

A CRITICAL REVIEW OF ARSHA: AN AYURVEDIC PERSPECTIVEArchana Singh^{*1} and Neelam Gupta²

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ABSTRACT

Anorectal disorders are a group of medical disorders that occur in perianal and perineal region, the seat of *sadyah pranahara* marma. Various type of guda vikaras are mentioned in different ayurvedic classics. *Arsha* is depicted under *astamahagada* which show their prognostic significance. Even *Arsha* is mentioned as “*arivat pranashrunoti*” which proves its severity. This article reviews the vivid symptomatology depicted by various ancient *acharyas* in *ayurvedic* texts.

KEYWORDS: *Arsha*, *astamahagada*, *sadyah pranahara marma*.

INTRODUCTION

Acharya Charaka and Acharya Sushruta have not given a clear cut definition of *Arsha*. However Acharya Charaka has indicated this disease as ‘*Adhimamsa-vikara*’. Acharya Sushruta has mentioned as

origin of ‘*Mamsa-praroha*’ in ‘*Guda-vali*’. Acharya Vagbhata in *Ashtanga Hridaya* depicted ‘*Arsha*’ as a ‘*Maamsa-keelaka*’ which afflicts the ‘*Prana*’ like an adversary due to obstruction of ‘*Guda-marg*’ (anal passage).

Classification of *Arsha*

The classification of *Arsha* varies from text to text. The different *Acharyas* have classified this disease on the basis of its origin, bleeding and the predominancy of *Doshas* etc. this classification can be summarised as below:

a. Classification according to Origin, Bleeding Nature and *Dosha* predominancy.

Classification according to:	Charaka	Sushruta	Vagbhatta	Bhela	Harita	Madhav
Origin: i. Sahaja ii. Janmottarakalaja	+	+	+	-	-	-
Bleeding nature i. Shushka ii. Sravi or Ardra.	+	-	+	-	-	-
Predominancy of <i>Dosha</i>: 1)Vataja, 2)Pittaja, 3) Kaphaja, 4)Sannipataja, 5)Raktaja, 6)Sahasa	+	+	+	+	+	+

b. Classification on the basis of Prognosis.

According to this criterion *Arsha* can be divided into three groups such as:

- i. *Sadhya* (Curable)
- ii. *Yapya* (Palliative)
- iii. *Asadhya* (Incurable)

Asadhya-Symptoms	Charaka	Sushruta	Vagbhatta	Bhela	Harita	Madhav
1) Sannipataja	+	+	+	+	-	+
2) Sahaja	+	+	+	-	-	+
3) Situated in the internal <i>Vali</i>	+	-	+	-	+	+
<i>Yapya</i>-Symptoms						
1) Dwandaja	-	+	+	-	-	-
2) Situated in second vali	+	+	+	-	+	+
3) Chronicity not more than one year	+	+	+	-	-	+
4) Sahaja	-	-	-	+	-	-
<i>Sadhya</i>-Symptoms						
1) Situated in <i>Samvarani</i>	+	-	+	-	+	+
2) dominance of one dosha	-	-	+	+	-	+
3) Not very chonic	+	+	+	-	-	+

***Asadhya* variety**

Sahajarsh, if caused by the vitiation of three *Doshas* and if the *Arsha* is placed in the internal *Vali*, is incurable. In addition to this if the patients develops oedema in hands, legs, face, umbilical region, anal region, testicles and if he suffers from pain in the cardiac region, it is considered as incurable.

Purva Rupa* (Symtoms) of *Arsha

Symptoms, which manifest before the appearance of the disease, are known as *Purva Rupa* (premonitory symptoms). The various symptoms manifests in different *srotas* described in various ayurvedic texts are as following-

Purva Rupa**Pranavaha Srotas.**

	Charaka	Sushruta	Vagbhata	Madhav
Kasa	-	+	-	-
Swasa	-	+	-	-

Anna Vaha Srotas.

