



“IMPORTANT AUSHADHI YOGAS USED IN ANO-RECTAL DISORDERS IN CLINICAL PRACTICE-A REVIEW”

Ayurveda

**Dr. Mahamad
Akbar Iqbal
Kureshi***

Pg Scholar, Department Of Shalyatantra Government Ayurved College And Hospital Nagpur. *Corresponding Author

Dr.Nita M. Kedar

H.O.D./ Professor And Guide Department Of Shalyatantra Government Ayurved College And Hospital Nagpur.

ABSTRACT

In day to day surgical practice commonest gastrointestinal diseases seen are haemorrhoid, fissures and fistula, these diseases caused mainly because of constipation due to bad dietary habit and *Mandagni*. These causes can be prevented by correcting diet. If these disease not cured by correcting diet then it can be treated by relieving constipation and improve *Mandagni*. There are many formulations and *Yogas* given in ancient Ayurvedic literature which are still effective after thousands of years. But it is necessary to select right choice of drug on specific disease condition. This article focus on five important *yogas* namely *Gandharva haritaki churna* (Bhavprakash), *Hingwashtak churn* (Bhaishjya ratnawali), *Triphala churna* (Bhavprakash), *Avipattikar churna* (Bhaishjya Ratnawali), *Isabgol churna* (Priya Nighantu) used in anorectal disorders to get appropriate match with disease to get good result in treatment of disease.

KEYWORDS

Ano-rectal disorders, haemorrhoid, fissures, *Aushadhi Yogas*, constipation.

INTRODUCTION

In day to day surgical practice commonest gastrointestinal disorders seen are haemorrhoid, fissure, and fistula. These are common in human being due to his upright posture^[1] and second cause is mainly constipation due to bad dietary habit and *Mandagni*. These causes can be prevented by correcting diet. If these disease not cured by correcting diet then it can be treated by relieving constipation and improving *Mandagni*. So these are the conditions to be treated with much care in order to cure the patient. So there are various formulations and *Aushadhi yogas* described by ancient acharyas in their literature which are still effective after thousands of years. But while treating these diseases one should consider a specific *Aushadhi yoga* in particular disease. Haemorrhoid, Fissure in ano, Fistula in ano these are different conditions with one common cause which is constipation. For treatment of constipation there are many formulations are given but it is necessary to use appropriate formulation but due to lack of perfect knowledge miss-concept, patients go for wrong treatment and face many complication. So in this article focus drawn on five important *yogas* namely *Gandharva haritaki churna* (Bhavprakash), *Hingwashtak churn* (Bhaishjya ratnawali), *Triphala churna* (Bhavprakash), *Avipattikar churna* (Bhaishjya Ratnawali), *Isabgol churna* (Priya Nighantu) used in ano-rectal disorder to treat constipation.

MATERIAL AND METHODS

This article is literary review regarding important *Aushadhi yogas* used in anorectal disorders to relieve constipation in clinical practice. There are many formulations are given in ancient *Samhitas* and literature among them important and practically used are as follows 1) *Gandharva haritaki churna* 2) *Hingwashtak churna* 3) *Triphala churna* 4) *Avipattikar churna* 5) *Isabgol churna*

CONSTIPATION

In general, constipation is defined as a functional bowel disorder characterized by difficult, infrequent, or incomplete defecation. Constipation is a condition in which a person has fewer than three bowel movements a week or has bowel movements with stools that are hard, dry, and small, making them painful or difficult to pass. People may feel bloated or have pain in their abdomen-the area between the chest and hips. Some people think they are constipated if they do not have a bowel movement every day^[2]. Bowel movements may occur three times a day or three times a week, depending on the person. However, various definitions have been used by both health care practitioners and patients to describe the condition.

ETIOLOGY

Constipation can be classified as primary or secondary. Primary constipation may be further divided into subtypes: normal transit (or functional), slow transit, and disordered defecation, also referred to as

anorectal dysfunction, rectal outlet delay, pelvic floor dyssynergia, or paradoxical pelvic floor contraction. Physiologic subtypes of chronic constipation generally cannot be distinguished symptomatically, although, historically, symptoms were thought to suggest the presence of disordered defecation (e.g. the need for support or pressure to the perineum and/or vagina or digitations of the rectum to facilitate rectal emptying). Patients with primary constipation may have a combination of these subtypes.

