



॥ श्री धन्वन्तरये नमः ॥

9<sup>th</sup> Issue

# शतायु की ओर SHATAYU KI OR

आयुर्वेदोऽमृतानाम् ॥ चरक सू० 25/40

Ayurveda, the best among nectars, provides longevity.

नार्थार्थं नापि कामार्थमथ भूतदयां प्रति ।

वर्तते यश्चिकित्सायां स सर्वमतिवर्तते ॥ चरक वि० 1/58

A Physician who does not aspire for money or any other worldly desires and works only for the welfare of human beings; such a physician is deemed to be the best in the medical field.

धन्वन्तरि वाटिका, राज भवन, उत्तर प्रदेश, लखनऊ  
DHANWANTARI VATIKA, RAJ BHAWAN, UTTAR PRADESH, LUCKNOW

15 October, 2009

# HEALTH THROUGH AYURVEDA

## ARSHA

### PILES / HAEMORRHOIDS

(Its causes, symptoms & treatment)

Ayurveda, the first systematic science ever evolved in the world, focuses on maintenance of positive health in a healthy person and eradication of ailments in the diseased. These are the fundamental objectives of this science. Our ancient sages visualised healthcare as an integral part of life and lived in a healthier state than most of us today by scrupulously observing every prescription and proscription necessary for maintaining good health.

Now a days in the highly materialistic world the life style of the people has changed completely, not only in dietary supplements but also leading a sedentary life with no exercise, physical work and consumption of junk food etc. A number of diseases are the result of such faulty life style. One such disease for which people are embarrassed to talk about is anal or rectal trouble. The most common anorectal diseases are piles (*Arsha*), fistula in ano (*Bhagander*), fissure in ano (*Gudacheer*) and cancer of the anorectal region (*Gudarbud*).

It is important to note that anorectum is the last part of the digestive system of human body. Everybody very well knows that what so ever he eats, after digestion, the body absorbs the useful contents whereas the remnant fecal part is passed out through this anal opening. If some problem occurs in this region the feces and wind will not pass, the abdomen will get distended and the person may be in a great trouble. Here lies the physiological importance of this region which should be taken care of by every person to maintain himself in good health. So the intake of proper food in required amount, which is easily digestible, should be recommended.

The prevalence of anorectal disorders is difficult to estimate because almost any anorectal discomfort is often attributed to as *arsha* (Piles). The prevalence of piles in the general population is probably much higher than seen in clinical practice. Majority of patients with symptoms referable to the anorectum hesitate to seek medical attention.

Long back scientists of the Ayurvedic field noted that most of the anorectal diseases are results of *Mithya Aahar* as defined-

अकाले चतिमात्रं च ह्यसात्त्यं यच्च भोजनम् ।

विषमं चापि यदभुक्तं मिथ्याहारः स उच्यते ॥ माधव नि० (म०को० टीका)

Improper intake of food means when one does not take it at proper time, or in excessive amount i.e. over eating; food which is not accepted by the body or antagonistic foods if taken, are called as *Mithya Aahar*.

*Arsha* (Piles) is one of the commonest manifestation of it. The technical term for the disease is haemorrhoids.

### ARSHA (PILES)

According to Acharya Shushruta, Father of Surgery, *arsha* is treated with great difficulty and is a major disease.

व्रीह्याधिः प्रमेहश्च कुष्ठमर्शो भगन्दरम् ।

अश्मरी मूढगर्भश्च तथैवोदरमष्टमम् ॥

अष्टाचेते प्रकृत्यैव दुष्किन्ति स्या महागदाः ॥ सुश्रुत सू० 33/4

Acharya Charak, Father of Medicine, has described *arsha* as enemy.

अरिवत् प्राणान् शृणाति इति अर्शः । चरक चि० 14

Acharya Vagbhatta says that as an enemy gives trouble to a person, similarly the sprouts of muscle (*arsha*) gives trouble by obstructing the passage of rectum, hence it is called as *arsha*.

