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A Review Article on the Role of *Arshoghna Mahakashaya* in the *Sushka Arsha* Treatment.

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ABSTRACT:

Several treatises compiled throughout ancient times provide distinct modalities and drugs in the *Ayurvedic* traditional text. Drugs are crucial therapeutically because they are responsible for the overall balance of the body. The first division of the *Charak Samhitha*, known as *Sutrasthan* or *shlokasthan*, is divided into eight parts. The medications are discussed in four chapters known as *Bheshajachatushka* or *Aushadhachatushka* in the *sutrasthan*. The medications are categorized here based on their pharmacological and pharmacotherapeutic properties. *Mahakashaya* is a classification system for medications based on Karmas, which is divided into fifty divisions. *Arshoghan Mahakashaya* is the twelfth category of medicines thought to be useful in the treatment of piles. *Sushka arsha* is a condition in which a person's life is made unbearable by pain and swelling of the pile mass, with *bheshaj chikitsa* being the first of all therapies. This is a rudimentary attempt to understand how *rasa*, *guna virya*, and *prabhav* of these 10 medications may work to dissolve the disease of *sushka arsha*.

Keywords- *Arshoghan Mahakashaya*, *Sushka Arsha*, *Bheshaj Chikitsa*, *Charaka Samhita*

INTRODUCTION

Drugs are medical instruments. When medications are used rationally, half of the treatment is completed. There are numerous single and complex medications described in *ayurveda* classics in various situations. According to current study technique, the majority of them are not retested. The medicine will not be properly recognised in the scientific world unless it is tested using this methodology. The rational application of these spectra according to the various stages and conditions of the

patient and disease is the most important factor in determining the drug's acceptability in that disease. In *Chikitsa chatuspad*, *Acharya Charak* mentioned medication as the second most essential factor, owing to its role in disease management. In addition, the six significant and major principles of *Arsha* management are described in *Shalya Tantra*, which is an important part of *Ayurveda*. *Bhaisaja*, *KsharaKarma*, *YantraKarma*, *Agni Karma*, *Raktamokshan*, and *Shastra Karma* are the names given to them. The first line of treatment is *Bhaisaja Karma*.

The disease is classified as *Maharogas* in *Ayurveda*



because it is *Drighkalanubandhi*, *Dushchikitsyain* nature, and *tridosh*. It is well-known for its proclivity for recurrence. *Arsha* is described in every *Ayurvedic* classic. This *arsha* was even included in the *ASHTA MAHAGADA* by *Acharya Sushruta* and *Vagbhat*¹. *Arsha* refers to an illness that is wreaking havoc on the patient in *Guda*. It has the potential to impede the anorectal channel.² According to *Acharya Charak*, only the mass held in *Gudavali* is referred to as *Arsha*, whereas those held elsewhere are referred to as *Adhimansa*³. *Twacha*, according to *Charak medha*, *mamsa*, is *Arsha's* *adhishtana*⁴. Proven to be a complete cure for piles. Modern medicine only treats any clinical condition of piles with symptomatic treatment, such as analgesics, antibiotics, local anaesthetics, laxatives, and so on, which cures the symptoms but ignores the pathology, and these patients eventually become operative cases of disease.

In today's world, piles are usually treated radically, such as through surgical or non-surgical treatments. These approaches are always connected with some form of consequence, prompting researchers to consider new, safer, and more effective therapeutic options. *Arsha* that have been on *viserjani* for less than a year can be handled⁵. In the early stages of piles, *Acharya Charak* has underlined the necessity of oral medicines. Sand, in his treatise⁶, has given a very clear foresight of the hazardous complications of *Agni Karma*, *Shastra Karma*, and *Kshar Karma*, and advocates the management of *arsh* through oral medication and various external applications, which he considers to be a much safer and non-relapsing mode of therapy⁷. *Arsha* is a *Tridoshajvikar* who makes life unpleasant for everyone by causing a variety of diseases that are difficult to treat⁸.

In the early stages of piles, modern medical research allows the use of systemic and local measures. The need of the hour is to identify a safe, effective, and low-cost therapy that covers a wide range of piles clinical situations, minimises the rate of haemorrhoidectomy and other para surgical treatments, and provides total treatment of piles in the early stages. Every treatment and sickness should be researched scientifically, and any areas of contention should be resolved as soon as feasible. With all of these considerations in mind, the *Charakokta Arshogha Mahakashaya*⁹. recommended for *arsh* management in chapter four of the *Charaka Samhita* was chosen for the current study. *Charakokta Arshogha Mahakashaya* drugs are widely available across India. The current study is a review in which an attempt is made to understand the

Rasapanchaka working of *Arshogha Mahakashaya* medicines.

