

REVIEW ARTICLE

Proctological Principles from Ancient India: A Study of *Sushruta Samhita's Arsha Nidana Evam Chikitsa Adhyaya*

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ABSTRACT

Haemorrhoids, or *Arsha*, are a prevalent anorectal condition recognized in *Ayurveda* as one of the eight major diseases (*Asthamahagada*). This chronic disorder affects approximately half of the global population at least once in their lifetime. Etiological factors include dietary indiscretions, sedentary lifestyle, anatomical anomalies, and genetic predispositions.

Pathophysiologically, haemorrhoids result from the distension of the hemorrhoidal venous plexus and anal cushion displacement, manifesting clinically as inflamed/prolapsed piles, rectal bleeding, and anal discharge. Conventional treatments, such as haemorrhoidectomy, often carry recurrence risks.

Ayurvedic management of *Arsha* adopts a holistic approach, incorporating:

1. *Bheshaj* (phytotherapy): targeted herbal interventions
2. *Kshar Karma* (alkaline therapy): chemical cautery
3. *Agnikarma* (thermal cautery): precision heat application
4. *Shastra Karma* (surgical excision): minimally invasive removal

Ayurvedic treatments focus on alleviating symptoms, addressing underlying causes, and preventing recurrence. By integrating these modalities, *Ayurveda* offers a comprehensive management strategy for haemorrhoids, contrasting with modern medicine's primarily symptomatic approach. Further research is warranted to explore *Ayurveda's* potential in optimizing haemorrhoid treatment outcomes.

Key Words *Arsha, Asthamahagada, Haemorrhoids, Rectal bleeding*

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INTRODUCTION

Hemorrhoids, colloquially referred to as **Arsha** or piles, constitute a pervasive health concern affecting individuals across diverse age groups globally. Characterized by symptoms such as painless rectal bleeding, anal enlargement, incomplete evacuation, irritation, pruritus,

soiling, and discomfort, this condition warrants comprehensive investigation. According to *Ayurvedic* principles, *Mandagni*, or prolonged exposure to excretory material in the rectum (*Guda* or *Vali*), precipitates the development of *Guda Arsha*.^[1]

Historical Context and Medical Significance :-

REVIEW ARTICLE

Documented in ancient medical texts, *Guda Arsha* emerges as one of the oldest recorded anorectal diseases, influencing all age demographics. The esteemed *Acharya Sushruta* categorizes it under *Ashtamahagada* due to its severity and potential for complications. *Ayurvedic* treatises outline a multifaceted approach to managing *Guda Arsha*, encompassing *Bheshaja Chikitsa* (medicinal therapy), *Kshaar Karma* (cauterization), *Agni Karma* (thermal therapy), and *Shastra Karma* (surgical intervention), tailored to the disease's presentation and chronicity.^[1]

Research Focus:-

This study undertakes an in-depth examination of the etiology (*Nidana*) and treatment (*Chikitsa*) of *Arsha*, as delineated in the seminal text, *Sushruta Samhita*. Focusing on the initial stages of *Guda Arsha*, we will explore the efficacy of *Bheshaja Chikitsa* and *Kshaar Karma*, recommended by revered *Acharyas* for 1-2 degree piles. By revisiting the foundational principles of *Ayurvedic* surgery, this research aims to illuminate the enduring relevance of *Sushruta's* teachings in contemporary medical discourse. *Sushruta Samhita* is the principal text of surgery, and *Arsha* (piles) is a major disease in surgical treatment, which *Acharya Sushruta* has classified under the *AshtaMahagada*. Therefore, to understand its significance, we will review the chapters on the *Nidana* and *Chikitsa* of *Arsha* as described by *Sushruta*.^[2]

AIMS AND OBJECTIVES

Aims

1. To explore and interpret the proctological principles outlined in *the Arsha Nidana Evam Chikitsa Adhyaya of Sushruta Samhita*.
2. To analyze the relevance and applicability of these principles in modern proctological practice.

Objectives

1. To examine the etiology and pathogenesis of hemorrhoids
 - As described in the *Arsha Nidana Evam Chikitsa Adhyaya*.
2. To understand the diagnostic methods and techniques
 - Employed in ancient India for identifying hemorrhoids.
3. To study the various treatment modalities
 - Described in the text, including surgical and non-surgical approaches.
4. To investigate the role of diet, lifestyle, and hygiene
 - In the prevention and management of hemorrhoids.
5. To compare and contrast ancient Indian proctological principles
 - With modern understanding and practices in proctology.
6. To identify potential areas of integration
 - Between traditional and modern proctological knowledge

MATERIALS AND METHODS

As this study is a review type of study, we have collected information from *Sushruta*

REVIEW ARTICLE

SamhitaNidanasthana and *Chikitsasthana* to get the knowledge about *Arsha*.

