



REVIEW ON ARSHA NIDANA EVAM CHIKITSA ADHYAYA OF SUSHRUTA SAMHITA

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ABSTRACT

Arsha (haemorrhoids or piles) is a common anorectal disease recognized as one of the eight major diseases (*Asthamahagada*) in *Ayurveda*. It is highly prevalent and has been acknowledged for thousands of years. Contributing factors to this condition include improper dietary habits, unhealthy lifestyle choices, anatomical abnormalities, and genetic predispositions. About half of the population experiences haemorrhoids at least once in their lifetime. Haemorrhoids result from the swelling of the hemorrhoidal venous plexus and the displacement of anal cushions. Clinically, this leads to symptoms such as inflamed or prolapsed piles, rectal bleeding, and discharge from the anus. In modern medicine, treatments such as haemorrhoidectomy are commonly used, though there is a risk of recurrence. In *Ayurveda*, the management of *Arsha* is more comprehensive, with treatments like: **Bheshaj** (herbal medicine), **Kshar Karma** (alkaline therapy), **Agnikarma** (cauterization), **Shastra Karma** (surgical removal). These treatments in *Ayurveda* aim to not only alleviate symptoms but also prevent recurrence by addressing the underlying causes.

KEYWORDS: *Arsha*, *Asthamahagada*, Haemorrhoids, Rectal bleeding.

INTRODUCTION

Arsha, commonly known as hemorrhoids, is one of the prevalent health conditions that affects a significant number of individuals worldwide. However, this disease is not limited to the elderly and piles can occur in people of all ages. A patient with rectal bleeding may have symptoms such as painless rectal bleeding (fresh blood occurs after defecation), enlargement of the mass of the anus, incomplete evacuation, irritation, pruritus, soiling, and pain. According to various Acharyas etiology of *Guda Arsha*, the main cause is *Mandagni*, which has prolonged contact with *Mala* or excretory material of *Guda* (*Vali*) leading to the development of *Guda Arsha*. Development of *Guda Arsha* is one of the oldest anorectal diseases that affects all ages as evidenced by many historical records. *Acharya Sushruta*, due to his severity, *Dushikitsya*, belongs to *Ashtamahagada*. *Chaturvidhchikitsa* for *Guda Arsh* has been described in *Ayurvedic Samhita* these are *Bheshaja Chikitsa*, *Kshaar Karma*, *Agni Karma* and *Shastra Karma* which are in accordance to presentation as well as chronicity of the disease. In the initial stage of *Guda Arsh Bheshaja Chikitsa* and *Kshaar Karma* has proven as the mode of treatment. In the 1–2-degree piles *Bheshaja Chikitsa* is advisable by all the *Acharyas*.

Sushruta Samhita is the principal text of surgery, and *Arsha* (piles) is a major disease in surgical treatment, which *Acharya Sushruta* has classified under the *Ashta Mahagada*. Therefore, to understand its significance, we will review the chapters on the *Nidana* and *Chikitsa* of *Arsha* as described by *Sushruta*.

AIM AND OBJECTIVES

To study in detail of *Sushruta Samhita Arshnidana Adhyaya* and *Arshchikitsa Adhyaya*.

MATERIAL AND METHODS

As this study is a review type of study, we have collected information from *Sushruta Samhita Nidanasthana* and *Chikitsasthana* to get the knowledge about *Arsha*.

Arshnidana Adhyaya

Types of Arsha- *Vata*, *Pitta*, *Kapha*, *Rakta*, *Sanipattaj*, *Sahaj* these are the 6 types of *Arsha*.

Nidana- The vitiation of *Vata* and other *Doshas* in men, caused by improper behaviors such as overeating after a meal, sexual intercourse with a woman, sitting in a squatting position, riding on the back of a horse, bull, or camel, and suppressing natural urges, can occur alone, in combination of two *Doshas*, or all *Doshas* together,

sometimes even affecting the blood. These vitiated *Doshas* spread throughout the body, taking refuge in the major arteries, eventually reaching the rectum and contaminating the anal folds. This leads to the growth of fleshy masses (hemorrhoids). This condition is particularly prevalent in individuals with weak digestion. Additionally, these fleshy masses (hemorrhoids) increase due to friction from grass, wood, stones, lumps, clothing, etc., or excessive contact with cold water. These are the various causes explained by *Acharya Sushruta* as the causative factors of *Arsha*.

Description of Anal Canal - The rectum, which is connected to the last part of the large intestine, is approximately five fingers in length or slightly less. Within it, at intervals of about one and a half fingers, there are three folds known as *Pravahani*, *Visarjani*, and *Samvarani* as explained by *Acharya Sushruta*.

