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# Understanding the etiology of *Arshas* - An Observational Study

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## ABSTRACT

Lifestyle disorders are becoming the major cause of ill health and disability worldwide. Hemorrhoid is one such disease which makes human life miserable. Hemorrhoids is nothing but the varicosity of blood vessels found inside or around the bottom the rectum and anus. Age group of 45-65yrs, it is estimated that 50-85% of people around the world have hemorrhoids.<sup>[1]</sup> In India 75% of the population is estimated. Clinical features of hemorrhoid resembles with *Arshas*. In Ayurveda classics, there are detail information about the *Aharaja* (*Anashana, Adhyashana*), *Viharaja* (*Ativyayama, Divaswapna*), *Manasika* (*Shoka, Krodha*) and *Agantujanidanas* (*Gudakharshana, Vastivbhrama*) which are responsible for the manifestation of *Arsha*. Common symptoms are itching, burning sensation and pain in the region of *Guda* and finally bleeds.<sup>[2]</sup> Maintaining the health and providing the health is the main motto of Ayurveda. This ground incorporates usage of different remedies with focusing on *Nidana Parivarjana*. Thus understanding the *Nidana Parivarjana* is the prime importance. In this study an effort is done to identify the prime causative factors in deal to *Arshas*.

**Key words:** *Haemorrhoids, Arshas, Ahara, Vihara.*

## INTRODUCTION

A healthy mind in a healthy body is the principle aim guiding all the prevailing systems of medicine. To achieve longevity of life several scholars have made efforts since so many years. All the time Ayurveda has also same implacability. Ayurveda is the natural healing system of medicine to maintain health of the healthy individual and cure the ailments the ailing person. Present time is the era of fast foods, irregularity in food timings, changing food style and sedentary life and mental stress all these factors

disturb the digestive system resulting into many diseases, among them one important group is that of anorectal diseases. Among these haemorrhoids, commonly known as piles is quite common in the society. It is commonly seen in people who work in sitting posture for many hours such as driver, bank managers, tailors and shop keepers, etc. According to Indian journal of surgery, among 2000 consecutive proctological examination, 72% incidence of haemorrhoids was found. About 50% of the populations of the world above 50 years aged people suffer from haemorrhoids. *Arśas* is a clinical condition in which structural derangement take place. During process of pathogenesis, the *Doṣas* are vitiated due to indulgence in etiological factors by the person that in turn leads to *Agnimāndya* that further hampers the functions of *Apāna Vāyu*. Normally, *Apāna Vāyu* contributes to evacuation of bowel but vitiated *Apāna Vāyu* leads to collection of faeces in *Gudavali*, and eventually vitiates the other *Vāyus* and *Doṣās*, these vitiated *Dosās* get localized in the *Māmsa* and *Meda* of *Guda Pradeśa*, which result into appearance of *Māmsaprarohās* or *Arśa*.<sup>[3]</sup> According to Modern

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Surgery, Haemorrhoids is varicosity and dilatation of haemorrhoidal veins of anal-canal. Hemorrhoid is commonly seen in human being due to valve - less structure of haemorrhoidal veins.

Hemorrhoid is a disease, which is very specific to human race only due to its erect posture.<sup>[4]</sup> Haemorrhoidal plexus drains into the internal pudendal veins and then into the internal iliac veins, thus providing a link between the portal and systemic venous circulation. In the management of hemorrhoids the procedures, which are in practice at present in modern surgery, are rubber band ligation, cryosurgery, dilatation, infra-red coagulation and haemorrhoidectomy.<sup>[5]</sup> But not all of them have been uniformly successful. Looking at the alarming rate of haemorrhoids in our society and related rate of hospital visits, an effective understanding on the etiopathogenesis of *Arshas* becomes inevitable. An in-depth study on this subject is expected to be useful with a motto of helping masses through the time tested ancient science of Ayurveda while considering the factors from contemporary medical science as well.

## OBJECTIVES

1. To compile the *Nidanas* of *Arshas* described in classical texts.
2. To assess the predominant etiological factors of *Arshas*.
3. To understand hemorrhoids in relation to *Arshas*.

