



AYURVEDIC MANAGEMENT OF HEMORRHOIDS (PILES) W.S.R. TO ARSHA

¹Shivamala channawar

²Ramakant Dwivedi,

³Ganesh Jojare

¹Associate professor Dept of shalya Tantra Sai Ayurvedic Medical College and Research Centre Khandala Vaijaur Dist .Aurangabad.

²MD,Kayachikista.

³Assistant professor Dept of shalya Tantra Sai Ayurvedic Medical College and Research Centre Khandala Vaijaur Dist .Aurangabad.

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ABSTRACT

In today's world full of stress and unhealthy food habits along with unhealthy lifestyles make people prone to various diseases .Among which Hemorrhoids the most common one. According to the Association of Colon & Rectal Surgeons of India (ACRSI), around 5% of the population in India suffers from hemorrhoids at any time in life . In Ayurveda *Arsha* (hemorrhoids') is the diseases which can be correlated with hemorrhoids'. The word *Arsha*, indicate the disease troubles a person like an enemy. *Arshas* is clinically an engorged condition of haemorrhoidal venous plexus characterized by prolapsed mass per anum, bleeding per anum mainly. In modern medicine the treatments for hemorrhoids are Sclerotherapy, banding, laser ablation, lifestyle modifications, surgical procedures like Haemorrhoidectomy etc. In Madhav nidan also explain that *Arsha* like trouble to life like an enemy . Acharya vagbhata also explains as it blocks the *gudmarg* and troubles like an enemy that mass called as *Arsha*. In sushrut samhita all detail explanations of *Arsha* , types of *Arsha* treatment of *Arshai*.e- four type *chaturvidha chikitsa* ,*Bheshaja* (medicinal), *Kshara Karma* (caustic treatment), *Agni Karma* (thermal heat burn) and *Shastra Karma* (surgery). In present article we have tried to explain various aspect of treatment of *Arsha* for the convenience so that disease can be treated accordingly.

Keywords: *Arshas,Haemorrhoids,KsharaKarma,AgniKarma, Shastra Karma*

INTRODUCTION: In today's world full of stress fast lifestyle no time for personal health and normal routine diet and unhealthy food habits along with unhealthy lifestyles make people prone to Ano-rectal diseases such as fissure-in-ano, Haemorrhoids, fistulas-in-ano. In *Ayurveda* *Arsha* is explained as *Mahagada*.¹*Shalya Tantra* has a wealth of information related to modern surgical theory. The father of surgery, Acharya *Sushruta*, thoroughly described *Arsha* as disease that *hetu sampraprti* (how causative factor develops disease) types and *lakshan*

Arsha chikitsta in detail that is *chaturvidha chikitsa*.

Arsha is a troublesome disease that can affect anyone, anywhere, at any time. Haemorrhoids are a common issue in the present world and almost everyone has experienced them at some point in their lives. *Arsha* is described as a fleshy growth that obstructs the anal canal and eliminates the existence like enemy.²The primary causes of *Arshas* are being eating junk food oily spicy and sedentary lifestyle, which decreases the activity of digestive enzymes and causes constipation,

itching, burning, and pain near the *Guda*, which eventually results in bleeding. Age distribution demonstrates Gaussian distribution with a peak incidence between 45 and 65 years with subsequent decline. In early stage with less signs - symptoms *Arsha* can be treated with *Bheshaja* (internal medicine), *Ksharakarma* (herbal caustic paste locally) or *Agnikarma* (thermal heat burn) and if not cured with all above treatment, it should be treated by *Shastrakarma* (Surgery). The treatments are said in a particular order which suggests which should be prioritized first. Present study aimed to cover complete knowledge and treatment of *Arsha*.

AIM AND OBJECTIVE-

- 1- To study Etiopathology of *Arsha* according to *ayurvedic* point of view.
- 2- To study the various treatment measures of *Arsha*.

NIDAN OF ARSHA³

The *Nidana* of *Arshas* are mentioned by *Acharya Charaka Sushruta* and *Vagbhata*.

1. Based on food habits, excessive intake of incompatible diets like *Guru*, *Sheeta*, *Abhishyandi*, *junk food*, *fast food*, *oily and spicy excessive nonveg* etc.
2. Based on *Vihara*: excessive sexual intercourse, excessive staining,

suppressing of natural urges.

