



## A REVIEW ARTICLE ON IMPORTANCE OF ARSHOHAR MALHAR IN THE MANAGEMENT OF ARSHA (HAEMORRHOIDS)

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### ABSTRACT

Arsha Vyadhi is linked to hemorrhoids in Ayurveda. In his work, the father of surgery, Acharya Sushruta, provided additional information regarding Arsha Vyadhi. Fleshy's projection, Arsha, is what breaks down the anal canal. "Mandagni" is the cause, which is the hypoactivity of the pancreatic digestive enzymes that causes constipation, guda area discomfort and burning, itching, and bleeding. The condition is currently known as hemorrhoids. As a common anorectal illness, arsha is included as one of the eight hard-to-treat conditions (Ashtamahagada) in Ayurvedic writings. Of all the branches of Asthanga Ayurveda, Shalya Tantra is one of the most important. Six primary management concepts – Bhaisaja, Kshrakarma, Yantrakarma, Agnikarma, Raktamoksana, and Sastrakarma – form its foundation. Furthermore, when it comes to Dhatuvaigunya (organic disease caused by local malformation) of anal structures, local treatment, such as Ksharkarma, is more successful. However, a physician's intervention is required and mandatory for Kshar's Pratisaran (local application). For the treatment of internal hemorrhoids of the first and second degrees, Arshohar Malhar, a polyherbal ointment is used topically. This article examines Arshohar Malhar's pharmacological characteristics, composition, therapeutic effectiveness, and use, referencing both contemporary clinical research and traditional Ayurvedic literature. The ointment's analgesic, caustic, and anti-inflammatory qualities help to lessen constipation, pain, bleeding, and pile mass.

### INTRODUCTION

The current era of fast food, irregular eating schedules, shifting eating habits, sedentary lifestyles, and mental stress all disrupt the digestive tract and lead to a number of illnesses, including anorectal disorders, which are a significant category of diseases. Psychological manifestations are typically associated with anorectal diseases. The prevalence of anorectal diseases is steadily rising in society. Among these hemorrhoids, piles are a prevalent occurrence in society. People that spend a lot of time sitting down, drivers, bank managers, tailors, shopkeepers, etc., are frequently affected. Because of its abundance of nerve endings, the perianal skin is one of the body's most sensitive areas to discomfort. Enhanced with comprehensive basic surgical procedures and para-surgical measures, Sushruta Samhita is the only Ayurvedic transcript available for use in surgical practice. It has been suggested that conservative treatment alone is insufficient for managing a number of disorders. In a separate chapter, Acharyas referred to hemorrhoids as arsha. In the Ashtamahagada<sup>1</sup> chapter, which falls under the broad heading of eight difficult-to-treat illnesses, Acharya Susruta described hemorrhoids as being as fierce as an enemy. The fact that the "WHO" has begun to observe November 20th of each year as "World Piles Day" unmistakably shows how widespread this sickness has become and how much it has caused human physical and mental pain.

The prevalence of the condition is typically directly related to the etiological variables. At least 50% of adults over 50 exhibit some degree of hemorrhoidal symptoms, an occurrence that rises with age.<sup>2</sup> According to recent statistics, piles can affect persons of any age, sex, or socioeconomic background. Furthermore, according to certain population figures from the West, the prevalence may be as high as 37%, with men and women experiencing it at equal rates.<sup>3</sup> Patients may appear with hemorrhoidal symptoms at any age since the hemorrhoid can gradually expand and its prevalence may rise with age.

### DISEASE REVIEW

The word Arsha used to describe the illness causes the patient the most suffering, acting as an adversary and highlighting the seriousness of the illness.<sup>4</sup> This clinical condition results in structural derangement. The functions of apanavayu are further hindered when an individual indulges in etiological factors during the pathogenesis process, which vitiates the doshas and results in agnimandya. When vitiating, apanavayu causes feces to build in the gudavali, which vitiates the other vayus and doshas. Normally, apanavayu aids in bowel evacuation. Mamsapraroaha or arsha arises as a result of these vitiating doshas becoming localized in the meda and mamsa of gudapradesha.<sup>5</sup> Modern surgery defines hemorrhoids as the dilatation and varicosity of the anal-canal hemorrhoidal veins. Because hemorrhoidal veins lack valves, hemorrhoids are frequently observed in humans. The illness known as hemorrhoid is unique



to humans because of their upright position. The portal and systemic venous circulation are connected by the hemorrhoidal plexus, which empties into the internal pudendal veins and subsequently the internal iliac veins. Modern surgery currently uses rubber band ligation, cryo-surgery, dilatation, infrared coagulation, and hemorrhoidectomy to treat hemorrhoids, albeit not all of these techniques have been equally effective. <sup>6</sup> In technical terms, hemorrhoids are sub-mucosal cushions that are situated in three columns above the dentate line of the anal canal: the right anterior (11 o'clock), right posterior (7 o'clock), and left lateral (3 o'clock) sides. The phrase is commonly used, nevertheless, to describe pathological hemorrhoid vein varicosity brought on by elevated intravenous pressure. Straining during bowel movements, persistent diarrhea or constipation, a sedentary lifestyle, and pregnancy are the main causes of the pressure. <sup>7</sup>

