



## CRITICAL REVIEW OF ARSHAKUTHAR RASA

**Dr. Namrata P Zanzat\***

PG Scholar, Rasashastra department, GAC, Osmanabad. \*Corresponding Author

**Dr. Snehal K. Dhayafule**

PG Scholar, Rasashastra department, GAC, Osmanabad

**ABSTRACT** Arsha is a Tridoshajvikar which make life miserable which cause lot of complications by causing different diseases and become difficult to treat. Bheshaj chikitsa being first in initial stage of Arsha roga has a very clear foresight of the hazardous complication of Agni karma, shastrakarma and ksharkarma. The drugs are tools of physician. The rational use of the drugs means that half of the treatment done. Rasaushadhi are much known for their high therapeutic value even in minute dose. Tastelessness, higher potency of drugs and less side effects are few features of Rasaushadhi. Arsha is being described by all classics of Ayurveda. Acharya Sushruta and Vagbhata placed arsha in Ashta mahagada. In Ayurveda classics there are lot of single and compound drug which are mentioned in several context. Every drug and disease should be studied with a scientific approach and chapter of controversy should be solved as early as possible. Arshakuthar Ras is herbomineral preparation of thirteen group of medicine which are said to be effective in curing Arsha disease in which pain and swelling of fleshy mass make life miserable for a person. Here simple effort is made to know this formulation for safety and efficacy, potent use. Arshakuthar Ras is used in various conditions of arsha roga with different Anupana. Arshakuthar Rasa is an important formulation in the practice of Ayurveda which is used in Arsha roga. Three different formulation with same name are found in literature. Among these all, Arshakuthar rasa described in Rasendrasaar sangrah is famous and came into clinical and trade practice. Main formula has 13 ingredients including mineral, animal and plant origin drugs. An attempt has been made to critically review the formula. By reviewing the properties of ingredients, it can be said that it may effective in all the indications mentioned.

**KEYWORDS :** Arsha roga, Bheshaj chikitsa, Arshakuthar Rasa, Rasendrasaar sangrah.

#### INTRODUCTION-

Arshakuthar Rasa is a herbomineral formulation, which contains various type of drugs i.e. mineral origin, animal origin and plant origin. It is a Rasakalpa which is categorized under the Kharaliya Rasakalpana. Arshakuthar Rasa is very commonly prescribed medicine in day to day Ayurveda practice to cure Arsha roga.

In present era of 21<sup>st</sup> century Arsha has become most common and distressing disease. Symptomatic hemorrhoids affect at least 50% of the population at some phase during their lives with around 5% of population suffering at any given time. According to Acharya Vagbhata mandagni is prime cause of all disease. The group of the general cause include Aharaja and Viharaja and Manasika factors. Genetic factors have also been considered in etiology of Sahaj Arsha due to Beeja dosha of parents. Viruddhahara, Utkatasana, Shayya Sukha, Adhyasana, Ativyavayam, Diwaswapan hetu causes suppression of Apana vayu ,mandagni,malabhadhata. Vitiation of Doshas and involvement of rakta travel through pradhana dhamni and affects gudavali.<sup>[1]</sup> It involves Meda, Mamsa, and twak representing anal cushions fleshy mass i.e. Arsha visible at gudapradesh.

While mentioning the treatment, Acharya Charaka divided Arshas into two main groups Sushka Arsha and Sravi Arsha. As per Ayurveda, fourfold management of Arsha has been indicated viz Bheshaj, Khara karma, Agni karma, shastrakarma according to chronicity and presentation of disease. Ayurveda has immense potential to manage all stage of Arsha successfully without any complication. Bheshaj chikitsa is mentioned mainly for Arsha in the earlier stages, where the doshas involved, symptoms and complications are not very severe. Various Herbomineral preparations are available to treat Arsha roga.

**Aim-** As it very famous and commonly prescribed medicine by Vaidyas, it is important to compile and present all the related information and scientific data should be present on one place.

**Objective-** To compile and review all the data available in text of Ayurveda and Rasashastra, published research work, to review the formula, ingredients, to understand the probable mode of action as per indications mentioned in text.

#### MATERIALAND METHODS-

Rasashastra classical books, Chikitsa grantha, Sangraha grantha are reviewed. Thesis database and research journal on internet were also search and reviewed to search any previous research work done on Arshakuthar Rasa. All the information was collected and were

reviewed on ingredients and change in formula and indication. Arshakuthar Rasa is mentioned in rasashastra classical text in context of Arsha rogachikitsa. Various formulation of Arshakuthar Rasa is mentioned in rasashastra classical text such as Rasendrasaar sangraha<sup>[2]</sup>, Rasaratnasamucchaya<sup>[3]</sup>, Yogaratnakara<sup>[4]</sup>, Bharat-bhaishjy-ratnakara<sup>[5]</sup>.