## MATERIALS AND METHODS

A minimum of 60 patients who were suffering from *Arshas* between age group of 16-70 years with the help of special case proforma with the details of *Lakshanas* and *Nidanas* as mentioned in our classics and allied science were selected.

Patients were analyzed and selected accordingly who fulfills the diagnostic and inclusion criteria. Values obtained were assessed on the basis of percentage specially *Aharaja*, *Viharaja* and *Manasika Nidana*.

## OBSERVATIONS AND RESULTS

### On Demographic Data

Majority of participants, 46.6% belongs to the age group of 46-60 years, 80% were males, 75% were Hindu, 50% were having primary education, 65% were upper middle class, 81.6% were married, 33.3% were drivers, 31.6% were labourers, 21.6% were office workers and 13.6% were house wives.

### On Ahara (Dietary Habits)

70% patients used to have both types of diet, 45% have *Adhyashana* and 10% have *Alpamatra Sevana* type of food habits, 45% have habit of irregular food intake. 51.7% have occasional habit of taking *Guru Ahara*, 23.2% have the habit of taking the *Madhura Ahara* daily. 53.2% have habit of taking *Katuahara* daily. 48.2% have habit of taking *Lavana Ahara* daily. 68.2% have habit of taking *Amla Ahara* daily. 66.2% have habit of taking *Ushna Ahara* daily, 78.2% have habit of taking *Ruksha Ahara* daily. 50% have the habit of taking *Snigdha Ahara* daily, 35% have the habit of taking *Abhishyandi Ahara* daily, 53.2% have habit of taking *Vidahi Ahara* daily, 96.7% were having the habit of taking *Paishtika Ahara*, 65% have habit of taking *Virudadhanya* daily, 65% have habit of taking *Shuka Dhanya* daily, 63.2% have habit of taking *Shamidhanya* daily.

### On Vihara (Lifestyle)

55% have habit of indulging *Divaswapna* daily, 8.2% have habit of sitting on hard surface daily, 10% have occasional habit of travelling in violent vehicles and 15% have habit of travelling in violent vehicles daily, 61.7% have habit of suppressing the *Vegas* daily, 71.7% have habit of indulging *Vega Udirana* daily, 3.2% having history of *Garbhapedana*, 6.7% having history of *Vishamaprasooti*.

### On Samanya Lakshana

35% had moderate pain and 21.7% had extreme pain, 45% had bleeding and 55% were not having bleeding, 68.2% have Hard stools and 31.7% were not having Hard stools, 53.2% have no itching, 33.2% have mild itching, 3.2% have discharge and 96.7% have no discharge at all.

Figure 1: Demographic data of 60 participants.

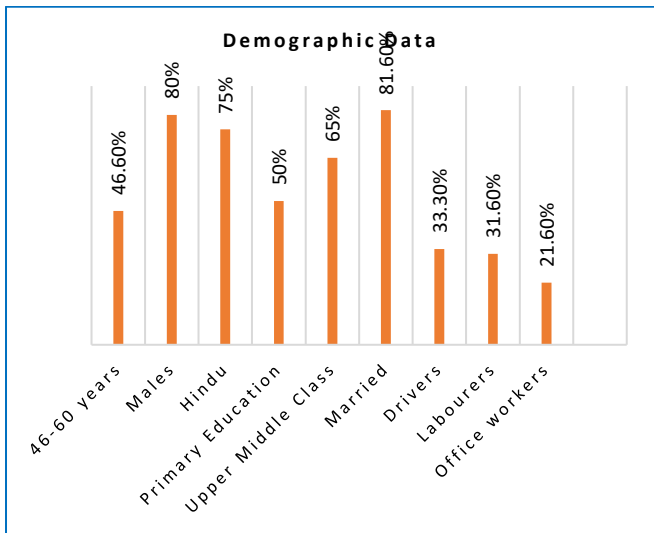


Figure 2: Aharaja Nidana of 60 participants.

