

A LITRARY REVIEW ON: ARSHA WSR TO HAEMMORRHOIDS

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ABSTRACT

Arsha is mentioned in all classical text book of Ayurveda. According to Ayurveda Acharya sushrut and Acharya Vagbhata described Arsha in the "Ashtha Mahagada". Acharya has explained Arsha is like an enemy which gives trouble to the persons. In Ayurvedic literature give some various synonyms eg.Durnamakam, Gudakila, Gudankur etc. Main characteristic feature of Arsha is sprouts like growth in the ano-rectum and torture to the patients. All Ayurvedic literature described that the Arsha is difficult to cure and trouble to the patients like as enemy. Symptoms of Arsha is clinically resemble as feature of piles. Maximum concepts are similar to each other. It is the most common and troublesome disease among all the diseases of GIT. Its frequency is increasing with advancing age. Over the age of 50 year most of the persons suffer from complaints of piles during their life time. The main complaints of piles are bleeding, pain and prolapsed pile mass. The familiar treatments for the Arsha are medical management, injection therapy, rubber band ligation, cryosurgery, Haemorrhoidectomy etc. Acharyas Sushrut has given four types of measures for the treatment of Arsha which is Bsheshaj, Kshar-karma, Agni-karma and Shastra-karma.

KEYWORDS: Arsha, Piles, Kshar-karma, Haemorrhoidectomy.**INTRDUCTION**

Ayurveda is giving the ideal way of living being and it has a skillful knowledge. It has eight major branches. These branches are collectively known as *Ashtang Ayurveda*. *Shalya Tantra* is the best branch amongst all branches of *Ashtang Ayurveda*. Arsha is mentioned in all classical text book of Ayurveda. According to Ayurveda Acharya sushrut and Acharya Vagbhata described Arsha in the "Ashtha Mahagada". Acharya has explained Arsha is like an enemy which gives trouble to the persons. In Ayurvedic literature give some various synonyms eg. *Durnamakam*, *Gudakila*, *Gudankur* etc. Main characteristic feature of Arsha is sprouts like growth in the ano-rectum and torture to the patients. All Ayurvedic literature described that the Arsha is difficult to cure and trouble to the patients like as enemy. Symptoms of Arsha is clinically resemble as feature of piles. Maximum concepts are similar to each other. A pile does not generally a threat to human life, but it causes discomfort, disturbed sleep, disturb mind from work, It gives economic strain. While it sustains long time than effect of this disease is induced weakness, decrease the energy and excitement of patients.

Important causes of piles are sedentary life, irregular diet and psychological disturbances like anxiety and depression etc.

Nirukti

The term Arsha can be derived from "ऋ गतौ" *dhatu* with the suffix of "असुन्". It gives the meaning of, as violent as enemy. *Madhukosh (Vijay Rakshita)* has used the word "श्रृणाति". It derived from the root "श्र" means to tear as under to pieces. Piles are derived from Latin word *pila* and it means ball like structure in the anal region. The term haemorrhoids consist of Greek word Haima (blood) and Rhoos (oozes/flowing). It means the disease where blood flows per rectum is called as Haemorrhoids.

Definition

"अरिवत् प्राणिनो मांसकीलका विशसन्ति यत्।

अर्शासि तस्मादुच्यन्ते गुदमार्ग निरोधतः।।" (अ. ह. नि. 7/1)

An abnormal sprout like growth occurs in *guda*, which is torturing to the patients like an enemy and create an obstruction of anal passage is called Arsha. Expanded, twisted or varicose veins arising in the anus is called

Haemorrhoids. They are initiating in the epithelial plexus and appearance by radicals of the superior, middle and inferior rectal veins.

Causes

Acharya Charak, Sushrut and Vagbhata have described many causative factors they are following:

Viharaja: Vyavama, Diwaswpna, Sukhashayana, Asana, Vyavaya, Utkatasana, Vishamasana, Kathinasana, Vibrantayana, Ushtrayana, Atinirvahana, abhilsna, Sheetambu sparsha, Veg-vidharana etc.

Aharaja: Guru, madhura, Sheet, abhishyandi, vidahi ahar, ajeernasan, Viruddhasana, pramitasana, asatmya bhojan, mansa sevan, dadhi, Tila, Pinyaka, Ikshuras Yusa sevan, shushka shak, Sukta, Lashuna, Navin shuka-shami dhanya, Vasa, Atikrant Madhyapana, Atisneh, Adhyasana etc.

