

A literature review on management of *Arsha* with special reference to Ayurveda

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Abstract

Arsha is one of the *maharoga* among eight *maharogas*. Some types of *Arsha* are correlated with hemorrhoids. *Arsha* symptoms develop more than half of men and women during their lifetime. *Arsha* is defined as '*arivat pranana hanti*' causing discomfort, pain and bleeding. The aim of this literature study was to review on management of *Arsha*. *Vruhatraya* and other Ayurveda classics were referred to collect data. According to *Sushruta*, *Ashtanga Samgraha* and *Ashtanga Hridaya Samhita*, there are four types on management of *Arsha*; *Bhesaja* (medicines), *Kshara* (caustic alkalis), *Agni* (fire cautery) and *Shastra* (sharp instruments). Having mild *dosas* aggravation, symptoms, complications and short term *Arsha* are treated with medicines. Soft, broad, deep, bulged up *Arsha* are treated with *Kshara*. Rough, immovable and hard *Arsha* are treated with fire and thin root, bulged up while exuding *Arsha* are treated with sharp instruments. Medicinal treatments recommended for *Arsha* do not cover the complete process of *Arsha Samprapti*. To prevent forming *Arsha* and in *pathya* and *apathya* in *Arsha* disease *Caraka Samhita* and *Bhava Prakasha* mentioned the use of medicines, food and beverages which help to increase downward movements of flatus and stool. In Ayurveda, with the main treatment, some other measures are also used like fomentation, sprinkling, bath, smearing and fumigation, ointment, blood-letting (repeated application of leeches or sharp edged instruments or needles), enema (*anuwasana*, *niruha*, *piccha*), cooling therapy, rubbing in management of *Arsha*. It can be concluded that different treatment modalities are used according to the type and stage of *Arsha*.

Keywords: *Arsha*, *Vruhatraya*, *maharoga*

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