CAUSES OF CONSTIPATION

- 1) Gastrointestinal causes:- Irritable bowel syndrome, Upper gastrointestinal disorder, Ulcerative proctitis, Tumours Hernia, Volvulus of the bowel, Syphilis, Tuberculosis, Helminthic infection, Lymphogranuloma venereum, Hirschsprung's disease.
- 2) Metabolic and endocrine disorder:- Diabetes mellitus with neuropathy, Hypothyroidism Panhypopituitarism, Pheochromocytoma, Hypercalcemia, Enteric glucagon excess
- 3) Pregnancy:- In pregnancy there is depressed gut motility and increase in fluid absorption from colon.
- 4) Neurogenic causes:- Trauma to medulla and spinal cord.
- 5) Psychogenic cause:- Stress, postponing urge of defecation.
- 6) Medication:- PG inhibitors, use of analgesic, opiate drugs, calcium channel blockers etc.

ANORECTAL DISORDERS CAUSED BY CONSTIPATION

1) HAEMORRHOID^[3]

Haemorrhoids, or “piles,” are swollen or dilated veins of the rectum or anus. It is downward sliding of anal cushions abnormally due to straining or other causes. Haemorrhoids may be located just inside the anal canal (internal haemorrhoid), or surrounding the anal opening (external haemorrhoids).

2) FISSURES

It is an ulcer in the longitudinal axis of the lower anal canal^[4]. It causes due to passing of hard stool through anal canal. Mostly it is seen posteriorly in male and anterior in females.

3) FISTULA-IN-ANO

The Fistula-in-ano is mostly derived from an infection in the anal glands. However, many other conditions may cause abscess and fistulas, such as inflammatory bowel disease, fungal infection, mycobacterial infection, neoplasm and trauma^[5,6]. In these causes trauma can happen by fecolith and hard stool.

AYURVEDIC AUSHADHI YOGAS USED IN ANORECTAL DISORDERS TO TREAT CONSTIPATION

1) *Gandharva haritaki Churna*^[7]

Ingredients:- *Haritaki Churna*, *Eranda tail*, *Shunthi*, *Saindhav lavan*, *Savarchal*

Table No.1 Table Showing Ingredients of Gandharva Haritaki churna

Sr. No.	Drug	Latin Name	Rasa	Guna	Veerya	Vipaka	Doshakarmata	Pramana in 10gm
1	Haritaki	Terminalia chebula	Pancharasa (lavan rahit)	Laghu Ruksha	Ushna	Madhura	Tridoshashamaka	6.5mg
2	Eranda	Ricinus communis	Madhur Kashay	Snigdha Tikshna Sukshma	Ushna	Madhur	Kaphvatshamak	1.6mg
3	Shunthi	Zingiber officinate Roxb	Katu	Laghu Ushna Teekshna	Ushna	Katu	Vatakaphahara	0.6mg
4	Saindhav		Lavana	Laghu Sukshma Snigdha	Ushna	Katu	Tridoshaghna	0.7mg
5	Savarchal		Lavana	Laghu Sukshma	Ushna	Katu	Kaphvatashamak	0.2mg

Haritaki:- Doshanulominim laghveem vidyaddeepenpachani^[8] It is deepniye, pachniye, yakrituttejaka anulomaka, mridurechaka and krimighna^[9] in properties thus helps in treating symptoms of amlapitta such as aruchi, agnimandya, udar shoola, vibandha and anaha. It is described as Shrestha srotoshodhaka and kosthaamyaghna in ayurvedic texts. It is antimicrobial, antifungal, antisterol, hypotensive, hypolipidemic, antihelminthic, purgative in pharmacological activity

Eranda^[9] -It is Deepan because of its Ushna veerya and Bhedana Krimighna due to Guru and Tikshna Guna. Castor oil is stimulant laxative. It works by increasing the movement of the intestine, helping the stool to come out.

Shunthi^[9,10]:- It is Triptighna in prabhava thus act on breaking the utpatti of Trishna in amlapitta. It is rich in katu rasa and ushna in virya (potency) thus helps in digesting rasa dhatu gat Sama dosha. Due

to katu rasa it also reduces medo dhatu ashrit kapha and kleda in the body. It is Agnipradeepaka in nature thus helps in reducing gaurava (heaviness), shotha (swelling) and atisara.

