

Management of Arsha With Kankayana Vati

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Abstract

Arsha are one of the commonest diseases of the rectum and it has been reported since thousands of years and its prevalence rate is highest among all anorectal diseases. Arsha is clinically an engorged condition of haemorrhoidal venous plexus characterized by inflamed or prolapsed pile mass, bleeding per rectum. The term haemorrhoids usually resulted by straining during defecation, chronic constipation or diarrhoea, pregnancy etc. While we correlate Arsha with Piles maximum concepts are similar to each other. Anatomy and physiology of Valitrayee mentioned in Ayurvedic texts may be correlated with anal sphincters. According to Ayurveda, Arsha hampers the normal physiological functions of body. It gives trouble like enemy. But in Ayurveda Acharya Sushruta mention fourfold management of Arsha has been indicated viz. Bhesaj karma, Kshar Karma, Agnikarma and Shastra Karma according to chronicity and presentation of the disease. This study focus on the effect of Kankayana vati in the management of Arsha.

Keywords: arsha, haemorrhoids, kankayana vati

Introduction

The term Arshas is generally defined as, the diseases, which tortures the person like an enemy is called as Arshas.

The incidence and prevalence of the disease Arshas is increased due to several factors. It is being an occupational diseases effect all irrespective of age sex and religion. Most of the people in tropical countries are suffering from the diseases. The Arshas in modern aspect can be compared with piles or Hemorrhoids. Hemorrhoids is a greek word derived from two words Haem = Blood, Rhos = flow, means that blood flows and another name is pile. Pile is a latin word derived from Pila denotes the ball. So it seems to be ball like structure.

Hemorrhoids are varicosity of the plexus of rectal veins lying under mucosa. Due to various etiological factors the haemorrhoidal venous plexuses get constricted and after sometimes they get different positions in the anorectal region. Such Hemorrhoids are internal or external to the anal orifice. The external variety are covered by skin, while the internal variety covered by the mucous membrane. When the two varieties are associated with each then they are known as intero-external haemorrhoids.

Etymology and definition of arsha (Piles)

Etymology: Arsha pertains to a disease occurring in Guda and it is torturing to the patients. It may cause obstruction of the anorectal passage.

Piles: The word Pile is derived from the latin word „pila“ which means a „ball“. Thus a growth in the anus which similar in ball like shape is designated as piles.

Guda (Anal Canal): Acharya Sushruta has described in detail about Guda (Anal Canal) in Nidana Sthan. The total length of Guda is 4½ Angula and there are three Valis from above downward, these are namely Pravahini, Visarjani, and Samvarani. These are situated one above the other inside Guda. Distance between each Valis is 1½ Angula and all of them obliquely projectile in one Angula spiral like conch

(Shankhavartanibha) and resembling colour of Elephant's palate (Gajatalu). Gudaushtha (anal verge) is situated at a distance of 1½ Yava from Romanta (hairy margin). The first Vali (Samvarani) is at a distance of one Angula from anal verge. Nidana of arsha (PILES)

Dietic factors

Dietic indulgence like incompatible diet, excessive or less intake, irregular intake and lacks of fibre etc., which will interfere with digestive power leading to poor digestion and constipation.

Habits: Procedures that would vitiate Vata Dosha e.g. excessive sexual indulgence (Ativyavaya), suppression of natural urges (Vegavrodha) etc.

Anatomical factors[6] : Absence of valves in superior haemorrhoidal veins. The radicals of superior rectal vein lies unsupported in loose submucous connective tissue of the rectum.

Chronic constipation: The common reason for haemorrhoids to develop due to repeated pressure in the rectal or anal veins. It aggravates and precipitates piles.

Hereditary: It is often seen in members of the same family, mostly due to congenital weakness of the veins wall. Classification of arsha (PILES) There are different opinions of Acharya regarding the classification of Arsha.

According to origin two type of arsha

- Sahaja
- Janmottarakalaja

Stravitha asravi bhed se (On the basis of the character of bleeding)

1. Ardra (Sravi)-Bleeding piles due to vitiation of Rakta and Pitta Dosha.
2. Shushka- Non bleeding piles due to vitiation of Vata and Kapha Dosha.

On the basis of the predominance of Dosha

- Vataj
- Pittaj
- Kaphaj
- Raktaj
- Sannipataj
- Sahaj

Kankayana Vati is also known for its effectiveness in treating Arsha (hemorrhoids or piles) in Ayurveda. Arsha refers to the pathological condition where the dilated and inflamed veins in the anorectal region cause discomfort, bleeding, and pain.

In the context of Arsha, Kankayana Vati is referenced in classical Ayurvedic texts like "Bhaisajya Ratnavali," which is a comprehensive Ayurvedic formulary. The text provides detailed formulations for various health conditions, including hemorrhoids.

Treatment Acharya Charaka and Acharya Sushruta have mentioned four types of treatment for Arshas viz. Bhashajya chikitsa, Kshara karma, Agni karma & Sastra karma. Medical line of treatment advised by Acharya Sushruta is as under [10].

