

# Ayurvedic Dietary Interventions and Nutritional Approaches in Haemorrhoids Management with Special Reference to Arshas

Saurabh Singh Thakur<sup>1</sup>, Pankaj Sharma<sup>2</sup>

<sup>1</sup>PG Scholar, Department of *Shalya Tantra*, Muniyal Institute of Ayurveda Medical Sciences, Manipal, Karnataka, India.

<sup>2</sup>PG Scholar, Department of Kayachikitsa-Rasayana evam Vajikarana Tantra, KAHERs Shri B.M. Kankanawadi Ayurveda Mahavidyalaya, PG Studies and Research Centre, Belagavi, Karnataka, India.

<sup>1</sup>saurabhsinghthakur1@gmail.com, <sup>2</sup>vaidyapankajsharma@gmail.com

## Abstract

*Haemorrhoids, affecting 20-50% of the global population, significantly impact healthcare systems. In India, the prevalence is nearly 75%, exacerbated by inadequate preventive measures. This study explores the efficacy of Ayurvedic management for haemorrhoids, integrating dietary and herbal interventions to reduce incidence and severity. Ayurvedic texts such as Charaka Samhita and Sushruta Samhita recommend dietary modifications and herbal remedies, emphasizing high-fiber foods and avoidance of vitiating factors. The research evaluates a standardized dietary regimen incorporating Ayurvedic and modern nutritional principles, focusing on fiber intake, hydration, and the role of herbs like Amalaki, Surana, Punarnava and Triphala. Methodology includes a review of dietary articles and development of a master chart for clinical and household use, aligned with Ayurvedic principles. Findings suggest that a holistic dietary approach, combining Ayurvedic practices with modern nutrition, offers an effective strategy for managing haemorrhoids.*

## Keywords

Ayurveda, Haemorrhoids, Nutrition

[\\*Corresponding Author](#)

[How to Cite this Article](#)

[To browse](#)

Dr. Pankaj Sharma, Department of Kayachikitsa-Rasayana evam Vajikarana Tantra, KAHERS Shri B.M. Kankanawadi Ayurveda Mahavidyalaya, PG Studies and Research Centre, Belagavi, Karnataka, India.

Thakur Saurabh S, Sharma P. Ayurvedic Dietary Interventions and Nutritional Approaches in Haemorrhoids Management with special reference to Arshas. *Int. J. Ayurveda Herbal Res.* 2024; 2(2):37-46.

DOI: <https://doi.org/10.54060/a2zjournals.ijahr.44>



<b>Received</b> 2024-10-05	<b>Accepted</b> 2024-10-12	<b>Online First</b> 2024-10-15	<b>Published</b> 2024-10-25
<b>Funding</b> Nil		<b>Ethical Approval</b> Nil	
Copyright © 2024 The Author(s). This work is licensed under the Creative Commons Attribution International License (CC BY 4.0). <a href="http://creativecommons.org/licenses/by/4.0/">http://creativecommons.org/licenses/by/4.0/</a>			<b>Open Access</b>

## 1. Introduction

Haemorrhoids, a prevalent anorectal disorder nearly affects 20–50% of the global population. In India, haemorrhoidal disease impacts nearly 75% of the population, despite awareness, largely due to insufficient prioritization of preventive care. Haemorrhoids are classified into internal and external types, often resulting from factors such as prolonged straining, constipation, low-fiber diets, and aging. Additionally, pregnancy and sedentary lifestyles exacerbate the condition.

Ayurveda, an Indian medical system, has long addressed haemorrhoidal disease under the classification of Arshas [1][2][3][4]. Ayurvedic texts like Charaka Samhita and Sushruta Samhita provide comprehensive approaches to prevention and treatment, emphasizing dietary and lifestyle modifications. The core Ayurvedic principle of pathya (recommended practices) and apathya (prohibited practices) highlights the importance of dietary regulation. Herbal remedies, including amalaki, punarnava, surana, triphala and aloe vera, and lifestyle adjustments are central to managing haemorrhoids in Ayurveda.

This study aims to explore the efficacy of Ayurvedic management in the prevention and treatment of haemorrhoids, focusing on dietary interventions and herbal therapies, with the goal of reducing the incidence and severity of this condition.

