

**HOW ARSHA AND HEMORRHOIDS IMPACT DAILY LIFE:
UNDERSTANDING, MANAGING, AND SEEKING RELIEF****Gayatri Mawale¹, Prachi Ghanshyam Chaudhary^{2*} and Ganesh Belorkar³**

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ABSTRACT

Arsha, colloquially termed haemorrhoid's, presents a prevalent yet often misunderstood medical condition affecting individuals across diverse demographics. This article aims to comprehensively explore the multifaceted impact of arsha on the intricacies of daily life, shedding light on its disruptive nature and the challenges it poses for affected individuals. The manifestation of arsha can result in an array of symptoms, from discomfort, itching, and pain to bleeding during bowel movements. These symptoms can significantly impede daily activities, ranging from work commitments to personal routines, causing distress and discomfort that extend beyond physical manifestations. Understanding the triggers and contributing factors behind arsha becomes pivotal in effective management. Lifestyle adjustments, such as dietary changes, adequate hydration, and incorporating regular exercise, are highlighted as fundamental elements in mitigating the frequency and severity of symptoms.

Additionally, exploring medical interventions, including over-the-counter remedies and prescribed treatments, forms an integral part of the comprehensive management strategy. However seeking relief from arsha extends beyond symptom alleviation; it encompasses the holistic well-being of individuals impacted by this condition. This necessitates not only the management of physical discomfort but also addressing the associated emotional and

psychological toll. Encouraging open dialogues, seeking professional guidance, and fostering a supportive environment emerge as crucial components in navigating the challenges posed by arsha. In conclusion, this article advocates for a holistic approach to understand, manage, and seek relief from arsha. By integrating comprehensive strategies that encompass medical, lifestyle, and emotional aspects, individuals affected by haemorrhoids can strive for improved quality of life and enhanced well-being

KEYWORDS:- Arsha, Bheshaj karma, Kshar karma, Haemorrhoids.

INTRODUCTION

Haemorrhoid's, or arsha, are among the lifestyle disorders brought on by a sedentary way of living. Arsha is explained in ayurveda as Mahagada. It is defined as “arivat pranā shrinoti hinasti iti arshah”.^[1] A disease which pains patient's vital force (prana) as enemy is called as Arsha. In the lower rectum and anus, haemorrhoid's, often known as piles, are collections of dilated veins. Inflammation and swelling of these occur during defecation, leading to pain and rectal bleeding. Both sexes can be affected by haemorrhoids, which can happen at any age. An estimated 50% or more of those over 50 will have had symptoms associated with haemorrhoid's at some point in time.^[2] A peak in prevalence was observed in both sexes between the ages of 45 and 65, with a subsequent decline after that age.^[3] Haemorrhoid is a very common disease in most societies, especially in Asian countries more than 10 million cases per year seen in India. Their symptoms like uneasiness, discomfort, pain and /or bleeding during defecation, constipation and tenesmus cause a great deal of discomfort. They are usually of two types; external or internal with respect to their position with anal orifice. Internal haemorrhoids are further classified into four grades as^[4] Grade 1: Non-prolapsing internal haemorrhoids. Grade 2: Internal haemorrhoids that prolapse during defecation and spontaneously reduce. Grade 3: Internal haemorrhoids that prolapse during defecation and must be manually reduced. Grade 4: Internal haemorrhoids that are prolapsed and incarcerated.

MATERIALS AND METHODS

All references have been collected from our ancient ayurvedic texts viz., Sushruta Samhita, Charaka Samhita, Dalhana teeka, Ashtanga Hridaya, Ashtanga Samgraha. Modern books like Baily and Loves's, Short Practice of Surgery, Surgery of the Anus Rectum and Colon, Atlas of General Surgery Jaypee Brothers medical publishers are used as literary source.

Etymology and Definition of arsha (Piles)

Arsha refers to an illness that is torturous to its victims and is present in Guda. It could result in an occlusion of the anorectal canal.

Piles: -The Latin word "pila," which meaning "ball," is the source of the English word "pile." Therefore, a development in the anus that resembles a ball is called a pile.

Nidana of arsha (Aetiology)

According to sushruta Nidan of arsha- virudha ahara; adhyashan; maithun (Intercourse); ukaduasan (Squatting position); yana savari (Excessive travelling of cycle and motor cycle); adharaniya vego ka dharan etc.

