



HEMORRHOIDS & FISTULA IN ANO (ARSHA & BHAGANDARA)



Haridra (*Curcuma longa*)

Further information can be obtained from :

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CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
 Ministry of AYUSH
 (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
 Government of India

What is Hemorrhoids and Fistula in Ano?

Hemorrhoids

Hemorrhoids occur when the blood vessels in the lower rectum and anus swell due to straining during bowel movements. These swollen blood vessels causes stretching and irritation of the membrane that lines the rectum and anus.

Fistula-in-Ano

It is an abnormal tube like communication between two internal organs or an organ or a cavity to the body surface. Fistula can occur in any part of the body but a fistula occurring in Ano-rectal region is called Fistula-in-Ano.

What is the impact of Hemorrhoids and Fistula-in-Ano?

- Stasis of ingested food weakness in bowels along with giggling sound emaciation
- Excessive Eructation
- Streaks of blood or bleeding through anal root.
- Pain and discomfort in anal region.
- Constipation, obstruction of flatus, loss of appetite.
- Anaemia, dyspnoea,
- Weakness



Apamarga

How it is managed through Ayurveda?

- After defecation anal region should be washed with medicated water or simply hot water.
- Use of diet and drug which are carminative and Promotive of digestive power.
- Use of Butter milk.
- Fumigation with Tumburu (*Xanthoxylon alatum*), Vidanga (*Embelia ribes*), Devadaru (*Cedrus deodara*), Barley grain (*Hordeum vulgare*) and Ghee.
- **Important formulations:** Kankayana vati, Arshakuthara rasa, Triphala churna, Takrarista, Kutajarista, Bhallataka vati, etc.
- **Local application:** Jatyadi taila, Kasisadi taila, Shatadhauta ghrta etc.
- **Sitz Bath:** With warm water or decoctions like Panchavalkala, Triphala or Haridra decoction with Alum etc.

In later Phases:

- (1) **Ksharasutra:** Application of Medicated thread.

What are the useful medicinal plants and formulations for hemorrhoids and Fistula in Ano?

- Manjishta (*Rubia cordifolia*),
- Haridra (*Curcuma longa*),
- Chitraka (*Plumbago zeylanica*),

- Apamarga (*Achyranthes aspera*),
- Haritaki (*Terminalia chebula*),
- Kutaja (*Holarrhena antidysenterica*)
- Suran (*Amorphophallus campanulatus*)
- Abhayarishta
- Drakshasava



Surana



Kutaja

Specific Do's and Don'ts

Do's

- Avoid hot, heavy, spicy and salty food.
- Include high fiber food.
- Triphala three grams at bedtime with luke warm water.
- Maintaining regular bowel habits
- Regular exercise such as walking, running, swimming.
- Daily consumption of Green leafy vegetables, buttermilk, grape, fig, guava, pomegranate and easily digestible dietary articles.
- Keep the ano rectal area clean.



Haritaki

Don'ts

- Straining while passing stools.
- Incompatible dietary articles, highly processed food
- Avoid chilly, spicy, non vegetarian diet
- Avoid constipation
- Sitting for longer duration.
- Suppression of natural urges.



Chitraka



Manjishta