

Literally Review Study on Arsha (Piles) and it's Management

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Abstract

Shalya tantra an excellent part of Ashtang ayurveda is welthy in much part of present day carful ideas. Acharya sushruta extravagantly portrayed advance of Tantra in different anorectal sickness as arsha is one among them. Arsha is commonest diseases of rectum and it has been reported since thousands of years. Its prevalence is highest in all anorectal diseases. Arsha (piles) is clinically an engorged condition of Hemorrhoidal venous plexus characterized by bleeding per rectum, pain constipation, discharge , prolapse piles mass. Physiology and anatomy of valitrayee mentioned in Ayurvedic texts may be co related with anal Sphincters. In modern science more technique like cryosurgery, rubber band, ligation, sclerotherapy, infrared photo coagulation , open heamorrhoidectomy. In Ayurveda mention fourfold management of Arsha (piles) has been indicated - Bheshaja Karma, Kshar karma, Agni Karma, Shastra Karma etc.

Keywords - Shalya Tantra, Arsha, Bheshaja Karma, Kshar Karma, Agni Karma etc.

Introduction :

Shalya tantra is prime branch of Ashtang Ayurved is rich in much aspects of modern surgical concept. Acharya Sushruta elaborately describe advances of Tantra in Various another rectal disease. As arsha (piles) is one among them. The term arsha is derived from 'Ru Gatau' Dhatu with the suffix 'Asun' gives the meaning of violent as enemy. Causes of Arsha disease is sedentary life style, stress, junk and spicy food, irregularities in food intake, and that leads to hypo function of digestive enzymes, which terns leads to constipation, burning sensation, pain, bleeding etc. Acharya described various Treatment of Arsha (piles) critically for prevention and cure of Arsha along with avoid causative factors.

Nidana of Arsha -

- Aahar Nidana (Dietary factors) - excessive or less intake, irregular intake and lack of fibre, dietic indulgence like incompatible diet it cause poor digestion, constipation etc.
- Viharaja Nidana (habits) - procedures that would vitiate Vata Dosha example - Vegavrodha (suppression of Natural urges, excessive sexual indulgenc (Ativyavaya).
- Anatomical factors - absence of valve in superior Heamorrhoidal veins. Radical of superior rectum veins lies unsupported in loose Submuocous connective tissue of the rectum.
- Many causes are performing role in pathogenesis of piles they are - irregular bowel habits, nutritional Factor, lack of exercise, increased intra abdominal pressure, pregnancy, absence of valve in haemorrhoidal veins , aging, prolonged setting etc.

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Types of Piles (Arsha) -**A) According to origin-**

1. Sahaj.
2. Uttar kalaj.

B). According to character of Bleeding -

1. Ardra
2. Shushka

According to Prognosis -

1. Sadhya - Sukhasadhya and Kashtasadhya.
2. Yapya
3. Asadhya.

According to site.

1. Bahya
2. Aabhyantara

According to therapeutic group -

1. Bsheshaja Sadhya
2. Kshar Sadhya.
3. Agni sadhya
4. Shastra Sadhya.

According to modern science classification of haemorrhoid are following -

1. According to pathological anatomy- primary , secondary
2. According to site of origin - external, internal, interno - External.
3. According to pathological anatomy - secondary, primary.

Pathogenesis - (Samprapti)

Acharya Sushruta has depicted of pathogenesis of Arsha as the Nidanas Bringing about vitiated of Doshas in single, mix of leads 2 Doshas alongside Rakta, Doshas moves downward through mahadhamani arrive at Guda and influencing Gudavalitraya creating Arsha to the people experiencing Agnimandya and other causes. Acharya Charaka has thought that Arsha is created because of Vitiated of all Doshas. Following

Bahya and Abhyatara roga Margaret and influencing Gudavalitraya.

Samprapti Ghataka -

- Dosha - Tridoshaja Dominantly Vata.
- Dushya - Rakta, Medas, Mamsa, Tvak.
- strotas - Raktavaha, Mamsavaha, Purishavaha.
- Strotodushti - siragranthi, Sanga.

Poorvaroop -

Acharya Charaka, Acharya Sushruta and Acharya Vagbhata have described purvaroop. They are - Atopa, Udar bahulya, Shwash, Kasa, Guda parikartana Amlika, Annavishtambha, Antra Kunjana, Paridaha, Alpa purisha, Daurbalya, Karshya, pipasa, Grahani- Udar - Pandu rog Ashanka.