- 1. Strain during bowel movements:** Prolonged constipation or diarrhea can cause straining during bowel movements, which puts pressure on the rectal veins and leads to haemorrhoids.
- 2. Sedentary lifestyle:** Lack of physical activity can contribute to poor circulation, affecting blood flow in the rectal area and potentially leading to haemorrhoids.
- 3. Dietary factors:** Low-fiber diets can cause constipation, which in turn increases the risk of developing hemorrhoids. Additionally, excessive consumption of spicy foods, alcohol, or caffeine might aggravate symptoms.
- 4. Obesity:** Being overweight or obese can exert pressure on the pelvic area, contributing to the development of haemorrhoids.
- 5. Pregnancy and Childbirth:** The increased pressure on the abdomen and pelvic area during pregnancy, as well as the strain of childbirth, can lead to haemorrhoids.
- 6. Genetics:** Some individuals may have a genetic predisposition to developing hemorrhoids due to weaker veins or connective tissues in the rectal area.
- 7. Age:** As individuals age, the tissues supporting the veins in the rectum can weaken, increasing the likelihood of developing haemorrhoids.
- 8. Chronic diarrhea or persistent cough:** Conditions that lead to chronic straining or increased abdominal pressure can also contribute to the formation of haemorrhoids.

9. Anal intercourse: Engaging in anal intercourse may cause irritation or injury to the tissues in the anal area, potentially leading to haemorrhoids.

Addressing these factors, such as maintaining a high-fiber diet, staying hydrated, exercising regularly, and avoiding prolonged sitting or straining during bowel movements, can help reduce the risk of developing haemorrhoids.

Samprapti (Pathogenesis)

Virruddhahara, Adhyasana, irregular diet habits, over riding etc.



suppression of Apana Vayu, Mandagni and constipation.



Vitiation of Doshas and involvement of Rakta travels through pradhana dhamani and affects Gudavali



Involves Meda, Mamsa, and Twak representing anal cushions.



Fleshy mass i.e. Haemorrhoids

Impact on daily life

The impact of hemorrhoids on daily lives can be profound. Simple activities like sitting for prolonged periods, exercising, or even enjoying a meal can become uncomfortable or painful. The fear of aggravating the condition might lead to anxiety or stress, affecting mental well-being.

Moreover, the bleeding associated with hemorrhoids can cause embarrassment, making social interactions challenging. Sleep disturbances due to discomfort while lying down and the constant awareness of the condition can significantly disrupt one's daily routine.

Management of arsha

The course of treatment for hemorrhoids varies according on the intensity and degree of symptoms, and may involve drastic surgery as well as food and lifestyle changes.

Management approaches

1. Preventive- Diet and lifestyle modifications
2. Curative

- 1) **Diet and Lifestyle changes:** A high-fiber diet and dietary supplements in bulk can help reduce pressure and bleeding in patients with mild to moderate symptoms. It is important to advise patients to flush as soon as they feel the urge to do so and to drink water. All individuals with grade I or II hemorrhoids can benefit from it.
- 2) **Medical:** Topical anesthesia, warm sitz bath, analgesics, laxatives, anti-inflammatory medications, protectors, vasoconstrictors, antiseptics, and suppositories.
- 3) **Non-operative:** Several treatments may spare surgical haemorrhoidectomy in as many as 80% of patients with first- and second-degree internal hemorrhoids when dietary and lifestyle changes are insufficient to relieve symptoms in all patients with grade I or II and most patients with grade III. Doppler guided hemorrhoid artery ligation (DGHAL), laser therapy, infrared photocoagulation, Ultroid, rubber band ligation, cryosurgery, Lords anal dilatation, and bipolar diathermy.
- 4) **Operative:** Surgical hemorrhoidectomy is recommended for patients with grade I and II hemorrhoids who have not responded to conservative treatment, as well as for grade III and IV hemorrhoids. Both an open and closed hemorrhoidectomy.

External hemorrhoids

Analgesics and anti-inflammatory medications are prescribed internally, along with Xylocaine ointment for local application and a hot water Seitz bath with KMNO₄ in the event that the patient presents with symptoms of severe pain and hemorrhage within 48 hours. Adjunctive prescriptions for laxatives and antibiotics are also possible. Moreover, if the hemorrhage does not go away, it is cut out while under local anesthesia, and granulation tissue heals the incision. If left untreated, the hemorrhage may resolve or ulcerate/suppurate, resulting in an abscess or fibrosis that can lead to skin tags.