## 2. Materials and Methods

The study focuses on dietary management in preventing and treating haemorrhoids. A comprehensive assessment of various dietary articles was performed to identify foods that contribute to the onset, prevention, and treatment of haemorrhoids. A standardized dietary regimen, based on both Ayurvedic and modern nutritional principles, was formulated to incorporate preventive (pathya) and harmful (apathya) dietary components. This regimen aims to reduce haemorrhoid recurrence post-surgery and improve overall patient outcomes.

The methodology involved reviewing relevant literature, followed by developing a detailed analysis with nutritional values of pathya-apathya foods. Nutritional analysis was aligned with recommended dietary allowances (RDA) and Ayurvedic principles such as dinacharya (daily routines) and ritucharya (seasonal variations). The approach emphasizes dietary fiber intake,



hydration, and avoidance of irritants like spicy food and alcohol. The study also explored the role of Ayurvedic herbs in promoting digestive health and preventing haemorrhoids. This holistic strategy provides a preventive and therapeutic framework for managing haemorrhoids through diet and lifestyle adjustments.

### 2.1. Analysis of Dietary Articles

A balanced dietary regimen, referred to as pathya-apathya, is crucial in the prevention and management of haemorrhoids, complementing medical interventions. Classical Ayurvedic texts, including Charaka Samhita, Sushruta Samhita and Ashtanga Hridayam emphasize the importance of consuming foods that promote digestive health and regular bowel movements. Wholesome dietary articles (pathya) recommended for haemorrhoid patients include high-fiber foods such as horse gram (Kulattha), barley (Yava), and wheat (Godhuma). Additionally, vegetables like Punarnava Shaka (*Boerhavia diffusa*) and Surana Kanda (Elephant Foot Yam), as well as fermented preparations like buttermilk (Takra) and specialized Ayurvedic preparations like Kanji (fermented rice water), are advised to alleviate symptoms and prevent recurrence. Ayurvedic herbs, such as Amalaki (Indian Gooseberry) and lean meat (Mriga Mamsa), further support digestive function and reduce inflammation[1][2][3][4][5].

### 2.2. Unwholesome Dietary Articles

In contrast, certain foods and lifestyle habits are considered unwholesome (apathya) for individuals with haemorrhoids. These include fatty meats (Anoopa Desh Mamsa), fish (Matsya), and heavy-to-digest foods such as curd (Dadhi) and tubers (Shalooka), which can exacerbate constipation and worsen symptoms. Excessive exposure to sunlight, excessive water intake, and suppression of natural urges are also discouraged as they can aggravate digestive disturbances. Foods like ripened mango (Pakva Amra) and sesame (Tila Pinyaka) are similarly avoided for their potential to increase heat and inflammation in the body[1][2][3][4][5].

### 2.2. Relationship between Tridosha and Nadi

During Nadi Pariksha, the doctor should use his or her three fingers to palpate the patient's pulse [5]. The doctor should place the index, middle, and ring fingers on Karangushtamula (the forearm), one finger's distance from Angushtamula, and press on it three times, alternating between applying and releasing pressure. Finger pulse pressure represents the Doshaprabhya, with index representing Vatavahanadi, middle representing Pittavahanadi, and ring representing Kaphavahanadi.

### 2.3. Nutritional Analysis of Wholesome Dietary Articles in Arshas (Haemorrhoids)[6]

The nutritional analysis of wholesome dietary articles to be consumed to manage and prevent Arshas (haemorrhoids) has been dealt in the Table No.1 with dietary article and factor that help in management in Arshas.

**Table 1.** Nutritional Analysis of Dietary Articles for Arshas (Haemorrhoids)[6]

S.No.	Dietary Article	Utilization in Arshas (Haemorrhoids)
1	Kulattha	<ul style="list-style-type: none"> <li><b>High Fiber Content:</b> Horse gram (<i>Macrotyloma uniflorum</i>) is</li> </ul>



