

THERAPEUTIC ACTION OF ARSHOGHNA MAHAKASHAY MENTIONED IN CHARAK SAMHITA: A REVIEW

Ayurveda

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ABSTRACT

Ayurveda plays an important role in the management of *Arsha* (Haemorrhoids) without surgical intervention. There are so many herbal drugs having *Arshoghna* properties are mentioned in various *Samhitas* as well as in *Charak Samhita*. In management of *Arsha vyadhi* the systemic internal medicines acts by improving appetite, regularize bowel habits, property like astringent acts on blood vessels and maintaining *Agni* and *Srotas* in equilibrium.

Among all the *Arshoghna* drugs described in *Arshoghna mahakashay* in *Charak Samhita* most of the drugs are having *Tikta* or *Katu* or *Kashaya* *rasa* *pradhanya* along with *Ushna virya*. This review article made a humble effort to highlight and understand the therapeutic action of *Arshoghna mahakashay* in *Charak Samhita* as a natural and safe treatment modality for *Arsha*.

KEYWORDS

Ayurveda, Arshoghna Mahakashay, Haemorrhoid, Arsha, Charak Samhita.

INTRODUCTION

Haemorrhoids, also referred as piles are a pathological condition occurring at the ano rectal region. Globally the incidence ranges from 50-80% and in India it affects around 75% of the population. Haemorrhoids, generally has the peak prevalence at the age of 45 to 65 years and affects both the genders.⁽¹⁾

Haemorrhoids are dilated veins within the anal canal in subepithelial region formed by radicles of the superior, middle and inferior rectal veins.⁽²⁾ In *Ayurveda* Haemorrhoids can be correlated with *Arsha vyadhi*.⁽³⁾ For the treatment of haemorrhoids many drugs have been mentioned in *Ayurveda* classics. Fifty *Mahakashaya*, which are described in *Charak samhita*, are named according to the action they have.⁽⁴⁾ While in *Sushrut Samhita*, *gana* are named on the first drug of every *gana* and the action has been mentioned as *Dosha Pratyanka* and *Vyadhi Pratyanka*.⁽⁵⁾ Many drugs have been mentioned in *Ayurveda* classics. *Acharya charaka* has described group of ten medicinal plants known as *Mahakashaya*, having some common properties.

There are 50 *Mahakashaya* described in *Charak samhita*. Out of these 50 *Mahakashayas*, one is *Arshoghna Mahakashaya* which has anti haemorrhoidal properties.⁽⁴⁾ According to *Acharya Vagbhata Bhallataka* and *Kutaja twak* are superior drugs for treatment of *Arsha*.⁽⁶⁾ Similarly *Sushruta Samhita* has also mentioned *Mushkakadi gana* containing many medicinal plants having *Arshoghna* properties and actions.⁽⁵⁾ Here an attempt has been made to critically analyze strategy by using plant of *Arshoghna Mahakashaya*.

DRUGS OF ARSHOGHNA MAHAKASHAYA.

Sr. no	Sanskrit name	Latin name	Family
1	<i>Kutaj</i>	<i>Holarrhea antidysenterica</i>	<i>Apocynaceae</i>
2	<i>Bilva</i>	<i>Aegle marmelos</i>	<i>Rutaceae</i>
3	<i>Chitrak</i>	<i>Plumbago zeylanica</i>	<i>Plumbaginaceae</i>
4	<i>Nagar</i>	<i>Zingiber officinale</i>	<i>Zingiberaceae</i>
5	<i>Ativisha</i>	<i>Aconitum heterophyllum</i>	<i>Ranunculaceae</i>
6	<i>Abhaya</i>	<i>Terminalia chebula</i>	<i>Combretaceae</i>
7	<i>Dhanvayas</i>	<i>Fagonia cretica</i>	<i>Zogophyllaceae</i>
8	<i>Daruharidra</i>	<i>Berberis aristate</i>	<i>Berberidaceae</i>
9	<i>Vacha</i>	<i>Acorus calamus</i>	<i>Araceae</i>
10	<i>Chavya</i>	<i>Piper retrofractum</i>	<i>Piperaceae</i>

PROPERTIES OF DRUGS OF ARSHOGHNA MAHAKASHAYA.

