

## A CRITICAL STUDY OF CAUSES OF BLEEDING PER RECTUM WITH SPECIAL REFERENCE TO ARSHA IN SUSHRUTA SAMHITA

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### ABSTRACT

Ano-rectal disorders are on exponential growth in the population of mankind, with bleeding per anum as one of the main prodromal symptom. Just like the metabolic or lifestyle disorders namely diabetes mellitus, hypertension, ano-rectal disorders also owe their etiology to irregular & improper diet, sedentary lifestyle, prolonged sitting in inaccurate postures, improper bowel habits & also psychosocial factors. In Ayurveda, Sushruta has described it vividly in *Arsha Nidanam* that those people suffering from *mandagni* i.e reduced digestive power which leads to *vata* aggravation alone or in combination with other *dosas* and manifests itself with symptoms like bleeding per anum, pain, irritation, discharge in the *Guda*. Some of the ano-rectal disorders mentioned by Sushruta are *Arsha*, *parikartika*, *bhagandara*.

**KEYWORDS:** *Mandagni*, *Arsha*, *Guda*.

### INTRODUCTION

Ano rectal disorders are on high spin just as other metabolic disorders. Most patients suffering with these disorders do not come for medical advice at an early stage due to embarrassment which results in the advancement of the disease to a more complicated state. Thus the challenge lies onto the Ayurvedic physician receiving the disease status at a dilapidated condition. *Sushruta* has mentioned very vividly about the various *gudagata rogas* amongst them it is *Arsha* where bleeding per *anum* or *rakta mishrit purisha* comes as a major complaint.

**The anatomical structure of *Guda***<sup>[1]</sup>

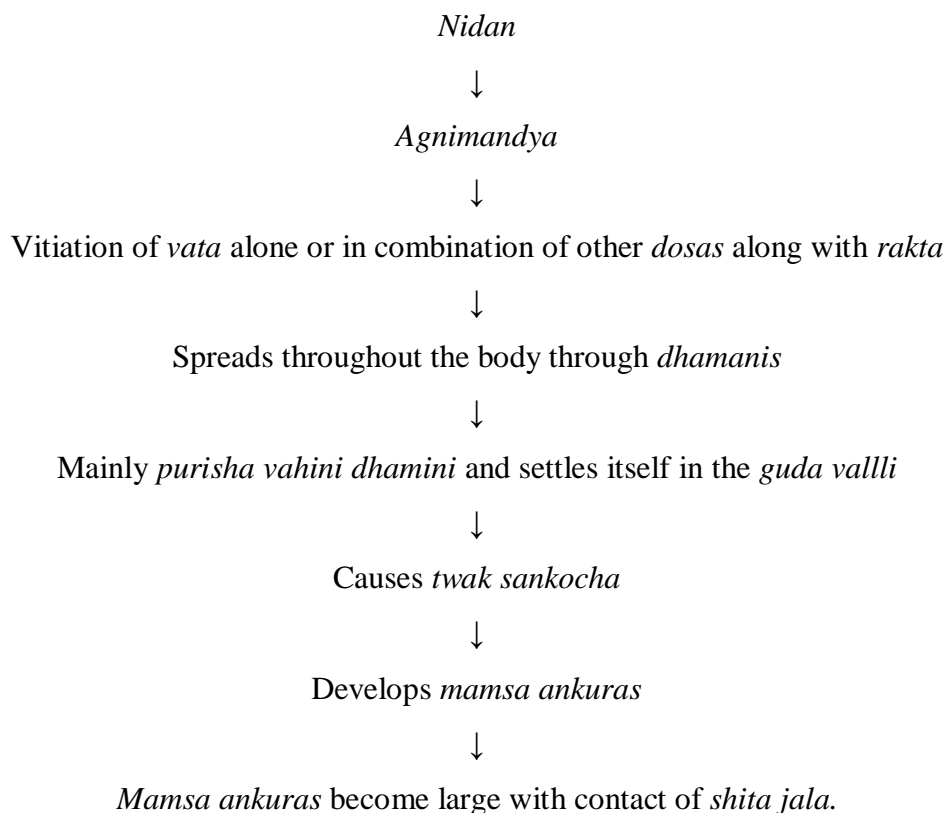
*Guda* is the lower rectum having length of four and half *angula*, containing three folds namely *pravahini*, *visarjini* and *samvarini* placed one above the other just like the conch shell from proximal to distal. These are situated one above the other at a distance of one and a half *angula* from each other. The diameter of *valli* is four *angula* and one *angula* is the width. *Guda* has the colour resembling the palate of elephant.

