



ijapc

E ISSN 2350 0204

www.ijapc.com

VOLUME 12 ISSUE 3

MAY 10, 2020

GREENTREE GROUP
PUBLISHERS





An Observational Study on the Types of Arshas w.s.r to the Hemorrhoidal Mass

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ABSTRACT

Arsha is one of the commonest disease which affect people now a days. It is correlated with the hemorrhoids due to similarities in the appearance of the masses. According to *Acharaya Charaka* the treatment of the *Arsha* is given after the assessment of the *Dhoshika* predominance. To evaluate the dominant *Dosha Acharayas* have describe clinical features of different *Doshika Arsha*. Formation of *Mamsa Ankura* is one classical feature of *Arsha*. *Mamsa Ankuras* are the masses occur in the *Guda* region and have different shape, colour or appearance. In present time these *Mamsa Ankura* are correlated with the Hemorrhoidal mass due to their resemblance, therefore it is diagnosed and treated as Hemorrhoidal mass by the medical practitioners. The aim of this research is to clarify the features of different *Doshika Arsha Mamsa Ankura* described in *Sushruta Samhita* and then evaluate that either these features are present in the Hemorrhoidal pile mass or not. Clarifying the features of *Mamsa Ankura* and also its relation with the hemorrhoid pile mass is the main purpose of this research.

KEYWORDS

Arsha, hemorrhoids, Doshika Mamsa Ankura, Hemorrhoidal mass



Greentree Group Publishers

Received 18/03/20 Accepted 09/04/2020 Published 10/05/2020



INTRODUCTION

Ayurveda is one of the important fragment of our ancient literature. It describes different diseases and reveals number of methods to cure them. *Arsha* is one of them. It is cured by conservative as well as parasurgical and surgical procedures. In modern science *Arsha* is correlated with hemorrhoids or piles. Its prevalence shows that it is quite common condition but it is rarely discussed because of the embarrassing nature.

Making good diagnosis is the first and important step towards the treatment. Modern medical science have their own criteria's to diagnose the hemorrhoids and then to treat it conservatively or through surgery. All these procedures carry their own limitations with the higher rate of recurrence, complications etc.

Nowadays it is in trend that *Arsha* is diagnosed through the modern criteria due to its correlation with hemorrhoids and then it will treat through our ancient classical procedure. It makes lacunae in the protocol of treatment. This lacuna should be filled by decoding our literature and our parameters. In our pathy; assessment of the *Dosha* is compulsory to treat the disease. For the determination of the *Dosha* we have to know the features of different type of *Arsha*. Particular *Doshika Arsha* gives

response to particular conservative, surgical or parasurgical techniques mentioned in *Samhita*. We can get the better results in treatment by diagnose *Arsha* on the basis of its *Vataja*, *Pittaja*, *Kafaja*, *Raktaja*, and *Doshaja* etc *Bheda*.

In this study we try to evaluate and clinically observe the features of *Arsha* which are seen externally in the anal region called '*Mamsa Ankura*'. This *Mamsa Ankura* shows variations in the size, shape and appearance, which is according to the *Doshika* predominance in the *Arsha*. The different features of *Doshika Mamsa Ankura* were compared with diagnosed Hemorrhoidal masses. By evaluating the similarities we conclude that *Arsha* can be diagnosed through ancient classical method. .

AIM

- To clarify the features of *Mamsa Ankura*, seen in different *Bheda* of *Arsha*.
- To observe that are these features are present in the hemorrhoid mass or not.

METHODOLOGY

OBSERVATION OF HEMORRHOIDAL MASS

In this study we first clarified the external features of the *Mamsaankura* referred by *Maharishi Sushruta*. Thereafter a proforma



was prepared which is based on the color appearance, shape and some other external features of *Mamsa Ankura*. Then these elaborated features were compared with the feature of the Hemorrhoidal masses present in the patient of piles. It was observed whether the features of *Mamsa Ankura* and Hemorrhoidal mass were similar or not?