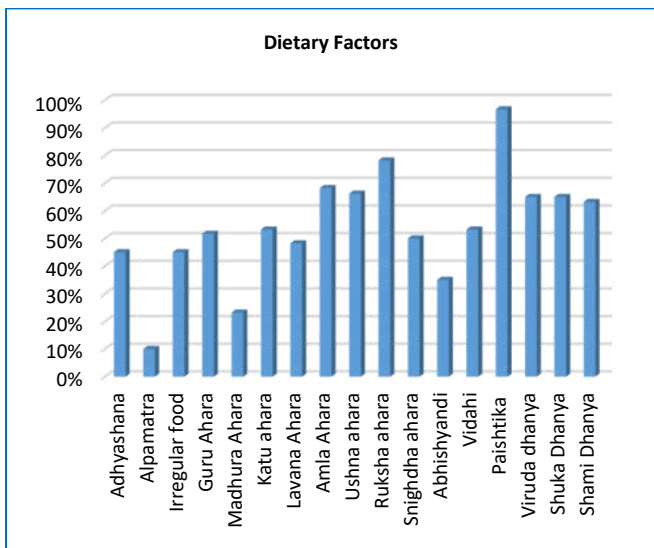
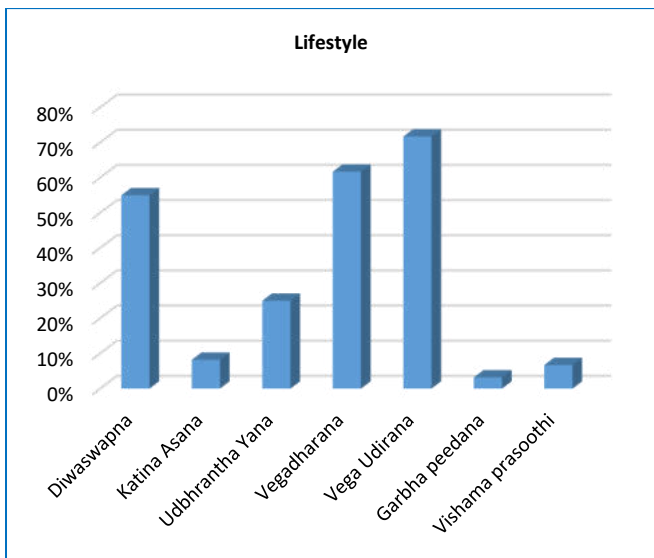


Figure 3: Viharaja Nidana of 60 participants



DISCUSSION

Arshas is one among the commonest medical issue in the general public which is activated by undesirable and inappropriate nourishment propensities, way of life and genetic components upto a degree. By this study it was discovered that the *Aharaja* and *Viharaja* factors that prompts the sign of *Arshas* is as referenced in our course readings among chose subjects and along these lines revising one's nourishment and way of life can be handled in a basic and financially savvy way, accordingly forestalling the difficulties of *Arshas*. Characterization done on *Nidana* like *Aharaja*, *Viharaja* and Familial inclination holds useful for *Arshas* as every one of them have its own task to carry out. Significant part of the of subjects associated with this study had a place with the age bunch 46-60 years of age, It can be observed that *Arshas* is seen in patients between the age group 40 and above may be because of weakness of Anal musculature which can occur with aging process. As *Vata* is the predominant *Dosha* with advancement in aging, can cause weakness in *Guda* and may lead to *Arshas*. Majority of the patients were males. With less number of subjects, it was hard to make an induction of gender prevalence. The majority of the members were Hindu, proficient, working class, it mirrors the segment conveyance in the zone where the study is conducted. Dominant part were married, the age considered for the marriage falls the under the age criteria taken for the study. In the study suggests that the maximum was drivers, as they are more prone to develop due to long hours spent sitting behind the wheels. Ayurveda has also explained different *Viharas* like *Katinasana*, *Utkatasana* etc. as causative factor for *Arshas*. A considerable number of patients were habituated to alcohol and smoking, Drinking alcohol can raise blood pressure putting stress on the veins and circulatory system which may indirectly acts as a cause for *Arshas*. Moreover *Madya* has explained one of the causative factor for both *Vataja* and *Pittaja* *Arshas* because of its *Teekshna*, *Ushna*, *Vidahi* properties and *Amla Rasa* and *Vipaka*. 45% were doing *Adhyashana*, will develop *Mandagni* which is going to be a predisposed factor for *Arshas*. And the