	Charaka	Sushruta	Vagbhata	Madhav
Agnimandya	-	-	+	-
Amlika	-	+	+	-
Anna ashreddha	-	+	+	-
Anna vishtambha	+	+	+	+
Antra koojana	-	+	+	-
Atopa	+	+	+	+
Dhoomaka	-	-	+	-
Grahani ashanka	+	+	+	+
Gulma shanka	-	-	+	-
Kruchchhat pakti	-	+	+	-
Udara roga ashanka	+	-	+	-
Udgara bahulya	+	+	+	+

Purisha Vaha Srotas.

	Charaka	Sushruta	Vagbhata	Madhav
Alpa pureeshta	+	-	+	+
Guda parikartana	-	+	+	-
Kruchchrata vata nirgamana	-	-	+	-
Saruk & sashabda nirgamana	-	-	+	-
Saparikartika vata nirgamana	-	-	+	-
Paridaha	-	+	-	-
Shakrut bheda	-	-	+	-
Shakrut graha	-	-	+	-

Specific Symptoms of Sahaja Arsha.

Symptoms	Charaka	Sushruta	Vagbhata
Kanichit Anuni, Deerghani	+	-	-
Kanichit, Hraswani, Mahanti	+	-	-
Kanichit, Vrutani & Vishrutani	+	-	-
Kanichit, Antara Kutilani	+	-	-
Kanichit, Bahirkutilani, Jatilani	+	-	-
Kanichit, Antarmukhai	+	+	+
Durdarshanani	-	+	+
Colour			
Panduni	-	+	+
Surface			
Darunani	-	+	+
Consistency			
Parushani	-	+	+

General Body Symptoms Of Vataja Arsha which are related with pain.

Symptoms	Charaka	Sushruta	Vagbhata	Bhela	Harita	Madhav
Angamarda	+	-	-	-	-	-
Amsa, Shira & Vangkshana Shoola	-	-	+	-	-	+
Basti, Shankha & Kukshi shoola	+	-	-	-	-	-
Guda shoola & Parva bheda	-	-	+	-	-	-
Hrud shoola	-	-	-	+	-	-
Kati shoola	+	+	+	+	-	+
Karna shoola	+	-	+	+	-	-
Kostha shoola	-	-	-	+	-	-
Medhra shoola	-	+	-	-	-	-
Nasa shoola	-	+	-	-	-	-
Nabhee shoola	-	+	-	-	-	-
Parshva shoola	+	+	+	+	-	+
Shirobhitapa	+	-	-	-	-	+
Trik & Uru Shoola	+	-	+	-	-	+

Symptoms Related with Natural Urges.

Symptoms	Charaka	Sushruta	Vagbhata	Bhela	Harita	Madhav
Bhinna Pureeshata	-	-	-	+	-	-
Grathita Upaveshee	-	-	+	+	-	+
Mootra Pureesha Arunta	+	-	-	-	-	-
Mootra Pureesha Parushata	-	+	+	+	+	-
Pratata Vata Mootra Varchamsi	+	-	-	-	-	-
Pichchhilopaveshee	+	-	-	-	-	+
Sapraahikopaveshee	+	-	-	-	-	-
Saphenopaveshee	-	-	+	-	-	+
Sarguparveshee	+	+	+	-	-	-
Sashabdopaveshee	-	-	+	-	-	+
Sthoolopaveshee	-	-	+	-	-	-
Vibaddha vata Mootra varchamsi	+	-	-	-	-	-
Vibaddhopaveshee	-	-	+	-	-	-

Symptoms according to Discolouration of different parts of Body.

