

# International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



## Management of *Arsha* (Hemorrhoids) Through Ayurveda -A Review

Dr Amit Mahajan<sup>1</sup>, Dr Aman Gupta<sup>2</sup>, Dr. Sonia Gupta<sup>3</sup>, Dr Paramjeet Puri<sup>4</sup>

ICV-70.44- ISRA-1.318  
VOLUME 4 ISSUE 2 FEBRUARY2021

- 1- Lecturer, Department of Shalakyia Govt. Ayurvedic Medical college Jammu
- 2- Lecturer, Department of Shalya Govt. Ayurvedic Medical college Jammu
- 3- Consultant National AYUSH Mission Department of ISM J&K, Jammu
- 4- Assistant Professor , Department of Dravya Guna Govt. Ayurvedic Medical college Jammu

Corresponding Author :- Dr. Amit Mahajan, Lecturer, Department of Shalakyia Govt. Ayurvedic Medical college Jammu

Article received on 2<sup>nd</sup> Feb 2021

Article Accepted 21<sup>th</sup> Feb2021

Article published 28<sup>th</sup> Feb2021

### ABSTRACT: -

Hemorrhoids is a commonest problem due to modern life style. It is notorious for its chronicity recurrences and it has been described virtually from the beginning of medical history. Half of the humans generally experience one hemorrhoidal episode at some point during their lives. Hemorrhoidal term used generally refer for pathological viscosity of the hemorrhoidal veins due to increase pressure. Acharya Sushruta has described *Arsha* causes, types, sign and symptoms and treatment. Hemorrhoids hampers the normal physiological function of body. Management of *Arsha* (haemorrhoids) described in detail in Ayurveda like *Bheshaj* (medicines), *Kshar Karma* (Application of Alkaline paste), *Agni Karma* (Heat Burn Therapy) and *Shastra Kalpana* (Surgical intervention). In this review article describe the Ayurvedic management of haemorrhoids in detail according to Ayurveda.

**Keywords-***Arsha* (Hemorrhoids), Hemorrhoids, *Kshar Karma* (Application of Alkaline paste)



This work is licensed under a creative attribution -Non-commercial-No derivatives 4.0 International License commons

**How to cite this article:** - Dr. Amit Mahajan, Dr Aman Gupta, Dr Sonia Gupta , Dr Paramjeet Puri, Management of *Arsha* (Hemorrhoids) Through Ayurveda -A Review

IRJAY, February: 2021, Vol-4, Issue-2; 135-140 DOI: <https://doi.org/10.47223/IRJAY.2021.4217>

## 1. INTRODUCTION

Haemorrhoids is manifested due to multifactorial factors viz. disturbed daily routine life style, irregular diet intake, prolonged standing and sitting etc. Which results in derangement of *jatharagni* leading to vitiation of *tridosha* mainly *vata dosha*.<sup>1</sup> These vitiated *Doshas* get localized in *Guda Vali* and *Pradhana Dhamani*<sup>2</sup> which further vitiates *Twak* (Skin), *Mamsa* (Muscle), and *Meda* (fat) *Dhatus* due to *Annavaha* (GIT) *shrotodushti* leads to development of *Arsha* (Hemorrhoids).<sup>3</sup> In India one million new cases are reported annually and its estimated that 50-85% of people around the world have haemorrhoids and in India 75% of the population is estimated.<sup>4</sup> Internal haemorrhoids are symptomatic anal cushions and characteristically lie in the 3, 7 and 11 o'clock positions (with the patient in the lithotomy position). In addition, haemorrhoids may be observed between the main pile masses, in which case they are internal haemorrhoids at the secondary position. External haemorrhoids relate to venous channels of the inferior haemorrhoidal plexus deep in the skin surrounding the anal verge and are not true haemorrhoids; they are usually only recognised as a result of a complication, which is most typically a painful solitary acute thrombosis. External haemorrhoids associated with internal haemorrhoids result from progression of the latter to involve both haemorrhoidal plexuses and are best thought of as being external extensions of internal haemorrhoids. Secondary internal haemorrhoids arise as a result of a specific condition, although the mechanisms involved may be the same as those involved in the formation of primary internal haemorrhoids.<sup>5</sup>

## 2. AIMS AND OBJECTIVE

1. To evaluate, elaborate and discuss the etiology, pathogenesis and prevention of *Arsha* (Hemorrhoids) (hemorrhoids).

2. To evaluate, elaborate and discuss the Management of *Arsha* (Hemorrhoids) with special reference to hemorrhoids.

## 3. MATERIAL AND METHOD

Material related to *Arsha* and hemorrhoids is collected from ayurvedic texts books, modern text books, index medical journals and website.