**Table no-1 Showing various formulations with the name of Arshakuthar Rasa**

Ingredient	Rasasendrasar sangrah	R. R. S Bharat-Bhaishajya-Ratnakar	Yogaratanakara, AFI
Parada	1pal	1pal	1 part
Gandhak	2pal	2pal	2 part
Tamra bhasma	2 Pal	3 Pal	-
Loha bhasma	2 Pal	3 Pal	6 Part
Abhraka bhasma	-	-	6 Part
Sunth	5 Pal	2 Pal	-
Marich			5 Part
Pippali			-
Danti	5 Pal	5 Pal	5 Pal
Langali	-	2Pal	-
Piluk	-	2 Pal	-
Shu. Vatsanabha			5 Part
Surankanda	5 Pal	-	-
Vanshalochana	5 Pal	-	-
Chitrak	-	2 Pal	5 Part
Bilva			5 part
Yavakshara	5 Pal	5 Pal	5 Part
Tankan	5 Pal	5 Pal	5 Part
Saindhava	5 Pal	5 Pal	5 Part
Gomutra	8 Pal	32 Pal	32 Part
Snuhiksheera	32 Pal	32 Pal	32 Part
Anupana	-	Dadima rasa Takra	-
Matra	2 Masha	2 Masha	2 Masha

Among all these Arshakuthar Ras (Rasendrasaar sangraha) is most commonly used in clinical practice. It has arshoghan property.

According to classical texts of Rasashastra, indication of this formulation mentions in Rasendrasaar sangraha as "Sarvarogakulanntaka"

There are various references of Arshkuthar ras in Rasashastra classical texts. Due to availability of raw material, easy formation of ingredient, effectiveness of formulation this reference is followed to study.

There are studies available regarding the clinical use of 'Arshakuthar Ras'. Arshakuthar Ras is said to be effective in management of Arsha along with other treatment So here in present study this formulation has been selected and attempt is made to review it.

**Table 2-Showing the Properties of ingredient.**

Sr No	Ingredient	Rasa	Guna	Virya	Vipak	Karma
1.	Parada [6]	Shadarasa	Sara, Guru, Snigdha,	-	-	Yogvahi, Tridoshaghna, Rasayana, Sarvarogajita
2	Gandhaka [7]	Katu	Sara, Snigdha	Ushna	Madhura	Pachana, Deepana, Yogavahi, Kaphavatahara
3	Loha Bhasma [8]	Tikta, Madhura, Kashaya	Ruksha, Guru	Sheeta	Madhura	Kaphapittaghna
4	Tamra Bhasma [9]	Tikta, Kashaya, Madhura	Sara, Laghu, Snigdha	Ushna	Katu	Lekhan, Ropan, Vishnashak, Pittanisaarak
5	Danti [10]	Katu	Guru, Teekshna	Ushna	Katu	Vatahara, Kaphahara, Rochana, Deepana, Arshoghana, Hrudya
6	Trayushhna [11]	Katu	Teekshna, Laghu	Ushna	Katu	Deepana, Pachana
7	Suranaka [12]	Katu	Laghu, Ruksha, Teekshna	Ushna	Katu	Prabhava - Arshoghna,
8	Vanshalochana [13]	Madhura, Kashaya	Laghu, Ruksha, Teekshna	Sheeta	Madhura	Deepana, Kaphavatahara
9.	Takana [14]	Katu	Laghu, Ruksha, Teekshna	Ushna	Madhura	Kaphavatahara, Pittakruta
10	Yavakshara [15]	Madhura	Mrudu, Sara Snigdha, Laghu,	Sheeta	Katu	Kaphavatahara
11	Saindhava Lavana [16]	Lavana	Snigdha, Laghu	Sheeta	Katu	Deepana, Pachana, Ruchya, Tridoshara
12.	Snuhiksheera [17]	Katu	Teekshna, Laghu	Ushna	Katu	Kaphavatahara,
13.	Gomutra [18]	Katu, Tikta, Kashaya	Teekshna, Laghu	Ushna	Katu	Alleviates Pitta Kaphavatahara

#### METHODS-

The ingredient triturated in khalwayantra as Kharaliya Rasayana. Suddha Parada and shuddha Gandhaka were taken in kharala and triturated till kajjali preparation which is evaluated by kajjali preparation then Loha Bhasma, Tamra Bhasma added respectively one by one and triturated continuously for proper mixing. after it all other ingredients prescribed in formulation added respectively one by one and triturated till homogenous mixture. then subjected to Pachana in Gomutra and Snuhiksheera on mruduagni so formation of solid mass state. Then mixture is rolled in to vati.

It is traditionally administered along with Water, Takra, Dadima rasa, Gulkanda. 2 gram dose is more as Samanya Matra of the rasa is to be given.

