

## Indigenous formulae for the management of *sushka arshas*

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### Abstract

*Arsha* is an ano rectal disorder, large population of the world's is troubled with *Arsha*. *Arsha* is generally not a threat to life, but causes considerable discomfort. According to WHO 40% of people worldwide are suffer from piles. The etiology and manifestation of *Arsha* according to Ayurveda texts, the *dosha*, *thawak*, *mansha* and *meda* are polluted by the *vata dosha*. Then gradually different shapes of *gudakeela* can be produce in rectal area. This *gudakeela* is called *Arsha*. According to *vagbata* says two types, There are *sravi* and *sushka arsha*. *Sushka Arsha* is similar than *vataja Arsha*. The wide description of *Arsha* including its treatment is available in the classics. But to emphasize its graveness, *Arsha* is enumerated under the heading of *ashta mahagada* and occurs in *guda pradesha*, the seat of *sadya pranahara marma* which requires delicate management. According to Western medicine this disease is called Hemorrhoid or piles, hemorrhoids are an abnormal swelling in the blood vessels of the anal canal. Modern system of treatment has adopted a variety of methods like sclera therapy (injection of sclera sent agent in sub mucous spaces of piles) Rubber band ligation, infrared coagulation (IRC), cryosurgery (using N2O gas), hemorrhoidectomy, etc. According to the nature and degree of pile mass, but these procedures have their own merits and demerits with limitations. *caraka samhita* has given more emphasis on the conservative treatment and prescribed suitable dietary regimes with drugs to the patients for curing of *Arsha* by improving *deppan* and *pachana karmas* of the *agni* (enhancement of digestive capacity) in the body. This is one of the traditional treatment has been done by traditional physician for the *suskarsas*. Several *arshogna* materials contain this oil and this *ksheera taila anuvasana basti* will have to mitigate the *vata* predominant *sushkarsas*. Hemorrhoids are a very common anorectal condition defined as the symptomatic enlargement and distal displacement of the normal anal cushions. They affect millions of people around the world, and represent a major medical and socioeconomic problem. Multiple factors have been claimed to be the etiologies of hemorrhoidal development, including constipation and prolonged straining. The abnormal dilatation and distortion of the vascular channel, together with destructive changes in the supporting connective tissue within the anal cushion, is a paramount finding of hemorrhoidal disease. There are no reliable treatments allopathic medicine only treatments hemorrhoidectomy to carry side effect and recurrences. So Ayurveda treatment has to play greater role n the management of hemorrhoids, *sushkaarsas* mainly *vata* predominant disease, so introducing *vasti* karma to mitigate the *vata* and able relive the pain. So this formula has been used to treat the *sushka arsha* patients by the traditional physician recipe adopted from the *Talpathe piliyam* so this study pay the way to justify the effective treatment to the *sushka arsha*

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