MATERIALS & METHODS

A) Sample size and source

Table 1 Colour, Shape and other Features of Different *Dhoshika Mamsa Ankura* taken in the Study

S.N	Dosha predominance	Mamsaankura colour Appearance	Mamsa Ankura shape appearance	Other Features
1	<i>Vataja</i>	1) अरुण (<i>Aruna</i>) 2) विवर्ण (<i>Vivarna</i>)	1) कदम्बपुष्प (<i>Kadamba Pushpa</i>) तुण्डिकेरी (<i>Tundikeri</i>)	परिशुष्क (<i>Parishushka</i>)
2	<i>Pittaja</i>	1) नीलाग्राणि (<i>Nilagra</i>) 2) पीतावभासानि (<i>Pita Avbhasini</i>) 3) यकृत्प्रकाशानि (<i>Yakruta Prakashini</i>)	1) शुकजिह्वासंस्थानानि (<i>Suka Jihwa</i>) 2) यवमध्यानि (<i>Yava Madhyani</i>) 3) जलौकोवक्त्रसदृशानि (<i>Jalauka Vaktra</i>)	परिक्लिन्ना (<i>Pariklinna</i>)
3	<i>Kafaja</i>	1) श्वेतानि (<i>Shwetani</i>) 2) पाण्डूनि (<i>Panduni</i>)	1) वृत्तानि (<i>Vritani</i>) 2) करीर (<i>Karira</i>) 3) पनसास्थि (<i>Panasa Asthi</i>) 4) गोस्तनाकाराणि (<i>Gaustanakara</i>)	-----
4	<i>Raktaja</i>	1) विद्रुम (<i>Vidruma</i>) 2) काकणन्तिकाफलसदृशानि (<i>Kakrantika Phala</i>) 3) न्यग्रोधप्ररोह (<i>Nyagrodha Praroha</i>)	-----	रक्तस्राव (<i>Rakta srava</i>)
5	<i>Dwandaja</i>	रूपयदा दोषद्वयस्य तु (Mixed features of two <i>Doshas</i>)	रूपयदा दोषद्वयस्य तु (Mixed features of two <i>Doshas</i>)	-----
6	<i>Sannipataja</i>	सर्वदोषलक्षणयुक्तानि (Mixed features of three <i>Doshas</i>)	सर्वदोषलक्षणयुक्तानि (Mixed features of three <i>Doshas</i>)	-----

2- Then these features of *Mamsa Ankura* were clarified and simplified through:-

- The commentary on that particular term.
- The meaning of that term in classical and reliable dictionaries.

Pictures of the 150 diagnosed hemorrhoid masses were collected from the "Shalya Tantra department" of Rishikul campus Haridwar.

B) Plan of Study

1- The classical external features of *Arshaja Mamsaankura* were taken from the *Sushruta Samhita*¹. The external features of different *Doshika Mamsa Ankura* are sorted on the basis of their colour appearance, shape and secretions (**Table 1**).

• Or explore the terms from that particular subject where it has been thoroughly explained.

3- Then these clarified features were taken as the tool of this observational study.

4- Pictures of the pile mass are taken from the diagnosed case of hemorrhoids.



5- Then collected pictures were observed and compare with the *Mamsa Ankura*.

RESULTS

All the colors which are mentioned in classical literature were seen in the Hemorrhoidal masses of the piles patient. *Nilagra* appearance was seen in the 34% of masses, 9.33% of pile masses were *Vivarna*, 4.00% of pile masses were with *Yakruta* colour appearance, 6.66 % of masses were *Aruna*, 9.33% of pile masses were *Nyagrodha Praroha / Vidruma / Gunja* coloured, *Shweta* coloured pile masses were 8.66%, 3.33% of pile masses were *Pita Avbhasini* and *Pandu* coloured pile masses were lowest i.e. 0.66%.

Maximum pile masses i.e. 11.33% were *Panasasthi* shaped, *Vritta* shape / *Karira* shape masses were seen in 7.33% of patient, *Suka Jihwa* shaped pile masses were present in 4.00% of patient, while 6.66% of pile masses were of *Kadamba Pushpa* shape, 2.00% of pile masses were of *Yava Madhayani* shape, 10% of pile masses had *Jalauka Vaktra* shaped and 8% were having *Tundikeri* shape.