ArshnidanaAdhyaya-

Types of Arsha- *Vata, Pitta, Kapha, Rakta, Sanipattaj, Sahaj* these are the 6 types of *Arsha*.

Nidana- The vitiation of *Vata* and other *Doshas* in men, caused by improper behaviors such as overeating after a meal, sexual intercourse with a woman, sitting in a squatting position, riding on the back of a horse, bull, or camel, and suppressing natural urges, can occur alone, in combination of two *Doshas*, or all *Doshas* together, sometimes even affecting the blood. These vitiated *Doshas* spread throughout the body, taking refuge in the major arteries, eventually reaching the rectum and contaminating the anal folds. This leads to the growth of fleshy masses (hemorrhoids). This condition is particularly prevalent in individuals with weak digestion. Additionally, these fleshy masses (hemorrhoids) increase due to friction from grass, wood, stones, lumps, clothing, etc., or excessive contact with cold water. These are the various causes explained by *Acharya Sushuruta* as the causative factors of *Arsha*.^[1]

Description of Anal Canal - The rectum, which is connected to the last part of the large intestine, is approximately five fingers in length or slightly less. Within it, at intervals of about one and a half fingers, there are three folds known as *Pravahani, Visarjani,* and *Samvarani* as explained by *Acharya Sushuruta*.

Prognosis- Symptoms such as sour belching, burning sensation, bloating in the stomach,

excessive thirst, fatigue in the legs, rumbling sounds in the abdomen, emaciation of the body, frequent burping, swelling in the eyes, gurgling in the intestines, sharp pain in the rectum like being cut by scissors, and signs of anemia (*Pandu*) or malabsorption (*Sangrahani*) indicate possible digestive disorders³.

In the early stages of hemorrhoids (*Arsha*), one might experience a loss of appetite, difficulty in consuming food, a feeling of unease in the abdomen, cough, breathing issues, weakness, dizziness, drowsiness, disturbed sleep, and weakness of the senses. These are the prognosis as explained by *Acharya Sushuruta*.

Vataja Arsha- Due to the excessive aggravation of the *VataDosh*, the hemorrhoids are dry, red, blackish-blue, uneven (raised in the middle and low at the sides), and may resemble the flowers of the Kadamba tree or the Vanakarya flower. They can also take the shape of tubular structures, resemble the buds of flowers, or have sharp, needle-like tips. A person suffering from this condition experiences severe pain while passing hard stools. Additionally, pain occurs in the lower back, sides, hips, rectum, and navel region. These hemorrhoids may lead to the development of other conditions like *Gulma*(abdominal tumors), *Ashthila* (urinary obstructions), and enlargement of the spleen. The skin, nails, eyes, teeth, mouth, urine, and feces of the affected person may also turn dark or black.

Pittaja Arsha- These hemorrhoids are bluish at the tip, thin, spreading, slightly yellowish, shiny like the liver, and shaped like a parrot's tongue.

REVIEW ARTICLE

They are thick in the middle, resembling a barley grain, with the appearance of a leech's mouth, and are often moist or oozing.

A person suffering from this condition experiences burning sensations and passes blood-stained stools. Additional symptoms include fever, intense burning, excessive thirst, and fainting spells. The affected individual's skin, nails, eyes, teeth, mouth, urine, and feces turn yellow.

Kaphaja Arsha- *Kapha*-type hemorrhoids (*Arsha*), the hemorrhoids are white, thick at the base, hard, round, smooth, and pale in color, resembling the fruit of the *Karira* (a desert tree), jackfruit seed, and grape. They do not rupture or discharge blood or other fluids and are often characterized by significant itching.

A person suffering from *Kapha*-type hemorrhoids expels a large amount of stool that is akin to the thick mucus of *Kapha*. This condition can lead to swelling, cold fever, loss of appetite, weak digestion, and a feeling of heaviness in the body. The affected individual's skin, nails, eyes, mouth, urine, and feces turn white.