	(Horse Gram)	<p>rich in dietary fiber, which aids in softening stools and promoting regular bowel movements, potentially reducing strain during defecation, beneficial for haemorrhoid management.</p> <ul style="list-style-type: none"> <li>• <b>Anti-inflammatory Properties:</b> Horse gram contains compounds with potential anti-inflammatory effects, which may help alleviate symptoms associated with the inflammation of haemorrhoids.</li> <li>• <b>Nutritional and Circulatory Benefits:</b> As a good source of protein, vitamins, and minerals, horse gram supports overall health. Traditional medicine also suggests it may improve blood circulation, potentially reducing haemorrhoid discomfort.</li> </ul>
2	Yava (Barley)	<ul style="list-style-type: none"> <li>• <b>Cooling Properties:</b> Barley, recognized for its cooling effects in Ayurveda, helps soothe inflammation and discomfort associated with haemorrhoids.</li> <li>• <b>High Fiber Content:</b> Rich in dietary fiber, barley aids in softening stools and promoting regular bowel movements, reducing strain and alleviating haemorrhoid symptoms.</li> <li>• <b>Easy Digestibility:</b> Barley is easily digestible, making it suitable for individuals with haemorrhoids or other digestive sensitivities, and is less likely to aggravate the condition.</li> </ul>
3	Godhuma (Wheat)	<ul style="list-style-type: none"> <li>• <b>Fiber Benefits:</b> Wheat bran, shredded wheat, and other high-fiber grains like quinoa, barley, and oats enhance stool bulk, increase moisture, and improve bowel movement frequency, thus relieving constipation and alleviating piles symptoms.</li> <li>• <b>Clinical Trial Findings:</b> A study involving 60 patients with second or third-grade internal haemorrhoids assessed the efficacy of wheat cellulose particles combined with Diosmin tablets versus Diosmin alone. Results showed that the combination therapy significantly improved symptom relief, including reduced bleeding, pain, and prolapse, compared to single treatment.</li> <li>• <b>Dietary Recommendations:</b> Based on the trial outcomes, incorporating wheat products and other high-fiber foods into the diet are recommended for the effective management of haemorrhoids, offering a safe and well-tolerated therapeutic option.</li> </ul>
4	Rakta-Shali (Red Rice)	<ul style="list-style-type: none"> <li>• <b>Cooling and Digestive Ease:</b> Rakta Shali provides a cooling effect on the body, helping to alleviate inflammation associated with haemorrhoids. Additionally, its easy digestibility makes it suitable for individuals with digestive sensitivities.</li> <li>• <b>High Fiber Content:</b> The high dietary fiber in red rice promotes regular bowel movements, reduces constipation, and minimizes straining during defecation, all of which are crucial for preventing and managing haemorrhoids.</li> <li>• <b>Nutrient Density:</b> Rich in essential vitamins, minerals, and antioxidants, red rice supports overall health and aids in the healing and repair of affected anal tissues, contributing to</li> </ul>