MATERIALS & METHODS

Arshogha Mahakashaya is a group of ten drugs, has been described by *Charak* in *sutrasthan* chapter 4 (*kshadvirechan shatashritiya addhaya*)¹⁰. Bioenergetics of Drug of *Arshoghana Mahakashaya*. (Table No:1)

1-*Plumbago zeylanic*

Root and root bark are stomachic, carminative, astringent to bowels, anthelmintic, and used to cure intestinal troubles, dysentery, leucoderma, inflammation, piles, bronchitis, itching, disease of liver, consumption, ascites, tridosha.¹¹ The root of *Plumbago* is to be pasted within a jar on to the inner walls and bottom of the jar. Curd or butter milk prepared in that jar is taken in a dosage of 30-60 ml, twice a day for a period of 7-10 days relieve piles.

2-*Zingibar officinale*

Ginger is extensively used in loss of appetite (*Agnimandya*), asthmatic conditions (*Svasa*), bloated stomach (*Adhmana*), rheumatoid conditions (*Amavata*), anemic conditions (*Pandu*), liver associated conditions and disorders (*Udararoga*), vomiting (*Chardi*), swollen joints (*Sandhi Shotha*), fatigue (*Avasada*), back pains (*Kati Shoola*), mal-digestions (*Ajeerna*), flatulence (*Koshta Vata*), mal-absorption syndrome (*Grahani*), stomachache (*Udara Shoola*), piles (*Arsha*).

3-*Aegle – marmelos*

Fruit pulp marmalade is used as prevention during cholera epidemics, also given to prevent the growth of piles. The extract of unripe Bael fruit is helpful in curing of piles and haemorrhoids.

4-*Aconitum heterophyllum*

As per *Ayurvedic pharmacology*, *Ativisha* (*A. heterophyllum*) has *tikta* (bitter) and *katu* (pungent) taste; *laghu* (light) and *ruksha* (dry) properties; *ushna veerya* (hot potency) and *katu vipaka* (attains pungency after digestion). In terms of actions, it is *kapha-pittahara* (reduces *kapha* and *pittadoshas*), *dipana* (increases digestive fire), *pachana* (digests undigested material), *grahi* (prevents water loss from the body), *shotahara* (anti-inflammatory), *vishaghna* (antiparasitic), *krimihara* (anthelmintic), *arshoghna* (antihemorrhoid), *jwarahara* (antipyretic), *kasahara* (antitussive) and *atisaraghna* (anti diarrhoeal).

In the classical *Ayurvedic* text *Charaka Samhita*, *Ativisha* is listed in the following categories: *Tikta skandha* (bitter tasting drugs), *lekhaneeya* (has scraping action on tissues)

andkapha), *arshoghna* (treatinghemorrhoids) *sirovirechana* (clearing morbid doshas from head and neck).

5- *Hollarhena antidyenterica*

The *Hollarhena antidyenterica* stem bark powder administered to patients with bleeding piles at a dose of 4 gm. Twice a day for 2 weeks each showed significant efficacy.

DISCUSSION

Most of the *dravyas* mentioned above that *Acharya Charak* included in his '*Arshoghna*' *Mahakashaya* had *Kashya*, *Tikta*, and *Katu Rasas*. It is found that among the total medications described in *Arshoghna Mahakashaya*, *Tikta Rasa dravya* and *Katu Rasa dravya* have the most, followed by *Kashaya Rasa Dravya*, *Madhura Rasa Dravya*, *Amla Rasa dravya*, and *Lavana Rasa dravya*. *Agnidipana*, *Swyathunasana*, and *Rochayatiasanam* are the *Katu Rasa*. *Arochakaghna*, *Dipana*, and *Pachana* are the *Tikta Rasa*. *Ropana*, *Sosana*, and *Stambhana* are the members of *Kashaya Rasa*. This suggests that medications including *Tikta*, *Katu*, and *Kashayarasa* are important in the treatment of *Arshas*. Because *Arsha* is a *Raktadoshaja vyadhi* and a *Mamsaja vyadhi*, *Tikta* and *Kashaya Rasa dravya* are required to diminish the *Raktadosha*, while *Katu Rasa* aids in the reduction of the *Mamsaja doshas*. The majority of the medications described are *Ushna Virya*, with only a few being *Sheeta Virya*.