Prognosis- Symptoms such as sour belching, burning sensation, bloating in the stomach, excessive thirst, fatigue in the legs, rumbling sounds in the abdomen, emaciation of the body, frequent burping, swelling in the eyes, gurgling in the intestines, sharp pain in the rectum like being cut by scissors, and signs of anemia (*Pandu*) or malabsorption (*Sangrahani*) indicate possible digestive disorders.

In the early stages of hemorrhoids (*Arsha*), one might experience a loss of appetite, difficulty in consuming food, a feeling of unease in the abdomen, cough, breathing issues, weakness, dizziness, drowsiness, disturbed sleep, and weakness of the senses. These are the prognosis as explained by *Acharya Sushruta*.

Vataja Arsha- Due to the excessive aggravation of the *Vata Dosh*, the hemorrhoids are dry, red, blackish-blue, uneven (raised in the middle and low at the sides), and may resemble the flowers of the Kadamba tree or the Vanakarya flower. They can also take the shape of tubular structures, resemble the buds of flowers, or have sharp, needle-like tips. A person suffering from this condition experiences severe pain while passing hard stools. Additionally, pain occurs in the lower back, sides, hips, rectum, and navel region. These hemorrhoids may lead to the development of other conditions like *Gulma* (abdominal tumors), *Ashthila* (urinary obstructions), and enlargement of the spleen. The skin, nails, eyes, teeth, mouth, urine, and feces of the affected person may also turn dark or black.

Pittaja Arsha- These hemorrhoids are bluish at the tip, thin, spreading, slightly yellowish, shiny like the liver, and shaped like a parrot's tongue. They are thick in the middle, resembling a barley grain, with the appearance of a leech's mouth, and are often moist or oozing.

A person suffering from this condition experiences burning sensations and passes blood-stained stools. Additional symptoms include fever, intense burning,

excessive thirst, and fainting spells. The affected individual's skin, nails, eyes, teeth, mouth, urine, and feces turn yellow.

Kaphaja Arsha- *Kapha*-type hemorrhoids (*Arsha*), the hemorrhoids are white, thick at the base, hard, round, smooth, and pale in color, resembling the fruit of the *Karira* (a desert tree), jackfruit seed, and grape. They do not rupture or discharge blood or other fluids and are often characterized by significant itching.

A person suffering from *Kapha*-type hemorrhoids expels a large amount of stool that is akin to the thick mucus of *Kapha*. This condition can lead to swelling, cold fever, loss of appetite, weak digestion, and a feeling of heaviness in the body. The affected individual's skin, nails, eyes, mouth, urine, and feces turn white.

Raktaja Arsha- In *Raktarsha* (bleeding hemorrhoids), the hemorrhoids appear red like the sprouts of vat (a type of tree), coral, or gunja (a plant with red seeds), and are associated with symptoms of *Pitta Dosh*. When a person strains excessively during bowel movements, the friction from the hard stool can cause the hemorrhoids to bleed profusely. This sudden and excessive discharge of contaminated blood can lead to complications and further exacerbation of the condition.

Sanipattaja Arsha- These *Arshas* have symptoms of all the above *Arsha*.

Sahaja Arsha- *Sahajārśa* (congenital hemorrhoids) are said to arise due to the defective blood (ova) from the mother and defective semen (spermatozoa) from the father at the time of conception. These hemorrhoids are particularly difficult to detect, feel hard to the touch, are pale in color, and cause significant pain. They are located internally, making them less visible and more challenging to treat. Individuals suffering from *Sahajarsa* typically exhibit symptoms of, weakness and a tendency to consume little food, prominent veins on the body, few offspring and reduced vitality, weak voice and a tendency toward anger, low digestive capacity, afflicted with nasal, head, eye, and ear disorders, persistent abdominal gurgling and a feeling of heaviness in the heart, along with loss of appetite.

Arshachikitsa Adhyaya

There are four treatments for hemorrhoids (*Arsha*):

1. Medicinal (औषध): This method is used for newly-formed hemorrhoids with mild symptoms and minimal complications. These are treated with medicines.
2. Alkaline (फार): Suitable for soft, widespread, deep-seated, and protruding hemorrhoids. Alkaline treatments are used to manage these types.
3. Cauterization (जिह्व): Applied to rough, stationary, thick, and hard hemorrhoids. This technique uses heat for treatment.

4. **Surgical (श्रु™):** Used for hemorrhoids with thin roots, that are protruding and have a lot of discharge (sticky). Surgical intervention is employed to remove or treat these types.