Saindhav and Savarchal :- Due to ushna, teekshna, and vyavayi in properties it is jatharagni pradeepaka, shoolanashanam and vatanulomyakaram.

Therapeutic indication :- It is strong laxative than Triphala churna and can be used in constipation, Haemorrhoid, Fissure, Fistula.

Doses:- 3gm to 5gm

Anupana:- Luke warm water

1) Hingwashtak churna^[11]

Ingredients:- Shunthi, Maricha, Pipali, Ajmoda, Shweta Jeeraka, Krishna Jeeraka, Hingu, Saindhav

Table No.2 Table Showing Ingredients of Hingwashtak churna and their properties

Sr. No.	Drug	Latin Name	Rasa	Guna	Veerya	Vipaka	Doshakarma	Pramana
1	Shunthi	Zingiber officinate Roxb	Katu	Laghu Ushna Tikshna	Ushna	Katu	Vata-kaphahara	1/8 %
2	Maricha	Piper nigrum Linn	Katu Tikta	Ruksha Tikshna	Ushna	Katu	Kaphashamak	1/8 %
3	Pipali	Piper longum Linn	Katu Tikta Madhura	Snigdha Laghu	Anushna	Madhura	Vatakaphahara	1/8 %
4	Ajmoda	Carum roxburghianum	Katu Tikta	Laghu Ruksha Teekshna	Ushna	Katu	Kaphvatahara	1/8 %
5	Shweta jeeraka	Cuminumcuminum	Madhura	Laghu Sukshma Snigdha	Sheeta	Madhura	Tridoshaghna	1/8 %
6	Krishna	Carum bulbocastanum	Katu	Laghu	Ushna	Katu	Kaphvatahara	1/8 %
7	Hingu	Ferula narthex	Katu	Teekshna	Ushna	Katu	Vatkaphashaman	1/8 %
8	Saindhava lavana	Rock salt	Lavana	Laghu Sukshma Snigdha	Ushna	Katu	Tridoshaghna	1/8 %

Shunthi^[9,10]:- It is Triptighna in prabhava thus act on breaking the utpatti of Trishna in amlapitta. It is rich in katu rasa and ushna in virya (potency) thus helps in digesting rasa dhatu gat Sama dosha. Due to katu rasa it also reduces medo dhatu ashrit kapha and kleda in the body. It is Agnipradeepaka in nature thus helps in reducing gaurava (heaviness), shotha (swelling) and atisara.

Maricha^[9,10]:- Maricham katukam teekshnam deepanam kaphavatit It is deepniye in prabhava, thus play a major role in reducing mandagni. Due to katu rasa and ushna Veerya it causes deepana and pachana thus used in agnimandya janit vikara.^[10] It is anti-oxidant, anti-convulsant, analgesic, antipyretic, anti-inflammatory, lipolytic in pharmacological activity.^[10]

Pippali :-It is rich in katu rasa thus deepniye, kaphashamaka and triptighna in nature, due to snigdha and ushna guna it is vatanulomaka, shooslaprashmana^[10], vatshamaka and mridurechaka. It is also yakrituttejaka and plihavridhdihara. Due to its katu, teekshna properties it is krimighna. Thus it plays an important role in reducing various GIT disturbances like aruchi, agnimandya, ajeerna, vibandha, gulma, udarshoola, various yakrit vikara, plihavridhdhi, and krimi

roga. It is antibacterial, antitubercular, anti-inflammatory, hepatoprotective, anti-oxidant in pharmacological activity.^[10]

Ajmoda Shweta jeerak, Krishna Jeerak and Hingu:- These drugs have same properties as deepen Vatanuloman and Krimighna because of its Ushna Teekshna Properties.

Saindhav :- Due to ushna, teekshna, and vyavayi in properties it is jatharagni pradeepaka, shoolanashanam and vatanulomyakaram.

Therapeutic indication :- Constipation, Haemorrhoid, Fistula, Agnimandya

It is not used in fissure because of its Ushna Teekshna properties it can cause burning sensation at anal mucosa

Doses:- 3gm to 5gm before meal.