A number of factors are performing role in pathogenesis of haemorrhoids, they are following: Irregular bowel habits, lack of exercise, nutritional factor, increased intra- abdominal pressure, genetics, pregnancy, absence of valves in the haemorrhoidal veins, aging, prolonged sitting, chronic cough, pelvic floor dysfunction etc.

Classification

Acharya Sushrut differentiate *Arsha* into six types on the predominance of *Dosha*, they are *Vataj, Pittaj, Kaphaj, Raktaj, Sannipataj* and *Sahaj*. *Acharya Charak* and *Vagbhata* also described *dwandaja*, and *Acharya Charak* has omitted the *Raktaj* variety of *Arsha*. *Acharyas* were given another many types of classification which are following:

1. According to origin:
 - a. *Sahaj* b. *Uttar kalaj*
2. According to character of bleeding:
 - a. *Shushka* b. *Ardra*
3. According to site
 - a. *Bahya* b. *Aabhyantara*
4. According to Therapeutic group:
 - a. *Bheshaj sadhya* b. *Kshar sadhya* c. *Agni sadhya* d. *Shastra sadhya*
5. According to Prognosis:
 - a. *Sadhya: sukhasadhya* and *kastasadhya*
 - b. *Yapya*
 - c. *Asadhya*

According to modern science commonly given classification of haemorrhoids are following:

1. According to site of origin
 - a. Internal b. External c. Interno-External
2. According to pathological anatomy:
 - a. Primary b. Secondary
3. According to management:
 - a. 1^o haemorrhoid b. 2^o haemorrhoid c. 3^o haemorrhoid d. 4^o haemorrhoid

Pathogenesis

Acharya Charak described that desecrated *dosha* follow *Bahya* and *Aabhyantara rogmarga* and produce *Arsha*

while *Acharya Sushrut* has itemize it under *Raktaja* and *Mamsadosaja* disease. *Acharya Sushrut* gives the pathogenesis of *arsha* in details. At first desecrate of *dosha* in single, combination of two or three *dosha* along with *Rakta dosha*, they travel downwards through *pradhan dhamani* to reach *guda* and affect *guda valies* and produce *Arsha*. *Arsha* is specially affected in the person who already suffering from *mandagni* or poor digestion.

According to modern theory, there are three main cushions are present. They are situated in left lateral, right anterior and right posterior site. The submucosal layers of these regions are thick and fully loaded by blood vessels and muscles fibers. The muscle fibers are initiating from internal sphincter and conjoint longitudinal muscles. They are important to maintain adhesion of mucosal and submucosal tissues correlated to internal sphincter and underneath blood vessels of submucosa. The purpose of the cushions is protecting the anal canal from damage by increasing rich blood supply during the process of defecation. Muscularis submucosa and connective tissue fiber are help to go back the anal canal in its original state after transient descending deflection that happens in the stage of defecation. After repeated straining and relaxed sphincters, the haemorrhoids expands and finally prolapsed outside the anus. Slips of smooth muscles become stilly expanded thus the haemorrhoids are remains the same and finally enlarged and prolapsed.

Poorva Roopa

The condition in which sensation is felt in a small amount before the definite appearance of the sign and symptoms is called *poorva roopa*. *Acharya Charak, Sushrut* and *Vagbhata* have described *poorvarooopa*. They are *Amlika, annavishtambha, antra kunjana, atopa, grahani-udar-pandu rog ashanka, pakti, udar bahulya, alpa purisha, shwash, kasa, gud-parikartan, paridaha, balhani, bhrama, daurbalya, karshya, pipasa, sakhti sada* etc.

Symptoms

Acharyas described symptoms (*Roopas*) of *Arsha* was divided into two groups; they are general (*samanya*) and specific (*vivesh*). The symptoms of *Arsha* are *angamarda, arochaka, ashmari, asyavairasya, asthi shul, atinishprabha, badhirya, bhinna swara, deenata, hatotsaha, hridaya shul, jwara, kasa, klaibya, klama, krishata, akshamata, ksham swar, kshavathu, nabhi shoola, pandu, payu shula, pinasa, pipasa, parva shula, srava shthivan, shwash, timir*, etc.