For treating hemorrhoids (*Arsha*) in a patient who is strong, sweaty, and prone to *Vata*-type pain, the following can alleviate symptoms:

1. **Diet and Preparation:** Providing the patient with a diet that is oily, warm, minimal, and liquid to help soothe the *Vata Dosha*. Place the patient in a clean, quiet, and private area.
2. **Positioning:** In a time of mild weather (neither too cold nor too hot) and under a clear sky, place the patient on a wooden plank or bench, facing the sun with the buttocks exposed. The patient should lie on their back with the upper body supported by someone's lap. Keep the patient's waist elevated using a cloth or blanket for support.
3. **Securing the Patient:** Use a bandage to secure the neck and thighs to prevent movement. The caregiver should hold the patient firmly to ensure they do not move.
4. **Application of Treatment:** Introduce a device with a fine, straight nozzle, coated with *Ghrutam*, into the rectum slowly during defecation. Once the device is inserted, clean the hemorrhoids using a sharp instrument and either a swab or cloth. Apply alkaline treatment (*Kshara*) to the hemorrhoids.
5. **Wait and Reapply:** Close the device and wait for a count of one hundred before cleaning the hemorrhoids again. Reapply alkaline treatment as needed based on the condition and severity of the hemorrhoids.
6. **Final Steps:** If the hemorrhoids appear shriveled and dark like ripe *jambu*, clean off the alkaline treatment. Wash the area with a mixture of water and yogurt, buttermilk, or other soothing liquids. Apply a paste made from licorice powder and *Ghrutam* to soothe the area and remove the device.
7. **Post-Treatment Care:** Place the patient in warm water and sprinkle cool water over them. Some practitioners suggest using warm water for this purpose. Finally, keep the patient in a draft-free environment and provide guidance on appropriate diet and lifestyle adjustments.

These steps are designed to manage and treat hemorrhoids effectively while considering the patient's comfort and overall health.

To treat hemorrhoids (*Arsha*) with cauterization, follow these steps

1. **Reapplication of Treatment:** Burn the hemorrhoids again as necessary.
2. **Treatment Schedule:** Treat one hemorrhoid at a time, performing the treatment every seven days.
3. **Treatment Order**
 - **First:** Begin with the hemorrhoids located on the

right side of the body.

- **Second:** Move on to the hemorrhoids on the left side.
- **Third:** Treat the hemorrhoids on the back.
- **Fourth:** Finally, address the hemorrhoids on the front.

This systematic approach helps ensure that each hemorrhoid is treated effectively and that the entire area is managed comprehensively.

Treatment of various types of hemorrhoids (*Arsha*)

1. ***Vata* and *Kapha*-Type Hemorrhoids:** Use of **cauterization (*Agni*)** and **alkaline treatments (*Kshara*)** to manage these types of hemorrhoids effectively.
2. ***Pitta* and *Rakta*-Type Hemorrhoids:** For these types, only **mild alkaline treatment (*Mild Kshara*)** should be used, as they are sensitive and can be exacerbated by stronger treatments.

These methods ensure that the treatment is tailored to the specific nature of the hemorrhoids, addressing the underlying *Dosha* imbalances and providing appropriate relief.

For treating large hemorrhoids in strong individuals

1. **Surgical and Cauterization Treatment**
 - **Large Hemorrhoids:** For large hemorrhoids in robust individuals, **surgical excision** followed by **cauterization (*Agni Karma*)** is recommended to effectively manage and remove the hemorrhoids.
2. **Treatment Methods for Various Types**
 - **Externally Protruding Hemorrhoids:** For hemorrhoids that protrude and are afflicted by *Doshas* (*Vata*, *Pitta*, *Kapha*, and *Rakta*), use treatments such as:
 - Sweating (*Sweda*)
 - Massage (*Abhyanga*)
 - Oiling (*Sneha*)
 - Immersion (*Avagahana*)
 - Poultice (*Upanaha*)
 - Blood-letting (*Raktamokshana*)
 - Applications (*Alepana*)
 - Alkaline treatment (*Kshara*)
 - Cauterization (*Agni*)
 - Surgery (*Shastra*)
3. **Specific Treatments Based on Hemorrhoid Type**
 - **Bleeding Hemorrhoids (*Rakta Arsha*):** Follow treatments prescribed for blood disorders (*Raktapitta*).
 - **Diarrhea-Inducing Hemorrhoids:** Apply treatments that prevent diarrhea (*Atisara*).
 - **Constipation-Inducing Hemorrhoids (*Koshthabaddhata*):** Use methods for easing constipation or for the condition known as *Udavartta*.

