

## Evaluation of Control of Haemorrhoids [Arsh vyadhi] with Diet

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### ABSTRACT-

Arsh (haemorrhoids) are the most common ailment of the rectum which is affecting individual of every age groups. Suffering from haemorrhoids is not only painful but embarrassing as well. In Ayurveda, various dietary concepts has been explained by our archaryas for arsh vyadhi. As it is caused mainly due to our diet and lifestyle. Due to today's lifestyle, we can 8 patients out of 10 of arsha roga (harmorrhiods). Ahara(diet), vihar( lifestyle) and home remedies (aharkalpana) play an important role in prevention as well as cure arsh vyadhi. Diet rich in green vegetables and fruits are beneficial. Whereas, consumption of meat, alcohol increases the risk.

### KEYWORDS-

arsh, diet, constipation, triphala guggul

### INTRODUCTION-

Haemorrhoids are caused by wrong lifestyle that includes our aahar, vihar, mental state. Due to this changing lifestyle, unhealthy diet is the main culprit by whichevery other individual is facing constipation problem which inturn causes haemorrhoids. The main purpose of study is awareness among people suffering from piles regarding heathy

diet and pathyaapathya so their suffering can be reduced.

Hemorrhoids are swollen, inflamed veins and capillaries around the rectum. They may be classified as either internal or external. Many not only want to know how to heal hemorrhoids but how to heal hemorrhoids fast and naturally. The authors review the role of diet in management of arsh (haemorrhoids) by this study module.

The growing tendency to intake artificial foods, increase mental tension, lack of rest and careless attitude towards responding to natural urge such as suppression of defecation and urination also intensify the process of disease.

In Ayurveda Acarya Susruta (the father of ancient surgery) mentions this disease under the heading of Mahagadas.

### TYPES OF ARSHA (HAEMORRHOIDS)-

According to sushrut<sup>1-</sup>

1. Vattaj
2. Pittaj
3. Kaphaj
4. Shlemaj

5. Rakhtaj
6. Sannipataj
7. Sahaj

According to charak<sup>3-</sup>

1. Sushka arsh ( vata-kapha pradhanya)
2. Aardra arsh ( rakhta-pitta pradhanya)

### **CAUSES AND SAMPRAPTI OF ARSH<sup>3-</sup>**

#### ◆ Aaharatmka (Dietary causes)<sup>6-</sup>

Eating meat of cow, goat, pork and fish, Due to intake of heavy, sweet, cold, abhishyandi (channel blocking), vidahi (burning), virudhashan, adhyashan, ajirna, pramitashan, asatyama bhojan, constant use of decomposed, dried meat, tila guda vikrut, intake of pickles, salad, stael food, mandak curd (immature curd), excessive intake of unctous substances.

#### ◆ Vihar<sup>6-</sup>

Avoiding evacuation, faulty application of enema, abstaining from physical exercise, day sleep, use of comfortable bed, chairs and seat. Squatting position, journey on irregular vehicle, excessive sexual intercourse, introducing enema nozzle improperly, constant and excessive straining, impeding the urge of flatus, urine and stool forcibly, suppression of impelled urges, in women by abortion, foetal pressure, and difficult labor, apana vayu gets vitiated and coming in contact of the down tending

accumulated excrement carries it to the anal fold, thus manifesting piles.

Piles are caused generally by all the three dosas combined and the specific types are determined according to predominance of doshas.

#### ◆ Mansik (mental cause)-

Not self possessed individuals having anger, anxiety, depression

### **PURVARUPA (PRODROMAL SYMPTOMS) OF PILES<sup>7-</sup>**

1. Stasis of indigested food ( vishtamba)
2. Weakness in bowels along with gurgling sound
3. Emaciation
4. Excessive eructation
5. Weakness in legs,
6. Small quantity of stool
7. Suspicion of grahani roga,
8. Anemia
9. Abdominal disorders

### **AIMS AND OBJECTIVES-**

1. To study effect of diet in piles.
2. To reduce sufferings of the patients along with medication.
3. To study the effect of pathyapathya and reduce frequency of recurrence by nidhan parivarjan.

