

Vamana, Poorva Karma of Arshas Chikitsa, a Case Study

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Abstract

Acharya Sushruta expounds Shodhana karma as a preparatory procedure prior to surgical procedures to enable quicker & better results. Arshas an extremely common problem reported since years and its prevalence rate is highest among all anorectal disorders, it is a notably common ailment in the present decade either secondary to pregnancy or result of prolong sitting with sedentary lifestyle. The condition is clinically diagnosed with engorged venous plexus along with inflamed or prolapsed pile mass. Patient presented with mass per anum along with pain since a week. O/E pile mass at 3/7/11 O' clock position, slimy and tender in nature, diagnosed as Kaphaja Arshas (Kaphavrutavata-dehagaurava & Pichilatwa of Arshas). Patient was subjected to Vamana as Poorva Karma with Dashamoolarishta as one among Vamanopaga which aided in marked reduction in Kaphaja Bhava of Arshas (Deha gaurava as well as Pichilatwa of Arshas).

Keywords: Arshas, panchakarma, vamana, dashamoolarishta, poorvakarma, shodhana, arishta

Introduction

In Ayurveda, Acharya sushruta has mentioned Arshas under the heading of Mahagadas. The term arsha is arivath, that which means it troubles like an enemy. It is estimated that 50-85% of people around the world had haemorrhoids, and in India 75% of the population are affected⁴. In modern terms the hemorrhoid is popularly used to refer the pathological varicosity of the haemorrhoidal veins due to increased

pressure that is which is resulted by straining during defecation, pregnancy, diarrhoea, chronic constipation and etc conditions. In our classics a four-fold management of Arshas has been explained i.e. Bhesaja, Kshara karma, Agni karma and Shastra karma and this is according to chronicity and presentation of disease.

Types of Arshas According to Different Acharyas

Table 1: Table shows different types of arshas according various authors of ayurveda and lakshana of each type is based on the dosha involved

चरक संहित	सुश्रुत संहित	अष्टाना	माधवनिदान
<ol style="list-style-type: none"> वतज पित्तज कफज वातपित्तज वातकफज पित्तकफज सन्निपातज सहज 	<ol style="list-style-type: none"> वतज पित्तज कफज रक्तज सन्निपातज सहज 	<ol style="list-style-type: none"> शुष्क आर्द्र 	<ol style="list-style-type: none"> वतज पित्तज कफज रक्तज सन्निपातज सहज
<ol style="list-style-type: none"> शुष्क आर्द्र 	<p>द्वन्द्वज अर्श</p> <ol style="list-style-type: none"> वातपित्तज वातकफज पित्तकफज वातरक्तज पित्तरक्तज कफरक्तज 	<ol style="list-style-type: none"> वतज पित्तज कफज वातपित्तज वातकफज पित्तकफज सन्निपातज सहज 	<ol style="list-style-type: none"> वतज पित्तज कफज रक्तज सन्निपातज सहज

The following case was taken up.

Case Report

25 year old male patient came to the Anorectal clinic, outpatient department.

He presented with complaints of pain and swelling per anum since 1 week, with no bleeding. Patient also had an- H/o Anal fissure 5 years ago

On Examination

- Arshas Lakshana:** Per rectal examination shows Internal haemorrhoids at 3-7-11 O clock position - Nature of the mass-slimy and tender, pinkish in color
- Saarvadaihika Lakshana:** Deha gaurava especially in the morning.

Asta Sthana Pareeksha

Nadi	-	Manda gati
Mootra	-	Prakruta
Mala	-	Pasty, sticky and incomplete
Jihwa	-	Alpa liptata
Shabda	-	Prakruta
Sparsha	-	Prakruta
Drik	-	Prakruta
Akriti	-	Moderately built

Diagnosis and Treatment**Diagnosis: “कफज अर्श”**

Treatment: Vamana was considered as the line of treatment as Poorvakarma of Arshas Chikitsa After considering all the above factors, Vamana was considered as the mode of Shodhana.

Poorvakarma

Step 1: Snehapana- Arohana Krama-Indukanta Ghruta-for 3 days

Step 2: Abhyanga with Ksheerabala taila followed by Bashpa Sweda with Dashamoola kashaya-for 2 days (Note: On the 1st day of Abhyanga and Sweda Kapha utkleshakara ahara given).

Pradhana Karma

Step 3: Day of Vamana-After Abhyanga and Sweda Vamana was induced.

Vamana Dravya

Table 2: Table shows Vamana and Vamanopaga dravya used during the procedure of Vamana.

Dravya	Quantity	Vega
Kseera + Yashti Phanta	3 glass (Akhantapana) +3 glass	
YOGA-Madana Pippali Chuna Vacha Pippali Saindhava Madhu		1 Good vega and 2 moderate Vega
Dashamoolarishta	25 ml + 165 ml water x 3 glass	3 Good vega
Lavana Jala	1tsp Saindhava Lavana + 200 ml water x 3 glass	3 Good vega

Paschat Karma

Step 4: Dhmapana done with Haridra dhoomavarti Samsarjana as per Madhyama Shuddhi was advised.

Observations

- Vamana-Vaigiki - 6 Good Vegas
- Maniki - Around 3 ltrs
- Aantiki - Pittanta
- Laingiki - Samyak vamana lakshana (Ch.Si. 1/15)

On Examination

Deha gaurava was drastically reduced.
Pichilathva and sparshaasahatva of arshas was reduced.

Discussion

Reason for why Kaphaja Arsha and Kaphahara Chikitsa? (Even though all the arsha are tridoshaja the predominant Dosha will be considered)

- Kaphaja Arsha Lakshana:** श्लक, स्निग्ध, श्वेत, पाण्डु, पिच्छिल (Cha. Chi. 14/18)
- Kaphavruta Vata Lakshana:** शैत्य, गौरव, उष्णकामित्व (Cha. Chi 28/62)
- Prakruti of the Patient:** कफ वात

Poorvakarma: Pradhana karma-Pashchat karma

- Shodhana-Vamana/Virechana as poorva karma helps in Shastra Chikitsa-Sushruta Samhita-Dwivraneeeya chikitsa adhyaya (Su. Chi 1/31)
- Arshas is mainly due to Agni Vikruti (inturn Kapha vikruti)- Correcting agni is the 1st line of treatment
- Kaphavruta vata chikitsa-Vamana, Virechana, Nirooha and Rooksha chikitsa (Cha.Chi 28/177)

Mode of Action of Vamana and Vamana Dravya-(Cha. Kalpa. 1)

- Kapha dosha predominance
- Ushna, Teekshna, Sookshma, Vyavayi
- Urdhwabhagaprabhava

Use of Madya (Arishta a form of Fermented Preparation) as Vamanopaga

- Doshanusara Anupana prayoga (Cha. Kalpa 1)
- Fermented preparations of all the vamana and Vamanopaga dravyas are mentioned
- Ushna, teekshna, sookshma, vyavayi and Vikasi guna of Arishta eases the act of kaphaharana

Dashamoolarishta as Vamanopaga (Sha. M. 10/77-92)

- Site and mode of action of Dashamoolarishta is saarvadaihika
- Best Vata-kaphahara
- Shotaghna

Conclusion

- Vamana is the best mode of Kaphahara chikitsa for quicker and better result
- Correction of Agni makes half the treatment
- Reduced pichilatva will ease the procedure of Kshara karma and faster healing of all kinds of wounds by reducing kleda.
- Use of different modalities in Panchakarma makes innovations in the field of Ayurveda
- Use of Asava arishta as Vamanopaga based on the condition will yield a quicker result.

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