This comprehensive approach ensures that all types

of hemorrhoids are treated appropriately based on their specific nature and associated symptoms.

For the management of hemorrhoids (*Arsha*), follow these guidelines

1. Application of Alkaline Treatment:

- **For External Hemorrhoids:** Apply alkaline treatment using one of the following instruments:
 - *Darvi* (a spatula-like instrument)
 - *Kooch* (brush)
 - *Shalaka* (probe)
- **For Prolapsed Rectum (without Instrument):** Use alkaline treatments and other methods directly on the prolapsed rectum without the aid of instruments.

2. Diet and Nutrition

- **For General Hemorrhoid Management:** Consume rice (especially *Shali* and *Sathi* varieties), barley, and wheat, cooked with *Ghritam* and paired with milk, neem juice, or pointed gourd juice.
- **Vegetables:** Incorporate greens and vegetables such as:
 - *Bathua*, *Chaulai*, *Jivanti*, *Poi*, *Ashwagandha* (Fenugreek), Small Radish (Mooli) Palak (Spinach) *Asana* (*Vijayasara*), Pea vines
- **Additional Foods:** Include other nourishing, digestive, and hemorrhoid-reducing foods and medicinal substances.

These recommendations help in the management and treatment of hemorrhoids by addressing the condition with appropriate treatments and a supportive diet.

For the treatment of hemorrhoids (*Arsha*), various medicinal pastes (*lepas*) can be applied. Here are the mentioned preparations:

1. Turmeric Paste

- **Ingredients:** Milk of the *Sehund* plant and turmeric powder.
- **Preparation:** Mix the turmeric powder with *Sehund* milk to make a paste.

2. Poultry Droppings Paste

- **Ingredients:** Chicken dung, *Gujja* (*Ghunghuchi*), turmeric, and *pippali* (*Piper longum*) powder, mixed with cow urine (*gomutra*) and cow dung (*gopitta*).
- **Preparation:** Grind these ingredients together to make a paste.

3. Herbal Paste

- **Ingredients:** *Danti*, *Chitrak*, *Hulhula*, and *Kali Hari*, mixed with cow dung.
- **Preparation:** Grind these herbs with cow dung to prepare the paste.

4. Pepper and Salt Paste

- **Ingredients:** *Pippali*, rock salt (*sendha namak*), *kuth*

(*Saussurea lappa*), and *Shirish* fruit, mixed with *Sehund* or *Madar* milk.

- **Preparation:** Grind these ingredients in the chosen milk to create the paste.

5. Comprehensive Medicinal Paste

- **Ingredients:** *Kasisa*, *Haritala*, rock salt, *Kaner* root, *Vidanga*, *Karanja*, *Krutavedhana* (*Rajkoshataki*), small *Jamun*, *Madar* milk, *Uttamaranji* (*Bhumi Amalaki*), *Danti*, *Chitrak*, *Alarka* (*Shvetarka*), and *Sehund* milk.
- **Preparation:** Prepare a medicated oil by using these ingredients and apply it for massaging.

These pastes should be applied as per the instructions to help alleviate and manage the symptoms of hemorrhoids effectively.

TREATMENT FOR *ABHYANTAR ARSHA*

To treat *Abhayantar Arsha* (which are not visible and are located inside the rectum), the following medicinal practices and *Yogas* are recommended:

1. Daily Consumption of Medicinal Substances

- **Jaggery and *Haritaki*:** Consume jaggery and *Haritaki* (*Terminalia chebula*) every morning.
- ***Brahmacharya* and Cow Urine:** Follow *Brahmacharya* (celibacy) and consume a daily dose of one *Drona* (a traditional measure) of cow urine mixed with one hundred *Haritaki* tablets in the morning, combined with honey.
- ***Apamarga* Root:** Mix the root of *Apamarga* (*Achyranthes aspera*) with *Tandulodaka* (water used for washing rice) and honey, and consume daily.
- ***Shatavari* Paste:** Prepare a paste of *Shatavari* (*Asparagus racemosus*) and mix it with milk.
- ***Chitrak* Powder:** Mix *Chitrak* powder with a specific type of alcohol (*Sidhu*) for daily consumption.
- ***Bhilawe* Powder:** Use *Bhilawe* (a traditional herbal powder) mixed with *Sattu* (roasted gram flour) to make a drink (*mantha*).