		better management of haemorrhoid symptoms.
5	Punarnava Shaka (Boerhavia Diffusa)	<ul style="list-style-type: none"> <li>• <b>Anti-inflammatory and Swelling Reduction:</b> Punarnava has anti-inflammatory properties that help reduce swelling and discomfort associated with haemorrhoids.</li> <li>• <b>Digestive and Laxative Support:</b> It supports digestive health and provides a mild laxative effect, aiding in regular bowel movements and preventing straining, which can aggravate haemorrhoids.</li> <li>• <b>Improved Circulation and Detoxification:</b> Punarnava promotes better blood circulation and detoxifies the body, which may alleviate congestion in the anal region and support overall haemorrhoid management.</li> </ul>
6	Surana Kanda (Elephant Foot Yam)	<ul style="list-style-type: none"> <li>• <b>Fiber Content:</b> Surana Kanda, a starchy tuber, is high in dietary fiber (approximately 4 grams), which helps soften stool and ease bowel movements, reducing strain on haemorrhoids.</li> <li>• <b>Improved Digestion:</b> The fiber in Surana Kanda supports regular, smooth digestion, mitigating constipation—a common exacerbator of haemorrhoids.</li> <li>• <b>Prevention:</b> Consuming fiber-rich foods like Surana Kanda helps prevent haemorrhoids by reducing the risk of constipation and promoting overall digestive health, and is specially mentioned in Arshas management as medicine and food.</li> </ul>
7	Takra (Butter Milk)	<ul style="list-style-type: none"> <li>• <b>Digestive Health:</b> Buttermilk is rich in probiotics, such as lactic acid bacteria, which promote a healthy gut flora and aid in digestion. This helps alleviate constipation—a common aggravating factor for haemorrhoids.</li> <li>• <b>Soothing and Low-Fat:</b> Buttermilk provides a cooling effect on the digestive system, offering relief from inflammation and discomfort associated with haemorrhoids. Its low-fat content makes it a suitable dietary choice, as high-fat foods can exacerbate symptoms.</li> <li>• <b>Nutrient-Rich and Hydrating:</b> Buttermilk is a good source of essential nutrients, including calcium, vitamin D, and protein, which support overall health and recovery. Additionally, it contributes to daily fluid intake, aiding in hydration and bowel regularity.</li> </ul>
8	Amalaki (Indian Gooseberry)	<ul style="list-style-type: none"> <li>• <b>Astringent and Cooling Properties of Amla:</b> Amla (Indian gooseberry) exhibits astringent properties that reduce swelling and inflammation in Haemorrhoids. Its cooling effect soothes discomfort and irritation.</li> <li>• <b>High Fiber and Antioxidant Content:</b> Rich in dietary fiber, amla promotes regular bowel movements and prevents constipation. Additionally, its high antioxidant content reduces oxidative stress and inflammation in the rectal area.</li> <li>• <b>Nutritional and Anti-inflammatory Benefits:</b> Amla provides essential nutrients and vitamin C, which strengthen blood vessels and reduce inflammation, contributing to haemorrhoids relief. Its mild laxative properties further aid in bowel</li> </ul>

		<p>regulation.</p> <ul style="list-style-type: none"> <li>• <b>Benefits of Triphala Churna:</b> Comprising amalaki, vibhitaki, and haritaki, Triphala Churna aids in curing constipation, reducing congestion in intestinal veins, and providing flexibility to blood vessels. It functions as a natural laxative with antioxidant and anti-inflammatory effects, supporting overall bowel health.</li> </ul>
9	Bilwa (Wood Apple)	<ul style="list-style-type: none"> <li>• <b>Botanical and Nutritional Profile:</b> Wood apple from the Rutaceae family, is rich in phytochemicals including polyphenols, vitamins A, B1, and B2, saponins, coumarins, amino acids, triterpenoids, phytosterols, and tannins. It is a significant source of antioxidants, contributing to its potential in scavenging free radicals.</li> <li>• <b>Ayurvedic Medicinal Properties:</b> In Ayurveda, Bael fruit (wood apple) is valued for its medicinal properties, particularly in treating haemorrhoids. It offers benefits through its cooling effect, anti-inflammatory properties, astringency, and mild laxative effect, all of which help in alleviating the discomfort and inflammation associated with haemorrhoids.</li> <li>• <b>Dietary Benefits for Haemorrhoids:</b> The high fiber content of Bael fruit aids in regulating bowel movements and preventing constipation, a key factor in haemorrhoid management. Additionally, its high-water content supports hydration, further assisting in softening stools and easing bowel movements.</li> <li>• <b>Health Support:</b> Bael fruit provides essential vitamins and minerals, such as vitamin C, calcium, and iron, which support overall health and healing. Its antioxidant-rich composition, including tannic and phenolic compounds, benefits conditions like piles, ulcers, diarrhoea, and dysentery.</li> </ul>
10	Navaneeta and Ghrita (Butter and Ghee)	<ul style="list-style-type: none"> <li>• <b>Lubrication and Softening:</b> Ghee's lubricating properties help reduce dryness and friction in the anal area, easing stool passage and alleviating discomfort. It also softens stools, reducing strain on haemorrhoidal veins.</li> <li>• <b>Cooling Properties:</b> Ghee's cooling effects can mitigate inflammation and heat associated with Haemorrhoids, providing symptomatic relief.</li> <li>• <b>Nutrient Absorption:</b> Ghee aids in the absorption of nutrients, supporting digestive health and potentially mitigating gastrointestinal issues that could worsen Haemorrhoids.</li> <li>• <b>Dosha-Specific Benefits:</b> <ul style="list-style-type: none"> <li>• <b>Vata Dosha:</b> Ghee helps counteract dryness and constipation common in Vata imbalances.</li> <li>• <b>Pitta Dosha:</b> Its cooling properties soothe inflammation and heat.</li> <li>• <b>Kapha Dosha:</b> Ghee aids in improving sluggish digestion and alleviating constipation.</li> </ul> </li> </ul>
11	Vastuka Shaka (Cheopodium Album)	<ul style="list-style-type: none"> <li>• <b>Balancing Vata Dosha:</b> Vastuka Shaka helps pacify the aggravated Vata dosha, addressing symptoms such as dryness,</li> </ul>

