveda could be a good option to manage Haemorrhoids

REFERENCES

1. S Kotrannavar V. Rasaushadhis in the management of haemorrhoids. J prev med holist health [Internet]https://www.jpmmh.org/article-details/10653
2. Shastri Ambikadutta, Susrutha Samhita.vol.- I.Varanasi; Chaukamba Sanskrit Samsthan, 2010. Nidana sthana 2/3.
3. Shastri Pandit Kashinath, Chaturvedi Gorakhnath. Charaka Samhita Vidyotini comm. Vol – II. Varanasi; Chaukhamba Bharti Academy, 2011. Chikitsasthana 14/38.
4. Shastri Ambikadutta. SushrutaSamhita Vol-I.Ayurveda Tatwa Sandeepika Hindi Commentary. Varanasi; Chaukhamba Sanskrit Sansthana, 2010. Nidanasthana Adhayaya 2/17.
5. Shastri Pandit Kashinath, Chaturvedi Gorakhnath. Charaka Samhita Vidyotini comm. Vol - II. Varanasi; Chaukhamba Bharti Academy; 2011. Chikitsasthana 14/26-31.
6. Shastri A. Sushrut Samhita, Purvardha, Chawkhamba, Sanskrit Sansthan 2014, Nidan sthan 2/3.
7. Vaidya Yadavji Trikramji. Sushrutha Samhita With ‘Nibandha Sangraha’ Commentary of Dalhanacharya and ‘Nyayachandrika Panjika’ of Gayadasa (Nidana sthana 2/4). Varanasi; Chaukamba Orientalia, 2009; 271.
8. Shastri Ambikadutta. Sushruta Samhita part-I Ayurveda Tatwa Sandeepika Hindi Commentary. Varanasi; Chaukhamba Sanskrit Sansthana; Varanasi; 2010. Chikitsasthana 6/3.
9. Dasa S. Concise text book of surgery.S. Das; 6th edition buplished by S.Das Page., 2010; 962–966.
10. Shastri Pandit Kashinath, Chaturvedi Gorakhnath. Charaka Samhita Vidyotini comm. Vol – II. Varanasi; Chaukhamba Bharti Academy; 2011. Chikitsasthana 14/89-95.
11. Shastri Ambikadutta. Sushruta Samhita part-I Ayurveda Tatwa Sandeepika Hindi Commentary. Varanasi; Chaukhamba Sanskrit Sansthana Varanasi; 2010. Chikitsa sthana 6/13.
12. SRB’s Manual of surgery, Sriram Bhat M; 3rd edition published by Jitendar P Vij Jaypee Brothers Medical Publishers. 910–911.