



ARSHA NIDANA — AN OBSERVATIONAL STUDY

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ABSTRACT

● **Introduction:** Hemorrhoids are called Arshas in Ayurveda. Piles are certainly one of the commonest ailments that affect mankind. It is difficult to obtain an accurate figure for their incidence. The food habits and lifestyles of modern man also added to the increase in the rate of incidence of Arshas. Arshas is a disease which troubles the diseased as an enemy will do. ● **Aim and objectives:-** The present study was conducted to study concepts of Arsha. ● **Design:-** Observational study. ● **Methodology:** A minimum of 30 patients suffering from Lakshana of Arsha be selected for the study. A special case proforma was prepared which includes details of history taking physical signs, symptoms as mentioned in our classics and allied sciences. ● **Results:** 50% of patients were taken dravya which was not suitable for body, 36.6% of patients taken food guru Ahara and Atikrant madhyapana in Aharaj nidana. Among Viharaja nidana, 40% of patients feel excessive in sexual intercourse and Excessive Physical exercise, 30% of patients sitting in a defecation position for a longer time. In mansika nidana, 60% of patients had *Shoka* followed by 30% had *Achinta*. ● **Discussion:-** All Demographical data were used and discussed. ● **Conclusion:-** Arshas is effected day-to-day of human being nowadays. Proper exercise and light hard work per day which can reduce to chance for hemorrhoids.

● **KEYWORDS:-** Arsha, Hemorrhoids, Nidana.

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INTRODUCTION

ANKURAS (SPROUTS) develop inside or outside of *guda* (rectum) and give troubles to the body just like *ari* (enemy) hence these are called *arsas*, this term *arsas* is applied specially to those developing in the *guda* (rectum) these are mainly of four kind – viz *raktolbana* (predominant of blood) *arakta* (devoid of blood) *bahya* (external) and *abhyantara* (internal). In Ayurveda, all the *Ācharyās* have described *Arśah* in separate chapter, and *Ācharya* *Suśruta* has described it under the heading of *Arsha mahāgada*. (Su.Su. 33/4).

Present time is the era of fast foods, irregularity in food timing, changing food style and sedentary life all these factors disturb the digestive system resulting anorectal disorders. Arshas is called Haemorrhoids in modern science. Piles are certainly one of the commonest ailments that affect mankind. It is difficult to obtain an accurate figure for their incidence. But, clinical experience suggests that very many people of both sexes suffer from hemorrhoids. Even more, people have hemorrhoids in a symptomless form.

In classics, several factors are mentioned as Nidana for Arshas. There are no of Aharaja Nidana like Ajeerna Bhojana, Akala Bhojana, Pramithashana, Langana, etc. and food substances like Pishtanna, Paramanna, Masha, Virudadhanya, etc., and specific Nidana are mentioned for Vataja, Pittaja and Kaphaja Arshas are mentioned. But the relation and strength of these Aharaja Nidana with that of causation of Arshas is not mentioned. Some of the Pathya are also mentioned for the Arshas in classics but its specificity in a specific type of Arshas is not mentioned.

This shows the severity of the disease. Even the WHO has started celebrating the 20th Nov. of each year as “WORLD PILES DAY”, which clearly indicates the infiltration of this disease all over the world.

MATERIALS AND METHODS

Methods of collection of data-

- A minimum of 30 patients suffering from Lakshana of arsha was selected for the study.
- A special case proforma prepared which includes details of history taking physical, signs, and symptoms as

mentioned in our classics and allied sciences. Criteria For Selection of Patients:

Inclusion criteria

- Patients between the age of 30 to 60 years.
- Patients were selected irrespective of their gender, caste, and religion.
- Hemorrhoids on all ready operated cases and Recurrence cases.

Exclusion criteria

- Thrombosed and prolapsed pile masses.
- Fistula involvement with piles.
- Major systemic disorder (carcinoma, HIV, Autoimmune disease).
- Fissure in Ano.
- Pregnant women.

Diagnostic Criteria

- 30 The patient was selected on Granthas symptoms of arsha.
- Special designed case proforma was prepared, the patient was selected on the basis of subjective criteria and proctoscopy and anal examination were done.

□ Criteria For Assessment

- Complete blood count

• Subjective parameters

- Shotha (Swelling in the anal region)
- Guda Vedana (pain in the anal region)
- Atopa (Gurgling noise in the abdomen)
- Gudakandu (Itching in anal).
- Aruch (Loss of appetite)
- Vibandha (Constipation)
- Daha (Burning Sensation)

Study design

- 30 patient selected for signs and symptoms was assessed with a detailed history and physical examination.
- proctoscopy was done in each patient on the basis of the above hetu and Lakshana was a study.

Investigations

- Complete blood count

RESULTS

General Symptoms wise distribution-Out of 30 patients, 86.6% of patients constipation, 46.6% loss of appetite, 40% of patient were Swelling in the anal region, 36.6% of patients were reported Itching in the anal region, and 30% of patient were Burning Sensation in the anal region, 26.6% gurgling noise in the abdomen, 23.3% of patients was reported pain in the anal region.