Raktaja Arsha- In *Raktarsha* (bleeding hemorrhoids), the hemorrhoids appear red like the sprouts of vat (a type of tree), coral, or gunja (a plant with red seeds), and are associated with symptoms of *Pitta Dosha*. When a person strains excessively during bowel movements, the friction from the hard stool can cause the hemorrhoids to bleed profusely. This sudden and excessive discharge of contaminated blood can lead to

complications and further exacerbation of the condition.

Sanipattaja Arsha- These *Arshas* have symptoms of all the above *Arsha*.

Sahaja Arsha- *Sahajārśa* (congenital hemorrhoids) are said to arise due to the defective blood (*ova*) from the mother and defective semen (*spermatzoa*) from the father at the time of conception. These hemorrhoids are particularly difficult to detect, feel hard to the touch, are pale in color, and cause significant pain. They are located internally, making them less visible and more challenging to treat. Individuals suffering from *Sahajarsa* typically exhibit symptoms of, weakness and a tendency to consume little food, prominent veins on the body, few offspring and reduced vitality, weak voice and a tendency toward anger, low digestive capacity, afflicted with nasal, head, eye, and ear disorders, persistent abdominal gurgling and a feeling of heaviness in the heart, along with loss of appetite.

Arsha chikitsa Adhyaya :-

There are four treatments for hemorrhoids (*Arsha*):

1. Medicinal (औषध): This method is used for newly-formed hemorrhoids with mild symptoms and minimal complications. These are treated with medicines.
2. Alkaline (क्षार): Suitable for soft, widespread, deep-seated, and protruding hemorrhoids. Alkaline treatments are used to manage these types.

REVIEW ARTICLE

3. **Cauterization (अग्नि):** Applied to rough, stationary, thick, and hard hemorrhoids. This technique uses heat for treatment.

4. **Surgical (शस्त्र):** Used for hemorrhoids with thin roots, that are protruding and have a lot of discharge (sticky). Surgical intervention is employed to remove or treat these types².

For treating hemorrhoids (*Arsha*) in a patient who is strong, sweaty, and prone to *Vata*-type pain, the following can alleviate symptoms:

1. **Diet and Preparation:** Providing the patient with a diet that is oily, warm, minimal, and liquid to help soothe the *Vata Dosha*. Place the patient in a clean, quiet, and private area.

2. **Positioning:** In a time of mild weather (neither too cold nor too hot) and under a clear sky, place the patient on a wooden plank or bench, facing the sun with the buttocks exposed. The patient should lie on their back with the upper body supported by someone's lap. Keep the patient's waist elevated using a cloth or blanket for support.

3. **Securing the Patient:** Use a bandage to secure the neck and thighs to prevent movement. The caregiver should hold the patient firmly to ensure they do not move.

4. **Application of Treatment:** Introduce a device with a fine, straight nozzle, coated with *Ghritam*, into the rectum slowly during defecation. Once the device is inserted, clean the hemorrhoids using a sharp instrument and either a swab or cloth. Apply alkaline treatment (*Kshara*) to the hemorrhoids.

5. **Wait and Reapply:** Close the device and wait for a count of one hundred before cleaning the hemorrhoids again. Reapply alkaline treatment as needed based on the condition and severity of the hemorrhoids.

6. **Final Steps:** If the hemorrhoids appear shriveled and dark like ripe *jambu*, clean off the alkaline treatment. Wash the area with a mixture of water and yogurt, buttermilk, or other soothing liquids. Apply a paste made from licorice powder and *Ghritam* to soothe the area and remove the device.

7. **Post-Treatment Care:** Place the patient in warm water and sprinkle cool water over them. Some practitioners suggest using warm water for this purpose. Finally, keep the patient in a draft-free environment and provide guidance on appropriate diet and lifestyle adjustments.

These steps are designed to manage and treat hemorrhoids effectively while considering the patient's comfort and overall health.

To treat hemorrhoids (*Arsha*) with cauterization, follow these steps:

1. **Reapplication of Treatment:** Burn the hemorrhoids again as necessary.

2. **Treatment Schedule:** Treat one hemorrhoid at a time, performing the treatment every seven days.

3. **Treatment Order:**

○ **First:** Begin with the hemorrhoids located on the right side of the body.

○ **Second:** Move on to the hemorrhoids on the left side.

○ **Third:** Treat the hemorrhoids on the back.

REVIEW ARTICLE

○ **Fourth:** Finally, address the hemorrhoids on the front.