Internal haemorrhoids management

Treatment for internal haemorrhoids depends on the severity of symptoms and response to conservative management. Moreover, various treatment alternatives practiced can be categorized as below.

- 1) Sclerotherapy
- 2) Barron's Rubber Band Ligation
- 3) Doppler Guided Haemorrhoid Artery Ligation (DGHAL)

- 4) Infra-Red Coagulation
- 5) Haemorrhoid Laser Procedure
- 6) Electrocoagulation
- 7) Anal Dilation and Sphincterotomy
- 8) Haemorrhoidectomy
- 9) Stapled Haemorrhoidopexy

Ayurvedic perspective

An association between hemorrhoids and Gudarsha has been reported in classical Ayurvedic scriptures. Moreover, Arsha belongs to the Ashtamahagada category, which comprises eight disorders that are challenging to cure. According to definitions, arsha is a sickness that causes excruciating pain, makes the sufferer feel like their adversary, and causes pile mass formation and painful feces. Due to the prevalence of junk food and uncontrollably strong cravings, Ayurveda states that Mithya aahar vihar is one of the main aetiological reasons of Arsha and cannot be avoided in today's hectic lifestyle.

Management of ayurveda

The two basic goals of Ayurveda are to preserve the health of the healthy individual and treat the ill. Therefore, treatment for Arshas can also be divided into preventive and curative approaches.

Preventive measures

The best way to prevent any disease is to stay away from its contributing elements. Since Mandagni is the main causative component, interventions that can enhance Agni and control bowel movements can stop the development of Arshas.

Curative measures

Depending on the stage of Arsha, Acharya Charaka and Acharya Susruta have described four methods of treatment: Bhesaja chikitsa, Kshara karma, Agni karma, and Sastra karma. Furthermore, whereas Shalya karma is used for Grade III and IV hemorrhoids, Bhesaja, Kshar karma, and Agni karma are beneficial for Grade I and II haemorrhoids.^[5]

Medical line of treatment advised by acharya sushruta is as under^[6]

Types of arsha	Measures
Vataja	Snehana, swedana, vasti
Pittaja	Virechana

Kaphaja	Administration of shunthi & kulattha
Raktaja	Sanshamana Karma
Sannipataja	Tridoshaghna Dravyas

Pittaja and Raktaja Arshas should only be treated with Mridu Ksharakarma, but Vataja and Kaphaja Arshas should be treated with Ksharakarma and Agnikarma.^[7] If Vatanubandha is the type of Raktarsha, it should be treated using medications that are Snigdha and Shita as well as dietary regimens that have comparable attributes. The Kaphanubandha Ruksha and Shita medications should be used to treat raktarshas, coupled with comparable dietary plans.^[8] In patients with Raktarshas, administering Snehapana, Snehabhyanga, and Sneha Basti is recommended if there is greater Vata vitiation and less Pitta and Kapha vitiation.^[9] A particular focus has been placed on the management of Bhallataka in Shuskarshas and Kutaja Twak in Sravi Arshas. For both types of Arshas, Takrapana is typical.^[10]

Bheshaja/Aushadhi chikitsa

Bheshaja chikitsa is recommended in cases of mild to moderately complex symptoms. Agni Deepan-Pachan (Improving digestion), Vata Anuloman (Pacifying bowel motions), Rakta Shodhan (Blood purifier), Stambhana Chikitsa (Hemostatic medications), and Malaraka Chikitsa (Laxatives) are the main targets of basic conservative Ayurvedic treatment.

1. Prevention of constipation- Laxative- Triphala churna, Panchasakar churna, Haritaki churna, Abhayaarista.
2. Deepan pachana- Chitrakadi vati, Lavan Baskar churna, Agnitundi vati.
3. Arshoghna-Sooranpak, Arshakuthar ras, Shigru guggulu.
4. Hot sitz bath- Tankan bhasma Sphatic bhasma, Triphala kwath Panchawalkal kwath.
5. Rakta stambhaka-Bol baddha rasa, Bol parpati, Kukutandatwak bhasma Praval pisthi.
6. Vran ropak-Jatyadi tail, Nirgundi tail.
7. Vednahara- Madhuyastyadi tail, Triphala guggulu.