**The Physiology of *Guda***<sup>[2]</sup>

The *Pravahini* layer '*pravahayati iti pravaham*' means it causes downward movement and bears the faecal matter, *Visarjini* layer '*visiryati visargini*' causes the sphincteric action allowing evacuation of stool, *Samvarini* layer '*Samvarinoti iti samvarni*' meaning controlling the final act of evacuation.

**Nidan of Haemorrhoid (*Arsha*)**<sup>[3]</sup>

Persons indulging in improper consumption of incompatible substances (*jirna & viruddha ahar*), excessive irregular intake of food (*atyasan, adhyasan*), suppression of natural urges (*vegaavarodh*), prolonged straining for defecation, too much travelling, doing *asanas* like *utkataasana*.

**Pathogenesis of *Arsha* (haemorrhoid)**<sup>[4]</sup>



Arsha

**Classification of Arsha on Basis of Doshik Predominance<sup>[5]</sup>**

Vataj, Pittaj, Kaphaj, Raktaj, Sannipataj, & Sahaja.

**SYMPTOMATOLOGY OF ARSHA DUE TO SPECIFIC DOSHA AND ITS RELEVANCE IN MODERN ERA<sup>[6]</sup>**

VATAJA ARSHA	PITTAJA ARSHA	KAPHAJA ARSHA
<p><i>Parishuska</i> (without any discharge),</p> <p><i>Visham</i> (irregular surface),</p> <p><i>Vivarna</i> (various colors of fleshy masses),</p> <p><i>sashulam samhatamupaveshyate</i> (frequently associated with constipation and painful defecation),</p> <p><i>kati pristha parshwamedhra nabhi guda pradesha vedana.</i></p> <p>In modern era, this can well associated with the characteristics of <b>Sentinel tag in fissure-in-ano</b> or <b>hypertrophied anal papillae</b> that project up from the dentate line or junction between the skin and the epithelial lining of the anus.</p>	<p><i>Sadaha rudhira atisaryate</i> (bleeding per anum with burning sensation),</p> <p><i>visarpini</i> (spreading in nature),</p> <p><i>jwar daha pippasamurcha updrava</i> (fever, thirst, fainting, syncope as complications)</p> <p>In modern era, it resembles the features of a <b>inflamed thrombosed prolapsed haemorrhoid</b>. Engorgement of a haemorrhoidal with acute swelling may allow blood to pool and subsequently clot, accompanied by severe incapacitating pain.</p>	<p><i>Mahammoola</i> (wide based), <i>sthira</i> (fixed),</p> <p><i>vrittani</i> (oval)</p> <p><i>Na vidhyate na sravanti</i> (neither suppurates nor bleeds)</p> <p><i>Kandubahulani</i> (severe itching)</p> <p><i>Sashleshma mamsadhavan prakasha atisaryate</i> (mucoid discharge along with stool),</p> <p>In modern era, can be related to <b>non-inflamed prolapsed thrombosed haemorrhoid</b>. This mucous discharge is due to engorged mucous membrane which is the cause of <i>pruritis ani</i>.</p>

RAKTAJA ARSHA	SANNIPATIK ARSHA	SAHAJA ARSHA
<p><i>Pitta lakshani</i> (features similar to <i>pittaja</i>),</p> <p><i>avagahapurisha</i> (due to passage of very hard stool there is discharge of huge amount of blood but painless),</p>	<p>It has features of all the <i>dosas</i></p>	<p><i>Dusta shonita shukra nimittani</i> (genetically determined),</p> <p><i>durdarshanani</i> (difficult to visualize by naked eye)</p> <p><i>parushani pansuni darunanyaanatarmukhani</i> (hard to touch, pale in colour, situated</p>

<p>complications like <i>akshepak</i> and all other features seen in <i>rakta atiyoga</i> are seen.</p> <p>In modern era, can be compared to <b>bleeding haemorrhoids</b>. In some cases, a thrombosis haemorrhoid can burst resulting in severe bleeding.</p>	<p>In modern era, it can be compared to the dreadful <b>malignant causes of rectum and anal canal</b>. The mass is seen to bleed on touch, also hard to touch and irregular in shape &amp; size.</p>	<p>above the upper rectum) and associated with complications like weakness, cachexic and <i>immuno</i> compromised.</p> <p>In modern era, can be compared to features of <b>hereditary polyposis syndrome</b>. It is a genetic condition that predisposes a person to increased risk of developing cancer and polyps. The mutated gene causing this disease is carried either by the mother or father.</p>
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## CONCLUSION

Thus it is seen that Sushruta has observed a broader field when discussing about *Arsha* and not merely as bleeding per anum. The specific features mentioned in different classification of *arsha* according to *doshik* involvement can be correlated with various types of bleeding haemorrhoid, prolapsed haemorrhoid, sentinal tag and also congenital diseases in modern Science.

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