Most of the pile masses i.e. 52.66% were *Praklinna* in nature, 42% of pile masses were *Shushka* and 12% of pile masses were *Rakta Sravi*.

14% of pile masses were showing the external features of *Pittaja Mamsa Ankura*. The Features of *Vataja Mamsa Ankura* were found in 13.33% of pile masses and *Kafaja Mamsa Ankura* was seen in 8.66 % of patients and in 6% of cases *Rakataja Mamsa Ankura* features was present. *Vata - Pittaja Mamsa Ankura* was 13.33%, *Vata - Kafaja Mamsa Ankura* was present in 12 % of patients, 5.33% of patients were with *Pitta - Kafaja Mamsa Ankura*, *Vata - Raktaja* was in 3.33% of patient, *Kafa - Raktaja Mamsa Ankura* was in 2.66%, *Pitta - Raktaja Mamsa Ankura* was seen in 12.66% of cases. 6.66% of pile masses showed mixed external features of *Vataja, Pittaja* and *Kafaja Mamsa Ankura*, 1.33% of pile masses were showing the mixed features of *Vataja - Pittaja - Raktaja*, 0.66% of pile masses were showing the features of *Pitta - Kafa - Rakta*.

DISCUSSION

Evaluation and observation of all the features of piles mentioned by Acharayas would be a vast study. So specifically we took the external features of *Mamsa Ankura*, developed due to the vitiation of different *Doshas*. After that these features of *Mamsa Ankura* were clarified and simplified through the various classical text reviews.



VATAJA ARSHA: –

1) अरुण (Aruna)

Aruna Varna is defined as *Ishada Rakta Varna*^{2, 3}, *Sanhdya Raga*³, *Usha Kala Varna* in various classical texts. *Sandhya Raga* or the evening sky and *Usha Kala* or the dawn comprises the different shades of light red colour. Thus we should take light red colour with orangish shade (like morning colour) as the meaning of *Aruna* colour (**Figure 1**).



Figure 1 *Aruna Varna* of sky during sunset



Figure 2 Flower of *Kadamba*

2) विवर्ण (Vivarna)

Vivarna is narrated as *Vividha Varna*², *Vikrita* and *Malina*⁴. The meaning of *Vividha Varna* is multiple colored. *Vikrita Varna* and *Malina Varna* can be comprises in *Vividha Varna* because *Vikrita Varna* includes all the abnormal coloured *Mamsaankura* but not the colour which are previously mentioned in *Vataja* and other *Doshika* types of *Arsha*. *Malina Varna* is the pile mass with dusky appearance. The pile mass with dusky appearance are not mentioned in the features of any *Doshika Arsha*. So all the colours which are not

mentioned in any *Doshaja Arsha* are comprises under *Vivarna*.

3) परिशुष्क (Parishushka)

*Parishushkani anasravini*⁵ and *Shushka*² are the two meaning of this classical text. It indicates that these types of pile mass are dry and wrinkled.

4) कदम्बपुष्प (Kadamba Pushpa)

The pile mass contain multiple small projection (giving appearance of multiple small summit⁶) on its surface which is similar to the stamen of the *Kadamba (Anthocephalus indicus)* flower (**Figure 2**).

5) तुण्डिकेरी (Tundikeri)

It is referred as *Vankapasa*^{2, 7}, *Bimbi*^{2, 8}, *Kapasa (Bhavprakasha Nighantu)*. These plants are different from each other, *Bimbi* is *Coccinia indica*⁸, *Karpasa* is *Gossypium herbaceum*⁹ and *Vanakarpasa* is *Thespesia lampus*¹⁰. The flowers of these three plants have same morphological pattern. The corolla of *Thespesia lampus* is bell shaped. The margin of petals is convex and with slight outward curve. On the sides, petals are overlapped each other. Same pattern is seen in corolla of the flower of *Gossypium herbaceum*. Similarly petal of *Coccinia indica* shows the convex and slightly outward curved margins. We concluded that the shape of *Vataja Mamsaankura* is similar to the shape of *Thespesia lampus* flower. The flower of *thespesia lampus* is shown in **Figure 3**.