Anupana:- Luke warm water

1) Triphala churna

Ingredients of Triphala churna and their properties

Table No.3 Table Showing Ingredients of Triphala churna and their properties

Sr. No.	Drug	Latin Name	Rasa	Guna	Veerya	Vipaka	Doshakarma	pramana
1	Haritaki	Terminalia chebula Linn.	Pancharasa (Kashaya predominance, Lavan rahita)	Laghu, Ruksha	Ushna	Madhura	kapha pitta shamaka	1/3 %
2	Bibhitaki	Terminalia bellerica Roxb.	Kashaya	Laghu, Ruksha	Ushna	Madhura	Tridosh shamaka	1/3 %
3	Amalki	Emblica officinalis Gartn.	Pancharasa	Laghu Ruksha Sheet	Sheeta	Madhura	Tridoshashamaka	1/3 %

Haritaki:- Doshanulominim laghveem vidyaddeepenpachani^[8]

It is deepniye, pachniye, yakrituttejaka, anulomaka, mridurechaka and krimighna^[9] in properties thus helps in treating symptoms of amlapitta

such as aruchi, agnimandya, udar shoola, vibandha and anaha. It is described as Shrestha srotoshodhaka and kosthaamyaghni in ayurvedic texts. It is antimicrobial, antifungal, antisterol, hypotensive, hypolipidemic, antihelminthic, purgative in pharmacological activity

Bibhitaki ^[9,10]:- It is *chedaniya(shleshmhara)* in prabhava. It is *deepniye*, *anulomaka*, and *krimighna* in nature thus helps in reducing *aruchi*, *agnimandya*, *adhmana* and *krimiroga*. Its half ripened fruit is beneficial in *vibandha*(constipation) as it is *rechaka* in properties, however its fully ripened fruit is *grahi* in nature. It is described as *trishna* and *chardi nigrahana* in texts. It is purgative, antifungal, antihistaminic, broncho-dilator, anti-spasmodic, amoebicidal, anti-stress.

Amlaki ^[9,10]:- It is *tridoshahara* but particularly *pitta shamaka*. It is *dahprashamaka*, *deepniye*, *anulomaka*, *amlatanashaka* thus act on *aruchi*, *agnimandya*, *udar roga*, *udavarta*, *vibandha* and *yakritvikara*. It is *sransaka* in nature thus helps in *pitta shodhana* through *virechana*.

It is spasmolytic, mild CNS depressant, hypolipidemic, immunomodulatory, hypoglycemic, anti-bacterial, anti-oxidant in pharmacological activity.

Therapeutic indication :- Constipation, Haemorrhoid, Fissure, Fistula, Agnimandya

Doses:- 3gm to 5gm

Anupana:- Luke warm water

4) Avipattikar churna

Review of Drugs

Avipattikar churna ^[12]

Avipattikar churna –Its contents are – *Shunthi*, *Pippali*, *Maricha*, *Haritaki*, *Vibhitaki*, *Amlaki*, *Ela*, *Tejpatra*, *Nagarmotha*, *Vidlavana*, *Vayvidanga* all in equal parts with eleven parts of *Lavanga*, forty four parts of *Trivrit* root and sixty six parts of *Sita*.

Anupana :-sheetal jala, dharoshna dugdha or narikela jala.

Ingredients of Avipattikar churna and their properties

Table No.4 Table Showing Ingredients of Avipattikar churna churna and their properties

Sr .No.	Drugs	Latin name	Rasa	Guna	Veerya	Vipaka	Dosha karma	Pramana
1	Shunthi	Zingiber officinale Roxb.	Katu	Laghu Snigdha	Ushna	Madhura	Kapha vata Shamak	10gm
2	Maricha	Piper nigrum Linn.	Katu	Laghu, Teekshna	Ushna	Katu	Kapha shamak	10gm
3	Amalki	Embelia officinalis Gaertn.	Pancha rasa (except Lavana)	Guru ruksha sheeta	Sheeta	Madhura	Tridosha nashak	10gm
4	Pipali	Piper longum Linn	Katu	Laghu, Snigdha, Teekshna	Anushna sheet	Madhura	Kapha vata shamak	10gm
5	Haritaki	Terminalia chebula Retz	Pancha rasa (except lavana)	Laghu ruksha	Ushna	Madhura	Tridosha shamak	10gm
6	Bibhitaki	Terminalia bellirica Roxb.	Kashaya	Laghu ruksha	Ushna	Madhura	Tridosha shamak	10gm
7	Mustak	Cyperus rotundus Linn.	Katu tikta Kashaya	Laghu Ruksha	Sheeta	Katu	Kapha pitta shamak	10gm
8	Vidanga	Embelia ribes Burmf	Katu	Laghu Ruksha Teekshna	Ushna	Katu	Kapha Vata shamak	10gm
9	Ela	Elettaria cardamom Maton	Katu Madhura	Laghu Ruksha Teekshna	Sheeta	Madhura	Tridosha shamak	10gm
10	Tejpatra	Cinnamomum tamala Nees & Eberm	Katu Tikta Madhura	Laghu Ruksha Teekshna	Ushna	Katu	Kapha Vata shamak	10gm
11	Nishotha	Operculina trpethum Linn.	Katu Tikta	Laghu Ruksha Teekshna	Ushna	Katu	Kapha Pitta shamak	440gm
12	Lavanga	Syzygium aromaticum Linn.	Katu Tikta	Laghu Tikshna	Sheeta	Katu	Kapha pitta shamak	110gm
13	Sarkara		Madhura	Sheeta Snigdha	Sheeta	Ushna	Tridosha shamak	640gm
14	Vidavalana		Laghu Teekshna	Ushna	Ushna	Madhura	Vata shamak	10gm