3. Based on therapeutic abuses, excessive *Snehana therapy*, in appropriate *Vastikarma* administration, etc.
4. Based on other factors such as improper seating on hard surfaces for long time or harsh chairs, long rides on vehicles.
5. Some other factors can be pregnancy in females.

SAMPRAMPTI OF ARSHA⁴

The pathogenesis of *Arshas*, according to *Sushruta*, detailed *samprapti* explained that is caused by *Nidanas*, which lead to the vitiation of *Doshas* in one, two, or more combinations, along with *Rakta*. *Doshas* then move downward through the *Mahadhamani* (*pradhandhamni*) to affecting the *Gudavalitraya* and causing *Arshas* in people who have *Mandagni* and other local causes. According to *Charaka*, *sthana* of *Arsha* is *four and half angula gudmarg* and its *gudvalitraya* specially mentioned by *charaka*. *Arshoroga* is created when all the *Doshas* get vitiated, followed by *Bahya* and *Abhyantara rogamarga*, and has an impact on *Gudavalitraya*. *Vagbhata* said that vitiation of the *Doshas* results in the formation of *Mandagni*, vitiation of the *Apanavayu* causes the stagnation of *Mala* in *Gudavali*, and prolonged contact with *Mala* results in the emergence of *Arshas*.

Mithya Ahara Vihara



Tridosha Prakopa



Jataragni Mandya



Prakupita dosa with Rakta moves through *Pradhana Dhamani*



Dosha aggravation in Guda Pradesha



Vitiation of Rakta, Twak, Mamsa in Guda Pradesha



Guda and Gudavalis are affected both *bahya* and *abhyantar marg*



Produces *Mamsakura* in *Gudavalis*



Gives rise to *Arsha*

PURVAROOPA OF ARSHA

According to Acharya Vagbhat *mandagni, vishtambh, Saktisadan, pindikodewstanam, bhrama, angasada, netrashopha, shakrutgraha, antrakujanam, atopa, mutraalpam, dhoomakoamlakam, shirashula, prustashula, urashula, tandra, indriyadourbalyam, krodha*, feeling of *dukkha* are the *purvroopa* of *Arsha*.⁵

Loss of appetite, thirsty, acidity, bloating of abdomen, pain at anal region, mass at anal region.⁶

ROOPA/ LAKSHANA OF ARSHA

1) **VATAJ ARSHA**⁷ :Dry, hard, excruciating, ordinarily of outer beginning, different shapes, with unpredictable surface of different shades of beefy masses, regularly connected with obstruction, and difficult poop which is transmitting in nature.

2) **PITTAJ ARSHA**⁸ : Generally little in size, pale blue red in variety, soggy meaty masses of different smells which develops during stressing with section of blood blended in with stool, may create serious consuming uproar during crap which might prompt thirst, faintness and shock.

3) **KAPHAJ ARSHA**⁹: Wide based, smooth, oval, fixed, plump masses which for the most part don't drain or fester and joined by extreme pruritus and mucous release

4) **RAKTAJ ARSHA**¹⁰: Meaty masses which give huge blood misfortune during crap, prompting optional pale condition.

5) **SANNIPATAJ ARSHA** :Blended *Lakshana* of all *Doshas*.

CLASSIFICATION OF ARSHA -

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

A) On the basis of the origin¹¹

1. *Sahaja*—*Hereditary /congenital*

2. *Kalaja*—*acquired after birth*.

B) On the basis of the character of bleeding¹²

1) *Ardra* (*Sravi*)- *Rakta* and *Pitta* *Dosha* included so that bleeding from piles

2) *Shushka* - *Vata* and *Kapha* *Dosha* included so there no bleeding or any secretions

C) On the basis of the predominance of *Dosha*¹³:

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

D) On the basis of site¹⁴

1) *Bahya* (*samvarani*)

2) *Abhyantra* (*visarjani, pravahani*)

E) On the basis of prognosis¹⁵

1) *Sadhya* (*Curable*))--very early stage of *arsha* and only single *dosh* included

2) *Yapya* (*Palliative*)--*Arsha* caused by the simultaneous vitiation of any two *Doshas* and the location of *Arsha* in the second *Vali*, the chronicity of the disease is not more than one year.

