

BHESHAJA CHIKITSA AND ITS SIGNIFICANCE IN ARSHA ROGA -A REVIEW

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ABSTRACT

Arsha (Haemorrhoids) is one among ano-rectal disease, which tortures the patient like an enemy. *Acharya Sushruta* and *Vagbhata* describes it under *Asthamahagada*. It is engorgement of the Haemorrhoidal venous plexus, characterized by bleeding per rectum, constipation, pain, prolapse and discharge. It is manifested due to improper diet, prolonged standing and faulty habits of defecation causing derangement of *Tridosha*, mainly *Vatadosha*. Vitiating *dosha* localizes in *Gudavali*, *Pradhana dhamani* and *Mamsdhara kala* and vitiates *Twak*, *Mamsa*, *Meda* and *Rakta*, resulting into *Arshas*. This disease is generally compared to Hemorrhoids explained in contemporary science, but it is not Haemorrhoid alone. *Arshas* not only occurs in Ano rectal canal but also develops in other parts of the body eg. *Shishna*, *Apathyapatah*, *Nasa*, *Gala*, *Talu*, *Mukha*, *Karna*, *Akshi Vartma*, *Twak*. In *Ayurveda*, *Acharya Sushruta* has given a unique order in the management of *Arshas* *Bheshaja Chikitsa*, *Kshara Chikitsa*, *Agni Chikitsa* & *Shashtra Chikitsa*. Among these, *Bheshaja chikitsa* is mentioned mainly for *Arshas* in the earlier stages, where the *Doshas* involved, symptoms and complications are not very severe. *Charaka* being Father of Medicine explained the importance of *Bheshaja* and explained the complications of *Shashtra Karma* associated with it. For this, various *Rasa Yogas*, *Bhaishajya Yogas*, *Takra Prayoga* etc are commonly practiced in the treatment of *Arshas* depending upon the *doshas* involved. Based on the *Yukti* of the physician these *Yogas* are used in various types of *Arshas*. *Bheshaja chikitsa* is the first measure of treatment done with the usage of medicines. This measure is necessary along with the other measures of treatment.

KEYWORDS: *Arshas*, Hemorrhoids, *Bheshaja Chikitsa*, *Yogas*.

INTRODUCTION

'Arivat pranana shrunati hinasti iti arsha That which tortures the patient like an enemy is called *Arsha*. In modern day to day life, everybody is busy and neglecting proper diet and lifestyle habits. It results in reducing *Agni* (digestive fire) or making it *manda*. Here *Mandagni* means patient is not able to digest the food material he/she is having at proper speed and time. It results in accumulation or stagnation of *aama* in the form of stool inside or expelling it before time in watery or semisolid form which disturbs *Doshas* at anorectal region. This results in *Arsha*. *Arsha* or Hemorrhoids is excessive and unnatural growth of the *Maamsa Dhaatu*. These are caused in *Guda* (anal canal) in folds or sphincters. *Guda is Sadyopranahara Marma*, and it is well known for its chronicity and difficult in management.

It can be correlated with Hemorrhoids in contemporary science. Hemorrhoids also called as piles, are clumps of dilated veins in the anus and lower rectum.^[2] These

become swollen and inflamed causing pain and rectal bleeding while defecation. Incidence of Hemorrhoids can occur at any stage and affect both sexes. Hemorrhoids often described as varicose veins of the anus and rectum. Hemorrhoids are usually found in three locations: left lateral, right anterior, right posterior positions. They lie beneath the epithelial lining of the anal canal and consist of direct arteriovenous communications, mainly between terminal branch of superior rectal and superior Hemorrhoidal arteries and to lesser extent, between branches originating from the inferior and middle hemorrhoidal arteries and connective tissue.^[3]

Bheshaja means, *'tadeva yukta bheshajam yad arogyaya kalpate'*, that which restore the health is known as *Bheshaja*. *Bheshaja* is a medicament which is known by physician. Being beneficial to cure the disease by physician is known as *Bheshajya*.^[5] The measures adopted to bring about equilibrium of *Doshas* known as *Chikitsa*. The objective of *chikitsa* is to prevent the

disturbance of equilibrium of Doshas and to regulate the equilibrium of *Doshas* that are disturbed.

