

Arsha- Hetu, Samanya Lakshana & Samanya Chikista

Dr. Gaurav S. Raut
PG Student

Dr. Pradeep Kumar Jondhale
Guide (M.D. Shalya Tantra)

Dr. Pradeep Kumar Jondhale
H.O.D. (M. D. Shalya Tantra)

Dr. D. Y. Patil College of Ayurved & Research Centre Pimpri Pune.

Abstract :

The nature gives us a special gift from long year ago. At the same time we adopted bad things too. Arsha is also a natural consequence of erect posture of human being. It is a common disease in huge percentage of the population. Ayurveda research and studied this Arsha condition etio-pathogenesis and a number of treatment methods. In Ayurveda literature it is included in Ashtau Mahagad, also it is Dushyachikitysa, Dirghakalanubandhi, Tridoshaja & involved in Marma.

Keywords - Arsha, etio-pathogenesis, Mahagad, Marma etc.

Introduction :

Arsha is common disease condition all over the India & World. As per statistical data has claimed good percentage of the population above age fifty have minimal or significant Arsha. It is quit common in adulthood, it is usually associated with constipation. According to Ayurveda (Acharya Sushruta) Arsha occurs in Gudabhaga which is explained as a Marma & its difficult to treat.

If this disease is not treated properly or ignored it may cause complications like strangulation, fibrosis, haemorrhage etc. as per Acharya Sushruta it is treated by Aushadha, Kshara, Agni, Sahstra, Raktamokshana (Su. Chi. 6/7)

Hetu :

Arsha has its own causative factors in various Authors in Ayurveda literature explained causative factors i.e. hetu. Acharya Charaka described common aetiology to each dosha. Acharya Vagbhata gives Sahaja variety & Acharya Sushruta explained same except Sahaja Variety.

Sahaja (hereditary) -

- Maternal
- Paternal

Guda to localized condition -

- Long sitting & travelling period in an uneven seat posture.
- Basti Netra Dosha.
- Straining during motion.
- Improper technique of Basti karma.
- Injury to anal region.

Disease to Secondary condition

- Grahani
- Gulma
- Atisara
- Pandu
- Aama
- Shofa
- Jwara

General causes -

- Aaharaj- (as per Acharya Charka)

1) Bhojana -

- | | |
|----------------|------------------|
| i) Abhishyandi | ii) Madhura |
| iii) Ruksha | iv) Paryushita |
| v) Vidahi | vi) Viruudha |
| vii) Shita | viii) Ajirnashan |
| ix) Guru | x) Pramathi |

II) Annadravya-

- | | |
|--------------------|-------------------|
| i) Kasheruka | ii) Guru |
| iii) Navadhanya | iv) Shamidhanya |
| v) Gurushaka | vi) Lasuna |
| vii) Shalishasthik | viii) Shrugantaka |
| ix) Shushka Shaka | x) Viruddha |
| xi) Dhanya | xii) Ekshu Rasa |
| xiii) Manda | xiv) Guru Jala |
| xv) Vikruta Jala | xvi) Ati Snehapan |
| xvii) Madya | xviii) Dadhi |

III) Dravadravya-

- | | |
|-----------------|------------------|
| i) Ikshu Rasa | ii) Manda |
| iii) Guru Jala | iv) Vikruta Jala |
| v) Ati Snehapan | vi) Madya |
| vii) Dadhi | |

IV) Mansarasa -

- | | |
|----------------|------------------|
| i) Aja | ii) Ruksha Prani |
| iii) Mahishaja | iv) Shushka |
| v) Varaha | vi) Matsya |
| vii) Gavya | |

Viharaja -

- | |
|------------------|
| i) Diwaswap |
| ii) Ativyavaya |
| iii) Ativyayam |
| iv) Shayya Sukha |
| v) Vishamasana |
| vi) Avyavaya |

Lakshana - (By Acharya Bhela & Vagbhata)
Table Showing Lakshana as per Acharya Bhela & Acharya Vagbhata

No. Lakshana	As per Bhela	As per Vagbhata
1. Akshona shwayathu	+	-
2. Angamarda	-	+
3. Arochaka	+	+
4. Asarata	-	+
5. Ashmari	-	+
6. Aasyavairsya	-	+
7. Asthi shoola	-	+
8. Atinishprabha	-	+
9. Avipaka	+	+
10. Badhirya	-	+
11. Bala kshaya	+	-
12. Bhinna swara	-	+
13. Deenata	-	+
14. Dhyamukha	-	+
15. Glani	+	-
16. Gudadaha	+	-
17. Hatotsaha	-	+
18. Hrudaya shoola	-	+
19. Jwara	-	+
20. Kasa	-	+
21. Klaibya	-	+
22. Klama	-	+
23. Krushata	+	+
24. Kshamata	+	+
25. Kshama swara	-	+
26. Kshavathu	-	+

27. Kwachita ama & ardra Upaveshaan	-	+
28. Kwachita harita upaveshana	-	+
29. Kwachita rakta and pakva upaveshana	-	+
30. Kwachita pandu & pakva upaveshan	-	+
31. Kwachita pichchhila, shushka upaveshana	-	+
32. Kwachita vibaddha upaveshana	-	+
33. Marma and nabhi shoola	-	+
34. Pravahika	+	+
35. Pandu	+	+
36. Payu shola	+	+
37. Peenasa	-	+
38. Pipasa	+	+
39. Prushta shoola	+	-
40. Pulakodaka sannibham upaveshana	-	+
41. Purisha bheda	+	-
42. Sarva parva shoola	+	+
43. Sthivana	-	+
44. Shoola	+	-
45. Shwasa and timira	-	+
46. Shwayathu and vaivarnya	+	+
47. Vankshna shoola and vaghatachhaya	-	+

Chikitsa :

In Ayurveda classical texts many optional medications are explained i.e. oral & local .

A) As per Acharya Charaka mentioned as below - Specially Shushkarsha & Raktarsha Type-

- Snehana
- Swedana
- Lepana
- Dhupana

- Varti
- Avagahana
- Raktamokshana
- Basti
- Takrapan
- Churna
- Aushadhi
- Snehapan
- Mansarasa

B) As per Acharya Sushruta Mentioned below:-

- Vataja Arsha- Snehana, Swedana, Vamana, Virechana etc.
- Piitaja Arsha- Virechana.
- Kaphaja Arsha- Sunthi & Kullatha
- Sannipataja Arsha- tridoshaghna dravya.
- Raktaja Arsha- Sanshamana Karma.

If Patient didn't treat with above treatment then use Para surgical methods:-

Ksharakarma - The Arsha having picture with extensive, deeply situated, soft & projecting then treat with Ksharakarma.

Agnikarama - The Arsha having picture with rough, firm, thick & hard then treat with Agnikarama.

Raktamokshana - The Arsha having picture with hard consistency, elevated & accumulated blood then treat with Raktamokshana.

Shastrakarama - The Arsha having picture with narrow peddle, projecting & moist should be treat by Ksharkarma.

Pathya - Yawagu, Rasa, Mansarasa, Dadim, Takra, Kshira.

Apathya - Anupmansa, Bilwa, Aatapa Sevana, Viruddha Aahar Vihar.

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