Figure 3 Tundikeri Pushpa

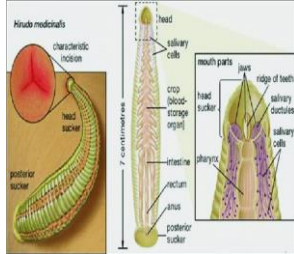


Figure 4 structure of Jalauka Vaktra(mouth)



Figure 5 Suka Jihwa or tongue of parrot

PITTAJA ARSHA:-

- 1) नीलाग्र (Nilagra) - Means bluish appearance in the anterior most part of the pile mass.
- 2) पीतावभास (Pitavbhasa) – Yellowish appearance.
- 3) यकृतप्रकाश (Yakruta prakasha) – Liver colour or reddish brown¹¹.
- 4) शुकजिह्वासंस्थान (Sukajihwa sansthana) – Pittaja Arsha are shaped like tongue of Parrot and pointed anteriorly¹². The tongue of parrot is protruded outward and gradually narrower towards the anterior end as shown in **Figure 4**.
- 5) यवमध्यानि (Yavamadhyani)

width of the these *Mamsaankura* are more wide in middle part and thin or narrow from base and anterior most part¹², mass which are appears like barley grain¹³ {*Hordeum vulgare*}.

6) जलौकोवक्रसदृश (Jalauka vaktra sadrasa)

Mouth of pile mass is busted or ruptured and small pores are present on it¹². According to the modern science, mouth of the leech contains three jaw surrounded by the sucker. These jaws make a triradiate opening in the mouth of leech¹⁴. The pile mass protruded from the epithelium appears similar to the triradiate mouth of leech (due to the prominent network of rectal plexus of vessels are situated in 3, 7 and 11 o'clock position). Triradiate pattern have a discontinuity in the centre or appears like ruptured in the mid portion (भिन्नमुखत्वेन). Appearance of the leech mouth is shown in **Figure 5**.

7) प्रक्लिन्न (Praklinna)- These *Mamsa Ankura* are appears with some secretion¹².

KAJAJA ARSHA:-

- 1) श्वेतानि (Shwetani) – White colour appearance.
 - 2) वृत्तानि (Vritani) – Mass in a circular shape¹⁵.
- करीर (Karira)- *Kafaja Mamsaankura* are appears like the fruit of *karira*¹².



Priyavratta Sharma has considered *Karira* as *Capparis decidua*.



Figure 6 *Karira Phala* (fruit)

3) The fruit of *Capparis* is rounded in shape¹⁶ as shown in **Figure 6**.

4) पाण्डूनि (*Panduni*) - This term is referred as *Dhusara*¹² (पाण्डूनि धूसराणि) or the colour of dust or brownish colour.

5) पनसास्थि (*Panasasthi*) - Priyavratta Sharma has referred *Panasa* as *Artocarpus integrifolia*¹⁷ mass is similar to the “fruit of *Panas*¹²” { *Bahi Kantaki Phala* or *Katahala* } or “*Asthi* of *Panasa*¹⁸”. So the pile mass are with elongated and oval appearance. The figure of *panas asthi* is shown in **Figure 7**.



Figure 7 *Panas Asthi*

6) गोस्तनाकार (*Gaustanakara*) - *Mamsa Ankura* shaped like the cow teats. Structurally cow teats are also elongated and oval in shape as the fruit or seed of *Panasa*.

RAKTAJA:-

1) न्यग्रोधप्ररोह (*Nyagrodhra Praroha*)

The colour of these pile masses is similar to the colour of *Vatta Praroha*¹⁹. In *Shabdakalpa Druma*; *Praroha* is mentioned as *Ankura* or bud. According to Acharya Priya Vratta Sharma *Vatta Praroha* is the aerial root of *Ficus bengaiensis*²⁰. Newly formed aerial roots gives reddish appearance.