Types of Arsha	Measures
Vataja Arshas	Snehana, svedana, vamanavirechana&vasti.
Pittaja Arshas	Virechana
Kaphaja Arshas	The administration of Shunti&Kulattha
Raktaja Arshas	Samshamana karma
Sannipataja Arshas	Uses of Tridoshagnadravyas

In the case of Raktarshas if it is Vatanubandha, should be treated with Snigdha and Shita drugs as well as the dietetic regimens having similar qualities. Kaphanubandha Raktarshas should be treated with Ruksha and Shita drugs along with similar dietetic regimens [11]. In the patients of Raktarshas, if Vata vitiation is more and Pitta, Kapha vitiation is less administration of Snehapana, Snehabhyanga and Sneha Basti should be done [12]. Vataja and Kaphaja Arshas should be treated with Ksharakarma and Agnikarma; whereas Pittaja and Raktaja Arshas should be treated only with Mridu Ksharakarma [13]. Special emphasis has been given to the administration of Bhallataka in Shuskarshas and KutajaTwak in Sravi Arshas. Takrapana is common for both varieties of Arshas [14]. Para-Surgical Treatment: Those patients who are not relieved by medical treatment should be treated on lines of parasurgical methods. These are Ksharakarma, Agnikarma and Raktamokshana [15]. 1) Ksharakarma: According to Acharya Sushruta, soft, extensive, deeply situated, and projecting pile mass is curable by the Kshara karma. The caustics should be applied by either a ladle, a brush, or a rod. 2) Agnikarma: Agnikarma is also indicated for the treatment of Arshas. Rough, firm, thick, and hard pile mass are curable by Agnikarma. This procedure is done with hot Shalaka. 3) Raktamokshana: In addition to all such measures mentioned by Acharya Sushruta, Acharya Vagbhatta has advised Raktamokshana to be done with the help of Jalauka, Suchi, and Kurcha, in those pile masses which are of hard consistency, elevated and whenever the vitiated blood is accumulated in the piles. 4) Surgical Treatment: The total excision of the pile mass is done, followed by the cauterization of the bleeding points by hot Shalaka. The pile, which has a narrow pedicle that, projecting and moist should be treated by Shastrakarma.

Modern Perspective:

Definition of Haemorrhoids Hemorrhoids or piles are dilated veins within the anal canal in the subepithelial region formed by radicles of superior, middle, and inferior rectal veins.

Etiology: Primary or Idiopathic causes:

- 1) Hereditary factors-It is seen in the members of the same family.
- 2) Anatomical Factors-It has long been suggested that internal pile is a natural consequence of adaptation of erect posture by mankind.
- 3) Exciting causes-Parks suggested that straining to expel constipated stool causes dilatation of the venous plexus.
- 4) Morphological causes in humans, the weight of a column of blood unsupported by the valves produces a high venous pressure to the lower rectum which leads to hemorrhoids.
- 5) Physiological causes-Some surgeons recently have regarded the extensive venous plexus of the upper anal canal as physiological.
- 6) Diet -Low roughage diet may excite hemorrhoids

7) Sedentary habits-Prolonged standing and sitting increase the rectal pressure thereby precipitate piles.

Secondary causes for Haemorrhoids:Haemorrhoids may be secondary to few conditions, which must be excluded before the treatment is decided.

- 1) Chronic constipation
- 2) Pregnancy
- 3) Abdominal tumors
- 4) CA of the rectum
- 5) Straining during Micturition

Portal Obstruction Pathogenesis:

Lord (1969) believes that hemorrhoids constitute a reversible condition and that they are caused by a narrowing of the lower rectum and/or anal canal. The narrowing interferes with the normal process of defaecation and leads to an abnormal raising of the intrarectal pressure during the act causing venous congestion and hence hemorrhoids.

Classification of Haemorrhoids

According to the site of origin: Internal Haemorrhoids, External Haemorrhoids, Intero external Haemorrhoids

According to Pathological Anatomy:Primary hemorrhoids, Secondary Haemorrhoid

According to prolapsed:

- 1) 1 st degree Hemorrhoids
- 2) 2 nd -degree hemorrhoids
- 3) 3 rd -degree hemorrhoids
- 4) 4 th -degree hemorrhoids
- 5) Vascular Haemorrhoids
- 6) Mucosal Haemorrhoids Arterialpile

Clinical Features: Bleeding, Prolapse, Discharge, and pruritisani, Pain, Anemia Specific Features

According to Type of Pile

1) External Haemorrhoids Signs: Bluish, soft bulging vessels covered by the skin may be seen. Symptoms: It may cause minimal discomfort to severe pain if they are thrombosed. Bleeding may occur if the clot erodes through the skin.

2) Internal Haemorrhoids Signs: The perineum may appear normal if there are nonprolapsed internal hemorrhoids. Bluish, soft bulging vessels covered by mucosa may be seen on examination

Symptoms: Depends on the severity or grade of the hemorrhoids.

