

**PREVENTIVE MEASURES IN ANORECTAL DISORDERS W.S.R TO “ARSHA”
(HEMORRHOIDS) LITERARY REVIEW****Dr. Anantkumar V. Shekokar¹, Dr. Kanchan M. Borkar² and Dr. Laxmi R. Wagh^{*3}**¹H.O.D, ²Lecturer and ³P.G. Scholar

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ABSTRACT

Ano-rectal disorders includes lot of disorders include benign conditions such as hemorrhoids to more serious conditions such as malignancy; thus, it is important to be familiar with the common causes of these disorders from day to day life as well as to know how to avoid these disorders. This article reviews the most common causes of anorectal disorders, including hemorrhoids, fissures & Fistula and provides guidelines on preventive measures on anorectal disorders.

KEYWORDS: Ano-rectal Disorders, Hemorrhoids, Causes, Preventive Measures.**KEYMESSAGES**

- There are lots of causes which leads to Hemorrhoids though are not in focus of modern medical science but are mentioned in Ayurveda.
- As it is well known that Prevention is better than cure, it is mostly applicable to Hemorrhoids disorders because it produces lot of pain and can be treated only surgical procedures.
- People should not shy of the anatomical location of the disease and cure it early.
- People should follow dietary and lifestyle changes mentioned in this article to avoid Hemorrhoids.

INTRODUCTION

In India Hemorrhoids are very common among a wide population of patients of Anorectal disorders. Because patients may be embarrassed about the anatomic location of their symptoms, they may present to care late in the course of their illness. Care should be taken to validate patient concerns and normalize fears. This article discusses the causes specially mentioned in Ayurvedic Texts which are not yet in focus and the necessary lifestyle changes to avoid anorectal disorders.

Ayurveda is an applied science and time-tested health system with vast scope of trials to prove certain principles as well as therapeutic effects of the medicines, history taking methods, root causes and prognosis of disease which is the need of the hour to make the Ayurveda more acceptable worldwide. Ayurvedic texts have emphasized at various places to take care of Arsha & other various anorectal disorders which occurs

due to vitiated doshas or any external causes such that of trauma. Sushruta, the great surgeon of his era, was much ahead of his time in expounding and practicing the beautiful concept of avoiding Arsha i.e. Hemorrhoids and further complicated anorectal disorders and their management.

MATERIAL AND METHODS

As “Arsha” is the benign conditions avoiding Arsh indirectly lead to avoid further complicated anorectal disorders. Hence in this study literary review study, Charak Samhita & Sushrut Samhita explaining “Arsha” its causes & its primary symptoms are reviewed well and then dietary and lifestyle changes are suggested to avoid Hemorrhoids and further complicated anorectal disorders.

- Literary review of Sushrut Samhita Nidan Sthan 2nd adhyay “Arshonidanam”
- Literary review of Charak Samhita Chikitsa Sthan 14th Adhyay “Arshachikitsitam”

OBSERVATIONS

Acharya Sushruta explained following causes of Arsha:

- Doing excessive work more than strength
- Excessive struggle
- Excessive Anger
- Excessive unhappiness
- To eat very spicy food with lots of oils irrespective to quantity
- Eating mismatched like milk and fruits eating together
- Having food at any time though the stomach is full

- Unhealthy sexual contacts
- Forceful defecation
- Excessive Horse riding & bike riding
- Forceful obstruction to defecation

All above mentioned causes makes Vata dosha infuriated and mixes with blood which leads to produces micro hemorrhoid node. This further gets developed due to rubbing over and by touching of cold water because cold water also has tendency to infuriate the vata dosha.

Acharya Sushruta also explained early symptoms of Arsha as follows:

- Dislike to eat anything
- If something is eaten, it does not digest properly and quickly
- Burning esophagus
- Acidity and person feel feverish
- Excessive thrust
- Gases and constipation
- Sudden weight loss
- Continuous hiccup
- And other symptoms like Siktha sadana, netra shoth, antrakujan, bhrama, ati nidra, indriya daurbalya.

These early symptoms should be identified and treatment should be given at the earliest to avoid further complications.

Some Dietary habits should be followed to avoid hemorrhoids are as follows.

Dos	Don'ts
• Diet should be inclusive of all the verities	• Do not eat only spicy and junk food on regular basis
• Diet should be in proportion	• Never eat less than hunger also never eat when stomach is very full
• Let the Food digest properly	• Avoid eating while previously eaten food is being digested
• Take proper rest for a while after having meal	• Strictly avoid heavy duty work just after having meal

Some Lifestyle habits should be followed to avoid hemorrhoids are as follows.

Dos	Don'ts
• Maintain Good bowel habits	• Avoid forceful defecation also avoid forceful obstruction to defecation
• Take proper care regarding sexual activities	• Strictly avoid unsafe sexual contacts
• Take little walk with proper intervals of time while doing Sedentary work	• Avoid Continuously seating work as well as long standing work
• One should do some exercise on regular basis	• Avoid exertion while doing exercise.

CONCLUSION

In this article, for better understating, observations are given in dos & don'ts format. One could definitely avoid hemorrhoids and further complicated anorectal disorders by following above mentioned lifestyle and dietary changes suggested, which are derived from great ancient Ayurvedic Samhitas i.e. Charak Samhita & Sushrut Samhita.

In addition to Sushrut Acharaya, Acharya Charaka explained following causes of Arsha in a specific manner according of type of Doshaja Arsha. But all the type of Arsha gets developed due to infuriated Vata dosha, hence most of the symptoms are common as follows:

- Excessive eating of Spicy food
- Food specially enhanced with Astringent & Bitter taste
- Always eating of dry food items
- Never eating freshly prepared hot food
- To exaggerate dieting
- Eating less than hunger
- Excessive alcohol consumption
- Excessive Sexual activities
- To prefer always in AC
- Drinking cold water for each time
- Sleeping in a day time

DISCUSSIONS

It is observed that, various reasons makes Vata dosha infuriated and then it mixes with blood which leads to produces micro hemorrhoid node which further gets developed hence in any type of Arsha involvement of vata dosha is present and both Acharya Charaka and Acharya Sushruta agreed with this point. Also both have explained most of the causes of Arsha very similar.

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