other who consumes *Matravat* quantity may already have *Mandagni* due to other reason. Rest 10% who consumes *Alpamatra* will lead to *Vataprakopa* in *Koshta*, which can contribute to the disease *Arshas*. On over eating, one overloads own's GIT, hence it takes more time for digestion, so that the intestinal contents stays in GIT for longer duration which in turn leads to constipation. Undereating can lead to constipation partly due to less waste product to form faeces and decreased gastric motility. It also suggests that people who are inclined to the mixed diet are more, The disease is more prone to afflict those who indulge in more non veg diets and less prone to affect in vegetarians because of there food rich in fibre which helps to make stools softer and easier to pass. The study subjects which came to our OPD were habituated to mixed diet. These subjects were also prone to take food which are, *Katu*, *Amla* and *Lavana Rasas*, *Gunas* like *Ruksha*, *Guru*, *Snigdha*, *Abhishyandi*, *Vidahi*. Food article with *Katu Rasa* is predominant with *Agnimahabhutha*, when consumed in excess will leads to *Pitta* and *Raktadushti* which are unavoidable factors for causing *Arshas*. As per new contemporary researches, Spicy food does not cause haemorrhoids but can irritate the patients with anal fissures. *Amla Rasa* is *Ushna*, *Laghu* and *Bhedana*. It increases *Kapha*, *Pitta* and *Rakta*. These 3 can act as causative factor for *Arshas*. *Lavana Rasa* is also dominated by *Agnimahabhutha*, having the properties like *Tikshna*, *Chedana* and *Bhedana*, which may provoke *Pitta* and *Rakta* causing inflammation resulting to haemorrhoids which is bleeding in nature. Too much salt in diet can be dehydrating, which is the leading cause for constipation and haemorrhoids. Excess use of *Madhura Ahara* can lead to *Agnidourbalya*. Which can definitely act as a causative factor for *Arshas*. In some individuals who are sensitive to certain foods may experience sugar constipation, because that are high in sugar and low in fibre. *Ruksha Guna* is responsible for *Shoshana*, *Katinatva* and *Rukshana* actions which is mainly related to *Vayu Mahabhutha*. Which can cause *Shoshana* of *Mala* that will trigger constipation and thereby to *Arshas*. These can be considered with bakery items, which is having complete absence of

fibres, that will lead to constipation and further to haemorrhoids. *Snigdha* feature of *Apa Mahabhutha*. It can alleviates *Vata* and aggravates *Kapha*. Excess *Snigdha Guna* can cause *Mandagni* which will further proceed to *Ama* and then to *Arshas*. These can be compared with fried items of now a days which contain refined carbohydrates and can cause inflammation and there by worsening the condition. *Abhishyandi Guna* can cause *Sanga* in *Srotases* and increased *Kapha*. Obstruction in *Srotas* can lead to constipation and increased *Kaphadosa* will lead to *Mandagni*. *Vidahi* refers to *Dravya* which causes *Amlodgara*, *Daha*, *Trushna* and attains digestion with difficulty and produces *Dahadi Lakshanas*. *Vidahi Ahara* is definitely going to provoke *Pitta Dosha* and thereby leading to *Arshas*. *Paishtikas* are Pastries and cakes which are made of flours, which are *Guru* in *Guna* and difficult to digest. Hence *Paishtika* is likely to cause *Agnimandya* and there by to *Arshas*. At present era *Paishtika* can be included under bakery items and other low fibre foods include those made with ingredients like white flour and sugar, such as cakes, biscuits, pastries and other baked goods will definitely act as a cause for constipation. It is also observed that more than half of the population is habituated to take *Shuka Dhanya*, and in the area were study is conducted people are consuming white rice in regular basis. *Shuka Dhanya* is having *Madhura Rasa* and *Madhura Vipaka*, *Snigdha* and *Laghu Guna*, with *Sheetha Virya*. *Vagbhata* has described about its constipative property. Excess use of *Shuka Dhanya* will produce *Badhamala* leading to straining while defecation. White rice can lead to constipation because the husk, bran and germ have been removed which are rich in dietary fibres. *Shami Dhanya* is also found to be used predominantly by more than half of the study subjects, It is having *Kashaya* and *Madhura Rasa*, *Laghu Guna* and *Sheetha Virya* with *Katuvipaka*. Its also having property *Vibandha* and *Grahi*. Both *Vibandha* and *Grahi* property will directly acts as a *Nidana* for *Arshas*. Excess consumption of pulses was found to be the causative factor of Gastric upset including symptoms like bloating. About 55% of study subjects were daily indulging in *Diwaswapna*, Sleeping during daytime other than *Greeshmaritu* causes