		<p>pain, and constipation associated with Haemorrhoids.</p> <ul style="list-style-type: none"> <li>• <b>Local Relief:</b> Medicated enemas with drugs like Vastuka provide targeted relief by soothing the rectal area and reducing inflammation, pain, and itching.</li> <li>• <b>Improving Bowel Movements:</b> Vastuka aids in softening stool and preventing constipation, a common aggravating factor for Haemorrhoids.</li> <li>• <b>Reducing Congestion:</b> By enhancing waste elimination, Vastuka helps reduce anal region congestion, which benefits Haemorrhoids management.</li> </ul>
12	Maricha (Black Pepper)	<ul style="list-style-type: none"> <li>• <b>Digestive Aid:</b> Black pepper enhances digestion, which may reduce rectal strain and alleviate Haemorrhoids symptoms.</li> <li>• <b>Anti-Inflammatory Properties:</b> Piperine in black pepper has potential anti-inflammatory effects, helping to mitigate inflammation associated with Haemorrhoids.</li> <li>• <b>Analgesic and Circulatory Benefits:</b> Black pepper may provide mild pain relief and improve blood circulation, potentially reducing congestion and swelling in haemorrhoidal veins.</li> <li>• <b>Purgative Effect:</b> Its mild laxative properties can prevent constipation, a contributing factor to Haemorrhoids development.</li> </ul>
13	Mrig-Mamsa (Lean Meat)	<ul style="list-style-type: none"> <li>• <b>Low Fat Content:</b> Lean meats, such as skinless poultry, are low in saturated fats, which helps avoid exacerbating Haemorrhoids.</li> <li>• <b>High-Quality Protein:</b> Lean meat provides essential protein for tissue repair and overall health, supporting the healing process of Haemorrhoids.</li> <li>• <b>Iron-Rich:</b> Lean meats are a good source of easily absorbed iron, which is crucial for preventing or addressing iron deficiency anemia in patients with bleeding Haemorrhoids.</li> <li>• <b>Digestibility:</b> Lean meats are easier to digest compared to high-fat or spicy foods, reducing irritation during Haemorrhoid flare-ups and supporting digestive health.</li> </ul>
14	Ajaksheera (Goat's Milk)	<ul style="list-style-type: none"> <li>• <b>Prebiotic Benefits:</b> Goat milk contains oligosaccharides that act as prebiotics, promoting beneficial bifido bacterial growth in the gut. This can enhance digestive health, boost immunity, and aid in lowering cholesterol and improving lactose digestion.</li> <li>• <b>Cholesterol Management:</b> Goat milk helps reduce cholesterol levels, potentially mitigating one of the contributing factors to haemorrhoids.</li> <li>• <b>Anti-Inflammatory and Antioxidant Properties:</b> The anti-inflammatory compounds in goat milk may alleviate inflammation associated with haemorrhoids, while its antioxidants help protect cells from oxidative damage, supporting tissue repair.</li> <li>• <b>Digestive and Metabolic Support:</b> Goat milk's A2 casein is less likely to cause inflammation, and its high vitamin C content supports blood vessel health. Additionally, its role</li> </ul>