### **MATERIAL AND METHODS-**

For this study 2 groups was formed of 30

patients clinically diagnosed arsh patients.

Group A-Will be given Tab triphala guggul 250mg each 2tabs 3times a day+healthy diet plan.

Group B-Will be given Tab triphala guggul 250mg each 2tabs 3 times a day with no restriction on diet.

Diet plan advised to group Along with triphala guggul medicine.

7am glass of milk

8am rawa/upma,4almonds  
/10raisins

12-1pm lunch -2chapati+rice+moong dal+suran/cauliflower+glass of buttermilk

4pm glass of milk+fruits

8-9pm dinner- 2chapati +rice+moong dal+suran/cauliflower+glass of buttermilk

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Total number of patients:- 60 clinically diagnosed arsh vyadhi patients with two groups.

Duration of treatment: one month.

### MODE OF ACTION<sup>15-</sup>

Triphala guggul has- Terminalia chebula (Haritaki), Terminalia bellirica (Bibhitaka) and Emblica officinalis (Amla).

Haritaki – Terminalia chebula, is mainly Kashaya (astringent) in taste and all tastes except salty (Rasa), sweet after digestion (Madhur Vipaka), and is

heating in effect (Virya). It is light, dry in qualities (Guna). It cures diseases of the Vata Dosha. Haritaki acts on Digestive, excretory, nervous, respiratory system. It has Laxative, astringent, anthelmintic, expectorant and tonic action.

Bibhitaki – Terminalia belerica, is Kashaya (astringent), Madhur (sweet) in taste, sweet after digestion (Madhur Vipaka), and is heating in effect (Virya). It is light, dry in qualities (Guna). It balances Vata-Pitta-Kapha. It has Expectorant, astringent, laxative, anthelmintic, and tonic properties.

Amalaki – Emblica officinalis has all tastes except salty. It has primarily sour, bitter, astringent taste (Rasa). It is sweet after digestion (Madhur Vipaka), and is heating in effect (Virya). It is light, dry in qualities (Guna). It pacifies all Dosha (tridosaghna) but primarily Pitta and Vata are reduced, and Kapha is increased. It increases ojas. It has Antacid, anti-inflammatory, antipyretic, alterative, adaptogen, digestive, laxative, hepatoprotective, astringent, haemostatic, antioxidant, cardiogenic, nutritive, ophthalmic, tonic, aphrodisiac properties.

Guggul- commiphora mukulRasa – Tikta (Bitter), katu (Pungent),Guna (qualities) – Laghu (light to digest), Rooksha (dryness), Vishada (Brings clarity, clears channel), Sookshma (Minute), Sara – brings about movement.Vipaka – taste conversion after digestion – Katu – pungent, Veerya – ushna – hot potency

Hemorrhoids patients often suffer from constipation. Triphala helps to relieve constipation, soothes the mucous layer

and Guggulu helps in shrinking the size of the pile mass and to relieve inflammation.

### **PATHAYA-**

Some of the aahar vihar to be followed by arsh vyadhi patient is given in our samhitaas follows-

#### **Aahar-vihar-**

- Timely intake of food.
- Surana(Amorphophallus companulatus) is very useful when cooked as a vegetable and also when used as a medicine. Boiled and mashed surana is very useful when eaten as a vegetable in order to correct its irritating property while a little tamarind juice is often added<sup>11</sup>
- Shaali, shashtik, jav, wheat and ghrut siddha milk given with nimbyush and patol yush<sup>2</sup>
- Vegetables like chaulai, choti muli, palak<sup>2</sup>
- Godhuma, kulatha, raktashali, Barley, Maize and Bajara are very useful for patients suffering from constipation<sup>11</sup>
- Snigdha, agnidipana, arshohar, relieving constipation diet should be given<sup>2</sup>
- Black pepper, ginger, cumin, fenugreek, long pepper, cardamom, cloves, asafoetida and cinnamon are very useful in promoting the

functioning of liver and relieving constipation<sup>9</sup>

- Takra prayog is mention for agnidipana as in arsh roga there is agnimandya and also vata kaphaj vikaar<sup>13</sup>
- Prakbhojan- haritaki mixed with guda<sup>9</sup>
- Patients of shuskaarshshouldwashanal region withwarmwaterafterdefecation<sup>13</sup>