#### DISCUSSION-

The formulation has been selected in the present study for review is described in Rasendrasaar sangraha and Rasaratnasamuchchaya. In Yogratnakar formulation there is addition of Abhrak bhasma, Vatsanabha, Chitrak, and removed tamra bhasma from this formula. There is variation in quantity of pachana dravya i.e. Gomutra and Snuhiksheera. The herbal drugs provide better options to prepare formulations on the basis of their pharmacological action. The total drug mention in Arshakuthar rasa are almost Tikta, Katu rasa dravya and Parada has all Shadarasa. and Ushna Virya in nature and only a few are Sheetta virya. Ushna virya and Tikshana guna destroys malavishambha and expels the freely and also helps to reduce arshas especially if arshas are dry. Vata anulomana is totally disturbed in arsha, the therapeutic effect achieved by Snuhiksheera and Gomutra which lessens the pressure on rectal veins, thus relieving symptoms of gudashoola and gudashotha. Sheetta virya dravyas help in bleeding piles for stopping the excessive blood flow. Laghu guna help for treating the digestion caused in the arsha. Laghu, Ruksha, Tikshana guna and Ushna virya removes srotorodhaas and clear the accumulated aama. It penetrates minute srotas in management of Arshas. Considering the dosha dominance Arshakuthar Ras have maximum drugs are vata and kaphashamak which will provide vyadhiprataynik effect. Mandagni is main symptom in arsha and it is to be treated by Deepana and Pachana. Its action by Chitrak, Trikatu. Trikatu also enhances bioavailability of the drug. Chitrak comes under shoolprashaman gana. Kajjali is yogavahi and sarvorogahara so it enhances potency of drug. Tankana having kshariya nature, garavishahara property. Tamra bhasma and tankana, gomutra, Snuhiksheera are saraka so they do Srotoshodhana and remove the utklesita Dosha.

#### CONCLUSION-

Arshakuthar rasa is group of thirteen drugs has been described by Rasendrasaar Sangraha in Arshochikitsa. A drug acts in accordance with rasapanchaka in dissolving disease pathology but when used in combination they collectively aim at one target i.e. stability in Doshas. They help to reduce mandagni, malvibanda, shotha, rukshata of arsha at guda. Arshakuthar ras is an important, effective, and very common prescribed formulation. Now it is available in market with same name.

#### REFERENCES-

1. Carak, Ravidutt Tripathi, carakasamhita, vol 2 chikitsasthana 14/5, Delhi, Chaukhamba Sanskrit Pratishthan;2015:321.
2. Shrimad Gopalkrushna bhatta, Ramtej Pandey, Rasendrasaarsangraha 2/5-7, Delhi, Chaukhamba Sanskrit Pratishthan;2016:177-178
3. Vagbhatacharya, Siddhinandan Mishra, Rasaratnasamuchchaya 15/5-8, Varanasi, Chaukhamba Orientalia;2017: 344
4. Lakshmi pati sastri, Brahmasanskarsastri, Yogaratnakara, Varanasi, Chaukhamba Prakashan;2015: 309
5. Nagindas Chhaganlalshah, Bharat-bhaishjya-ratnakar, Delhi, B. Jain publisher;2012 Part 1:121
6. Bhavaprakasa Nighantu, Pro.K.Chunekar, Varanasi, Chaukhamba Bharati Academy ,2015, Pg. No.601.
7. Vagbhatacharya, Siddhi Nandan Mishra, Rasaratnasamuchchaya3/17, Varanasi, Chaukhamba Orientalia;2017: 64
8. Vagbhatacharya, Siddhi Nandan Mishra, Rasaratnasamuchchaya5/134, Varanasi, Chaukhamba Orientalia;2017: 168
9. Vagbhatacharya, Siddhi Nandan Mishra, Rasaratnasamuchchaya5/63, Varanasi, Chaukhamba Orientalia;2017: 155
10. Bhavaprakasa Nighantu, Pro.K.Chunekar, Varanasi, Chaukhamba Bharati Academy, Varanasi,2015, Pg. No.385-386.
11. Bhavaprakasa Nighantu, Pro.K.Chunekar, Varanasi, Chaukhamba Bharati Academy, 2015, Pg. No.18.
12. Bhavaprakasa Nighantu, Pro.K.Chunekar, Varanasi, Chaukhamba Bharati Academy, 2015, Pg. No. 679-680.
13. Bhavaprakasa Nighantu, Pro.K.Chunekar, Varanasi, Chaukhamba Bharati Academy, 2015, Pg. No.56.
14. Sharma Sadanand, shastrikashinath, Rasatarangini 13/72-74, Delhi, Motilal Banarasidar, 11th edition;2014:318.
15. Sharma Sadanand, shastrikashinath, Rasatarangini 13/1-2, Delhi, Motilal Banarasidar, 11th edition;2014:308
16. Sharma Sadanand, shastrikashinath, Rasatarangini 14/117-122, Delhi, Motilal Banarasidar, 11th edition;2014:347-348
17. Bhavaprakasa Nighantu, Pro.K.Chunekar, Varanasi, Chaukhamba Bharati Academy, 2015, Pg. No.294
18. Gulhane Harshad et al, Gomutra (Cow urine): A Multidimensional Drug review Article, Int.J.Res.Ayurveda Pharm.8(5);2017:1-6.