2) विद्रुम (*Vidruma*)

Vidruma is the synonyms of *Prawala* (विद्रुमः प्रवालः) or coral. The colour of *Raktaja Mamsa Ankura* is resembles with the colour of *Vidruma*.

3) काकणत्तिकाफल (*Kakrantika Phala*)

It is clarified as *Gunja* (गुञ्जा), *Abrus precatorius*²¹.

DWANDAJA:-

Dwandaja Mamsaankura shows the features of any two *Dosha*.

SANNIPATAJA¹⁹:-

सन्निपातजानि सर्वदोषलक्षणयुक्तानि ।।

Sannipataja Mamsaankura shows the clinical features of all *Doshas*.

On the basis of this explanation and all the clarifications, the hemorrhoid mass was compared with the classical features. Pictures were collected from the 150 diagnosed hemorrhoid cases and are observed. We found all the classical features of *Doshika Mamsa Ankura* in these hemorrhoid masses.

COLOUR APPEARANCE:-



Figure 8: *Aruna Varna Mamsa Ankura*



Figure 9: *Vivarna Mamsa Ankura*



Figure 10: *Nilagra Mamsa Ankura*



Figure 11: *Yakruta Varna Mamsa Ankura*



Figure 12: *Sweta Varna Mamsa Ankura*



Figure 13: *Vidruma Varna Mamsa Ankura*



Figure 14: *Pita Avbhasini Mamsa Ankura*



Figure 15: *Mamsa Ankura with Kadamba Pushpa like appearance*



Figure 16: *Mamsa Ankura with the appearance like Tundikeri Pushpa*



Figure 17: *Mamsa Ankura giving appearance of Jalauka Vaktra*



Figure 18: *Mamsa Ankura like the Shuka Jihwa*



Figure 19: *Mamsa Ankura giving appearance of Yava Madhyani*



Figure 20: *Mamsa Ankura similar as Karira Phala*



Figure 21 *Mamsa Ankura giving appearance of Panas Asthi*



Figure 22 *Sushka Mamsa Ankura*



Figure 23 *Praklinna Mamsa Ankura*

After the observation of Hemorrhoidal masses we found all the colours in the masses which are mentioned in the literature. Their appearance is shown in **Figure no. 8 to 14**. Maximum i.e. 20.66% of hemorrhoid mass showed the *Aruna* appearance. Pile mass of 0.66 % showed *Pandu* appearance.

SHAPE APPEARANCE:-

All the shapes mentioned in the literature were seen in the Hemorrhoidal masses. Maximum number i.e. 11.33% of hemorrhoid masses was similar to the shape of *Panas asthi*. We found 2% of pile masses which were *Yavamadhyani* in shape. The shapes are shown from the **Figure no. 15 to 21**.

OTHER FEATURES:-

In the observation, the pile masses showing *Pariklinna* appearance were maximum i.e. 52.66%. Other masses had either *rakta shrava* or *shuska appearance*. Pile masses with these features are shown in **Figure 22 and 23**.

DOSHIKA PREDOMINANCE:-

Single *Doshika* (*Vataja*, *Pittaja* or *Kafaja*) and combination (*Dwandaja* or *Sannipataja*) types of *Mamsa Ankura* are sorted from the hemorrhoid pictures. We didn't find the combination of *Vatta-Kafa-Raktaja Mamsa Ankura* due to the limited data.

CONCLUSION

- ❖ On the basis of shape, colour appearance and other external features of Hemorrhoidal mass, diagnosis of the specific *Dhoshika Arsha* can be occupied. Every *Doshika* involvement (*Ekdoshaja*, *Dwidoshaja*, and *Tridoshaja*) can be acquired through the external features (shape, size and other) of *Mamsa Ankura*.
- ❖ All the features of *Arsha* should be evaluated in the patient for the fine diagnosis of *Doshika Arsha*.



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