According to modern science the word Haemorrhoids means, bleeding is first and main symptoms. The symptoms of Haemorrhoids are following:

- Bleeding
- Prolapsed
- Discharge
- Irritation

- Pain
- Anemia

Complication

Acharya Sushrut described the complication of *Arsha* are *trishna*, *aruchi*, *shula*, excess bleeding, *shoth* and *atisara* and at last death. According to *Charak* they are swelling in hand-face-umbilical region-anus-scrotum, pain in flanks-cardiac region, fainting, vomiting and *gudapaka*, *baddhagudodara* etc. *Vagbhata* has described that the *Udavarta* is the chief complication of *Arsha*.

According to modern science the complications of haemorrhoids are following:

- Bleeding: leads to sever anaemia
- Strangulation
- Thrombosis
- Ulceration
- Gangrene
- Fibrosis
- Suppuration
- Pyle phlebitis etc.

Differential Diagnosis

- External piles
- Anal epithelioma
- Sentinel tag
- Hypertrophied anal papilla
- Penduncuated polyp
- Polyploidy
- Hemangioma
- lympho-sarcoma
- Rectal prolapsed

Examination

The full history of patients may be sufficient for the diagnosis of diseases. Some examination will confirm the diagnosis of *Arsha*. *Acharya Sushrut* has described three types of clinical examination; they are *Darshan*, *Sparshana* and *Prashna*.

Darshana (Inspection)

On inspection visually prolapsed pile mass may be diagnosed as they are seen outside the anal canal orifice. These prolapsed pile masses are lie at 3, 7 and 11° O' clock positions.

Sparshana

It is very important to confirm the diagnosis through inspection.

DRE

The pile masses are diagnosed by Digital (figure) rectal examination when they are thrombosed or prolapsed as firm and oval. The pile masses cannot be felt on DRE unless the local tissues become indurate due to episode of thrombosis.

Proctoscopy

On examination with the help of proctoscope, the pile mass may bulge into the lumen just below the anorectal ring and identified by the pink or red covering of mucous membrane. It may be help to know the position, number and degree of haemorrhoids and symptoms like bleeding etc.

Prashna

It is very important method for elicit the criteria in the disease. The criteria of haemorrhoids are throbbing pain indicates abscess, sever intermittent pain indicates fissure, sudden onset of pain indicates thrombotic pile mass etc.

Managements

The *Acharyas* introduce it as a *Shalya* domain disease. The final arena of *Arsha* is surgery. *Mandagni* is the main etiological factor, so that improvement of the *Agni* and regulate the bowel habits are prime measures for the treatment of *Arsha*. *Acharya Sushrut* has given four types of management in the *Arsha*, they are *Bheshaj*, *Kshar*, *Agni* and *Shastra*.

1. Bheshaj Chikitsa (oral medicines)

“तत्र, अचिरकालजातान्यल्पदोषलिंगोपद्रवाणि भेषजसाध्यानि”

Acharya Sushrut has clearly described the medical management in recent originated *Arsha* which are less vitiated *dosha* with fewer symptoms. These are two types' systemic and local measures. Systemic measures are act on *Agni* so that improve the appetite, correct the bowel habits and astringent action on blood vessels. Local measures act as emollient, astringent and decongestant etc. local measures includes *Abhyanga*, *Swedan*, *Basti*, *Dhoopan*, *Parisheka* etc.

2. Kshar karma (caustic cauterization)

“मृदुप्रसृतावघाढान्युच्छ्रितानि क्षारेण।”

Acharya Sushrut has described the management by *Kshar* in soft, widespread, deeply situated and projectile *Arsha*. *Sushruta* has described to use *Kshara* in the *Vatakaphaja* and *Pitta-raktaja Arshas*. *Kshara karma* should be applied on the *Balwana* (good strength) patients.

3. Agni karma (thermal cauterization)

“कर्कशास्थिपृथुकठिनान्यग्निना।”

Acharya Sushrut has described the management by *Agni* in uneven, fixed, wide and firm *Arsha*. *Sushruta* has described to use *Agni* in the *Vataj* and *kaphaja Arshas*. *Agni karma* should be applied on those patients who are suffering from prolapsed and third degree pile mass.

4. Shastra karma (operative)

“तनुमूलन्युच्छ्रितानि क्लेदवन्ति च शस्त्रेण।”

Acharya Sushrut has described the management by *Shastra karma* in thin pedicle, big and discharging *Arsha*. *Sushruta* has introduced to excise out such *Arsha*. The *chedan karma* should be done with the help of sharp instruments. This procedure seems like conventional

open haemorrhoidectomy or to say the ligation and excision procedure.