vitiation of *Kapha* and *Pitta*. The increased *Kledatva* contributes to production of *Vikrutakapha*. Sitting on hard surface stretches the tissues of anorectal areas causing already swollen veins to bulge even farther. The one who is more prone for haemorrhoids, sitting in hard chair for long periods of time can even trigger the condition. In older days *Udbranthayana* is considered as chariots, horses etc. In current scenario usage of bikes, auto rikshaws like vehicles in roads which are not in good condition can be considered. Riding on motorbikes and other vehicles which are bit rough can cause repeated trauma resulting in clot formation in the external vessels of external pile mass. More than half of the population have the habit of both *Vegadharana* and *Vegaudirana*. *Vegadharana* can cause *Apanavatadushti*. *Acarya Vagbhata* has explained *Agnivadha* or loss of digestion in the context of *Vegadharana*. This *Mandagni* itself can cause the disease *Arshas*. As per contemporary understanding, holding the faeces can lead to constipation by over absorption of water from the intestine. These hard stools acts as a causative factor for haemorrhoids. Since *Vegapravartana* is the attributed function of *Vata*, *Vegaudirana* can also be understood under the context of *Vataprakopa*. Forceful expulsion faeces does same effect as that of over straining, it will exert more pressure on rectal plexus leading to haemorrhoids. Haemorrhoids can occur as a complication of pregnancy in some females. As uterus gets bigger during pregnancy, the pressure it put on veins can cause them to swell leading to haemorrhoids which are common especially in 3<sup>rd</sup> trimester. Increased blood flow as well as pressure which is exerted during difficult labor can cause the veins that runs through the anus to swell leading to haemorrhoids. It can also be considered as which occurs due to *Apanavata Dushti*, since *Garbhanishkramana Kriya* is the function of *Apanavata*.

## CONCLUSION

The present investigation has indicated that a portion of the *Ahara*, *Vihara* and *Manasika* factors mentioned

in our classics will act as a *Nidana* for *Arshas* alongside familial inclination. Incidence of *Arshas* is more seen in patients who lead sedentary lifestyle and for those who sits for a long time. Its also seen in patients who are having less fibre in their diet and those who are habituated to alcohol. In *Aharaja Nidanas*, the *Rasas* like *Madhura*, *Katu Kashaya* and *Lavana* and *Gunas* like *Guru*, *Ruksha*, *Sheetha*, *Snigdha*, *Ushna* and *Abhishyandi* is having direct relation as *Nidanas* for *Arshas*. In *Viharaja Nidanas*, the most prevalent *Nidanas* are *Vegadharana* and *Vegaudirana* along with other *Nidanas* like *Ativyayama*, *Diwaswapna*, *Udbranthayana* gives a bit contribution to trigger the disease *Arshas*. Among *Nidanaarthakara Rogas* mentioned by our *Acharyas*, *Atisara*, *Gulma* and *Ama* stands in front row as a causative factor for *Arshas*. *Manasika Nidanas* like *Krodha*, *Achintana*, *Irshya* was not having any relevance as *Nidanas* for *Arshas*.

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