

## A Review Study on Gudagat Arsha (Piles in Ano) and its Management

**Dr Lekharaj B Shinde**

*Associate Professor Department of Swasthivritta & Yoga KDMGS Ayurved Medical College and Hospital,  
Chalisingaon*

**Dr. Tushar Hemant Shelar**

*Associate Professor Department of Samhita Siddhant & Sanskrit KDMGS Ayurved Medical College and  
Hospital, Chalisingaon*

**Dr Kamlesh Shivaji Patil**

*Associate Professor Department of Kaumarbriya KDMGS Ayurved Medical College and Hospital,  
Chalisingaon*

**Abstract:** Gudagat Arsha is a commonly encountered anorectal disorder described in Ayurveda under Arsha Roga, characterized by abnormal fleshy growths in the anal region leading to pain, bleeding, itching, and difficulty during defecation. It correlates with Piles (Hemorrhoids) in modern medical science. Due to changes in dietary habits, sedentary lifestyle, prolonged sitting, constipation, and suppression of natural urges, the incidence of Gudagat Arsha has increased significantly in recent times. Acharya Sushruta has described Arsha as one of the Ashta Mahagada due to its chronicity and complications. This review study aims to elaborate the etiopathogenesis, classification, clinical features, and comprehensive management of Gudagat Arsha through Ayurvedic principles including Nidana Parivarjana, Shodhana, Shamana, Kshara Karma, Agnikarma, and surgical measures, along with correlation to modern management.

**Keywords:** Gudagat Arsha, Piles, Hemorrhoids, Kshara Karma, Shodhana, Shamana

### Introduction

Arsha is a disease affecting the Guda Pradesh (anal region) and is caused by vitiation of Doshas along with involvement of Mamsa, Rakta, and Medo Dhatu. Gudagat Arsha refers specifically to piles located in the anal canal, leading to obstruction in the normal function of Apana Vata.

Acharya Sushruta has categorized Arsha among the Ashta Mahagada, indicating its severe nature and difficulty in treatment.

In modern science, piles are defined as varicosities of the hemorrhoidal plexus. Though not life-threatening, piles significantly affect quality of life. Ayurveda offers a holistic and effective approach to manage Gudagat Arsha by addressing the root cause rather than merely symptomatic relief.

Nidana (Etiological Factors)

Aharaja Nidana

- Excessive intake of Ruksha, Guru, Tikshna, Katu foods
- Low fiber diet
- Excessive alcohol consumption

### Viharaja Nidana

- Prolonged sitting or standing
- Suppression of natural urges (Vegadharana)
- Lack of physical activity

### Manasika Nidana

- Stress, anxiety

### Anya Nidana

- Chronic constipation
- Pregnancy
- Obesity

### Samprapti (Pathogenesis)

Due to the above nidanas, Vata predominance occurs along with Pitta and Kapha involvement. Vitiated Apana Vata causes constipation and strain during defecation. This leads to stagnation of blood in the hemorrhoidal veins causing engorgement and formation of Arsha. Gradual involvement of Mamsa and Rakta Dhatu results in fleshy projections in the anal region.

### Purvarupa (Prodromal Symptoms)

- Indigestion
- Constipation
- Heaviness in abdomen
- Itching or discomfort in anal region

### Rupa (Clinical Features)

- Bleeding per rectum (Raktasrava)
- Pain during defecation
- Prolapse of mass per anus
- Itching and burning sensation
- Mucous discharge

### Classification of Gudagat Arsha According to Dosha

1. Vataja Arsha
2. Pittaja Arsha
3. Kaphaja Arsha
4. Raktaja Arsha
5. Sannipataja Arsha

### According to Site

- Antarmukha (Internal piles)
- Bahirmukha (External piles)

## Sadhya-Asadhyata

- Navina Arsha – Sadhya
- Purana Arsha, bleeding piles, and Sannipataja Arsha – Krichrasadhya / Asadhya

## Chikitsa (Management of Gudagat Arsha)

### 1. Nidana Parivarjana

Avoid causative dietary and lifestyle factors.

### 2. Shodhana Chikitsa

- Virechana – Especially in Pittaja Arsha
- Basti – Useful in Vataja Arsha and constipation

### 3. Shamana Chikitsa

- Abhayarishta
- Triphala Churna
- Arshoghni Vati
- Nagakeshara, Lodhra, Kutaja

### 4. Kshara Karma

Application of Pratisaraneeya Kshara over pile mass causes chemical cauterization, fibrosis, and sloughing. It is a minimally invasive and highly effective para-surgical procedure.

### 5. Agnikarma

Indicated in hard, fibrosed piles where Kshara is ineffective.

## C. Shastra Karma (Surgical Management)

Excision (Chedana Karma) is advised in large, prolapsed, or complicated piles.

## Pathya-Apathya Pathya

- High-fiber diet
- Green leafy vegetables
- Adequate water intake
- Buttermilk

## Apathya

- Spicy, oily foods
- Alcohol
- Sedentary habits

## Discussion

Gudagat Arsha is primarily a lifestyle disorder. Ayurveda offers a multi-dimensional approach addressing causative factors, doshic imbalance, and local pathology. Procedures like Kshara Karma provide results comparable to modern techniques with fewer complications and recurrence. Preventive measures and dietary regulation play a crucial role in long-term management.

## **Conclusion**

Gudagat Arsha can be effectively managed through Ayurvedic principles when diagnosed early. Proper application of Shodhana, Shamana, and para-surgical techniques ensures symptomatic relief, prevents recurrence, and improves patient quality of life. Ayurveda thus provides a safe, economical, and holistic management for piles.

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