Bheshaja chikitsa is a first line of treatment in various diseases. It is considered to be a conservative line of treatment helpful to cure and prevent the recurrence of diseases. *Bheshaja Chikitsa* includes, treatment modality, Life style modifications and dietary factors. The main goal of *Ayurveda* is 'Swasthasya urjaskaram kinchit, kinchit artasya roganut.'^[7] ie, to restore the health and cure the disease. *Bheshaja chikitsa* helps to attain the same.

Nidana^[8]

- **Aharaja-** Mandagni Guru, madhura, Sheeta, Abhishyandi, Vidahi, Viruddhara sevana. Varaha, Mahisha, Aja, Avi Mamsa bhakshana, Krusha, Shushka, Puti mamsa sevana, Lashuna, kilata, virudha dhanya sevana, paryushita, puti, sankeerna anna sevana, Atimadhyapana
- **Viharaja-** Basti karma vyapat, Ativyayama, vyavaya, Diwaswapna, atishayana, Aasan, Uktasana, Vishamasana, Kathinasana, Ushtra yana, Adhika pravahana, Vegadharana
- **Any-** Amagarbha bhramsha, Garbhotpeedana, Vishama prasooti
- **Nidanarthakara Roga-** Atisara, Grahani, Pandu, Gulma

Purvakarma^[9]

Vishtamba, Dourbalya, Kukshi Atopa, Paridaha, Pipasa, Akshi Shwayathu, Karshya, Udgarabahulya, Sakthisada, Alpavikata, Shwasa, Kasa, Grahanidosha, Pandu, Udara, Balahani, Bhrama, Tandra, Indriya Dourbalya are the premonitory symptoms Of *Arshas*.

Classification of Arsha

There are different opinions of *Acharya* regarding the classification of *Arsha*:

a) On the basis of the origin

1. Sahaja 2. Uttarakalaja (Vataja, Pittaja, Kaphaja, Raktaja, Sannipataja)

b) On the basis of the character of Bleeding

Ardra (Sravi)- Bleeding piles due to vitiation of *Rakta* and *Pitta Dosh*.

Shushka- Non bleeding piles due to vitiation of *Vata* and *Kapha Dosh*.

c) On the basis of the predominance of Dosh:

1. Vataja 2. Pittaja 3. Kaphaja 4. Raktaja 5. Sannipataja 6. Sahaja

d) On the basis of Prognosis

1. *Sadhya* (Curable)
2. *Yapya* (Palliative)
3. *Asadhya* (Incurable)

e) On the basis of position^[10]

1. External
2. Internal

1. External Hemorrhoid

External hemorrhoids are those that occur outside the anal verge (the distal end of the anal canal). Specifically they are varicosities of the veins draining the territory of the inferior rectal arteries, which are branches of the pudendal artery. They are sometimes painful, and can be accompanied by swelling and irritation. External hemorrhoids are prone to thrombosis, if the vein ruptures and/or a blood clot develops, the hemorrhoid becomes a Thrombosed Hemorrhoid.

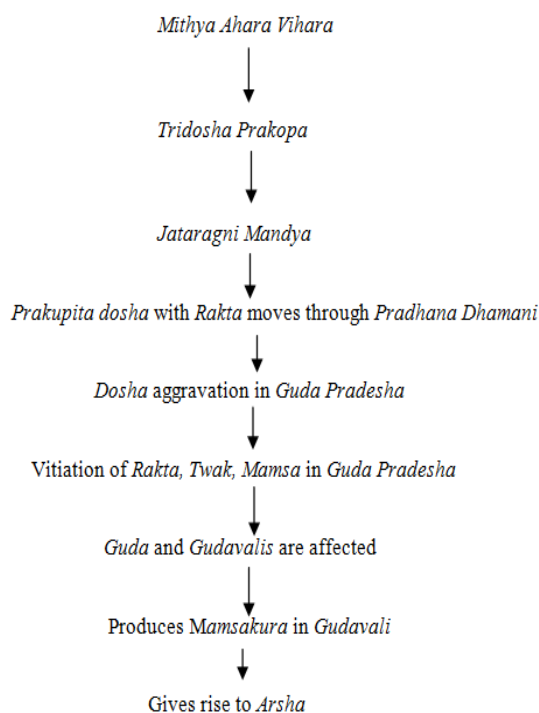
2. Internal Hemorrhoids

Internal hemorrhoids are those that occur inside the rectum. Specifically they are varicosities of veins draining the territory of branches of the superior rectal arteries. As this area lacks pain receptors, internal hemorrhoids are usually not painful and most people are not aware that they have them. Internal hemorrhoids, however, may bleed when irritated, usually due to constipation.