3) *Asadhya* (*Incurable*)—*Sahaja Arsha* and if caused by the vitiation of three *Doshas* and if the *Arsha* is situated in the *Pravahini Vali*, then it is incurable. If the patient develops oedema in hands, legs, face, umbilical region, anal region, testicles or all *srotas* included if he suffers from pain in the cardiac region, it is also considered as incurable.

F) On the basis of position¹⁶

1) *Internal haemorrhoids*: *Internal haemorrhoids* are those which occur inside

the rectum. These are the varicosities of the veins in the rectal region. As this area does not have pain receptors, internal hemorrhoids are usually not painful and most people do not know they have them. If constipation occurs and patient gives pressure to passing stool eventually they get bleed

2) External hemorrhoids: External hemorrhoids are those which occur outside the anal verge. The inferior rectal arteries varicosity occurred which are branches of the pudendal arteries. They are painful sometimes, and can be accompanied by irritation and swelling. They are prone to thrombosis, if the vein ruptures and a blood clot develops, then it becomes the thrombosed hemorrhoid.

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 can not be manually reduced

ARSHA CHIKITSA

In *Ayurveda* the fundamental rule to cure a disease is to eliminate the root cause of the disease and prevent the contributing etiological factors. Four therapeutic modalities (*Chaturvidha chikitsa*) for Arsha have been documented by *Acharya Sushruta*,¹⁷ and these treatments are to be used based on the degree of *dosha* involvement in Arshas.

- 1) *Bheshaja chikitsa* (medical treatment)
- 2) *Kshar karma* (chemical cauterization)
- 3) *Agni karma* (cauterization)
- 4) *Shashtra karma* (surgical treatment)

BHESHAJA CHIKITSA—

Bheshaja Chikitsa (Medical management) is described as very first line of treatment

of Arsha. It is statistically good effective in 1st to 2nd degree of disease prognosis.¹⁸ The ingredients having *Veerya, Katu Vipaka, Deepana, Pachana, Vatanulomaka, Srotosodhana, Sronitsanghata Bhinnakara Guna* are capable to *Samprapti Vighatana* and cure the disease¹⁹ and based on that various preparations are mentioned for management of Arsha. Arshas which are newly arisen, with *Alpa Doshas Linga* and *Upadrava* can be treated with *Bheshaja*. Various preparation are mentioned for management of Arshas.

a) Prevention of constipation- Laxative *Triphala churna, Panchsakar churna, Haritaki churna* etc. depending upon the *Koshtha* of the patient.

b) *Deepan Pachan-*

Chitrakadivati, Lavanbhaskar churna, Agni tundi etc.

c) *Arshoghna-Arshoghnavati, Soornapak, Arshkutharras, Shigru guggulu, Abhayarishta Takrarishta* etc.

d) *Hotsitzbath-Tankan bhasma, Sphatic bhasma, Triphala kwath, Panchawalkal kwath, etc.*

e) *Rakta Stambhak- Bolbaddhras, Bolparpati, Kukkutandtwak bhasma, Pravalpisthi* etc.

f) *Vranropak-Jatyaditail, Nirgunditail, etc.*

g) *Vednahara-Madhuyastyadi tail, Triphala guggulu.*

KSHAR CHIKITSA²⁰—

Kshara is a caustic, alkaline substance that is prepared from the ashes of therapeutic herbs.. It is a less intrusive treatment than *Agni karma* and *Shashtra Karma*. It is also one of the best *Anu*

Shastras or *Upayantras*. It is the best among sharp and secondary instruments since it performs *Tridoshahara* Property along with *Chedana, Bhedana, and Lekhana Karma*. Because *Kshara Karma*

can be used to treat places that are difficult to reach with traditional procedures, it is versatile. Beyond this, *Ksharakarma* is more effective than other forms of treatment because it may be used externally as well as inside. *Kshara Karmas* can be applied to patients who are afraid of surgery, making them useful substitutes for surgical instruments. Piles caused by *Vata* and *Kapha* should be treated with cauterization and application of *Kshara*. Those caused by *Pitta* and *Rakta* should be treated with use of *Mrudu Kshara*. Those *Arshas* which are *Mriudu*, *Prasrutha*, *Avagadha* and *Uchritha* are treated by using *Kshara*. Acharya Sushruta has explained all about *kshara* making procedure *kshar application vidhi matra kshar karma nishedh* and *paschhat karma*.