## 4. CONCEPTUAL STUDY

Hemorrhoids are swollen veins in the lowest part of rectum and anus. The walls of these blood vessels stretch so thin that the vein bulge and get irritated.<sup>6</sup>

### 4.1 Cause of *Arsha* (hemorrhoids)<sup>7</sup>

- Habits-suppression of natural urges, excessive sexual indulge etc.
- Dietary habit-irregular and lack of fiber intake, incompatible diet etc.
- Pressure of anal canal-Prolonged standing and sitting, horse riding, improper sitting etc.
- Anatomical Factor-Absence of valves in superior hemorrhoidal veins. The radicals of superior rectal vein lie unsupported in loose submucous connective tissue of the rectum. These are subjected to constriction by the muscular tissue while defecation and it may lead to haemorrhoids.
- Chronic Constipation
- Exciting factors-diarrhoea, dysentery, Colitis, straining due to heavy work, chronic cough etc.
- Hereditary-It is mostly seen in members of the same family, mostly due to congenital weakness of the vein walls.
- Secondary Cause-Pregnancy, Abdominal tumours, Carcinoma of rectum etc

Table no 1. Classification of *Arsha* (Haemorrhoids)

1.	<b>On the basis of origin<sup>8</sup></b> <i>Shaja</i> <i>Janmottarkalaja</i>
2.	<b>On the basis of the character of bleeding<sup>9</sup></b> <i>Ardra (Sravi)</i> -Bleeding piles due to vitiation of <i>Rakta</i> and <i>Pitta Dosha</i> . <i>Shushka</i> (dry)- Non bleeding piles due to vitiation of <i>Vata</i> and <i>Kapha Dosha</i>
3.	<b>On the basis of the predominance of <i>Dosha</i><sup>10</sup></b> 1. <i>Vataj</i> 2. <i>Pittaj</i> 3. <i>Kaphaj</i> 4. <i>Raktaj</i> 5. <i>Sannipataj</i> 6. <i>Sahaj</i>
4.	On the basis of prognosis <sup>11-----12</sup> 1. <i>Sadhya</i> (Curable), 2. <i>Yapya</i> (Palliative) 3. <i>Asadhya</i> (Incurable)
5.	<b>Classification according to anatomical position<sup>12</sup></b> 1. Internal haemorrhoids It originates above pectinate line and covered with mucous membrane. 2. External haemorrhoids It originates below pectinate line and covered with skin. 3. Interno-external haemorrhoids: The above two variety may coexist simultaneously.
6.	<b>The classification according to the Prolapse<sup>13</sup></b> First degree – bleed only, no prolapse Second degree – prolapse but reduce spontaneously Third degree – prolapse and have to be manually reduced Fourth degree – permanently prolapsed

#### 4.2 Sign and symptoms of *Arsha* (Hemorrhoids) (Hemorrhoids)

Table no 2. Table no According to Ayurveda<sup>14</sup>

Sr.no	<i>Dosha</i>	<i>Lakshana</i> (Symptoms)
1.	<i>Vataj</i>	Hard, Painful, various shapes with irregular surface of various colour of fleshy masses, dry hard, painful defecation
2.	<i>Pittaj</i>	Bluish red in colour, severe burning sensation during defecation, faintness, shock
3.	<i>Kaphaj</i>	Oval, smooth, fleshy masses which generally do not bleed, severe pruritis, mucous discharge
4.	<i>Raktaj</i>	Fleshy masses which cause immense blood loss during defecation which leading to secondary anemic condition of patient.
5.	<i>Sannipataj</i>	Present <i>lakshana</i> of all <i>doshas</i>
6.	<i>Sahaj</i>	Patient is mostly immunocompromised and ugly appearance.