f) On the basis of symptoms

1. Grade I: No Prolapses, just prominent blood vessels.
2. Grade II: Prolapses upon bearing down but spontaneously reduce.
3. Grade III: Prolapses upon bearing down and require manual reduction.
4. Grade IV: Prolapsed and cannot be manually reduced.

Samprapti of Arshas^[11]



Role of Agni in Arshas

- *Agni* is the digestive and metabolic fire of the body. *Ayurveda* emphasizes that all the diseases are results due to weak state of *Agni*.^[12] Improper functioning of *Agni* leads to various gastrointestinal disorders as well as various metabolic disturbances.
- *Mandagni* acts as a prime factor in the diseases like *Arsha*, *Grahani* and *Atisara* where each conditions again plays as an etiological factor for the manifestation of other diseases due to mild to severe form of *Agni* imbalance.^[13]
- Secondly, the improper dietary and bowel habit interferes with digestive power leading to poor gastric to intestinal digestion and improper absorption of nutrients leading to constipation with straining habit during defecation which further plays as risk factor for visibility of piles mass in case of external *Arshas*.

Arsha, *Atisara*, *Grahani* are generally interdependent in causative factors, all diseases occurs due to impaired *Agni*. Hence the *Agni* should be maintained particularly in these diseases

Sadyasadyata^[14]

Sadhya- Single *Dosha*, *Bahya vali*, <one year.

Kastasadhya-Combination of two *Dosha*, *Madhyama vali*, > One year.

Yapya-Tridosha with minimal features

Asadhya-Tridosha and *Sahaja*, *Abhyantara Wali*, *Chirakaleena Upadravayukta*

Management of Arshas

The patients of *Arsha* should always use diet and drugs which are *Vatanulomaka* and *Agnideepaka*.^[15]

Arshas can be treated with 4 folds of approach

Aushadha(Internal and external medicines), *Shastra Karma* (surgical methods), *Kshara Karma*(Cauterization with alkalis or caustic cauterization), *Agni Karma* (Fire cauterization).^[16] *Bheshaja chikitsa* plays a major role in the initial stages of *Arsha*. When the pile mass is recent origin, less involvement of *doshas*, having less number of symptom & less complications in such condition *Bheshaja chikitsa* should be done.^[17] With the *Bheshaja* line *doshas* can be eliminated totally from the body, where as *agni*, *kshara* & *shastrakarma* are local treatment, hence they cannot eradicate the factors of the disease. Important advantage of *Bheshaja chikitsa* is that, there will not be no or less complications and no any adverse effects.

For the purpose of *Chikitsa*, the *Arshas* is classified into two groups, 1.*Shushkarsha* 2. *Sravi Arsha*. *Vataja* and *Kaphaja Arshas* comes under *Shushkarsha* where as *Pittaja* and *Raktaja Arshas* comes under the category of *Sravi Arshas*.^[18] That means *Vataja* and *Kaphaja Arshas* are treated under the same line of treatment. And it is observed that the signs and symptoms of *Vataja* and *Kaphaja Arshas* are almost similar in appearance of

growth, discharge and bowel habit etc, therefore same line of treatment is adopted accordingly. In spite of having *pichha srava*, *kleda srava* and the *kapha srava* through the anal orifice *Charaka* has considered *Vataja* and *Kaphaja Arshas* under *Shushka Arsha*. That means only bleeding through the anal orifice should be taken into account to consider it as *Sravi Arshas* not the rest other *srava* such as *pichha srava*, *kapha srava* etc, because *picha srava* can occur in *Shushka* as well as *Sravi Arshas*.^[19]

1. Shushka Arsha

For the purpose of *chikitsa* again *charaka* has classified *shushkarsha* on the basis of altered bowel habits ie, with diarrhea and constipation. Management of *Shushka arsha* associated with diarrhea *snehana*, *swedana*, *avagaha*, *lepa raktamokshana* to be done. Along with this *Takra prayoga*, *shamanoushadis* to be given. *Bhallataka* is said to be the best medicine for *Shushka arsha*.^[20]

Shushka Arsha with Bhinnavarchas

Snehana

Taila prepared out of *Chitraka*, *Yavakshara*, *Bilva* is used for *snehana* as *sthanika Abhyanga* on *guda pradesha* followed by *pottali swedana* to be done locally on *guda pradesha*.