अरिवत्प्राणिनो मांसकीलका विशसन्ति यत् ।

अर्शासि तस्मादुच्यन्ते गुदमार्गनिरोधतः ॥ अ०हो 7/1

**What is Haemorrhoids :** Haemorrhoids or piles are swelling and inflammation of veins in the rectum and anus. The anatomical term "Haemorrhoids" is popularly used to refer to varicosities of the haemorrhoidal tissues i.e. dilation of veins.

### CAUSES

- Symptomatic haemorrhoids-** The symptoms which cause obstruction to the organ such as venous return from superior haemorrhoidal veins leads to haemorrhoids.
- Constipation:** Because of chronic constipation, excessive straining during defecation which in turn causes excessive compression of haemorrhoidal vein.
- During pregnancy:** Haemorrhoids are due to compression of superior rectal vein by pregnant uterus and increased vascularity and laxity of pelvic tissues.
- From straining at micturition:** Consequent upon a stricture of urethra or enlarged prostate gland.





- d. **Carcinoma rectum:** By compressing or causing thrombosis of the superior rectal vein gives rise to haemorrhoids.
- e. **Certain sports** such as horse riding, cycling, sitting posture or standing posture for long period may cause haemorrhoids.
- f. **Abuse of irritant laxatives, diarrhoea** and increased intra-abdominal pressure due to obesity, coughing and sneezing, vomiting or squatting position may aggravate haemorrhoids.

(ii). **Idiopathic haemorrhoids**

- a. **Hereditary:** Congenital weakness of the walls of veins or an abnormally large arterial supply of rectal plexus causes haemorrhoids. The condition is frequent in members of same family.
- b. **Anatomical or Physiological factors:** The haemorrhoidal veins are unassisted by valves. The veins pass through muscular tissue and are liable to be constricted by its contraction during defecation.
- c. **Diet:** Excessive intake of red meat and similar products, alcohol, coffee, inadequate intake of fluids and insufficient fibre intake can cause haemorrhoids.

As per Ayurvedic concept described in *Charak Samhita*, various things have been mentioned as causative factor of *arsha*.

गुरुमधुरशीताभिष्यन्दिदिहाहि विरुद्धाजीर्णप्रमिताशनासात्स्यभोजनाद्रव्यमात्स्यवाराह—  
माहिषाजाविकपिशितभक्षणात् कृशशुष्कपूतिमांसपष्टिकपरमान्नक्षीरदधिमण्डतिलगुडविकृति—  
सेवनान्माषयूषेश्वरसपिण्याकपिण्डालुकशुष्कशाकशुक्तालशुनकिलाट..... प्रादुर्भवन्ति॥

चरक चि० 14/9

- Excessive intake of guru (not easily digestible), madhur, sheeta, abishyandi padartha (one which promotes *kapha* in the body), vidahi padartha (one which promotes burning sensation in the body).
- Taking viruddha bhojan (the foods which do not match each other like fish and milk).
- Pramitashan (taking diet in very low quantity).
- Taking excessive dairy products, urad daal, aaloo, arvi, banda and dry vegetables.
- Taking excessive red meat and stale food.
- Sleeping during the day.
- Using cold water regularly.
- Sedentary life style with no exercise.
- Sleeping on foamy beds.
- Suppression of natural urges.

**PREMONITORY SYMPTOMS:** Before the piles develop as a disease the person may have some of the following signs and symptoms which are known as *poorva roop* (premonitory symptoms) of the disease. If at this juncture the person avoids those factors which are causing these premonitory symptoms the disease of piles can be very well prevented.

विष्टम्भोऽन्नस्य दौर्बल्यं कुक्षेराटोप एव च।

काश्यमुद्गारबाहुल्यं सक्थिसादोऽल्पविदकता ॥ चरक चि० 14/21

- Indigestion
- Tiredness of extremities
- Formation of small amount of faecal matter because of intake of less fibrous diet.
- Loss of appetite
- Emaciation of body
- Weakness
- Sour eruptions



27<sup>th</sup> October 2008 - On the occasion of Dhanwantari Jayanti, The Hon. Shri T.V. Rajeswar, Governor, Uttar Pradesh being presented a Calendar of Lord Dhanwantari wishing health & longevity.



## DIAGNOSIS

To diagnose haemorrhoids the physician will examine the rectum and anus and may insert a gloved finger into the rectum.