Hemorrhoids can be defined as either internal or external depending on where they are in relation to the dentate line and their anatomic origin within the anal canal. Usually painless, internal hemorrhoids manifest themselves by bleeding during a bowel movement. Internal hemorrhoids may prolapse or protrude through the anus if the problem is not treated. Surgery is scheduled in accordance with the clinical grades of prolapsed internal hemorrhoids, which range from grade 1 to grade 4. <sup>8</sup> Infrared coagulation (IRC), cryosurgery, rubber band ligation, injectable treatment, hemorrhoidectomy, Doppler Guided Hemorrhoid Artery Ligation (DGHAL), laser, and other non-surgical and surgical techniques are available in surgery based on the severity of the piles. <sup>9</sup>

Because it is dirghakalanubandhi, duschikitsya in character, and involves marma, the ailment is classified as maharogas in Ayurveda. <sup>10</sup> Gudabhaga, which is unquestionably a marma and is notorious for its chronicity and difficulties in treatment, is where Arsha occurs. Sushruta lists four methods for managing it <sup>11</sup> (i) palliative care, or Bhaishaja Chikitsa; (ii) potential cauterization agent therapy, or Kshara Karma; (iii) direct cauterization agent therapy, or Agnikarma; and (iv) Shashtra Karma, or sharp tool operation. Of these, bhaishajakarma is the first line of treatment because, unlike other methods, there is no risk of complications, putrefaction, or bleeding. Herbal remedies have been used for centuries by people on many continents. With proven benefits for blood vessel-wall tone, capillary permeability reduction, circulation enhancement, oedema reduction, and inflammatory mediator blockage, herbal treatments have recently gained appeal once more. <sup>12</sup>

## DRUG REVIEW

### Arshohara malhar

#### • Ingredients

1. Go ghrit - 4 part
2. Varki hartal ( Yellow orpiment) (As<sub>2</sub>S<sub>3</sub>)- 1 part
3. Shwet Khadir- 1 part. <sup>13</sup>

#### • Method of Preparation

Take 2 tolas each of Haratal and sweta khadira and grind them. Then mix 8 tolas of cow ghee washed 100 times in water and make an ointment.

#### • Use

Applying this Arshohara Malhar twice a day stops bleeding; relieves burning sensation and pain and makes the dry warts.

#### • Method of application

After cleansing the area, Arshohar Malhar is administered topically to the anal region twice a day for a period of 45 days . To guarantee absorption, the ointment is gently massaged onto the afflicted area. Contraindications and Precautions- Because Arshohar Malhar is caustic, it should only be applied externally and should not be consumed .

## DISCUSSION

### • Probable mode of action in relief of Raktasrava (P/R bleeding) and size of piles

According to Ayurvedic texts, the Arshohara Malahara is indicated in the management of Arsha and referenced in the Siddhayoga Samgraha for Arsha management. Ano-rectal mucosa fibrosis with decreased P/R bleeding was noted as a result of the Arshohara Malahara's primary ingredient, Hartala (As<sub>2</sub>S<sub>3</sub>), having Lekhana (scraping) effects and Tutha (CuSO<sub>4</sub>) acts as a chemical cautesizer. <sup>14</sup> Another ingredient, Khadir (Acacia catechu), which has the Kashaya Rasa, which is known for its Stambhan (vasoconstriction) property, assisted in reducing the bleeding from pile masses. It may have resulted from fibrotic alterations in the anal mucosa cells and protein coagulation. By repairing the damaged mucous membrane and underlying tissue, the effect of herbs relieves symptoms.

Go ghrita has a calming effect and aids in the relief of pain, which is sometimes a symptom of first- and second-degree piles. Ghrita is said to be useful in reducing Vata Dosha, and because of its Sanskaroanuvartanam properties, it also improved the way that Hartaala and other medications worked. <sup>15</sup> It was discovered that Arshohara Malahara's Shata Dhauta Ghrita has vatashamak and calming qualities. Ushua (Hot) is possessed by Arshohara Malahara. These qualities are beneficial in regulating Apana Vayu and correcting Vata Dushti, which in turn breaks the Samprapti (Pathogenesis) of Arsha/Piles. Tikshana (Sharp) and Snigdha (Soothing) Guna (Property).

## CONCLUSION

Pitta Kapha Shamana, Vatanulomana, Deepana, Pachana Raktashodhana, and Raktastmbhana are the fundamental tenets of Arsha's administration. Deepaniya and Pachaniya drugs are essential for treating Arsha, enhancing Agni Bala, and halting the bleeding.

Ayurvedic treatment, local Kshara application, medication, and para-surgical procedures like Ksharasutra ligation are the best ways to cure Arsha (hemorrhoids), according to review of



research studies on the condition. The medications Agnidipan, Pachan, and Anuloman can be used to treat first-degree piles.

The best treatments for first and second degree piles include medication, local Kshara application, perrectal oil installation, and Malahar application. It is possible to treat third- and fourth-degree piles with Ksharasutra ligation. The finest methods for managing external thrombosed piles are Avagahaswedan and Jalaukavacharan (leech application).

This review study describe the action of Arshohara malhar in the management of 1st and 2nd degree haemorrhoids due to it action on reducing pile mass size, bleeding, pain, and constipation. Its ingredients complement Ayurveda's all-encompassing strategy for treating Agnimandya's symptoms as well as its root causes.

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