Shunthi:- It is *Triptighna* in prabhava thus act on breaking the *utpatti* of *Trishna* in *amlapitta*. It is rich in *katu rasa* and *ushna* in *virya*(potency) thus helps in digesting *rasa dhatu gat Sama dosha*. Due to *katu rasa* it also reduces *medo dhatu ashrit kapha* and *kleda* in the body. It is *Agnipradeepaka* in nature thus helps in reducing *gaurava*(heaviness), *shotha*(swelling) and *atisara*.

Maricha:- *Maricham katukam teekshnam deepanam kaphavatjit* It is *deepniye* in prabhava, thus play a major role in reducing *mandagni*. Due to *katu rasa* and *ushna virya* it causes *deepana* and *pachana* thus used in *agnimandya janit vikara*. It is anti-oxidant, anti-convulsant, analgesic, antipyretic, anti-inflammatory, lipolytic in pharmacological activity.

Pippali :-It is rich in *katu rasa* thus *deepniye*, *kaphashamaka* and *triptighna* in nature, due to *snigdha* and *ushna guna* it is *vatanulomaka*, *shoolaprashmana*, *vatshamaka* and *mridurechaka*. It is also *ykrituttejaka* and *plihavridhahara*. Due to its *katu*, *teekshna* properties it is *krimighna*. Thus it plays an important role in reducing various GIT disturbances like *aruchi*, *agnimandya*, *ajeerna*, *vibandha*, *gulma*, *udarshoola*, various *yakrit vikara*, *plihavridhi*, and *krimi roga*. It is antibacterial, antitubercular, anti-inflammatory, hepatoprotective, anti-oxidant in pharmacological activity.

Haritaki:- *Doshanulominim laghveem vidyaddeepenpachani* It is *deepniye*, *pachniye*, *ykrituttejaka*, *anulomaka*, *mridurechaka* and *krimighna* in properties thus helps in treating symptoms of *amlapitta* such as *aruchi*, *agnimandya*, *udar shoola*, *vibandha* and *anaha*. It is described as *Shrestha srotoshodhaka* and *kosthaamyaghi* in ayurvedic texts. It is antimicrobial, antifungal, antisterol, hypotensive,

hypolipidemic, antihelminthic, purgative in pharmacological activity.

Bibhitaki:- It is *chedaniya(shleshmhara)* in prabhava. It is *deepniye*, *anulomaka*, and *krimighna* in nature thus helps in reducing *aruchi*, *agnimandya*, *adhmana* and *krimiroga*. Its half ripened fruit is beneficial in *vibandha*(constipation) as it is *rechaka* in properties, however its fully ripened fruit is *grahi* in nature. It is described as *trishna* and *chardi nigrahana* in texts. It is purgative, antifungal, antihistaminic, Broncho-dilator, anti-spasmodic, amoebicidal, anti-stress.

Amlaki:- It is *tridoshahara* but particularly *pitta shamaka*. It is *dahprashamaka*, *deepniye*, *anulomaka*, *amlatanashaka* thus act on *aruchi*, *agnimandya*, *udar roga*, *udavarta*, *vibandha* and *yakritvikara*. It is *sransaka* in nature thus helps in *pitta shodhana* through *virechana*. It is spasmolytic, mild CNS depressant, hypolipidemic, immunomodulatory, hypoglycemic, anti-bacterial, anti-oxidant in pharmacological activity.