Despite the fact that bleeding is common in patients with haemorrhoids there are other potential causes of bleeding. A physician may recommend a sigmoidoscopy (to examine the rectum and most of the lower large intestine), colonoscopy (to examine the entire colon) or anoscopy (to inspect the anus and lower rectum).

## CLASSIFICATION OF HAEMORRHOIDS

Haemorrhoids can be classified as -

- (a) **External-** External haemorrhoids are dilated terminal ramifications of rectal vein which drains tissues below the pectinate line and are covered by skin.
- (b) **Internal-** Internal haemorrhoids are mucosa covered haemorrhoids in upper part of anal canal (i.e. insensitive zone). They are dilated ramification of superior and middle rectal veins which drains tissues above pectinate line.

Internal haemorrhoids are further classified as vascular haemorrhoids common in young patients. Muscular haemorrhoids are common in older patients.

- (c) **Mixed types-** Mixed type haemorrhoids are concurrent internal and external piles.

As per Ayurvedic concept the arsha have been classified as *vataja*, *pittaja*, *kaphaja*, *sannipataja*, *raktaja* and *sahaja* and on naked eye examination, they look as follows-

- (i) **Vataja arsha:** Vataja arsha are dry, discolored, irregular like flowers of kadamba.
- (ii) **Pittaja arsha:** The arsha caused by vitiated pitta are bluish, shining like liver, shaped like parrot tongue.
- (iii) **Kaphaja arsha:** Kaphaja arsha are whitish, broad based, fixed round smooth and yellowish white and are like karira sprout or the kernel of panas (Jack fruit).
- (iv) **Raktaja arsha:** Raktaja arsha are like the sprouts of banyan tree or like coral and other symptoms are those of pittaja arsha.
- (v) **Sannipataja arsha:** Sannipataja arsha are due to vitiation of all dosha's together and are associated with the clinical feature of piles produced by all the doshas.
- (vi) **Sahaja arsha (Polyps):** Sahaja arsha are due to some abnormality of sperm and ovum at the time of conception. They are rough greyish, extremely painful and have their mouth pointing internally.

## SYMPTOMS

- (i) **Bleeding-** This is usually first symptom and occurs initially as a slight streak of blood on stool.
- (ii) **Prolapse-** Initially prolapse occurs during defecation and reduces immediately.
- (iii) **Discharge-** A mucoid discharge is frequently accompanied with prolapsed haemorrhoids.
- (iv) **Pruiritis-** Pruritis usually follows mucoid discharge.
- (v) **Pain-** Pain is absent unless complications supervene.
- (vi) **Anaemia-** Secondary anaemia may develop due to profuse and or chronic bleeding.

As per Ayurvedic concept clinical features of arsha is as follows -

- *Peeda* (Pain in guda pradesha)
- *Raktashrava* (Bleeding from anal opening)
- *Bal hani/Utsah hani* (Loss of enthusiasm)
- *Angamarda* (Vague pain all over body)
- *Parva bheda* (Pain in joints)
- *Daah* (Burning sensation)
- *Krishata* (Profound emaciation)
- *Vivarnata* (Loss of complexion)
- *Aruchi* (Loss of appetite)

*Vibandh* (Constipation), *Atisar* (Diarrhoea) and *Adhman* (Flatulence) are main clinical features in all type of arsha.

## PROLAPSE IN HAEMORRHOIDS

Haemorrhoids can be classified as-

- (i) **First Degree:** Haemorrhoid that bleed but do not prolapse outside the anal canal.
- (ii) **Second Degree:** Haemorrhoid come out only during defecation but return themselves.
- (iii) **Third Degree:** Haemorrhoid come out only during defecation but don't return themselves.
- (iv) **Fourth Degree:** Haemorrhoids which are permanently prolapsed.

**PREVENTION:** Prevention of haemorrhoids includes-

- Drinking more fluids.
- Eating more dietary fibre such as fruits, vegetables and cereals rich in fibre.
- Exercising, practicing better posture.
- Reducing bowel movement strain and time.





- Wearing light clothing and underwear.
- Women who notice painful stools around the time of menstruation would be well advised taking extra dietary fibre and fluids a couple of days prior to that time.
- Washing the anus properly.