Lakshana (Symptoms) :

Acharya described symptoms of Arsha was classified in to 2 group - they are Samanya(general) and Vishsha (Specific) . The symptoms of Arsha (piles) are Arochaka, Ashmari, Angamarda , Bhinna swara, Asthishul, Badhirya, Arochaka, Asyavairasya, Kshavathu, Nabhishul, Pipasa, Shwas, Tomorrow, Pandu, Payu shula, Parvshula.

According to modern science bleeding per rectum is main symptoms. The symptoms of haemorrhoid are following -

- Bleeding, discharge, prolapse, irritation, pain , anaemia.
- Differential diagnosis -
- Anala epithelioma.
- External piles
- Sentinel tag
- Hypertrophied anal papilla.
- Polyploidy.
- Hemangioma
- Rectal prolapsed.

- Lympho - sarcoma
- Penduncuated polyp.

Complications :

According to modern science complications are - thrombosis, ulceration, gangrene, fibrosis, bleeding leads to severe anaemia., strangulation etc.

Upadrva (complications) - According to Archarya Charaka described complications of Arsha are - pain in flanks - cardiac region, fainting, swelling in hand ,face, umbilical region anus - scrotum, gudapaka, vomiting, Baddhagudodara etc.

According to Vagbhata - Described that the Udavarta is chief complications of Arsha.

Management - (Chikitsa)

Acharya Charaka, Vagbhata, sushruta introduce it is a Shalya domain disease. Agnimandya is main cause so that improvement of Agni and regulate bowel habit are prime treatment of Arsha (piles). Sushruta has described 4 types of Management in the Arsha - Bhesajja, Kshar, Agni and Shastra.

1). Bhesajja Chikitsa - (oral medicines)

तत्र, अचिरकालजातान्यल्पदोषलिङ्गोपद्रवाणि भेषजसाध्यानि
Prevention of Constipation by using drug Triphala Churna, Haritaki Churna depends upon patients Koshta.

- Deepana Pachana - Lavanbhaskar Churna, Agnitundi Vati.
- Arshoghna - Arshakuthar Rasa, Arshoghna vati,
- Raktasthambhana - Bolparpati, pravalpishti etc.
- Hot sitz bath
- Vedanahara - Triphala guggulu.

२).Kshara Karma (caustic Cauterization)

मृदुप्रत्यतावघाटान्यूहृतानी क्षारेण ॥

Kshara Karma is more effective than other modalities of treatment. Because they can administered externally and internally. Kshara karma is useful as the substitutes of surgical instruments they can use safely on the patients. Arsha which are soft, extensive and deep situated,

projectile are treated by kshara. Pittaja and Raktaja varieties should be treated by Mrudu Kshara.

३). Agni Karma (thermal Cauterization)

ककौशास्थिप्रूथुकठिनान्यण्यना ॥

Agni karma is superior karma due to non recurrence of diseases. It can be used in such diseases which are incurable even by drug, instrument and Kshara. It is used extensively in surgical practice in modified form byway of electric heat cauterize and freezing.

४). Shastra Karma -

तनुमुलन्यछितानि क्लेदवन्ति च शस्त्रेण ॥

Heamorrhoidectomy is one among them which is basically indicated in high degree of disease manifestation, internal haemorrhoid and prolapsed. Shastra Karma are associated with some incidence of complications like anal stricture, retention of urine, infection, bleeding. Heamorrhoidectomy is having higher rate of bleeding as complications when comparing other anorectal procedures.

Conclusion :

Arsha (piles) roga explained in ayurveda is not only haemorrhoidal pathology and included all anorectal pathologies. Causes of Arsha Roga is mainly impaired dietetics and poor digestive fire. Hence more concentrate our treatment plans on local changes in Anal canal will not suffice. Ayurveda has major role to play in management of this disease as we treat this disease as systemic illness and not local illness.the issue of Arsha is influenced by age, Lifestyle, nutritional factors. Piles (arsha) is extremely common conditions. It is difficult to pinpoint the evident causes for dilation of rectal or anal vein for manifestation of piles. Even for management of Arsha avoiding etiological factors is important.

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