Ela:-It is *chardi nigrahana*, *mukhashodhana*, *durgandhanashaka*, *trishnanigrahana*, *rochana*, *deepana*, *pachana* and *anulomaka* ^[9] thus play a major role in *vamana* and helps in reducing symptoms such as:

asyavairasya, *aruchi*, *agnimandya*, *pratiloma gati* of *vayu*, *udarshula adhma*(flatulence). It is also *dahaprashamaka* and *mutrajanana* and thus help in thermoregulation of the body.

Tejpatra ^[9]:- Due to *katu*, *tikta rasa* and *ushna guna* it is *deepniye* and *pachaniye*, *vatanulomaka*, *ykrituttejaka* and *grahi*. It kills microbes also thus pacifies *amadosha*, *agnimandya*, *aruchi*, *udarshoola* and *krimi roga* and *antrik jwara*.

Vayvidanga^[9,10]:- It is *ushna* in potency thus it is *kapha vata shamaka*. It is *jantughna* in nature thus mentioned as best *krimighna* drug. It has *deepana*, *pachana* and *anulomaka*[9] properties thus reduces *agnimandya*, *ajeerna*, *chhardi*, *adhmna*, *udar shoola*, *vibandha* and *krimi roga* particularly *gandupad krimi*. It is vermicide, estrogenic, hypoglycemic, antihelminthic, antibiotic in pharmacological activity.

Nagarmotha^[9]:-It is *kapha pitta shamaka*. Due to *tikta rasa* it is *grahi*, *deepniye* and *pachaniye* in nature. Thus helps in reducing *aruchi*, *agnimandya*, *utklesha*, *chardi*, *ajeerna* and *krimiroga*. It is mentioned as best drug in *grahi*, *deepana* and *pachana* properties.

Nishotha^[9]:- It is *sukhivirechiniye* in prabhava, *bhedana* and *rechana* in properties. It reduces swelling as mentioned as *shothahara* in texts. It is used in *kapha pittaja roga*, chronic flatulence, constipation, *udarroga* as GIT disorders in the body. Due to its *ushna virya* it causes *vishyandan* and *chedana* of *dosha sanghata* of whole body, bring it in *koshtha* and pacifies the vitiated doshas through purgation from *adhobhaga*(lower part) of the body. It is *kaphapittasanshodhaka* and *vatavardhaka* in *doshkarmukta*.

Lvanga^[9] Because of its richness in *tikta*, *katu rasa* it is *deepniye*, *pachniye* and *ruchivardhaka*. *Snigdha guna* in it makes it *vatanulomaka* and *shoola prashmana*. It is also *ykrituttejaka*. Thus it is mentioned as *Prashasta* drug in *amlapitta* as it acts on reducing symptoms such as *aruchi*, *agnimandya*, *ajeerna*, *adhmna*, *udar shoola*, *chardi* and *trishna*. It plays a beneficial role in digesting *aama* thus increases *Jatharagni* and improves digestion. It pacifies the *vidah* of vitiated pitta and reduces the increased vitiated *dravatra guna* of *Pitta*. The caryophyllene present in clove bud oil also known as beta caryophyllene is widely considered to provide digestive protection, pain relief and act as antibacterial agent. It is good for neuropathic pain and neurodegenerative diseases. It is an antioxidant agent and an antimicrobial compound.

Sita- It is rich in *madhur rasa* thus *pittavishmarutghna*, *shadindriyaprasadano*, *dahmurchahprashamanah* *snigdha sheeta* and *guru* in properties.

Vdlavana:- Due to *ushna*, *teekshna*, and *vyavayi* in properties it is *jatharagni pradeepaka*, *shoolanashanam* and *vatanulomyakaram*.