Symptoms	Charaka	Sushruta	Vagbhata	Bhela	Harita	Madhav
Dashana Krushnata	-	+	-	-	-	-
Nakha, Nayana & twak Krushnata	+	+	+	-	+	+
Nakha Arunata, Parushata & Shayavta	+	-	-	-	-	-
Twak arunata, Parushta & Shyavata	+	-	-	-	-	-
Nayana arunata, parushata & shyavata	+	-	-	-	-	-
Vadana arunata, parushata & Shyavata	+	-	-	-	-	-
Vadanakrushnata	+	+	+	-	+	-
Vaivarnyata	-	-	-	+	-	-
Others:						
Aadhman	+	-	-	+	-	-
Agni vaishmya	-	-	+	-	-	+
Arochaka	+	-	+	-	-	+

Ashtihila	-	+	+	-	+	+
Aayama & Basti graham	+	-	-	-	-	-
Bhrama	-	-	+	+	-	+
Durbalata & Grahani dushti	-	-	-	+	-	-
Gulma	-	+	+	-	+	+
Hrud drava	+	-	-	-	-	-
Hrud graha	+	-	+	-	-	+
Kandu	+	-	-	-	-	-
Kasa,Kshavathu, Udgara	+	-	+	-	-	+
Kati, Prushta & Uru graham	-	-	-	+	-	-
Mukha vairasya & Moorchcha	+	-	-	-	-	-
Plihodara	-	+	+	-	-	+
Pratishyaya & Timira	+	-	-	-	-	-
Shisna graha	+	-	-	-	-	-
Shosha	+	-	-	+	-	-
Shwasa	-	-	+	-	-	-
Udara roga	-	-	-	-	+	+
Udavarta & Vangkshana graham	+	-	-	-	-	-
Vinidra & Vishuchika	-	-	-	-	+	-
Vishtambha	-	-	+	-	-	+
Yakruta vrudhi	-	-	-	+	-	-
Swaropaghata	+	-	-	-	-	-
Snigdha & Ushna upashayani	+	-	-	-	-	-

According To Local Symptoms.

Symptoms	Charaka	Sushruta	Vagbhata	Bhela	Harita	Madhav
Akshepa,Sphoorana & Shoola	+	-	-	-	-	-
Chimchimayana	+	+	-	-	-	+
Sheetata	-	-	-	+	-	-
Toda	+	-	-	+	-	-

Specific Symptoms of *Vataja Arsha*.

Consistency:						
Symptoms	Charaka	Sushruta	Vagbhata	Bhela	Harita	Madhav
Kathina	+	-	+	-	-	-
Khara	-	-	+	-	-	+
Parusha & Ruksha	+	-	+	-	+	-
Shushka	+	+	-	-	+	+
Shape:						
Ambhoja Beeja	-	-	-	-	+	-
Bimbeephala Sannibha	-	-	+	-	+	+
Kadambapushp Akruti	-	+	+	-	-	+
Kakansannibha	-	-	-	-	+	-
Karkandu Sannibham	-	-	+	-	+	+
Karpasaphala Sannibha	-	-	+	-	+	+
Kharjura sannibham	-	-	+	-	+	+
Kola-sannibham	-	-	-	-	+	-

Mukula & Nadi Sadrusah	-	+	-	-	-	-
Siddharthaka Sannibham	-	-	+	-	+	+
Soochi Mukhakruti	-	+	-	-	-	-
Tundikeree Sadrusah	-	-	+	-	-	-
Colour:						
Aruna varna	-	+	+	-	-	+
Shyava varna	+	-	+	-	-	+
Surface:						
Deerghani	-	-	-	-	+	-
Mitho Visadrushani	-	-	+	-	-	+
Mlana & Sphootita Mukhani	+	-	+	-	-	+
Tikshnagrani & Vakrani	+	-	+	-	+	+
Vishama Visrutani	+	-	-	-	-	-

General Symptoms of *Pittaja Arsha*

Concerned natural urges.

Symptoms	Charaka	Sushruta	Vagbhata	Bhela	Harita	Madhav
Ama vachamsi	-	-	+	-	-	-
Bhinna Vachamsi	+	-	+	-	-	-
Drava vachamsi	-	-	+	-	+	+
Harita vachamsi	+	-	-	-	-	-
Neela vachamsi	-	-	+	-	-	+
Peeta mootrata & Vachamsi	+	+	-	-	+	-
Prachura vit Mootrata	+	-	-	-	-	-
Rakta vachamsi	-	-	+	-	-	+
Sadaha & sarudhira atisara	-	+	-	+	-	-
Ushna Vachamsi	-	-	+	+	-	+
Visragandhi vit Mootrata	+	-	-	-	-	-

According to the discolouration of different parts of the body.