For the treatment of internal hemorrhoids, the following medicinal preparations and practices are recommended:

1. Consumption with Buttermilk

- **Without Salt:** Consume without adding salt, and use buttermilk as a base.
- **Preparation:** Apply a paste of *Chitrak* root in a pot, then keep buttermilk in the pot. Use this sour or non-sour buttermilk for drinking and in food.
- **Other Herbs:** For *Bhargi*, *Aparajita*, *Ajwain*, *Amla*, and *Guduchi*, the same buttermilk preparation method is used.

2. *Tkrak* Preparation

- **Herbal Ingredients:** Prepare buttermilk (*tkrak*) using *Pippali*, *Pippalimool* (*Piper longum* root), *Chavya*, *Chitrak*, *Vidanga*, *Saunth*, and *Haritaki*.
- **Preparation:** Use the above ingredients to make

buttermilk or consume buttermilk for one month by avoiding grains.

3. Medicinal Decoctions

- **Ginger and Punarva Root:** Consume milk prepared with the decoction of Ginger (Adrak), Punarva root, and Chitrak.
- **Kutaja Bark Decoction:** Make a decoction from the bark of Kutaja (*Holarrhena antidysenterica*), mix with Pippali powder and honey, and consume.

4. Mahavata Vyadhi Chikitsa:

- **Hingwadhichurna:** Take Hingwadhichurna (a traditional herbal powder) and consume it with only buttermilk or milk.

5. Dietary Recommendations

- **Yavakshara and Rock Salt:** Eat Kulkmas (a type of food preparation) made with Yavakshara (alkaline substance from barley), rock salt, Chitrak root, and alkaline water.
- **Palasha Tree Alkaline Preparation:** Consume Kulkmas made with alkaline from the Palasha tree.

6. Additional Remedies

- **Palasha Alkaline with Ghee:** Mix Palasha tree's alkaline with ghee and consume it daily.
- **Kutaja and Bandaka Root Paste:** Use a paste of Kutaja and Bandaka roots mixed with buttermilk, or Chitrak, Karanja, and Saunth paste with Karanja alkaline.
- **Ksharodaka Ghee:** Consume ghee prepared with Ksharodaka (alkaline water) mixed with Pippali powder or black sesame seeds (Til) in the morning with cool water.

Treatment of ARSHA based on their predominant doshas (body humor), the following approaches are recommended:

1. Vata-Pradhan (Vata-Dominant) Hemorrhoids

- **Treatments:** Use therapies such as sneha (oleation), sweda (sweating), vamana (emesis), virechana (purgation), asthapana (enema), and anuvasa (medicated oil enema).

2. Pitta-Ja (Pitta-Dominant) Hemorrhoids

- **Treatments:** Employ virechana (purgation) to balance the excess Pitta.

3. Rakta-Ja (Blood-Dominant) Hemorrhoids

- **Treatments:** Apply sanshamana (palliative treatment) to control bleeding and balance the doshas.

4. Kapha-Ja (Kapha-Dominant) Hemorrhoids

- **Treatments:** Use aardraka (fresh ginger) and kulthi (horse gram) to alleviate excess Kapha.

5. Tri-Doshaja (Three-Dosha) Hemorrhoids

- **Treatments:** Apply treatments that address all three doshas (Vata, Pitta, and Kapha). Additionally, consume milk that is prepared with herbs that balance all doshas.

DIETARY ADVICE (PATHYA- PATHAYA)

To manage hemorrhoids effectively, the following practices should be avoided:

1. **Suppressing Natural Urges:** Do not suppress the natural urges for bowel movements and urination.
2. **Sexual Activity:** Avoid engaging in sexual activity, especially if it exacerbates symptoms.
3. **Sitting on Horses or Similar Activities:** Refrain from sitting on the backs of horses or similar activities that put pressure on the rectal area.
4. **Consumption of Sharp Substances:** Avoid consuming sharp or irritating substances that can aggravate the condition.
5. **Utkatasana (Squatting Position):** Avoid sitting in a squatting position, which can increase discomfort.
6. **Inappropriate Diet:** Refrain from consuming foods that increase the doshas (Vata, Pitta, Kapha) and exacerbate hemorrhoids.

CONCLUSION

Arsho roga, as conceptualized in Ayurvedic medicine, constitutes a complex ano-rectal pathology that surpasses hemorrhoidal disorders. The underlying etiopathogenesis is attributed to dysfunctional dietetics and diminished agni (digestive fire), rendering localized herapeutic interventions inadequate. Restoration of impaired digestive efficacy is paramount for efficacious treatment. Correlations between Pittaja and Kaphaja Arshas and distinct hemorrhoidal conditions underscore the significance of heeding Sushruta's specific indications for optimized therapeutic outcomes.

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