Swedana

Avagaha sweda is a *drava sweda*, the drugs like *mulaka*, *triphalala*, *arka*, *shigru*, *badara* these drugs are used for preparation of *kwatha*, the patient of *Shushka Arsha* is made to sit in the tub containing *kwatha*. Tolerable temperature is to be maintained, this helps in relieving the pain of *Shushka Arsha*.

Dhuma

Before administration of *Dhooma*, *Abhyanga* is done on anal region with using *vasa* of *Krishna sarpa* or *varaha* or *ushtra* followed by *Dhuma prayoga*. *Dhuma* with human hair or exoskeleton of snake or *Arkamula* or *Shameepatra* and fumes made to get in contact with anal region. This procedure helps in relieving pain of *Arsha*.

Lepa

Haridra churna mixed with *sudha ksheera* etc. The drugs used in *lepa* are having *shothahara*, *shulahara* and *arshohara* properties. Local application helps to relieve local symptoms. similarly local application of *lepa* before administration passing stool helps in relieving local pain and ease the spasm which occur severely while passing stool.

Takraprayoga in Arshas

Takra is mainly indicated in *Vata-Kaphaja* type of *Arshas*. Depending on *Dosha*, *Agni* and *Bala* of *Rogi Takra* can administered for 7 days, 10 days, 15 days or 30 days. The first line of treatment of *Arshas* is *Vatanulomana* and *Agni balavardhana*. *Takra* by it *Vata-pittahara guna* brings down the pain presented in case of

Arshas, by *Madhura paka* it mitigates the burning sensation, by *Kashaya rasa* it stops the bleeding, by its *Deepana* property cures *Agni-mandya*, thereby helping in *SrotoShuddi*. Based on *Agnibala* of the patient the suitable *Takra* with or without fat content is used, thereby treating all types of *Arsha*. One should use his *Yukti* and treat *Arshas* using *Takra*, as *Takra* when processed with other drugs acts as *Tridosahara* thus, providing an aid to cure all types of *Arshas*. *Arshas* once cured by the administration of *Takra*, do not recur. When *Takra* sprinkled over ground it burns all the grass, like that administration of *Takra* cures *Arshas* and increases *agni*.^[21]

Raktamokshana

Raktamoksha to be done where the *mamasankura* is hard with *shotha*. It removes *dushta rakta*. *Raktamokshana* procedure can be carried out by applying *Jalouka*, *shastra*, *suchi* or *kurcha* etc repeatedly. This helps to reduce local congestion of blood and relieve the pain.

Management of Shushka Arsha with Baddha Shakrat

In this *Anulomana*, *niruha basti*, *anuvāsana basti*, *lepa* and *vedanahara shamanoushadis* to be administered.

Anulomana

Yavani, *Nagara*, *Patha*, *Dadima swarasa*, *Guda*, *Takra*, *Lavana* etc drugs advised orally to relieve constipation.

Niruha Basti

Dashamula kwatha, *Godugda*, *Goghrita*, *Sneha*, *Saindhava lavana*, *madanaphala kalka* are used in *Niruha basti*.

Anvasana Basti

Nagaradi ghrta, *Pippalayadi ghrta* etc are given in *Guda shophā*, *Picha srava*.

Guda Prakshalana

Bhangodaka with a tolerable hot decoction is used for washing *Guda*. *Bhanga* is *mohakara*, *madakara*, therefore it helps in relieving pain immediately.

