



## ROLE OF DIFFERENT EKAL AUSHADHI IN THE MANAGEMENT OF ARSHA (HAEMORRHOIDS/PILES)- A REVIEW ARTICLE

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### ABSTRACT

Now a days Arsha is a very common disease because of bad habit of diet intake and lack of exercise. Its prevalence rate is very high in anorectal disease since thousands of years. In Ayurveda description of arsha is widely present in many Samhitas like Charak Samhita, Sushrut Samhita, Ashtanghridayam, Ashtangsangrah etc. It is clinically correlated with haemorrhoids or piles which is dilated plexus of superior haemorrhoidal veins, in relation to anal canal. It is characterized by inflamed pile mass, painless bleeding and some mucous discharge. It is due to prolong standing, chronic constipation, pregnancy, straining during defecation etc. In modern medicine only surgical procedure are available for treating haemorrhoids which is not suitable for all patients because of some patient are not fit for surgery. In ayurved four types of management of Arsha has been indicated i.e. Bheshaj, kshar, Agni and shashtra karma which is very useful in treatment of Arsha according to chronicity of disease.

**KEYWORDS :** CMI, Socio-cultural Factor, Politics, Marriage, Religion

### INTRODUCTION-

Ayurveda has some more challenging power to treat many chronic diseases which are not treating in modern medicine among them Arsha is one such grave disease. This disease occurs due to irregular and disturbed life style, lack of exercise, prolonged sitting, standing, improper intake of diet and straining during defecation etc. Which results in disturbance of jatharagni (digestive enzymes) leading to vitiation of tridosha in which mainly vata dosha vitiated. These vitiated doshas get localized in gudavali and Pradhan dhamani which further vitiated twak, mansa and meda dhatus due to annavaha shrotodushti leads to development of Arsha.

### Types Of Arsha-

On the basis of origin-

- 1- Sahaj.
- 2- Uttarkalaja.

On the basis of character of bleeding-

- 1- Ardra (sravi)- Rakta and Pitta dosha vitiation
- 2- Shushka- Vata and kapha dosha vitiation.

On the basis of predominance of dosha-

- 1- Vataj
- 2- Pittaj
- 3- Kaphaj
- 4- Raktaj
- 5- Sannipataj
- 6- Sahaj.

On the basis of prognosis-

- 1- Sadhya
- 2- Yasya
- 3- Asadhya

### Classification Of Piles According To Modern-

- 1- Primary
- 2- Secondary
- 3- Depending upon the location of haemorrhoids-
  - A-Internal haemorrhoids- above the dentate line, covered with mucous membrane.
  - B-External haemorrhoids- at anal verge, covered with skin.
  - C-Interno-external- both varieties together.

### Classification According To The Prolapse-

- 1<sup>st</sup> degree- haemorrhoids which bleed but do not prolapse outside the anal canal.
- 2<sup>nd</sup> degree- haemorrhoids partly prolapse outside. After defecation, it returns back.

3<sup>rd</sup> degree- can be digitally replaced.

4<sup>th</sup> degree- permanently prolapse outside the anal canal.

Location- classically situated in the 3,7 and 11 o' clock position.

### Drug Review-

**SURAN** (Suranpindi Arsharoge)- Sha. Sa.

Family- Araceae

Latin name- Amorphophallus campanulatus

GUNA- Laghu, Ruksha, Teekshna. RASA- Katu, Kashay.

VIPAKA- Katu. VIRYA- Ushna. PRABHAV- Arshoghna.

KARMA- Kaphavatshamak.

It is described as deepan in Ayurved, it has been used traditionally for the treatment of piles and shown to possess analgesic, antibacterial and antioxidant properties. Tuber of Amorphophallus paeoniifolius exhibited curative action on hemorrhoids through anti-inflammatory and antioxidant properties. The study validates the ethnomedicinal use of tuber in hemorrhoids and implicates its therapeutic potential as an anti-hemorrhoidal agent.

**BHALLATAKA** (Bhallatakavidhan)- Su. Sa.

Family- Anacardiaceae

Latin name- Semicarpus anacardium

GUNA- Laghu, Snigdha, Teekshna. RASA- Katu, tikta, kashay.

VIPAKA- Madhur. VIRYA- Ushna.

KARMA- Kaphavatshamak.

Bhallataka is a good medicine in shuskarsha.-

It has anti-inflammatory activity, anti-oxidant activity, anti-microbial activity, hypoglycemic activity etc.

**MAHANIMBA** (Arshoghnavisti)- Ayu. Sa. San.

Family- Meliaceae

Latin name- Melia azedarach

GUNA- Laghu, Ruksha. RASA- Katu.

VIPAKA- Tikta, Katu, Kashay. VIRYA- Ushna (ishat)

PRABHAV- Arshoghna.

KARMA- Kaphapittashamak due to Tikta, Kashay and Vatshamak due to Ushna.

It has been reported to contain triterpenoids, steroids, limonoids, flavonoid, glycoside and simple phenolics, which have been found to possess analgesic, anti-inflammatory and antimicrobial activities.

**KUTAJA** (kutajaleha)- Bh. Ra.

Family- Apocynaceae

Latin name- Holarrhena antidysenterica  
 GUNA- Laghu, Ruksha. RASA- Tikta, Kashay.  
 VIPAKA- Katu, VIRYA- Sheet.  
 KARMA- Kaphapittashamak

It has healing properties- Anti-dysenteric, Antibacterial, Antidiarrheal, Detoxifier (Aampachak), Astringent, Anti-haemorrhoid, Haemostatic, blood purifier etc.

**NAGKESHAR** (Tilnagkesharkalka)- Sha. Sa.  
 Family- Guttiferae  
 Latin name- Mesuaferrea  
 GUNA- Laghu, Ruksha. RASA- Kashay, Tikta.  
 VIPAKA- Katu. VIRYA- Ushna (ishat).  
 KARMA- Kaphapittashamak.

It is used in bleeding piles and has been shown to possess anti-inflammatory, anti-ulcer and anti-microbial properties. Nagkesar reduces swelling and shrinks pile mass, eradicate pain and stops bleeding. Fresh flowers of this tree are used to treat bleeding piles.

**DANTIMOOLA** (Arshakuthar Rasa)- Bh. Ra.  
 Family- Euphorbiaceae  
 Latin name- Baliospermum montanum  
 GUNA- Guru, Teekshna. RASA- Katu.  
 VIPAKA- Katu. VIRYA- Ushna.  
 KARMA- Kaphapittahar.

The root paste of Baliospermum montanum is applied externally over the pile mass causes reduction in pain, swelling and shrinking of pile mass.

**CONCLUSION-** Arsha is a very common disease related with dietary factors, life style, occupation etc. In this disease patient feels un comfort to defecate because of severe bleeding and some time pain per rectum during defecation. In these conditions Ayurveda is a better option because of it has potential to manage all stages of Arsha without any complications.

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