Aharaja Nidana wise distribution- out of 30 patients, 50% of patients where indulge in Asatmya, 36.6% guru ahara and Atikrant Madhyapana Ahara, 26.6% Dadhi, (mandak), 23.3% sheetaahara, 20% were using

Pramitasana Ahara and Atiushn aahara and aushada, 16.6% AtiSnehapana Ahara and adhyashana,, and 13.6% abhishyandi.

Viharaja Nidana wise distribution- Out of 30 patients, 40% of patients feel Excessive sexual intercourse and Excessive physical exercise, 30% of patients Sitting in defecation position for longer time, 26.6% of patient were Suppression of natural urges and did not do any exercise practice, 20% of patients were reported riding vehicles or animals for a long time, and 16.66% of patient were excessive comfort, 13.3% patient sleeping in day.

Manas Nidana wise distribution-The observation shows that the maximum 60% of patients had Shoka followed by 30% had *Achinta*, rest 26.6% of patients were having *Krodha* to disease.

Hemoglobin test wise distribution- The observation shows that maximum 63.3% of patients had *Normal value* (12 to 16 gm/dl) followed by 33.3% had *Below value* < (12 gm/dl) rest 3.33% of patients were having to *Above value* > (12 to 16 gm/dl).

Platelet count test wise distribution- The maximum 96.4% no. of patients had *Normal value* (150,000 to 450,000 per microliter of blood) followed by 3.33% had *Below value* > (150,000 per microliter of blood).

DISCUSSION

- Samanya Lakshana of arsha vyadhi:

Out of 30 patients, 86.6% of patients constipation, 46.6% loss of appetite, 40% of patient were Swelling in the anal region, 36.6% of patients were reported Itching in the anal region, and 30% of patient were Burning Sensation in the anal region, 26.6% gurgling noise in the abdomen, 23.3% of patients was reported pain in the anal region. Due to arsha roga, I found maximum no.of patients a symptoms present vibandha and aruchi. Due to arsha roga Developed bleeding formation and affected a strotasa (mansavah, raktvah) and develop Symptoms like daha, shotha, atop purishvah strotasa affected when indigested food could develop a gudvedana and gudkandu symptom.

► Specific Etiological Factors

Out of 30 patients, 40% of patients Vataj arsh, 23.3% pittaj arsha and raktarsha, 13.3% of patient were reported kaphaj arsha in the anal region.

- Vataja Arsha nidana

found 50% Astmya ahara, 20% Pramitasana ahara, 16.6% Adhyashana, vataj nidana out of 12 arsha patients. In vataja arsha, I found a maximum of 40% Ativyayama & ativyavaye, and 30% Utkattasana and 26.6% Vegvidharana, 20% Pristhayana viharaj vitiating vata dosha andarsha roga Dusthi, you know. Nidana manas like shoka that vitiated a dosha vata. A person who is suffering from a nidana like nidana manas as a shoka he

could not digest food. So he had vibandh and vataj arsha dusti.

- Pittaj Arsha nidana

A total number of 7 pittaja arsha patients I found most common aharaj nidana as 36.6% Atikrant Madhya pana & 20% Atiushnaahara and aushadha, bhojana and 26.6% krodha. Manas nidana presence. A pattern of food like amla and tikhta ras pradhana ahara vitiated Pitta dosha and Agni dusti, which converted pittaj arsha.

- kaphaja Arsha nidana

Of seven patients with kaphaja arsha, 36.6% guru, 26.6% mandak (dadhi), 23.3% sheeta, 16.6% ati-snehapana, 13.3% abhishyandi aahara, I found special nidana. Most of the time I found a diet pattern guru ahara, dadhi, sheetal ahara, and ati - snehapana, abhishyandivitiating, Kapha dosha and mandagni. Specific nidana as the day after meal sleep, excessive comfort, no exercise at all that aggravated Kapha dosha and mandagnit converted kaphaja arsha vyadhi because of agni dushti.

- Raktarsh nidana

Out of 7 patients of raktarsha, I found most common nidana when pressed with hard stool, They discharge excessively copious vitiated blood suddenly leading to complications caused by excessive hemorrhage. so further nidana of raktarsh.

► Laboratory Investigation

- Hemoglobin test:- Out of 30 patients, 63.3% of patients Normal value in range (12 to 16 gm/dl), 33.3% Below value < (12 gm/dl) and, 3.33% of patients were having to Above value > (12 to 16 gm/dl) in haematological test.

- Platelet count test:- Out of 30 patients, the maximum 96.4% no. of patients had Normal value (150,000 to 450,000 per microliter of blood) followed by 3.33% had Below value > (150,000 per microliter of blood), rest no any types of patient seen Above value > (450,000 per microliter of blood) in complete blood count investigation.

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