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## CONSERVATIVE MANAGEMENT IN *ARSHA* W.S.R. TO 2<sup>nd</sup> DEGREE INTERNAL HAEMORRHOIDS

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### **Abstract:**

*Ayurveda is an ancient science which protects health in healthy individuals and cures the condition in disease population. In Ayurveda, the root cause for development of disease is mentioned as Agnimāndya. Arsha is one of the disease which is caused by vitiation of Agni in the body. Arsha can be correlated with Haemorrhoids in modern science. There are various treatment modalities are explained for the management of Arsha but Ayurveda has described Bheshaja, Shashtra, Kshara and Agnikarma Chikitsa for Arsha. In this present case study,*

*Bheshaja Chikitsa was selected for the management of Arsha. It includes, Avagaha Swedana, Vyoshadi Churna, Triphala Guggulu Vati and Arshakuthara Rasa along with proper Pathya and Apathya follow up.*

**Keywords:** *Arsha, Haemorrhoids, Ayurveda.*

### **Introduction:**

*Ayurveda is an ancient science which protects health in healthy individuals and also helps to cures the condition in disease person<sup>1</sup>. Sedentary life style, stress, long standing work, improper diet habits, Vegadharana, all these causes result in vitiation of Agni i.e.*

*Agnimāndya which is the root cause of various diseases<sup>2</sup>. For the development of Arsha Agnimāndya is one of the main causative factor.*

*Arsha is one among mentioned in 'Ashtaumahagada'<sup>3</sup>. It involves vitiation of all 3 Doshas.*

*Arsha* can be correlated with Haemorrhoids in modern science. Haemorrhoids is one of the frequent problem in daily lifestyle. World wide prevalence of Haemorrhoids is 4.4%.

Haemorrhoids are defined as dilated veins within the anal canal in the sub-epithelial region formed by radicals of the superior, middle and inferior rectal veins. This are divided into 2 types; Internal and the External Haemorrhoids<sup>4</sup>.

*Acharya Sushruta* has mentioned *Bheshaja, Shastra, Kshara* and *Agnikarma Chikitsa* for *Arsha* management. First line of treatment for *Arsha* mentioned as *Bheshaja Chikitsa*<sup>5</sup>. *Acharya Charaka* has described *Tikta Rasatmaka Chikitsa* which has actions of *Raktasangrahana, Dosha Pachana, Ama Pachana* and *Agnideepana* which is main line of treatment<sup>6</sup>.

Here in this case study, *Shamana Chikitsa* i.e. Conservative management is the main aim for its *Chikitsa*. *Avagaha Swedana, Vyoshadi Churna, Arshakuthara Rasa* and *Triphala Guggulu Vati* in *Arsha* w.s.r. to 2<sup>nd</sup> degree Internal Haemorrhoids.

### Methodology:-

#### Case study:-

A 35 year old male patient visited in OPD of *Shalyatantra* presenting with complaints of *Gudashoola* [Pain at Anal region], *Malashathambha* [On & Off] and Burning sensation after defecation since from 15-20 days.

**Name of patient:-** ABC, 35years old, Male

**Occupation:-** Worker

#### Chief complaints:-

1. *Gudashoola* [Pain at Anal region]
2. *Malashathambha* [On & Off]
3. Burning sensation after defecation

#### *Ashtavidha Pariksha*:-

- |                                  |                                    |
|----------------------------------|------------------------------------|
| a. <i>Nadi</i> =78 / mint.       | e. <i>Shabda</i> = <i>Prakruta</i> |
| b. <i>Mala</i> = <i>Asamyaka</i> | f. <i>Sparsha</i> = <i>Anushna</i> |
| c. <i>Mutra</i> = <i>Samyaka</i> | g. <i>Drik</i> = <i>Prakruta</i>   |
| d. <i>Jivha</i> = <i>Sama</i>    | h. <i>Akruti</i> = <i>Madhyam</i>  |

#### General examination:-

PR= 78 / min

BP= 130/80 mm of Hg RS = AE BE, Clear

CVS= S<sub>1</sub> S<sub>2</sub> N

CNS= Conscious, Oriented P/A = Soft, No Tenderness

#### Past History:-

H/O = Trauma

No H/O = DM, HTN

### Treatment History:-

No previous H/O = Any treatment.