Local treatment^[11]

In this, medicines are to be given by anal route. These measures are aimed to relieve pain and local congestion this includes.

1. **Aabhyang** - Medicated oil application to the Arshas, then Dhupana given.
2. **Basti** - There are two types of Basti described in the management of Arshas oily and non-oily. It has both systemic as well as local benefits. Anuvasana Basti is helpful in

correcting vitiated Vata. Acharya Charaka (in Arsho Chikittsa in Chikittsa Sthana) indicated it for prolapsed rectum, pain, dysuria, dysentery, pain in back and thigh, weakness, tympanitis, frothy discharge from anus and retention of stool and flatus similarly Niruha basti is also helpful in eliminating pain itching, numbness, discharge etc, in Arshas.

3. **Dhupana** - Fumigation with human hair serpent slough and drumstick tree leaves, etc. it has better effect in combination with Abhanaga to treat the Arshas.
4. **Awagaha** - When the patient of Arshas is suffering from pain he should take Sitz bath in the decoction of mentioned medicines.
5. **Pralep** - Acharya Charaka advocated Pralepa and Pradeha in those Arshas which are inflamed and with pain this help in bloodletting of vitiated blood accumulated in the piles.
6. **Pariseka** - It is a measure to wash Arshas (Raktaja Arshas) with a medicated decoction.

Kshara karma (Application of alkaline paste)

The Sushrut Samhita mentions Kshara karma, or applying "Pratisaraneeya Kshara" (Alkaline-caustic paste) on the pile pedicle. The pedicles of Grade II & III non-bleeding internal hemorrhoids with Mridu (Soft), Prasrut (Extensive), Avagaadh (Deep seated internal hemorrhoids), and Uchhrita (Projecting) are indicative of this.

Kshara sutra ligation: This method of treating hemorrhoids involves ligating the exterior and internal pile mass with a medicated herbal coated thread. It is a very effective treatment. And huge mass goes off after five to seven days.

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Agni karma (Heat Burn Therapy): When the pile pedicle is Karkash (Rough), Sthir (Firm), Prithu (Thick), and Katthin (Hard-fibrosed), agni karma (Heat burn therapy) is advised. This can be connected to Grade II and III hemorrhoid ablation techniques such as IRC, Electrocoagulation, and Advanced Laser Techniques, which use a variety of heat sources to achieve thermal or heat burn.

DISCUSSION

The impact of arsha, commonly known as hemorrhoids, on daily life is profound and multifaceted, influencing various aspects of an individual's routine and well-being. Understanding the ways in which this condition affects daily life is crucial in devising effective management and seeking appropriate relief. Primarily, the physical discomfort associated with arsha significantly disrupts daily activities. The persistent itching, pain, and bleeding during bowel movements can hinder productivity at work, impair concentration, and limit physical activities. The constant discomfort can lead to irritability and affect emotional well-being, further impacting interactions in personal and professional spheres. Moreover, the dietary and lifestyle adjustments necessary for managing hemorrhoids can alter established routines. Adhering to a high-fiber diet, staying hydrated, and incorporating regular exercise demand a significant lifestyle shift. These alterations not only affect eating habits but also require discipline and consistency, impacting social engagements and overall lifestyle choices. Seeking relief from arsha extends beyond the physical realm. Psychological distress often accompanies chronic conditions. The embarrassment or stigma associated with discussing symptoms might lead to isolation or reluctance to seek help, amplifying the emotional toll. This psychological impact can impede social interactions, affecting relationships and self-esteem. Effective management strategies encompass both symptom alleviation and addressing the emotional and psychological facets of living with arsha. Encouraging open conversations, providing access to information, and creating supportive environments are pivotal in empowering individuals to seek appropriate medical guidance and holistic support. By comprehensively understanding and acknowledging the diverse ways in which arsha affects daily life, efforts towards managing symptoms and seeking relief can be more empathetic, inclusive, and effective. Integrating physical, emotional, and social aspects in management approaches ensures a more comprehensive and supportive framework for individuals grappling with this condition.

CONCLUSION

Hemorrhoids can significantly impact daily life, causing discomfort, pain, and emotional distress. However, with proper understanding, lifestyle adjustments, and appropriate medical guidance, individuals can effectively manage this condition and improve their quality of life. Being proactive in seeking relief and adopting healthy habits can go a long way in minimizing the impact of hemorrhoids on daily activities and overall well-being.

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