This systematic approach helps ensure that each hemorrhoid is treated effectively and that the entire area is managed comprehensively.

Treatment of various types of hemorrhoids (*Arsha*):

1. **Vata and Kapha-Type Hemorrhoids:** Use of **cauterization (*Agni*)** and **alkaline treatments (*Kshara*)** to manage these types of hemorrhoids effectively.

2. **Pitta and Rakta-Type Hemorrhoids:** For these types, only **mild alkaline treatment (*Mild Kshara*)** should be used, as they are sensitive and can be exacerbated by stronger treatments.

These methods ensure that the treatment is tailored to the specific nature of the hemorrhoids, addressing the underlying *Doshaimbalances* and providing appropriate relief.

For treating large hemorrhoids in strong individuals:

1. **Surgical and Cauterization Treatment:**

○ **Large Hemorrhoids:** For large hemorrhoids in robust individuals, **surgical excision** followed by **cauterization (*Agni Karma*)** is recommended to effectively manage and remove the hemorrhoids.

2. **Treatment Methods for Various Types:**

○ **Externally Protruding Hemorrhoids:** For hemorrhoids that protrude and are afflicted by *Doshas* (*Vata*, *Pitta*, *Kapha*, and *Rakta*), use treatments such as:

- Sweating (*Sweda*)
- Massage (*Abhyanga*)

- Oiling (*Sneha*)
- Immersion (*Avagahana*)
- Poultice (*Upanaha*)
- Blood-letting (*Raktamokshana*)
- Applications (*Alepana*)
- Alkaline treatment (*Kshara*)
- Cauterization (*Agni*)
- Surgery (*Shastra*)

3. **Specific Treatments Based on Hemorrhoid Type:**

○ **Bleeding Hemorrhoids (*Rakta Arsha*):** Follow treatments prescribed for blood disorders (*Raktapitta*).

○ **Diarrhea-Inducing Hemorrhoids:** Apply treatments that prevent diarrhea (*Atisara*).

○ **Constipation-Inducing Hemorrhoids (*Koshthabaddhata*):** Use methods for easing constipation or for the condition known as *Udavartta*.

This comprehensive approach ensures that all types of hemorrhoids are treated appropriately based on their specific nature and associated symptoms.

For the management of hemorrhoids (*Arsha*), follow these guidelines:

1. **Application of Alkaline Treatment:**

○ **For External Hemorrhoids:** Apply alkaline treatment using one of the following instruments:

- ***Darvi* (a spatula-like instrument)**
- ***Kooch* (brush)**
- ***Shalaka* (probe)**

○ **For Prolapsed Rectum (without Instrument):** Use alkaline treatments and other

REVIEW ARTICLE

methods directly on the prolapsed rectum without the aid of instruments.

2. Diet and Nutrition:

○ For General Hemorrhoid Management:

Consume rice (especially *Shali* and *Sathi* varieties), barley, and wheat, cooked with *Ghritam* and paired with milk, neem juice, or pointed gourd juice.

○ **Vegetables:** Incorporate greens and vegetables such as:

▪ *Bathua*,

Chaulai, *Jivanti*, *Poi*, *Ashwagandha* (Fenugreek),

Small Radish (Mooli) Palak (Spinach) *Asana* (*Vijayasara*), Pea vines

○ **Additional Foods:** Include other nourishing, digestive, and hemorrhoid-reducing foods and medicinal substances.

These recommendations help in the management and treatment of hemorrhoids by addressing the condition with appropriate treatments and a supportive diet.

For the treatment of hemorrhoids (Arsha), various medicinal pastes (*lepas*) can be applied.

Here are the mentioned preparations:

1. Turmeric Paste:

○ **Ingredients:** Milk of the *Sehund* plant and turmeric powder.

○ **Preparation:** Mix the turmeric powder with *Sehund* milk to make a paste.

2. Poultry Droppings Paste:

○ **Ingredients:** Chicken dung, *Gujja* (*Ghunghuchi*), turmeric, and *pippali* (*Piper longum*) powder, mixed with cow urine (*gomutra*) and cow dung (*gopitta*).

○ **Preparation:** Grind these ingredients together to make a paste.

3. Herbal Paste:

○ **Ingredients:** *Danti*, *Chitrak*, *Hulhula*, and *Kali Hari*, mixed with cow dung.

○ **Preparation:** Grind these herbs with cow dung to prepare the paste.