Therapeutic indication :- It is specially used in *Amlapitta* (Hyperacidity), Constipation, Haemorrhoid, Fissure, Fistula, Doses:- 3gm to 5gm
Anupana:- Luke warm water

5) *Isabgol churna*(*Ashwagol*)^[13] :-

Table No.5 Table Showing Ingredients of *Isabgol churna* and their properties

Sr. No.	Drug	Latin name	Rasa	Guna	Veerya	Vipaka	Doshkarma ta
1	<i>Ashwagol</i>	<i>Plantago ovata</i>	<i>Madhura</i>	<i>Snigdha</i> , <i>Guru</i> , <i>Pischil</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapittashamak</i>

Ashwagol Churna:-It is *snehana* and *anulomak* and because of *snigdha guna* it eliminate *rukshata* from Alimentary canal. It also have *pischhil guna* which helps in gut motility and prevents constipation.^[14] According to modern it is highly hydrophilic and fibrous it forms bulky stool which is useful in easy movement of stool and defecation. It shows anti constipating potential and it is superior for the treatment for constipation.^[15,16]

Therapeutic indication :- It is specially used as bulk forming laxative which is indicated in fissure. Haemorrhoid, Fistula.
Doses:- 5gm to 10gm.
Anupana:- *Sheetjala* (cool water).

Comparative chart of all five *Aushadhi yogas*

Table no.6 Table showing comparison of 5 *Aushadhi Yogas*

Sr. No.	Aushadhi Yog	Indication and uses
1	<i>Gandharva Haritaki churna</i>	As strong laxative Chronic constipation,Haemorrhoid,Fissure,Fistula

2	<i>Hingwashtak Churna</i>	<i>Agnimandya</i> , Acute constipation,haemorrhoid.
3	<i>Triphala Churna</i>	As mild laxative in constipation, Haemorrhoid, Fissure, Fistula
4	<i>Avipattikar Churna</i>	<i>Amlapitta</i> (Hyperacidity),Constipation,Haemorrhoid, fissure, Fistula.
5	<i>Isabgol churna</i>	As bulk forming laxative in constipation,Fissure, Haemorrhoid, Fistula.

DISCUSSION

In daily clinical practice common gastrointestinal disorders seen are haemorrhoid fissure and fistula mainly caused by *agnimandya* and constipation. *Agnimandya* and constipation can prevented by correcting diet. But if they still cant cured then we have to use some medication for that. In ancient Ayurvedic literature many ayurvedic formulations are given which are still effective but it necessary to know which formulation should be prescribed on specific condition. From that given formulation five important formulation are explained. *Gandharva haritaki churna* is strong laxative which gives instant result because it contains castor oil which is strong purgative and can be used in *Krurakoshti* patient for constipation. *Hingwashtaka churna* contains all eight drugs are *ushna* and *teekshna* with this properties it can be used in *agnimandya*. As *agnimandya* improved bowel movement also get improved and constipation can be cured with this Yoga we can get double benefit. *Triphala churna* is mild laxative it can be used in constipation caused in pitta *prakruti mridu koshti* person where *gandharav haritaki* like strong laxative cant be used. *Avipattikar churna* is mainly indicated in *Amlapitta* (hyperacidity) but it can also be used in *agnimandya* and constipation because it contains *Ushna teekshna Gunatmak dryva* like *Shunth Marich Pipali*. *Isabgol* is bulk forming laxative sometimes there is non-satisfactory emptying of rectum because of slow movement of bowel *isabgol* improve bowel movement and helps in emptying of rectum and relives constipation. *Isabgol* is *Madhur* and *sheeta* because of this it can be used in fissure where burning anal sensation are present. *Isabgol churna* improves Vitiated *pitta* in Fissure(*Parikartika*) and relives burning sensation at anal region.

CONCLUSION

In clinical practice common gastrointestinal disorders are haemorrhoid, fissure in ano, fistula in ano. These anorectal disorders mainly caused by constipation and *agnimandya*. These causes can be prevented by correcting diet. But it not cured by correcting diet it is necessary to treat the cause by some appropriate formulation. Formulations given in ancient literature written by Acharyas are still effective and can be used today also. But among these formulations it is necessary to choose appropriate drug on appropriate disease condition. Among these given formulations five important *Aushadhi yogas* are explained here with their therapeutic indication and benefits. *Gandharva haritaki churna* is more effective in chronic constipation and haemorrhoid fissure in ano and fistula in ano. *Hingwashtak churna* is useful in Constipation with *agnimandya* and haemorrhoid, fissure in ano, fistula in ano. *Triphala churna* is useful in acute constipation as mild laxative. *Avipattikar churna* Specially used in *Amlapitta* but it also can be used in *agnimandya* and constipation. *Isabgol churna* is bulk forming laxative useful in fissure in ano, haemorrhoid fistula in ano, but it cant be used in patient with *agnimandya* because it is *Madhur* and *guru* in *Guna*.

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