According to modern science, the management of haemorrhoids can be grouped into 3 categories: - Medical, Para-surgical and Surgical.

1. Medical

Symptoms of haemorrhoids are get relief by topical anti-inflammatory agent containing steroids with the combination of warm bath daily and laxative. Laxative act by soften bowel motions and relieve the constipation.

2. Para-surgical procedures

Para-surgical procedures are following

Rubber Band Ligation

It is indicated in the case of 1° and 2° internal haemorrhoids. The pile mass is encircled with elastic band which may causes constriction and results in ischemia followed by necrosis.

Sclerotherapy

It is used in 1° and early 2° internal haemorrhoids. Commonly used agents are quinine, urea solution, hypertonic saline etc. The agent is injected in pedicle of pile mass in sub-mucosal space at the same point of anorectal ring.

Cryosurgery

It is used in the case of 1° and 2° internal haemorrhoids. The theory of cryosurgery is rooted on cellular damage by the freezing technique.

Infrared Coagulation (IRC)

IRC is indicated in the case of 1°, 2° and 3° internal haemorrhoids. The light is reflected by 24 carat gold plated surface and rays are focused through a light shaft by probe. It causes necrosis, gangrene or slough.

Laser therapy

It is used in internal haemorrhoids. The lesser beam interacts with tissue and can be used to cut, coagulate and sever the tissues by sealing off nerves and tiny blood vessels.

Other para-surgical procedure are bipolar diathermy, Lord's anal dilatation, Doppler guided haemorrhoidal artery ligation etc.

3. Surgical procedure

The internal or external haemorrhoids may have need of removal by surgery known as Haemorrhoidectomy. It is the most excellent method for permanent removal of piles. It is performed using an open and closed procedure. The types of surgical procedure are following:

a. Open haemorrhoidectomy

The pile masses are picked up individually with artery forceps. The cut is made 'V' figured in the skin accompanying to primary pile and apex away from center of anus. It should not extend beyond the mucocutaneous junction. The haemorrhoid is further dissected upward and pedicle transfixed with stout ligature. The haemorrhoids and distal ligature are excised. The wounds remain in continuing with perianal skin.

b. Closed haemorrhoidectomy

In this procedure, the haemorrhoids are excised and the wound is closed completely from high ligation of pedicle to the anal margin skin with continuous suture. The pile mass cut into an elliptically shape around the haemorrhoid with the help of scalpel. Bleeding point can be coagulated with diathermy. Tie the superior pedicle of haemorrhoid. Close the mucosal wound completely with a running suture.

c. Stapled haemorrhoidectomy

It is a procedure for prolapsed piles. A circular stapler machine is called stapling gun. It is work by resect soft tissues proximal to the dentate line and disrupts the blood flow to the haemorrhoids. It occupies by cut down a 2 cm piece of the lining of the rectum. The cut edges are fusion with the help of a special stapler. Patient recovers faster from "stapling method" than from the other operations.

CONCLUSION

The disease described as *Arshas* in *Ayurvedic literature* can be resemble as Piles or haemorrhoid in modern medical science. *Arshas* are classified on the source of character, origin, location, shapes, *doshas*, whereas modern classification is on their site of origin, pathological anatomy and management. The causative factors described in *Ayurveda* are almost same as Modern science like constipation and straining, occupation and heredity etc. According to *Acharya Sushruta doshas* vitiated along with *Rakta dosha* and they travel downwards through *pradhan dhamani* to reach *guda* (anal canal). The factors cause obstruction in haemorrhoidal veins it can be termed as '*Sanga*' of *rakta* and it leads to *srotodusti* that causing *Arshas*. *Trividha pariksha* (*Darshana, Sparshana, Prashna*) are useful in diagnose the *Arsha*. The site of origin with *dosha* and *upadrava* involvement duration are introduced the prognosis of *Arsha*. *Arshas chikitsa* may classify into medical, Para-surgical and surgical method. While in modern science, piles are considered mainly as local entity and surgical intervention is the foremost treatment. Various treatments are available in present era for piles. . Each treatment is designed in order to achieve least complications and reappearance of the disease. Conservative treatments and surgical measures in *Ayurveda* literature are the same as modern science. *Acharyas* described a unique order in the management of *arshas*, they are *Bheshaj, Kshara, Agni* and *Shahstra* chikitsa. *Ayurveda* has given better planning to avoid immediate surgery.

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