		as a metabolic agent aids in relieving constipation and bloating, which are key issues in haemorrhoids management.
15	Vrintaka (Eggplant)	<ul style="list-style-type: none"> <li>• <b>Nutritional Composition:</b> Eggplant (<i>Solanum melongena</i> L.), rich in fiber (3 g per 100 g) and low in calories (25 Kcal), supports digestive health and regular bowel movements, which is beneficial for managing haemorrhoids.</li> <li>• <b>Anti-Inflammatory and Antioxidant Properties:</b> The methanolic extract of eggplant demonstrates significant anti-inflammatory effects, attributed to chlorogenic acid, which can reduce inflammation and improve vascular health.</li> <li>• <b>Ayurvedic Benefits:</b> In Ayurveda, eggplant is valued for its cooling effect and ability to alleviate discomfort associated with haemorrhoids, enhancing overall digestive health.</li> </ul>
16	Patola (Pointed Gourd)	<ul style="list-style-type: none"> <li>• <b>High Fiber Content:</b> Pointed gourd (<i>Trichosanthes dioica</i>) is a good source of dietary fiber (14 g per 100 g), aiding in stool softening and promoting regular bowel movements.</li> <li>• <b>Hydration and Nutritional Value:</b> Rich in water content and essential nutrients, pointed gourd supports hydration and overall digestive health, crucial for managing haemorrhoids.</li> <li>• <b>Anti-Inflammatory Effects:</b> It contains anti-inflammatory compounds that may reduce swelling and provide relief from haemorrhoidal discomfort.</li> </ul>
17	Kanji (Dhanyamla)	<ul style="list-style-type: none"> <li>• <b>Hydration and Digestion:</b> Kanji, a rice-based porridge, is hydrating and easy to digest, making it suitable for haemorrhoids management by preventing constipation and soothing the digestive system.</li> <li>• <b>Cooling and Soothing Effects:</b> Its cooling properties help alleviate inflammation and discomfort, while its soft texture minimizes strain during bowel movements.</li> <li>• <b>Nutritional Benefits:</b> Kanji's fiber content supports stool softening and regular bowel movements, reducing the risk of haemorrhoid aggravation.</li> </ul>

### 3. Results and Discussion

Haemorrhoids, or Arshas in Ayurveda, affect a significant portion of the global population, causing discomfort and impacting quality of life. Despite advancements in contemporary medicine, Ayurveda offers a complementary perspective that combines ancient wisdom with modern knowledge. Globally, haemorrhoids affect 20-50% of the population, with higher prevalence between ages 45 and 65. Historically, haemorrhoids have been documented in ancient texts, including the Old Testament and Egyptian scriptures. Ayurvedic texts, notably Charaka Samhita and Sushruta Samhita, describe haemorrhoids as a result of imbalanced dosha (Vata, Pitta, Kapha), prescribing dietary, lifestyle, and herbal interventions. Sushruta predominantly describe the four types of management methodology for Arshas as Bhashaja (food and medicine), Kshara karma (ksharalepa and Ksharasutra), Agni karma (thermal cauterization), and Shastra karma (surgical procedures)[3].



Since, food (ahara) is the best medicine (bheshaja), the role of diet in managing haemorrhoids is central in Ayurvedic treatment. High-fiber foods, adequate hydration, and a low-fat diet are recommended to prevent constipation and reduce strain during bowel movements. Dietary guidelines also advise avoiding spicy foods and caffeine, which can worsen symptoms. Weight management is emphasized as a preventive measure to decrease rectal pressure. The concept of Pathya (wholesome diet) includes foods like horse gram, aloe vera, and butter, which support digestion. In contrast, Apathya (unwholesome diet) involves foods such as fatty meats and fish that aggravate haemorrhoids. The major objective of dietary articles to be partaken in haemorrhoids is to clear the bowel with no or less difficulty, prevent constipation and bloating, improve digestion, strengthen the digestive fire (agni) and reduce the complaints associated with the haemorrhoidal mass like itching, pain, discharge, prolapse, bleeding etc. Thus, this review highlights the importance of developing a standardized dietary regimen to complement haemorrhoid management.

Since the pathya mentioned in classical texts of Ayurveda (samhitas) fit into the domain of modern-day nutritional science and dietetics for haemorrhoid management, backed by evidences, integrating Ayurvedic principles with modern dietary insights can offer a holistic approach, combining preventive strategies with therapeutic interventions to improve patient outcomes.

#### 4. Conclusion

Haemorrhoids, affecting a large of the population, present a significant health issue, with both Ayurvedic and modern medical perspectives offering valuable insights. Ayurveda, with its rich history in managing such conditions under the term Arshas, provides a comprehensive approach that integrates dietary, lifestyle, and medical management. Recognizing haemorrhoids as a consequence of sedentary lifestyles, obesity, and chronic inflammation, the Ayurvedic framework emphasizes a balanced diet rich in fiber and adequate hydration. Avoiding pressure-inducing activities and adhering to the principles of Pathya and Apathya enhances therapeutic outcomes. Integrating these practices offers a holistic strategy for managing and preventing haemorrhoids.