Kshar Sutra Ligation:- It is a Parasurgical procedure which excises the pile mass gradually by the virtue of mechanical action and chemical cauterization. Acharya Sushruta has applied *Kshar Sutra* in the management of *Nadi Vrana* and *Bhagandara*. But regarding the method of preparation of *KsharSutra*, Acharya Chakrapani in his treatise *Chakradutta*, gave a brief description for management of *Arsha*, using the latex of *Snuhi* and *Haridra* powder.²¹

Benefit of *ksharsutra*

1. Day care surgery does not need admission.
2. Useful in all patients and even in cardiac patients.
3. Simple procedures, safe and sure treatment
4. No Complications
5. No Re-Occurrence
6. Very high success rate
7. Not very costly
8. No antibiotic required

AGNI KARMA

Agni Karma is an important para surgical procedure. *Agni Karma* can help treat illnesses that are incurable even with the use of pharmaceuticals, medical devices, and *Kshara*. It is greater than *Kshara Karma* because surety of recurrence is nothing. In the modern surgical era It is often modified for use in surgical techniques like freezing and electric heat cautery. Those *Arshas* which are *Karkasha*, *Sthira*, *Pruthu* and *Katina* are treated using *Agnikarma*.

SHASHTRA KARMA

When conservative measures prove fails to cure the disease, *Arsha* is managed surgically using a variety of procedures. Haemorrhoidectomy is one of these that is typically advised in patients with prolapsed hemorrhoids, internal hemorrhoids, and significant degrees of disease presentation. *Shastra Karmas* can occasionally come with complications such as bleeding, infection, incontinence, anal strictures, and urine retention. When comparing haemorrhoidectomy to other anorectal operations, problems related to bleeding are more frequent. Those *Arshas* which are *Tanumoola*, *Uchritani* and *Kledavanta* are to be treated with *Shastra*.

MANAGEMENT OF HAEMORRHOIDS (ARSHA) ACCORDING TO MODERN SCIENCES²²

Haemorrhoidal treatment can be given as conservative according to stages of piles And symptoms of patient varies from therapeutic treatment, lifestyle modifications but not relief from conservative then parasurgical procedure can be advised if then no relief finally we approach to surgeries depending on the degree and severity of the disease.-

The treatment of haemorrhoids can be divided into 3 parts according to their degree and local condition

1) **Medical treatment—**

Here is the list of some prescriptions for symptomatic relief with topical preparations:-

- 1) Bland, soothing preparations like allantoin, bismuth oxide, bismuth subgallate etc.
- 2) Anaesthetic preparations like ointment lidocaine etc.
- 3) Anti-inflammatory agents like Diclofenac sodium in combination with steroids like hydrocortisone.
- 4) Hot sitz bath.
- 5) Various laxatives like liquid paraffin, milk of magnesia, sodium picosulphate, and lactulose solution along with bulk forming agents like Isabgol are widely used to treat constipation.

To summaries we can say that, no specific treatment is available, rather symptomatic treatment is adopted which contains wide range of antibiotics, NSAIDS, laxatives, haemostatic agents, antihistaminic drugs, steroidal treatment, local anesthetic applications and local antiseptic lotions and ointments.

2 **Parasurgical Methods**

- Injection Treatment(Sclerotherapy)
- Barron Band Ligation
- Infra-Red Coagulation
- CryoSurgery
- Laser therapy

SCLEROTHERAPY

This is currently recommended as a treatment option for first- and second-degree haemorrhoids. Injecting the sclerosant agent that or chemical agents that causes a fixation of mucosa to the underlying muscle by fibrosis. The solutions used are 5% phenol in oil,

vegetable oil, quinine, and urea hydrochloride or hypertonic salt solution.