Symptoms	Charaka	Sushruta	Vagbhata	Bhela	Harita	Madhav
Nakha, Nayana Twak peetata	+	+	+	-	-	+
Dashana, vadana peetata	-	+	-	-	-	-
Twagadinamhari Taharidratwam	-	-	+	-	-	+

Local symptoms.

Symptoms	Charaka	Sushruta	Vagbhata	Bhela	Harita	Madhav
<i>Daha</i>	+	+	+	+	+	+
<i>Gudapaka</i>	+	-	+	+	+	-
<i>Kandu, nistoda & shoola</i>	+	-	-	-	-	-
<i>Rudhira vahan</i>	+	-	+	+	+	-

Specific Symptoms of Pittaja Arsha.

Shape:						
Symptoms	Charaka	Sushruta	Vagbhata	Bhela	Harita	Madhav
Jalauka vaktra, yava & shuka jihva	-	+	+	-	-	+
Yakruta khanda Sannibham	-	-	+	-	-	+
Colour:						
Krushnani, Raktani	+	-	+	-	-	+
Neelagrani & Peetani	+	+	+	-	+	+
Neela mukha	-	-	+	-	-	+
Yakruta Prakashani	-	+	+	-	+	-
Surface:						
Rudhira vahani	+	+	+	+	+	-
Visragandhi Sravani	+	+	+	+	+	+
Shithilani	+	-	+	-	-	-
Sukumarani	+	-	-	-	-	-
Swedopkleda Bahulani	+	+	+	-	-	-
Tanuni	-	+	+	-	-	+
Visarpani	-	+	-	-	-	-
Consistency:						
Mruduni	+	-	+	-	-	+
Sparshasahani	+	-	-	-	-	-

General Symptoms of Kaphaja arsha

According to discolouration of the different part of the body.

Symptoms	Charaka	Sushruta	Vagbhata	Bhela	Harita	Madhav
Dashana Shuklata	-	+	-	-	-	-
Nakha, vadana Shuklata	+	+	+	-	-	-
Nayana twaka Shuklata	+	+	+	-	-	-
Twagadi panduta & Snigdhatata	-	-	+	-	-	+

Upashaya					
Symptoms	Charaka	Sushruta	Vagbhata	Bhela	Harita
Ruksha & Ushna Upashayani	+	-	-	-	-

Concerned with natural urges						
Symptoms	Charaka	Sushruta	Vagbhata	Bhela	Harita	Madhav
Analpa Atisarayate	-	+	+	+	-	-
Mamsa dhavana Prakasham satisaryate	-	+	-	-	-	-
Mootra Kruchchra	+	-	+	+	+	-
Mootra pureesha guruta	+	-	+	-	-	-
Mootra pureesha pichchhilata	+	-	-	-	-	-
Mootra pureesha swetata	+	+	+	+	-	-
Pravahika	+	-	+	-	-	-
Sashleshma Atisarayate	-	+	+	+	-	+
Vasabha Atisarayate	-	-	+	-	-	+

Vitbandha	-	-	-	-	+	-
Local symptoms:						
Apaki & Gudabramsha	-	-	-	-	+	-
Guruta, Stambhata & Stimita	+	-	+	-	-	+
Kandu	+	+	+	-	+	+
Manda Ruja	-	-	+	+	+	+