**Table no 3. Table no Symptoms according Contemporary View<sup>15</sup>**

Sr.no	Symptoms	description
1.	Bleeding	Earliest symptom Bleeding is painless and occur with defecation in early stage, in later stage, a steady dip of blood after defecation.
2.	Prolapse	Later symptom Patient may complain of protruding mass on straining during defecation in anal region. The mass disappears spontaneously, the act is over. In the later stage, prolapsed pile mass has to be replaced digitally into the anal canal. During sneezing, coughing, walking, lifting the weights, passing of flatus, the patient feels discomfort. Ultimately, the patient gets permanently prolapsed pile
3.	Pain	Pain occurs due to involvement of external hemorrhoidal plexus, congestion, anal abscess and over stretching of skin.
4.	Mucous discharge	It may be seen in permanently prolapsed haemorrhoids, which softens and excoriates the skin at the anus.
5.	Pruritus ani	caused by mucous discharge in prolapsed haemorrhoids
6.	Anaemia	It is seen in long standing cases of haemorrhoids due to persistent and profuse bleeding. If anaemia is severe, patient may develop exertion, dizziness, pallor, lethargy etc.

**5.COMPLICATIONS OF HAEMORRHOIDS<sup>16</sup>**

- Strangulation and thrombosis
- Ulceration
- Gangrene
- Portal pyaemia
- Fibrosis

**6. Management According Ayurveda**

*Chikitsa* (treatment) of *Arsha* (hemorrhoids) depends upon the degree of piles the main preparation is

**A. Bhesaj Chikitsa (medicines)**

- **Deepan -Pachan aushadhi-** *Deepan* (Appetizer) and *Pachan dravya* means substances having appetizing and digestive potency

correspondingly.<sup>17</sup> e.g- *Lavan Bhaskar churn*, *Avipittakar churn*, *Agni tundi vati*, *Avipittakar churn* etc.

- **Vibandha nashaka (Laxatives)** use like *Panchsakar churna*, *Triphla churn*, *Danti haritakyavaleha* etc.
- **Hot sitz bath-** Tankan bhasm etc.
- **Rakta stambhak-** *Bolparpati*, *Raktastambhak vati* etc.
- **Vranropka-** Kasishadi taila, Jatyadi tail etc.
- **Vednashamaka-** *Triphla guggulu*, *Vednashamak oil*

### B. Kshar Karma (Application of Alkaline paste)

It is described as one among the *Aanushatras* or *Upayantras* according to Acharya Sushruta. *Kshar* is a chemical substance, obtain through various medicinal plants and it is alkaline nature. *Kshar* is superior and sharp instrument due to *chedan*, *bhedan*, and *lekhan* and *tridoshara* property. The hemorrhoids which are soft, deeply situated, projectile, extensive are treated by *kshar*. *Pittaj* and *Raktaj* variety of *Arsha* (*Hemorrhoids*) should be treated by *mrada kshar*.<sup>18</sup>

### C. Agni Karma (Heat Burn Therapy)

This procedure should be applied on those patients who are suffering from prolapsed and 3<sup>rd</sup> degree piles mass. All the modern techniques of cauterization indirectly based on *Agnikarma* and this procedure can be done with the electrocution, infra-red radiation and lesser surgery.<sup>19</sup>

### Shastra Karma (Hemorrhoidectomy)

Acharya Sushruta indicated this procedure in pedunculated, discharging and big *Arsha* (*Hemorrhoids*)s. *Chedan karma* of *Arsha* (*Hemorrhoids*) should be done with sharp instrument like *Karpatra*, *Mudrika*, *Nakhashatra* etc. After *Chedana Karma*, if needed, *Agnikarma* should be immediately applied in case of any remnant or to arrest the active bleeding or secondary oozing of the blood vessels.<sup>20</sup>

### 7. PATHY APATHY (DO AND DON'TS)

**Pathya-** *Takra* (Butter milk), Wheat, Cow ghee, green vegetables, Proper sleep, regular diet, exercise etc.

**Apathya-** Heavy food, Spices, food stuff made of rice, fried food, Maida product, Curd, non-vegetarian food etc.

## 8. DISCUSSION

Hemorrhoids effect all economical group of population and increase day by day due to improper

life style of peoples. Once manifested *Arsha* (*Hemorrhoids*) are very difficult to treat, need a long treatment to get cure. Prolapse of the pile mass, Pain, anal irritation, mucoid discharge are the cardinal symptoms of hemorrhoids and ulceration, gangrene, thrombosis and abscess formation are the chief complains of hemorrhoids. Ayurveda is the science which deals with this route cause of the disease of vitiated *Agni*. *Deepan Pachan* medicines helps in increasing digestive fire and facilitation digestion. As per severity of symptoms of *Vibhand* (Constipation) *Sharangdhar Samhita* explains further treatment modalities of expelling of stool like *Bhedan*, *Sansran*, *Rechan* etc. Acharya Sushruta has advocated 4 type of therapy for *Arsha* (*Hemorrhoids*) such as- Medicinal treatment, Application of alkaline paste, Heat burn therapy and Excision of pile mass based on stages of *Arsha* (*Hemorrhoids*), most effective treatment of Hemorrhoids is *Kshar sutra* ligation that take less time.