4. Pepper and Salt Paste:

○ **Ingredients:** *Pippali*, rock salt (*sendhanamak*), *kuth* (*Saussurealappa*), and *Shirish* fruit, mixed with *Sehund* or *Madar* milk.

○ **Preparation:** Grind these ingredients in the chosen milk to create the paste.

5. Comprehensive Medicinal Paste:

○ **Ingredients:** *Kasisa*, *Haritala*, rock salt, *Kaner* root, *Vidanga*, *Karanja*, *Krutavedhana* (*Rajkoshataki*), small *Jamun*, *Madar* milk, *Uttamaranji* (*Bhumi Amalaki*), *Danti*, *Chitrak*, *Alarka* (*Shvetarka*), and *Sehund* milk.

○ **Preparation:** Prepare a medicated oil by using these ingredients and apply it for massaging.

These pastes should be applied as per the instructions to help alleviate and manage the symptoms of hemorrhoids effectively.

TREATMENT FOR ABHYANTAR ARSHA

To treat *Abhayantar Arsha* (which are not visible and are located inside the rectum), the following medicinal practices and *Yogasare* recommended:

1. Daily Consumption of Medicinal Substances:

○ **Jaggery and *Haritaki*:** Consume jaggery and *Haritaki* (*Terminalia chebula*) every morning.

REVIEW ARTICLE

- **Brahmacharya and Cow Urine:** Follow *Brahmacharya* (celibacy) and consume a daily dose of one *Drona* (a traditional measure) of cow urine mixed with one hundred *Haritaki* tablets in the morning, combined with honey.
- **Apamarga Root:** Mix the root of *Apamarga* (*Achyranthes aspera*) with *Tandulodaka* (water used for washing rice) and honey, and consume daily.
- **Shatavari Paste:** Prepare a paste of *Shatavari* (*Asparagus racemosus*) and mix it with milk.
- **Chitrak Powder:** Mix *Chitrak* powder with a specific type of alcohol (*Sidhu*) for daily consumption.
- **Bhilawe Powder:** Use *Bhilawe* (a traditional herbal powder) mixed with *Sattu* (roasted gram flour) to make a drink (*mantha*).

For the treatment of internal hemorrhoids, the following medicinal preparations and practices are recommended:

1. Consumption with Buttermilk:

- **Without Salt:** Consume without adding salt, and use buttermilk as a base.
- **Preparation:** Apply a paste of *Chitrak* root in a pot, then keep buttermilk in the pot. Use this sour or non-sour buttermilk for drinking and in food.
- **Other Herbs:** For *Bhargi*, *Aparajita*, *Ajwain*, *Amla*, and *Guduchi*, the same buttermilk preparation method is used.

2. Tkra Preparation:

- **Herbal Ingredients:** Prepare buttermilk (*tkra*) using *Pippali*, *Pippalimool* (*Piper longum* root), *Chavya*, *Chitrak*, *Vidanga*, *Saunth*, and *Haritaki*.

- **Preparation:** Use the above ingredients to make buttermilk or consume buttermilk for one month by avoiding grains.

3. Medicinal Decoctions:

- **Ginger and Punarva Root:** Consume milk prepared with the decoction of *Ginger* (*Adrak*), *Punarva* root, and *Chitrak*.
- **Kutaja Bark Decoction:** Make a decoction from the bark of *Kutaja* (*Holarrhena antidysenterica*), mix with *Pippali* powder and honey, and consume.

4. MahavataVyadhiChikitsa:

- **Hingwadhichurna:** Take *Hingwadhichurna* (a traditional herbal powder) and consume it with only buttermilk or milk.

5. Dietary Recommendations:

- **Yavakshara and Rock Salt:** Eat *Kulkmas* (a type of food preparation) made with *Yavakshara* (alkaline substance from barley), rock salt, *Chitrak* root, and alkaline water.
- **Palasha Tree Alkaline Preparation:** Consume *Kulkmas* made with alkaline from the *Palasha* tree.

6. Additional Remedies:

- **Palasha Alkaline with Ghee:** Mix *Palasha* tree's alkaline with ghee and consume it daily.
- **Kutaja and Bandaka Root Paste:** Use a paste of *Kutaja* and *Bandaka* roots mixed with buttermilk, or *Chitrak*, *Karanja*, and *Saunth* paste with *Karanja* alkaline.
- **Ksharodaka Ghee:** Consume ghee prepared with *Ksharodaka* (alkaline water) mixed with *Pippali* powder or black sesame seeds (*Til*) in the morning with cool water.