2. Rakta Arshas/ Sravi Arshas

In case of *vatanubandha raktarshas snigdha*, *sheeta ahara* and *aushadha* are recommended. If *Pitta* and *Kapha* both are involved in *Raktarshas*, *Ruksha* and *shodhana therapy* is recommended. In *Raktaja Arshas*, *Raktapitta* line of treatment should be done. Initially *Raktastambana* is contraindicated in *Raktarsha*. When the vitiated *Rakta* is eliminated from the body, *Raktastambaka chikitsa* is recommended. *Vatsaka* is said to be the best medicine for *Rakta Arsha*.

Langhana and Shodhana In Raktarsha

Dushte asre shodhanam karyam, langhanam cha yathabalam, *arunadatta* commenting on the this statement says that, *bahudoshasya shodhanam, itareshu langhanam*. Here *Rakta* is vitiated due to *tridosha* so that

shodhana and *langhana* are suitable treatment. Assessment of *rogi bala* is necessary before *langhana*.

Raktastambaka Dravyas

Kutaja twak, *Nagara*, *Dadima phalatwak*, *Raktachandana*, *Kiratatikta*, *Dhanvayasa*, *Daruharidra twak*, *Nimba twak*, *Ushira* are used for *Raktastambanartha*.

Avagaha Sweda

In case of heavy bleeding with *daha* in *Rakta arshas* *Avagaha* is helpful. *Kwatha* is prepared with the drugs like *madhuka*, *mrinala*, *padmaka*, *kusha*, *kasha* in large quantity, pour the cooled *kwatha* in big tub, patient is made to sit in the same tub. *Kwatha* should be maintained cool. It relieves congestion, pain and stops bleeding.

Sneha Prayoga

The bleeding which persists in the patient having diminished *Doshas* and aggravated *vata*, it should be managed with *Sneha* in the form of *Pana*, *Abhyanga*, *Anvasana*.

Picha Basti

In predominance of *vata* with *ati Raktasrava* *Pichabasti* should be administered. Roots of *yavāsa (durālabhā)*, *kusha* and *kaasha*, flowers of *Salmali*, leaf buds of *Nyagrodha*, *Udumbara*, and *Asvattha* each two *Palas* should be boiled with *three Prastha* water and one *Prastha* milk until only milk is left. This should be filtered and mixed with pastes of *Shalmali-niryāsa*, *Samangā*, *Candana*, *Utpala*, seed of *Vatsaka*, *Priyangu* and *Padmakesara*. At the end *Ghrta*, Honey and sugar should also be mixed. This *Piccha Basti* eliminates *Pravahika*, *Arshas*, *Gudabhramsha*, *Raktasrava*, *Jwara*.^[21]

Vyatyasa Chikitsa in Arshas

Madhura, *Amla*, *Sheeta* and *Ushna dravyas* are to be advised alternatively, only by assessing the *Agni Bala*. One should not advice *Madhura-Amla dravyas*, *Sheeta-Ushna Dravyas* together. By following this treatment principle, one can treat the *Arshas* successfully.^[22]

Shamanoushadis in Arsha Churna

Formulations	References	Indications
1. Samangadi churna	Bhaishajya Ratnawali	Raktarsha
2. Samasharkara churna	Bhaishajya Ratnawali, AFI	Arsha, Agnimandya, Aruchi,
3. Lavanottamadi churna	Bhaishajya Ratnawali Chakradatta	All types of Arsha
4. Vyoshadi churna	Bhaishajya Ratnawali Chakradatta	Arsha, kushta, Garavisha, Shotha
5. Chirabilvadi churna	Bhaishajya Ratnawali	All types of Arsha
6. Vijaya churna	Bhaishajya Ratnawali Bhavprakash	Arsha, Shotha, Udara, Pandu roga, Udawarta
7. Vellajadi churna	Bhaishajya Ratnawali	Vatarsha
8. Dhaturadi churna	Bhaishajya Ratnawali	All types of Arsha
9. Kankoladi churna	Bhaishajya Ratnawali	Vataja Arsha

Kwatha

Formulations	References	Indications
1. Pathyadi kwatha	Bhaishajya Ratnawali	Arsha, vibandha, agnimandya
2. Chandanadi kwatha	Bhaishajya Ratnawali	Raktarsha
3. Chirabilvadi kwatha	Bhaishajya Ratnawali	Arsha, Bhagandara, Gulma, Deepana
4. Sharkara kwatha	Bhaishajya Ratnawali	Raktarsha