Specific Symptoms of Kaphaja Arsha

Shape:						
Symptoms	Charaka	Sushruta	Vagbhata	Bhela	Harita	Madhav
Gostana, Kareera & Panasa	-	+	+	-	-	+
Colour:						
Panduni & Shwetani	+	+	+	-	+	+
Surface:						
Ghana	-	-	+	-	+	+
Mahamulani	-	+	+	-	-	+
Pichchasravini	+	-	-	-	-	-
Prananavani	+	-	+	-	-	-
Sthoola	-	-	-	-	+	-
Vruttani	-	+	+	-	-	+
Consistency:						
Kathinani & Sheeta	-	-	-	-	+	-
Shlakshnani	+	-	+	-	-	-
Shvayathuni	+	-	-	-	+	+
Snigdhani	+	+	+	-	-	+
Sparshaasahani	+	-	+	-	-	+
Sthirani	+	+	-	-	-	+
Pichchilani	+	-	+	-	-	+

General Symptoms of Raktaja Arsha

Symptoms	Charaka	Sushruta	Vagbhata	Bhela	Harita	Madhav
Analpa rakta pravrutti	-	+	-	-	-	-
Avagadha pureeshata	-	+	+	-	-	+
Atyartha rakta pravrutti	-	+	+	-	-	+
Bala heenata & Bhekabha	-	-	+	-	-	+
Bhinna rakta pravrutti	-	-	-	+	-	-
Chirena pravahayukta	-	-	-	+	-	-
Daha & kandu dushta rakta pravrutti	-	+	+	-	-	-
Kalushendriya & ojakshaya	-	-	+	-	-	+
Kwachit, prasakta rakta pravrutti	-	-	-	+	-	-
Pittamishrita rakta pravrutti	-	-	-	+	-	-
Pittasrava lakshanani	-	+	+	-	-	+
Rajaswala sadrusa pravrutti	-	-	+	-	-	-
Ruja & shoola	-	-	-	-	+	-
Sahasa rakta pravrutti	-	+	+	-	-	+
Saghata rakta pravrutti	-	-	-	+	-	-
Satata rakta pravrutti	-	-	-	+	-	-

Shonitadi Yogopadrava	-	+	+	-	-	-
Ushna rakta pravrutti	-	+	+	-	-	-
Utsaha heenata	-	-	+	-	-	-
Varna heenata	-	-	-	+	-	+
Viddha sira sadrusha pravrutti	-	-	-	+	-	-
Visragandhi rakta pravrutti	-	-	-	+	-	-

Specific Symptoms of *Raktaja Arsha*.

Shape:						
Symptoms	<i>Charaka</i>	<i>Sushruta</i>	<i>Vagbhata</i>	<i>Bhela</i>	<i>Harita</i>	<i>Madhav</i>
<i>Kakanantika sadrusha</i>	-	+	+	-	-	+
<i>Nyagrodha praroha sadrusha</i>	-	+	+	-	-	-
<i>Vidruma sadrusha</i>	-	+	+	-	-	+
Colour:						
<i>Shyavata</i>	-	-	-	-	+	-

Upadrava (Complication)

The symptoms developed during the course of an original or primary disease is called *Upadrava* or complications, all these *Upadrava* may disappear after having cured of its preliminary disease. If the *Upadrava* is more visible than the primary one, first *Upadrava* should be treated than the primary disease *Baddha Gudodara* and *Udavarta* are encountered by Acharya Charaka in the list of *Upadrava* of the disease of *Arsha*, where as one more *Upadrava* is mentioned by Acharya Sushruta i.e. *Mandagni*. But a vast list of *Upadrava* of the disease *Arsha* is mentioned by Acharya Harita, which are as below:

According to Acharyas	<i>Updravya</i>
Charaka	<i>Baddha Gudodara Udavarta</i>
Sushruta	<i>Mandagni</i>
Vagbhatta	<i>Udavarta</i>
Harita	<i>Kar-charan-mukha-nabhi-medhra-guda-sopha and Shosha Jwara, Shwasa Tamaka Chhardi Moha Hritparshwashoola Krushata Aruchi Vibandha Atisara</i>

CONCLUSION

The various ancient *acharya* have vividly described *Arsha* covering every aspect from *nidana* to *updravya*. They have described the symptoms the not according to dosha only but also tried to cover various aspects and describe accordingly srotas, body parts and natural urges etc.

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