REVIEW ARTICLE

Treatment of *ARSHA* based on their predominant *doshas* (body humor), the following approaches are recommended:

1. **Vata-Pradhan (Vata-Dominant)**

Hemorrhoids:

○ **Treatments:** Use therapies such as sneha (oleation), sweda (sweating), vamana (emesis), virechana (purgation), asthapanā (enema), and anuvāsa (medicated oil enema).

2. **Pitta-Ja (Pitta-Dominant) Hemorrhoids:**

○ **Treatments:** Employ virechana (purgation) to balance the excess Pitta.

3. **Rakta-Ja (Blood-Dominant) Hemorrhoids:**

○ **Treatments:** Apply sanśhamana (palliative treatment) to control bleeding and balance the doshas.

4. **Kapha-Ja (Kapha-Dominant)**

Hemorrhoids:

○ **Treatments:** Use aardraka (fresh ginger) and kulthi (horse gram) to alleviate excess Kapha.

5. **Tri-Doshaja (Three-Dosha) Hemorrhoids:**

○ **Treatments:** Apply treatments that address all three doshas (Vata, Pitta, and Kapha). Additionally, consume milk that is prepared with herbs that balance all doshas.

DIETARY ADVICE (PATHYA- PATHAYA)

To manage hemorrhoids effectively, the following practices should be avoided:

1. **Suppressing Natural Urges:** Do not suppress the natural urges for bowel movements and urination.

2. **Sexual Activity:** Avoid engaging in sexual activity, especially if it exacerbates symptoms.

3. **Sitting on Horses or Similar Activities:**

Refrain from sitting on the backs of horses or similar activities that put pressure on the rectal area.

4. **Consumption of Sharp Substances:** Avoid consuming sharp or irritating substances that can aggravate the condition.

5. **Utkatasana (Squatting Position):** Avoid sitting in a squatting position, which can increase discomfort.

6. **Inappropriate Diet:** Refrain from consuming foods that increase the doshas (Vata, Pitta, Kapha) and exacerbate hemorrhoids.

DISCUSSION

The *Sushruta Samhita's Arsha Nidana Evam Chikitsa Adhyaya* provides invaluable insights into ancient India's understanding of proctological principles and management. This study highlights the significance of integrating traditional knowledge with modern medical practices to tackle haemorrhoids and other anorectal diseases.

1. **Holistic Approach:** *Sushruta Samhita* emphasizes a holistic approach to treating haemorrhoids, considering diet, lifestyle and mental well-being.

2. **Classification and Diagnosis:** Ancient Indian medicine recognized various types of haemorrhoids and developed diagnostic methods.

3. **Treatment Modalities:** The text describes multiple treatment options, including dietary

REVIEW ARTICLE

modifications, herbal preparations and surgical interventions.

Comparison with Modern Medicine

1. Similarities: Modern medicine also advocates for dietary changes and lifestyle modifications.
2. Differences: Ancient Indian medicine relied heavily on herbal remedies, whereas modern medicine favors pharmaceuticals.

Implications and Future Directions

1. Integrative Medicine: Combining traditional wisdom with modern medical advancements may lead to more comprehensive care.
2. Ethnopharmacology: Studying ancient herbal remedies can aid in discovering novel therapeutic agents.
3. Cultural Significance: Understanding ancient medical texts promotes cultural appreciation and preservation.

CONCLUSION

Arsho roga, as conceptualized in *Ayurvedic* medicine, constitutes a complex ano-rectal pathology that surpasses hemorrhoidal disorders. The underlying etiopathogenesis is attributed to dysfunctional dietetics and diminished *agni* (digestive fire), rendering localized therapeutic interventions inadequate. Restoration of impaired digestive efficacy is paramount for efficacious treatment.

Correlations between *Pittaja* and *Kaphaja Arshas* and distinct hemorrhoidal conditions underscore the significance of heeding Sushrut's specific indications for optimized therapeutic outcomes.

These ancient guidelines retain contemporary relevance in guiding decisions on medical, para-surgical, or surgical interventions for hemorrhoidal management.

Ayurveda provides a holistic paradigm for addressing *Arsho roga*, recognizing its systemic nature. By integrating digestive wellness and comprehensive health strategies, *Ayurvedic* medicine assumes a vital role in the treatment and clinical management of this complex condition

REVIEW ARTICLE

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