**INITIAL TREATMENT:** Several options are available for the treatment of haemorrhoids. For most patients, conservative or minimally invasive measures are effective in relieving symptoms.

**Fibre supplements:** Increasing fibre in the diet is one of the best ways to soften and bulk the stools, which can help to reduce bleeding from haemorrhoids. Fibre is found in fruits and vegetables. The recommended amount of dietary fibre is 20 to 35 g/day for an average built person.

**Laxatives:** If by increasing fibre it does not relieve constipation or if side effects of fibre are intolerable, a laxative may be recommended.

**Ushnodak avgahan (warm sitz bath):** During *Ushnodak avgahan* (warm sitz bath) one must soak the rectal area in warm water for 10 to 15 minutes, 2 to 3 times daily. Do not add soap or other additives in water.

**Topical Treatment:** Various creams and suppositories are available to treat haemorrhoids. Ayurveda offers jatyadi taila and kashishadi taila for local application.

**MINIMALLY INVASIVE PROCEDURE:** If some one has bothersome haemorrhoid symptoms after using conservative measures, one may want to consider a minimally invasive procedure. Most procedures are performed as a day surgery. The following procedures are intended for treatment of internal haemorrhoids.

**Rubber band ligation:** Rubber band ligation is most widely used procedure. It is successful in approximately 70 to 80 per cent of patients.

Rubber bands or rings are placed around the base of an internal haemorrhoid. As the blood supply is restricted, the haemorrhoid shrinks and degenerates over several days.

**Laser, infrared or bipolar coagulation:** These methods involve the use of laser or infrared light or heat to destroy internal haemorrhoids.

**Sclerotherapy:** During sclerotherapy, a chemical solution is injected into haemorrhoidal tissue causing the tissue to break down and form a scar.

In Ayurveda according to Acharya Shshruta treatment of arsha is of four types.

चतुर्विधोऽर्शां साधनोपायः।  
तद्यथा—भेषजं क्षारोऽग्निः शस्त्रमिति॥ सुश्रुत चि० ६/३

- Bhaishaja* or medical treatment.
- Kshar karma* or application of an alkali (chemical cauterization) including *kshar sutra* application.
- Agni karma* (thermal cauterization)
- Shashtra karma* i.e. surgical procedure.

Among these arsha of recent origin having minimal vitiation of *Dosha* with insignificant and less complications are curable only by medicinal treatment. The *Arsha* which are soft extensive, deeply situated and projecting are curable by *kshar* treatment. Rough, firm, thick and hard *Arsha* curable by *Agni karma* treatment and those *Arsha* which have a narrow pedicle, projecting and moist should be treated by surgical management.

## SOME IMPORTANT PREPARATIONS INDICATED IN PILES (HAEMORRHOIDS)

### A. Oral medicines-

- Churna:- Panchsakar churna, Triphla churna, Esabgol husk, Lakasha churna, Moch rasa
- Arishta/Asava:- Abhayarista, Kumariasava, Drakshasava
- Vati/Guggul:- Arshoghni vati, Pran-da gutika, Kankayan vati, Triphla guggul, Saptvinshati guggul
- Ras/Pishti:- Arsha kuthar ras, Bolbaddha ras, Praval pishti, Trinkantmani pishti
- Pak:- Arand pak

### B. Local applications -

- Taila:- Jatyadi taila, Kashishadi taila, Arand taila
- Lepa/Ointment:- Navneet, Shatdhaut ghrit, Puran ghrit, Kashishadi ghrit

The above mentioned preparations (one or two) may be taken according to the condition of disease (i.e. *dosha*, *doosha*, *bala*, *agni*) and patient (i.e. *prakriti*, *built*, *mental status*) under the guidance of physician.

Treatment differs from individual to individual.



**PATHYA:** Mainly laghu aahar (one which is easily digestible) fruits and vegetables rich in fibres. Parval, turai, lauki, jimmikand, gajar, dalia, moong ki dal, takra (mattha), isabgol husk.