Taila

Formulations	References	Indications
1. Kasisadya Taila	Bhaishajya Ratnawali Gada Nigraha	E/A on pile mass
2. Brihat Kasisadya taila	Bhaishajya Ratnawali Gada Nigraha	E/A on pile mass
3. Pippalyadi Taila	Bhaishajya Ratnawali, Chakradatta	As Anvasana Basti
4. Jatyadi Taila	Sharangadhara	E/A to heal pile mass

Vati/Gutika/Modaka

Formulations	References	Indications
1. Pranada Gutika	Bhaishajya Ratnawali Chakradatta	All Types of Arsha
2. Ballataka Modaka	Bhaishajya Ratnawali	Pittarsha
3. Surana Pindi	Bhaishajya Ratnawali	All Types of Arsha
4. Agastya Modaka	Bhaishajya Ratnawali	Arsha, Udawartha, Grahani
5. Kankayana Modaka	Bhaishajya Ratnawali	All Types of Arsha
6. Manibhadra Modaka	Bhaishajya Ratnawali, Chakradatta	Arsha, Bhagandara, Kusta
7. Nagarjuna Yoga	Bhaishajya Ratnawali, Chakradatta	Arshas, Jalaadhara, Kusta, Shoola
8. Tialadi Modaka	Bhavaprakasha	All Types of Arsha
9. Laghusurana Modaka	Bhavaprakasha	Arsha, Shoola, Deepana

Ghrita

Formulations	References	Indications
1. Utpalashatpala Ghrita	Bhaishajya Ratnawali Chakradatta	Jwara, Arsha, Pleeha, Kasa
2. Vyoshadya Ghrita	Bhaishajya Ratnawali Chakradatta	Agnee deepana, Arshogna
3. Chavyadya Ghrita	Bhaishajya Ratnawali Chakradatta	Vatanulomana, pravahika Gudabhramsha, Guda Vankshana shula
4. Kutaja Ghrita	Bhaishajya Ratnawali	Raktarsha
5. Simhamrita Ghrita	Bhaishajya Ratnawali Chakradatta	Arsha, Prameha
6. Sunishannaka changeri Ghrita	Bhaishajya Ratnawali Chakradatta	Arsha, Atisara, pravahika, Gudabhramsha, guda shula, shotha

Avaleha

Formulations	References	Indications
1. Bahushala Guda	Bhaishajya Ratnavali Chakradatta	Arsha, Udara, Mandagni, Vatarakta, Grahi
2. Guda Bhallataka	Bhaishajya Ratnavali Chakradatta	Kusta, Arsha, Kamala, Grahani, Gulma, Bhagandhara
3. Kutaja Leha	Bhaishajya Ratnavali	Amlapitta, Atisara, Raktarsha, Swayathu
4. Dashamoola Guda	Bhaishajya Ratnavali	Arsha, Ajirna, Pandu
5. Kutaja Rasa Kriya	Bhaishajya Ratnavali Chakradatta	Raktarsha, Raktatisara, Shoola

Asava and Arista

Formulations	References	Indications
1. Takrarista	Bhaishajya Ratnavali	Deepana, Rochana, Balya, Arsha, Guda kandu peeda Kaphavataja
2. Dantyarista	Bhaishajya Ratnavali	Vatanulomana, Deepana, Grahani, Pandu
3. Drakshasava	Bhaishajya Ratnavali	Arsha, Shotha, Hridroga, Pandu, Gulma, Vata-pitta Shamana
4. Abhayarista	Bhaishajya Ratnavali	Vibhandhanasshaka, Agni Deepaka
5. Sharkaraista	Yoga Ratnakara	Arsha, Grahani, Pandu, Udavartha
6. Hapushadyarista	Yoga Ratnakara	Agnideepana Vatanulomana, Gudashwayathu, Kandu, kaphavata Shamaka

LEPA

Formulations	References	Indications
1. Arkaksheeradi Lepa	Bhaishajya Ratnavali	All types of Arsha
2. Jyotsnikamoola Lepa	Bhaishajya Ratnavali	
3. Haridradi Lepa	Bhaishajya Ratnavali	All types of Arsha
4. Suranadi Lepa	Bhaishajya Ratnavali Bhavprakash	All types of Arsha
5. Shirishabeejadi Lepa	Bhaishajya Ratnavali	All types of Arsha
6. Apamargadi Lepa	Bhaishajya Ratnavali	Lingarsha
7. Rajanyadi Lepa	Bhavprakash	All types of Arsha
8. Varijadi Lepa	Bhavprakash	All types of Arsha