#### Acknowledgements

Special Thanks are due to Dr. Veena Ranaut, Senior Lecturer, Government Nursing College, Shri Lal Bahadur Shastri Government Medical College and Hospital Nerchowk Mandi H.P. and Project Counsellor for DNHE Programme, School of Continuing Education, Indira Gandhi National Open University, New Delhi for her regular inputs for completion of this project.

#### Conflict of Interest

There are no conflicts of interest.

#### References

1. Ashtanga Hridayam. \*Nidana Sthana\*[Internet]. 2023 Sep 07 [cited 2024 Sep 15]. Available from: [<http://ayurvediya.net/shastra/hridayam/>] (<http://ayurvediya.net/shastra/hridayam/>)



2. Ashtanga Hridayam. \*Chikitsa Sthana\*[Internet]. 2023 Sep 07 [cited 2024 Sep 15]. Available from: [http://ayurvedya.net/shastra/hridayam/] (http://ayurvedya.net/shastra/hridayam/)
3. Sushruta Samhita. \*Nidana Sthana\*[Internet]. 2023 Oct 04 [cited 2024 Sep 15]. Available from: [https://niimh.nic.in/ebooks/esushruta/] (https://niimh.nic.in/ebooks/esushruta/)
4. Sushruta Samhita. \*Chikitsa Sthana\*[Internet]. 2023 Oct 04 [cited 2024 Sep 15]. Available from: [https://niimh.nic.in/ebooks/esushruta/] (https://niimh.nic.in/ebooks/esushruta/)
5. Charaka Samhita. \*Chikitsa Sthana\*[Internet]. 2023 Oct 05 [cited 2024 Sep 15]. Available from: [https://niimh.nic.in/ebooks/ecaraka/] (https://niimh.nic.in/ebooks/ecaraka/)
6. Thakur SS. Analysis of the impact of dietary changes in management of Haemorrhoids with special reference to Arshas in Ayurveda [DNHE Dissertation]. New Delhi: Indira Gandhi National Open University; 2022.

## Authors Profile

---



DR. SAURABH SINGH THAKUR completed his formal academy education (Ayurvedacharya - Bachelor in Ayurvedic Medicine and Surgery) from Shiva Ayurvedic Medical College and Hospital Bilaspur H.P., a constituent college of Faculty of Indian Medicine, Atal Medical and Research University, then Himachal Pradesh University Summer Hill, Shimla. He also did a Diploma in Nutrition and Health Education from IGNOU New Delhi with dissertation title "ANALYSIS OF THE IMPACT OF DIETARY CHANGES IN MANAGEMENT OF HAEMORRHOIDS WITH SPECIAL REFERENCE TO ARSHAS IN AYURVEDA". Presently, he is pursuing M.S. in Shalya Tantra (Surgery) at Muniyal Institute of Ayurveda Medical Scinnces, Manipal, Karnataka a constituent institute under Rajiv Gandhi University of Health Sciences, Bengaluru.



DR. PANKAJ SHARMA completed his formal academy education (Ayurvedacharya - Bachelor in Ayurvedic Medicine and Surgery) from Shiva Ayurvedic Medical College and Hospital Bilaspur H.P., a constituent college of Faculty of Indian Medicine, Atal Medical and Research University, then Himachal Pradesh University Summer Hill, Shimla. He did a Diploma in Nutrition and Health Education from IGNOU New Delhi and also a Certificate Course in Marma Chikitsa from PAMPA Kerala. Presently, he is pursuing M.D. in Kayachikitsa – Rasayana evam Vajikarana Tantra at KAHERs Shri B.M. Kankanawadi Ayurveda Mahavidyalaya, PG Studies & Research Centre, Belagavi Karnataka. He has presented more than fifty scientific papers and posters in various national and international seminars, conferences and webinars, published four research papers in indexed scientific journals and conducted hands-on training workshops in different parts of the country.