**Surgical History :- No H/O = Any surgery.**

### Diagnosis:-

Diagnosis is made on the basis of symptoms of *Arsha* as per *Ayurveda* & symptoms of Haemorrhoids as per Modern science.

### Local examination at Perianal region :-

- Pain++
- Bleeding+
- Position – 6 ‘O’ Clock

### Management:-

Management of *Arsha* was done with the help of *Avagaha Swedana*, *Vyoshadi Churna*, *Triphala Guggulu Vati* and *Arshakuthara Rasa*. This treatment was done for 21 days of period.

	<b>Dravya</b>	<b>Duration</b>	<b>Period of Study</b>
<b>Avagaha Swedana</b> <sup>7</sup> <b>[Hot Sitz Bath]</b>	<i>Triphala Churna Kwatha</i> <sup>8</sup>	15 minutes	For 21 days

<b>Kalpa</b>	<b>Matra</b>	<b>Kala</b>	<b>Anupana</b>	<b>Duration</b>
<i>Vyoshadi Churna</i> <sup>9</sup>	1 Karsha [12gm] BD	<i>Adhobhakta</i>	<i>Koshnajala</i>	21 days
<i>Triphala Guggulu Vati</i> <sup>10</sup>	250 mg BD			
<i>Arshakuthara Rasa</i> <sup>11</sup>	250 mg BD			

### Observations:-

The effect of *Gudashoola* [Pain at Anal region], *Malashathambha* [On & Off] and Burning sensation after defecation is as follows ;

	<b>Symptoms</b>	<b>Before treatment</b>	<b>After treatment</b>
<b>VAS Scale</b>	<i>Gudashoola</i> [Pain at Anal region]	8	2
<b>Symptom</b>	<i>Malashathambha</i> [On & Off]	++	+

	Burning sensation after defecation	+++	+
--	------------------------------------	-----	---

**Gradation of symptoms:-**

+ = Mild, ++ = Moderate, +++ = Severe

1 -3 = Mild ; 4 - 6 = Moderate ; 7 -10 = Severe

**Discussion:-**

In this case study observations was done before and after treatment based on symptoms. Which are as follows ;

- **Avagaha Swedana [Hot sitz bath]:-**

*Avagaha Swedana* is warm & shallow bath which helps to clears the perineum and rectal region. *Triphala Churna* has drugs which contains *Haritaki*, *Bibhitaki* and *Aamalaki*. This are of anti-inflammatory, *Kandughna*, Antibacterial actions and properties. This helps to relieve the Local *Gudashoola* and Burning after defecation.

- **Vyoshadi Churna:-**

*Vyosha*, *Vidanga*, *Bhallataka*, *Tila* etc this all drugs are helpful for increasing *Agni* and helps to digest the *Aama Dosha*, and reduces the Pain, Burning sensation and *Malashthambha*.

- **Triphala Guggulu Vati:-**

It has *Triphala*, *Pippali*, *Guggulu* drugs are helps to decrease the bowel movements and acts as a mild laxative. While *Triphala* helps to reduce the inflamed mucous layer & infection and *Guggulu* is having anti-inflammatory property.

- **Arsha kuthara Rasa Vati:-**

This contains *Shunthi*, *Kajjali*, *Lauhabhasma*, *Pippali*, *Maricha*, *Tamrabhasma*, *Danti moola*, *Shuddha Tanka* etc. which helps to improve the digestion power, reduces pain and clears *Malashthambha*.

**Photographs of Arsha - Before and after treatment -**



**Before treatment**



**After treatment**

### Conclusion:-

In this *Arsha* case study all the signs and symptoms like of *Gudashoola* [Pain at Anal region], *Malashathambha* [On & Off] and Burning sensation after defecation are diminished in the 21 days of treatment. In conclusion, *Avagaha Swedana*, *Vyoshadi Churna*, *Triphala Guggulu Vati* and *Arsha Kuthara Rasa* shows significantly effective in the management of *Arsha* w.s.r. to 2<sup>nd</sup> degree internal Haemorrhoids.

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