Rasaushadhis

Formulations	References	Indications
1. Rasagutika	Bhaishajya Ratnavali Chakradatta	Arshogna, Agnideepaka
2. Teekshnamukha Rasa	Rasendrasara Sangraha	All types of Arsha
3. Arshakutara Rasa	Rasendrasara Sangraha	All types of Arsha
4. Chakreshwara Rasa	Rasendrasara Sangraha	Vataja Arsha
5. Jatiphaladi Vati	Rasendrasara Sangraha	Arsha, Agnimandya
6. Panchanana Vati	Rasendrasara Sangraha	Arsha, Kusta
7. Nityodita Rasa	Rasendrasara Sangraha	All types of Guda Roga
8. Astanga Rasa	Rasendrasara Sangraha	All types of Arsha

Patha Apathya

- **Anna varga-** Godhooma, Yava, Raktashali, Shastika. Kulattha, Priyangu, Neem juice, Yusha.
- **Shakha varga-** Surana, Nimba, Patola, Punarnava, Shrigu, Balamula, Kusumbha, Sobhanjana, Shali, Rasana, Chitraka, Punarnava, Shurana.
- **Ksheera varga-** Aja Ksheera, Takra.
- **Phala varaga-** Amalaki, Kapitta.
- **Ahara varga-** Palandu, Nagara, Maricha.
- **Mamsa varga-** Mushaka, Go, Vanara, Ashva, Hirana, Kukkuta, Aja, Chataka
- Apathya
- **Ahara - Viruddha, Vistambika, Abhishandya, Guru ahara,**

- **Anupa mamsa, Dusta udaka, Dosha prakopaka anna, Anupa desha pashu and Pakshi mamsa, Matshya, Tila khalli, Dadhi, Rooksha ahara, Bilva patra, Tumbi. Jaliya kanda Viruddha dravya in Rasa, Veerya, Vipaka, Atijalapana.**
- **Vihara - Vega dharana, Atistreesanga, Uttkutasana, Prushatayana, Atapasevana, Vamana, Basti, Apart from these Sushruta has advised - Suppressing natural urges (Vegavarodha) Excessive traveling, Taking the teekshna Pana and doshaprakopaka Anna should be prohibited.**

DISCUSSION

Arsha is the common disease seen in day to day practice of a Physician. Urbanization, changing life style, dietary and bowel habits are contributing factors in increasing prevalence of Haemorrhoids. *Arshas* is a *Shoola Pradhana Vyadhi*, where *Bheshaja Chikitsa* is the first line of management in first and second degree hemorrhoids. Earlier diagnosis and treatment is needed to prevent further aggravation of condition and to prevent the surgical intervention thereby improving the quality of life. *Arsha*, *Atisara*, and *Grahani* are the three disease which are interdependent. In all these condition, *Mandagni* is the prime cause. so the *Agni* should be maintained to overcome them. For preventive aspects, To prevent *Sahaja Arshas* before conception *Shodhana* should be done. *Nitya Takra prayoga* helpful in preventing *Arshas*. To prevent *Uttarakalaja Arshas*, one should follow *Dinacharya*, *Ritucharya* and *Rasayana*.

CONCLUSION

Arsha is a *Tridoshaja vyadhi* that arises from *Mandagni*, *Ama* and *Apana Vata Dushti*. Among 4 types of *Chikitsa*, *Charaka* gives more importance to *Bheshaja chikitsa*. The main treatment of *Arshas* includes, *Agni Deepana*, *Vatanulomana* and *Rakta stambana*. *Bheshaja Chikitsa* is more effective in early stage of *Arsha* when it is *Achirakalajaataani* with *Alpa dosha*, *Alpa linga* and without *Upadrava*. Also these measures has to be adopted along with the other line of treatment like *Shastra karma* etc. As *Arshas* is a *Yapya Vyadhi*, along with *Bheshaja chikitsa* lifestyle modification is necessary.

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