### **APATHYA-**

- Non vegetarian foods such as meat, fish and eggs should be avoided.
- Deep fried food should be strictly avoided.
- Vega-avrodha(suppression of evacuatory processes)<sup>8</sup>
- Stri-sevan<sup>8</sup>
- Prusthyaan( riding on animals or travelling)<sup>8</sup>
- Utkutasan( squatting posture)<sup>8</sup>
- Don't consume dosha prakopak aahar sevan<sup>8</sup>

Food which is Vata anulomana, food which increases jatharagni should be consumed by arsh vyadhi patients daily<sup>10</sup>

### **INCLUSION CRITERIA-**

1. Either sex age between 20 to 60 years.

2. Patient suffering from first and second degree piles only.
4. Patients with symptoms of anal pain ,anal itching,constipation.
5. Patients with difficulty while sitting.
6. Sarakta malpravritti

**EXCLUSION CRITERIA-**

1. Patient suffering from 3<sup>rd</sup> and 4<sup>th</sup> degree piles.
2. Excessive anal bleeding
3. Carcinoma of rectum
- 3.Gharbhini
4. Patients suffering from HIV,Kochs, chronic illnesses, HTN, DM and other metabolic disorders and auto immune diseases.
5. Rectal incontinence
- 6.Fissure,Fistula,genital warts and syphilis

**CRITERIA OF ASSESSMENT-**

The diagnosis will be mainly based on signs, symptoms and per rectal examination.

**Assessment Criteria-**

- 0 no relief,
- 1 + little improvement
- 2 ++ improvement

**Symptomatic relief** will be the basis of assessment of result and parameters will be as below-

- 1.Constipation relieved

- 2.Pain at anal region relieved
- 3.Itching at anal region relieved
- 4.Burning sensation at anal region relieved .

**OBSERVATION-**

Out of total 60 clinically diagnosed patients of two groups,

Group A (triphala guggul tablet and advised diet), Percentage wise observation with above criteria as follows-

Constipationrelieved-84.26%

Painatanalregionrelieved- 78.66%

Itchingatanalregionrelieved- 66.46%

Burningsensationatanalregionrelieved-70.44%

Group B ( triphala guggul tablet and without diet advise),percentage wise observation with above criteria as follows-

Constipationrelieved- 72.20%

Painatanalregionrelieved-64.33%

Itchingatanalregionrelieved-54.76%

Burningsensationatanalregionrelieved-52.80%

**DISCUSSION-**

Group A got significant result with triphala guggul tabs and dietary advise.

Constipation, pain at anal region, itching and burning sensation all symptoms got good results.

Also other symptoms like agnimandya, daurbalya got reduced.

On the other hand, group B did not show significant effect. As compared to group A, relief was less. As these group was only on medication, they were not told to follow diet. Group A who followed diet along with medication got good relief with other symptoms also.

### CONCLUSION-

From the above study, it can be concluded that diet plays a very important role in management of arsh(haemorrhoids). We can see, out of two group A and group B, group A got good relief in their symptoms like constipation, pain and itching reduced near anal region and burning sensation also reduced to a great extent.

So, as it is told in our ancient science to follow aahar vidhi, pathya-apthya in our daily regimen to prevent from such diseases. So if we follow dietics and also lifestyle mentioned in our science, we can not only cure but also prevent lifestyle disorders like arsh which is painful and disturbs one's lifestyle physically and mentally and socially.

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