Grade 1: Painless bleeding

Grade 2: Mild discomfort, bleeding

Grade 3: Pain, bleeding, mucosal discharge

Grade 4: Pain, bleeding, possible thrombosis, and strangulation

Modern management

Condition	Management
First degree	Exclusion of other causes of bleeding, diet, rubber band ligation, infrared coagulation, bipolar electrocoagulation, sclerotherapy, DGHAL
Second degree	Rubber band ligation, infrared coagulation, sclerotherapy, DGHAL
Third degree	Rubber band ligation, infrared coagulation, bipolar electrocoagulation, haemorrhoidectomy
Fourth degree	Haemorrhoidectomy Prolapsed,
Prolonged strangulated hemorrhoids	Emergency haemorrhoidectomy
Thrombosed external hemorrhoids	Excision

Ingredients (Specific for Arsha)

The ingredients in Kankayana Vati for treating Arsha are similar to those mentioned before but are particularly focused on properties that help alleviate symptoms associated with hemorrhoids. The key ingredients include:

1. Shunthi (*Zingiber officinale*)

- Part Used: Rhizome
- Properties: Anti-inflammatory, digestive stimulant, reduces swelling.

2. Pippali (*Piper longum*)

- Part Used: Fruit
- Properties: Digestive, carminative, anti-inflammatory.

3. Haritaki (*Terminalia chebula*)

- Part Used: Fruit
- Properties: Mild laxative, rejuvenative, helps in the management of constipation, which is often a cause of hemorrhoids.

4. Shuddha Gandhaka (Purified Sulphur)

- Properties: Antimicrobial, enhances wound healing, detoxifying.

5. Shuddha Parada (Purified Mercury)

- Properties: Tonic, rejuvenative, promotes healing of tissues.

6. Vidanga (*Embelia ribes*)

- Part Used: Fruit
- Properties: Anthelmintic, antibacterial, supports digestive health.

7. Chitraka (*Plumbago zeylanica*)

- Part Used: Root
- Properties: Digestive stimulant, anti-inflammatory, promotes circulation.

8. Maricha (Piper nigrum)

- Part Used: Fruit
- Properties: Carminative, stimulates digestive fire, reduces gas and bloating.

9. Ajwain (Trachyspermum ammi)

- Part Used: Seeds
- Properties: Antispasmodic, carminative, helps in reducing pain and discomfort associated with hemorrhoids.

Action on Arsha (Hemorrhoids)

- Anti-inflammatory: The ingredients help reduce the inflammation and swelling of the veins in the anorectal region.
- Digestive Support: By promoting digestion and relieving constipation, Kankayana Vati addresses one of the primary causes of hemorrhoids.
- Mild Laxative: Ingredients like Haritaki ensure regular bowel movements, preventing strain during defecation.
- Hemostatic: Helps in reducing bleeding associated with hemorrhoids.
- Wound Healing: Ingredients like Shuddha Gandhaka and Shuddha Parada aid in the healing of tissues and reduce discomfort.

Dosage and Administration

- Dosage: Typically, 1-2 tablets twice a day after meals, with lukewarm water or as directed by an Ayurvedic physician.
- Duration: The duration of the treatment varies based on the severity of the condition and the patient's response to the medicine.
- **Dietary Restrictions:** A proper diet that avoids spicy, oily, and hard-to-digest foods is recommended during the treatment of hemorrhoids.
- Contraindications: Should be used cautiously in pregnant women and individuals with severe digestive disorders unless advised by a healthcare provider.

Overall Benefits

Kankayana Vati, with its blend of herbs and minerals, provides a holistic approach to managing hemorrhoids by addressing both the symptoms and the underlying causes, ensuring long-term relief and preventing recurrence.

Discussion

Arsha is one of the Asthamahagadas and is difficult to cure. The fact that Arshas is difficult to cure is everywhere emphasized in Ayurveda. Enumeration of a vast number of etiological factors including dietic ingredients, habits, acts, indulgences and systematic description of its pathogenesis are itself indicative of our Acharyas' keen observation, deep insight, and scientific knowledge of the disease. Mandagni is the chief causative factor of the disease. Malavibandha, Kandu, and Raktasrava are some of the classical features of Arshas. Having gone through all these theories, which are discussed in previous pages one will certainly admit that Ayurvedic physicians of ancient times were scientific in their observation All hemorrhoids are Arshas but all Arshas are not hemorrhoids. Arshas include hemorrhoids with other anorectal growths.

Conclusion

Arsha is one of the Ashtamahagadas. The location of Arsha is in the Guda region which is SadyapranaharaMarma. Erect posture in humans makes them more prone to this disease. It is estimated that 50% of the population above the age of fifty has minimal or significant piles. Arsha is very hard to treat and needs long-term treatment. Bleeding, Prolapse, Discharge, and pruritisAni, Pain, and Anaemia are the cardinal symptoms of Hemorrhoids.kankayana vati has good effect on Arsha

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