

Observational Study of Hetu of Arsha Vyadhi W.R.T. Banking Professionals**Vd. Harshada Ganesh Nimhan**

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Abstract:

Arsha disease described in classics is comparable with vrat 4-5 piles. According to Ayurveda, the reason for illness is our improper diet and behaviour habits. If we study hetu from classics along with today's life style then it will be easy to guide society about 'Nidanaparivarjana' for physician. Arshavyadhi has many hetus mentioned in granthas. Maximum population belong to Banking profession. So this study is helpful for other than banking professionals having same sedentary lifestyle. If we can detect the hetu of particular disease in particular profession we can cure them easily. The present article tries to observe Arshavyadhi hetu in banking profession w.r.t. Charaka Samhita.

Introduction:

Ayurveda is categorised in three skandha namely 'Hetu', 'Linga' and 'Aushadha'. Out of which Hetu concept is unique feature of Ayurveda. It has been told by Charakacharya that Vikara as well as Prakruti both are dependent on Hetu. Treatment of disease according to Ayurveda is also directed principally against the Hetu (Hetuviparita Chikitsa). Lifestyle has changed drastically. So hetu are also getting presented in altered form or even some new hetu are getting presentations. The word arsha means to take life. It is also called as piles, Haemorrhoids. The prime cause of anorectal disorders is the derangement of Jatharagni, which further leads to constipation. Out of many of the causes, some important are sedentary lifestyle, irregular and inappropriate diet, prolonged sitting or standing and certain psychological disturbances too. Arsha is being described by all the classics of Ayurved. Bank employees have to sit on chairs for longer duration. They have maximum computer work. Sometimes they have to suppress their natural urges. They have to face transfer, have to travel longer distance from home to working place. All this lead to health deterioration. Some kind of similarity can be seen in lifestyle of banking professionals and Arshavyadhi hetus.

Aim:

To perform an observational study of hetu of Arshavyadhi in banking professionals.

Objective:

- To review critically Arshahetu as per all classics e.g. Charak Samhita, Sushruta Samhita, Ashtanghridaya, Ashtang Sangraha & Laghutrayees.
- To review all relevant references from research work done by other scholars.
- To study hetu of Arsha by survey method in banking professionals
- To find out relationship in between Arshahetu w.r.t. banking professionals

Material and Methods:

Material: A thorough review of literature regarding the Arsha has done from Charaka Samhita along with its Commentaries as well as from other Ayurvedic Classics with their Commentaries to the modern literature along with previous work done in related subject.

Methodology:**Observational Study (Survey Study)-**

Survey is a Retrospective Analytical Observational Study. A survey study of 120 individuals in banking profession. The place of study will be one city.

Method of observation is by interview of the 60 individuals in banking profession having Arshavyadhi and 60 individuals from banking profession not having Arshavyadhi. A special designed questionnaire was prepared in modern life. To obtain result this data is further processed and

analyzed using statistical test.

Inclusion Criteria:

- People from banking profession since 10 years.
- Subjects from both genders irrespective of their caste, religion, marital status, socio-economic etc. are chosen.
- People willing to participate.

Exclusion Criteria:

- Pregnant woman.
- People in banking profession having Arsha before entering the profession.
- Sahaj Arsha, abhyantar Arsha.
- Person with known psychiatric illness Person with any major systemic disease.

Assessment Criteria (Questionnaire)

Aharaja Hetu:

Hetu	0	1	2	3	4	5
Sweet dishes						
Heavy dishes						
Spicy food						
Fridged food						
Milk and its preparations						
Non veg						

Gradations:

0= No, 1= Once a fortnight
 2= Once a week 3= 2-3 days/week
 4= 4-5 days/week 5= Daily

Hetu	0	1	2	3	4
Navanna(Newly harvested)					
Abhishyandi					
Virudhanna					
Paryushitanna(stale food)					
Virudhanna					
Harirakasevanna					
Raga sevana					
Pramitashanna(little food)					
Madyasevana					
Others if find					

Gradations:

0= Never 1= Rare,
 2= Sometimes 3= Often, 4=Always.

Vitharaja Hetu:

Hetu	0	1	2	3	4
Exercise					
Suppression of natural urges					
Excessive strain during defecation					
Sleep during day time					
Long distance travelling					
Others if find					

Gradations:

0= Never 1= Rare, 2= Sometimes
 3= Often, 4=Always.

Hetu	0	1	2	3
Sitting in the same position for longer time				

Other gradations:

Sex- 0-Male, 1-Female
 Age- 0=34-42 1=43-51 2=52-60

Prakruti:

0= Vata-pittaja 1= Vata-Kaphaja
 2=Kapha-pittaja

Observation and Result:

Criteria	Significant	Not significant
Gender	+	-
Age group	-	+
Prakruti	-	+
Sweet dishes	+	-
Heavy dishes	+	+
Spicy food	-	-
Fridged food	+	-
Milk and its preparations	-	+
Non veg	+	-
Navanna(Newly harvested)	+	-
Abhishyandi	-	+
Virudhanna	+	-
Paryushitanna(stale food)	+	-
Virudhanna	+	-
Harirakasevanna	+	+
Raga sevana	+	-
Pramitashanna(little food)	-	+

Madyasevana	+	-
Lack of Exercise	+	-
Suppression of natural urges	+	-
Excessive strain during defecation	+	-
Sleep during day time	-	+
Long distance travelling	+	-
Sitting in same position for long time	+	-

Conclusion:

The food habits are not followed according to the rules mentioned in Ayurveda and modern dietetics which has led to the development of Arsha. Sedentary job patterns are on the rise. This has led to less physical activity. This has led to the increase of diseases.

Sweet dishes, vidahianna, fridge food, non veg, navanna viruddhanna, paryushitanna, virudhanna, raga, ajeernashana, madyasevana are the frequently observed Aharajahetus of Arsha in banking professionals in this survey study.

Lack of exercise, suppression of natural urges, excessive strain during defecation, long distance travelling, sitting in the same position for longer duration are some Viharajahetus mostly observed in banking professionals which has mentioned before in Ayurvedic Classics as well as modern science.

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