**APATHYA:** Mainly guru aahar (one which is not easily digestible and causes constipation) like arvi, banda, kathal, matar, rajma, spicy and oily foods. Excessive red meat, dairy products and vinegar.

## HERBS COMMONLY USED FOR PILES (HAEMORRHOIDS)

### 1- JIMMIKAND (Elephant-foot yam)

Botanical name – *Amorphophallus campanulatus*

Parts used – Rhizome



### 3- SHUNTHI (Dried ginger)

Botanical name – *Zingiber officinale*

Parts used – Rhizome



### 5- PIPPALI (Long pepper)

Botanical name – *Piper longum*

Parts used – Roots and dried unripe fruits



### 7- MUNAKKA (Seeded grape)

Botanical name – *Vitis vinifera*

Parts used – Fruits



### 9- SAUNF (Fennel)

Botanical name – *Foeniculum vulgare*

Parts used – Fruits



### 2- SNUHI (Common milk hedge)

Botanical name – *Euphorbia nerifolia*

Parts used – Stem and milk



### 4- DANTI / UDUMBARPARNI

Botanical name – *Baliospermum montanum*

Parts used – Roots



### 6- ARAND (Castor)

Botanical name – *Ricinus communis*

Parts used – Seeds



### 8- KHOON KHARABA (Dragon's blood)

Botanical name – *Daemonorops draco*

Parts used – Gum



### 10- NAGKESHAR (Iron-wood tree)

Botanical name – *Mesua ferrea*

Parts used – Flowers and Stamens







2<sup>nd</sup> October 2009 - H.E. Shri B.L. Joshi, Governor, Uttar Pradesh, planting the sapling of *Aegle marmelos* (Bael) in Raj Bhawan, Uttar Pradesh.

**11- NEEM (Margosa tree)**

Botanical name – *Azadirachta indica*  
Parts used – Seeds and leaves



**13- CHHOTI ELAICHI (Small cardamom)**

Botanical name – *Elettaria cardamomum*  
Parts used – Seeds



**15- DARUHALDI (Indian barberry)**

Botanical name – *Berberis aristata*  
Parts used – Boiled extract of stem wood and roots (Rasaut)



**12- HALDI (Turmeric)**

Botanical name – *Curcuma longa*  
Parts used – Rhizome



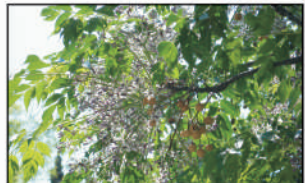
**14- TEJPATRA (Tamala tree)**

Botanical name – *Cinnamomum tamala*  
Parts used – Leaves



**16- MAHANIMB (Persian lilac)**

Botanical name – *Melia azedarach*  
Parts used – Seeds and leaves



**17- KHAS (Khas-khas grass)**

Botanical name – *Vetiveria zizanioides*

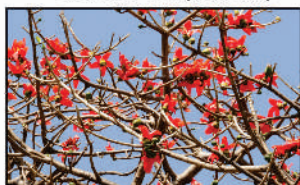
Parts used – Roots



**19- SEMAL (Silk cotton tree)**

Botanical name – *Salmalia malabarica*

Parts used – Gum (Moch rasa)



**21- HARAD (Chebulic myrobalan)**

Botanical name – *Terminalia chebula*

Parts used – Fruits



**18- KALI MIRCH (Black pepper)**

Botanical name – *Piper nigrum*

Parts used – Fruits



**20- CHITRAK (Lead wort)**

Botanical name – *Plumbago zeylanica*

Parts used – Roots



**22- KUTAKI (Picrorhiza)**

Botanical name – *Picrorhiza kurroa*

Parts used – Rhizome



**Objective of Dhanwantari Vatika**

The main aim of "Dhanwantari Vatika" established in the Governor house is to propagate the knowledge of medicinal plants among the masses. This is possible only when such types of vatikas are established in different parts of the state and the awareness regarding the importance of these medicinal plants is spread among people, so that they can be benefitted by the valuable heritage of our ancestors in the form of Ayurveda.

*The script is the compilation from different scriptures/sources. The author pays his humble gratitude.*

Our Gratitude for the Co-operation of :

**U. P. Agriculture Department**

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- Farmers Training at various level.
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