RUBBER BAND LIGATION

Rubber band ligation is a fast simple and effective measure in treating first and second degree haemorrhoids and few cases of third degree prolapse to some extent can also be treated. The ligation of haemorrhoidal tissue with the help rubber band causes ischemic necrosis and scarring, leading to fixation of the connective tissue to the rectal wall.

INFRA RED COAGULATION

The infrared coagulator produces infrared radiation which coagulates tissue and vaporizes water in the cell, causing shrinkage of the haemorrhoid mass.

CRYO SURGERY

Cryotherapy ablates the hemorrhoidal tissue with a freezing cryoprobe. It has been claimed to cause less pain because sensory nerve endings are destroyed at very low temperature.

LASER THERAPY

Laser ablation, also known as laser haemorrhoidectomy or laser hemorrhoidoplasty, is a minimally invasive surgical procedure used to treat haemorrhoids. In this procedure as Specialized laser is used to precisely target and shrink the haemorrhoidal tissue. The laser energy is delivered to the haemorrhoid, causing it to shrink and eventually scar. This reduces the blood flow to the haemorrhoid/ leading to its gradual resolution.

SURGICAL TREATMENT- operation is preferred when all the non-operative measures have failed to show result in treating the haemorrhoids, also when haemorrhoids are of third, fourth degree where surgery is the only option left.

HAEMORRHOIDECTOMY

Excisional haemorrhoidectomy is the most effective treatment for haemorrhoids with the lowest rate of recurrence compared to other modalities. It can be performed using scissors, diathermy, or vascular sealing device such as Ligature and Harmonic scalpel. Excisional haemorrhoidectomy can be performed safely under perianal anaesthetic infiltration as an ambulatory surgery. In clinical practice, the third-degree or fourth-degree internal haemorrhoids are the main indication for haemorrhoidectomy.^[14]

A major drawback of haemorrhoidectomy is postoperative pain. There has been evidence that Ligasure haemorrhoidectomy results in less postoperative pain, shorter hospitalization, faster wound healing and convalescence compared to scissors or diathermy haemorrhoidectomy.

Apathyain Arshas²³

Fried food, junk food, fast food, maida rich foods, non-veg, chilies, constipating foods, ideal sitting without any work to body, excessive pressure while defecation, food which are deep fried, sedentary lifestyle. These foods can cause Arshas.

Pathyain Arshas²⁴

Cow milk, buttermilk, pure ghee, wheat, rice, green gram, fibre rich foods, green leafy vegetables, boiled vegetables, sufficient sleep, exercise regularly, good and regular diet habits, Vega Dharana should be avoided specially the urge to pass stools.

DISCUSSION

Ayurved has each system for heap the executives. Moderate as well as careful Patient shouldn't hold back to impart the issue to the Ayurvedic doctor and not drag out the issue. Kshar sutra ligation is the best treatment of heap that requires some investment it tends to be act in those

patient which might experience the ill effects of various heart sicknesses likewise requires no confirmation and monetary as well. So Kshar Sutar substantially more advantageous in correlation with hemorrhoidectomy. Arsha is an issue connected with way of life, age, occupation and dietary elements. It is a truly surgery. Indications for haemorrhoidectomy include firm stool, hard stool, blood in the stool, blood in the poop as a result of torment with draining per rectum. Besides, patient turns out to be extremely restless subsequent to noticing container brimming with blood. Hence, Ayurveda most certainly can possibly deal with all phases of Arsha effectively with next to no confusions.

CONCLUSION

Arsha is a condition associated with age, occupation, way of life, and food. Ayurvedic classics describe an ideal pattern of living that one can follow to live along and healthy life. Some significant factors mentioned in Ayurvedic classics for the manifestation of Arsha (piles) include eating low-fiber food, bad eating habits, abnormal body posture, complicated delivery, repeated abortion, psychological imbalances, and physical harm to the anal region. Nidana Parivarjana plays an important role in the prevention of Arshas. As a result, Ayurveda has a great deal of potential to successfully and trouble-free handle all stages of Arsha.

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Corresponding Author:

Dr. Shivamala channawar, Associate professor Dept of shalya Tantra Sai Ayurvedic Medical College and Research Centre Khandala Vaijaur Dist. Aurangabad. Email: shivmalachannawar54@gmail.com

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