Ushna Virya relieves constipation and allows for the free passage of faeces. It also aids in the reduction of haemorrhoids, particularly if they are dry. *Sheeta Virya dravyas* aid in the treatment of bleeding piles by preventing excessive blood flow.

Madhura and Katu Vipaka Dravyas are said to have the *Arshoghna* property. To minimize bleeding piles and dry piles, *Madhura and Katu vipaka* should be considered. *Amla Vipaka* worsens the condition by increasing *Pitta and Rakta dosha*, hence *Amla Vipaka dravyas* may not have been stated. The *Arshas* are primarily acted upon by *Laghu*, *Ruksha*, and *Tikshna guna dravya*. The dyspepsia induced by the *Arshas* can be treated with *Laghu guna*. *Tikshna Guna* aids in efficient faces expulsion. *Sroto rodhaas* are removed by *Laghu*, *Ruksha*, *Tikshna Guna*, and *Ushna Veerya*. It penetrates even the tiniest *Srotas in Arsha's* management. The systemic drugs improve hunger, regulate bowl habits, have an astringent effect on blood vessels, and keep *Agni and Srotas* in balance.

CONCLUSION

According to the aforementioned study, *Acharya Charaka* accurately characterised herbal medications in a qualitative manner to battle the specific ailment. *Arshoghna Mahakashaya's* herbal agents have anti haemorrhoidal capabilities. These herbal medicines can be used to treat haemorrhoids and a variety of other ailments. Furthermore, based on their pharmacological activities, these herbal medications provide superior possibilities for formulating formulations

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Table 1- Bioenergetics of Drug of *Arshoghana Mahakashaya*

SL NO	INGREDIENTS	LATIN NAME	GUNAS	RASA	VIRYA	VIPAKA
1.	<i>Kutaj</i>	<i>Holerrhen Aantidysentrica</i>	<i>Laghu, Ruksha</i>	<i>Tikta, Katu, Kashaya</i>	<i>Sheet</i>	<i>Katu</i>
2.	<i>Bilwa 1. Bal</i>	<i>Aegle Marmelos</i>	<i>Laghu, Snigdha, Tishna, Guru, Ruksha</i>	<i>Katu, Tikta, Kashay, Katu, Tikta, Kashay</i>	<i>Ushna</i>	<i>Katu</i>
	<i>2. Pakwa</i>		<i>Tishna, Guru, Ruksha</i>	<i>Katu, Tikta, Kashay</i>	<i>Ushna</i>	<i>Katu</i>
3.	<i>Chitrak</i>	<i>Plumbago Zeylanica</i>	<i>Laghu, Ruksh, Tikshna</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>
4.	<i>Nagar</i>	<i>Zingiber Officinale</i>	<i>Laghu, Snigdha</i>	<i>Katu</i>	<i>Ushna</i>	<i>Madhur</i>
5	<i>Atiwisha</i>	<i>Aconitum Heterophyllum</i>	<i>Laghu, Ruksha,</i>	<i>Tikta</i>	<i>Ushna</i>	<i>Katu</i>
6.	<i>Abhaya</i>	<i>Terminalia Chebula</i>	<i>Laghu, Ruksha,</i>	<i>Panchrasa</i>	<i>Ushna</i>	<i>Madhur</i>
7	<i>Dhanvyas</i>	<i>Fagonia Arabica</i>	<i>Laghu, Snigdha,</i>	<i>Madhur, Tikta, Kashaya</i>	<i>Sheet</i>	<i>Madhur</i>
8.	<i>Daruharidra</i>	<i>Berberis Species</i>	<i>Laghu, Ruksha</i>	<i>Tikta, Kashay</i>	<i>Ushmafal-Sheet</i>	<i>Katu</i>
9.	<i>Vacha</i>	<i>Acorus Calamus</i>	<i>Laghu, Tikshna, Sar</i>	<i>Tikta, Katu</i>	<i>Ushna</i>	<i>Katu</i>
10	<i>Chavya</i>	<i>Piper Chaba Hunter</i>	<i>Laghu, Ruksha,</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>