## 9. CONCLUSION

Hemorrhoids is a burning problem related to life style, Occupation, age, improper dietary habits and it is very terrible condition when patient is afraid of defecation because of pain and bleeding. In human, the erect the erect position results in very high pressure on the valve less rectal venous plexus which make humans prone to this disease. Ayurveda can play an important role in the treatment of Haemorrhoids without any side effects.

**Acknowledgement-** None

**Conflict of Interest-** None

**Financial Support-** None

## REFERENCE

1. Chaturvedi Gorakha Nath and Shastri Kasinath Charak samhita (Chikitsa sthana). Varanasi: Chaukhambha Bharati Academy; 2011. p. 419.

2. Shastri Kaviraja Ambikadutta Sushruta samhita (Nidana Sthaana). Varanasi: Chaukhambha Sanskrit Sansthan; 2010. p.306.
3. Chaturvedi Gorakha Nath and Shastri Kasinath Charak samhita (Chikitsa sthana). Varanasi: Chaukhambha Bharati Academy; 2011. p. 417.
4. Executive Summary - The Association of Colon & Rectal Surgeons of India (ACRSI) Practice Guidelines for the Management of Haemorrhoids—2016 [https:// www. ncbi. nlm.nih.gov/pmc/articles/PMC5346092/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5346092/) , downloaded on 12/01/2021.
5. Bailey & Loves, short practice of surgery edited by Normans s. williams et all, The anus and anal canal Chapter 69, Edward Arnold (Publishers) Ltd,2008,P.1272.
6. Haemorrhoids <https://www.webmd.com/digestive-disorders/understanding-hemorrhoids-basics#1> , downloaded on 14/01/2021.
7. S. Das A Concise text book of surgery Kolkata; Dr. Published by S. Das. 13, Old Mayor's Court; 2014. p. 1075-1076.
8. Chaturvedi Gorakha Nath and Shastri Kasinath Charak samhita (Chikitsa sthana). Varanasi: Chaukhambha Bharati Academy; 2011. p. 416.
9. .Chaturvedi Gorakha Nath and Shastri Kasinath Charak samhita (Chikitsa sthana). Varanasi: Chaukhambha Bharati Academy; 2011. p. 419.
10. Shastri Kaviraja Ambikadutta Sushruta samhita (Nidana Sthaana). Varanasi: Chaukhambha Sanskrit Sansthan; 2010. p.306.
11. Shastri Kaviraja Ambikadutta Sushruta samhita (Nidana Sthaana).Varanasi: Chaukhambha Sanskrit Sansthan; 2010. p.310.
12. S. DasA Concise text book of surgery Kolkata; Dr. Published by S. Das. 13, Old Mayor's Court;2014. p.1075-1076.
13. Bailey & Loves, short practice of surgery edited by Normans s. williams et all, The anus and anal canal Chapter 69, Edward Arnold (Publishers) Ltd,2008,P.1274.
14. Shastri Kaviraja Ambikadutta Sushruta samhita (Nidana Sthaana). Varanasi: Chaukhambha Sanskrit Sansthan; 2010. p.307-309.
15. S. Das A Concise text book of surgery Kolkata; Dr. Published by S. Das. 13, Old Mayor's Court; 2014. p. 1076-1077.
16. Bailey & Loves, short practice of surgery edited by Normans s. williams et all, The anus and anal canal Chapter 69, Edward Arnold (Publishers) Ltd,2008,p. 1273.
17. Haemorrhoids, <https://www.florajournal.com/archives/2019/vol17issue1/PartA/7-2-46-866.pdf> , downloaded on 16/12/2020.
18. Shastri Kaviraja Ambikadutta Sushruta samhita(Sutra Sthana). Varanasi: Chaukhambha Sanskrit Sansthan, 2012; p. 45-46.
19. Shastri Kaviraja Ambikadutta Sushruta samhita(Sutra Sthana). Varanasi: Chaukhambha Sanskrit Sansthan, 2012; p. 50.
20. Shastri Kaviraja Ambikadutta Sushruta Samhita (Chikitsa Sthana). Varanasi:Chaukhambha Sanskrit Sansthan, 2012; p. 46