Sr. no	Name of Dravyas	Rasapanchak	Chemical constituents	Pharmacological properties
1	<i>Kutaj</i>	<i>Rasa – Tikta, Kashay Vipak – Katu Virya –</i>	Conessine, Conessimine,	Methanolic leaf extract of <i>Holarrhena</i>

		<i>Sheet Guna – Laghu, Ruksha</i> ⁽⁷⁾	Conkurchin, Holarrhenine, Holarrhimine, Kurchine, Kurchicine, Antidysenteric etc. ⁽⁸⁾	<i>antidysenterica</i> shows anti-inflammatory effect while ethanolic extract of <i>Holarrhena antidysenterica</i> produces analgesic effect. ⁽⁸⁾
2	<i>Bilva</i>	<i>Rasa – Kashay, Tikta Vipak – Katu Virya – Ushna Guna – Laghu, Ruksha</i> ⁽⁹⁾	Marmelosin, Aegelin, Aegelinin, Marmin, Marmesin, Marmesinine, Umbelliferone, Skimminine etc. ⁽¹⁰⁾	Being rich source of Tanin and Fibres ripe fruit is regarded as the best of all laxatives. Bael extract exhibits Antipyretic, Anti-inflammatory and Analgesic activities. ⁽¹⁰⁾
3	<i>Chitrak</i>	<i>Rasa – Katu Vipak – Katu Virya – Ushna Guna – Laghu, Ruksha, Tikshna</i> ⁽¹¹⁾	Plumbagin, 3-Chloroplumbagin, Elliptinone, Chitraneone, Zeylinone, Plumbagic Acid, Naphthelenone etc. ⁽¹²⁾	<i>Plumbago zeylanica</i> extract has a Antiplasmodial, Antimicrobial along with the Anti-inflammatory properties. ⁽¹²⁾
4	<i>Nagar</i>	<i>Rasa – Katu Vipak – Madhur Virya – Ushna Guna – Laghu, Snigdha</i> ⁽¹³⁾	Zingiberene, Zingiberol, Zingerone, Gingerol, Gingirin, Shogaol etc. ⁽¹⁴⁾	<i>Zingiber officinale</i> has anti-inflammatory and analgesic activity hence it also indicated in inflammatory diseases like <i>Arsha, Hrudroga, Udar vyadhi</i> . ⁽¹⁴⁾
5	<i>Ativisha</i>	<i>Rasa – Tikta, Katu Vipak – Katu Virya – Ushna</i>	Atisine, Heteratisine, Isoatisine, Methanolic leaf extract, Heteratisine,	<i>Aconitum heterophyllum</i> Tuber (ethanolic extract) has significant Anti-inflammatory activity, thereby providing scientific evidence for a

		Guna – <i>Laghu, Ruksha.</i> (15)	Heterophylline, Heterophylline, Heterophyllidine. (16)	traditional medicinal claim as <i>Shotha/ Shophahar karma</i> (anti-inflammatory action). (16)
6	Abhaya	Rasa – <i>Madhur, Amla, Katu, Tikta, Kashaya.</i> Vipak – <i>Madhur</i> Virya – <i>Ushna</i> Guna – <i>Laghu, Ruksha.</i> (17)	Chebularic Acid, Chebulinic Acid, Chebulin, Anthraquinone Glycoside, Tannic Acid, Vitamin C; Arachidic, Behenic, Linoleic, Oleic, Palmitic And Stearic acid etc. (18)	Aqueous extract of dried fruit of <i>Terminalia chebula</i> showed anti-inflammatory action by inhibiting inducible nitric oxide synthesis. (18)
7	Dhanvayasa	Rasa – <i>Kashaya, Tikta, Madhur, Katu</i> Vipak – <i>Madhur</i> Virya – <i>Ushna</i> Guna – <i>Laghu, Snigdha.</i> (19)	Fagoneine, Alkaloids, Sitosterol, Saponins, Triterpenoids, Ceryl Alcohol etc. (20)	The extract of <i>Fagonia cretica</i> has thrombolytic ⁽²⁰⁾ , Analgesic ⁽²¹⁾ and Anti-inflammatory activities. (22)
8	Daruharidra	Rasa – <i>Tikta, Kashaya</i> Vipak – <i>Katu</i> Virya – <i>Ushna</i> Guna – <i>Laghu, Ruksha.</i> (23)	Berberine, Oxycan thin, Aromoline, Karachine, Palmatine, Taxilamine, Jatrorrhizine etc. (24)	Methanolic and aqueous extract of <i>Berberis aristata</i> have Anti-inflammatory activity. (24)
9	Vacha	Rasa – <i>Katu, Tikta</i> Vipak – <i>Katu</i> Virya – <i>Ushna</i> Guna – <i>Laghu, Tikshna.</i> (25)	Asarylaldehyde, Asarone, Acoradin, Eugenol, Caffeine, Calamol, Sesquiterpenes etc. (26)	The methanolic extract of <i>Acorus calamus</i> shows Anti-inflammatory, Anti-hypertensive and Immunomodulatory effects. And presence of phenolics and flavonoids group helps to form bulky stool. (26)
10	Chavya	Rasa – <i>Katu</i> Vipak – <i>Katu</i> Virya – <i>Katu</i>	Piperine, Sitosterol, Piplartine,	Piperine has a broad spectrum of activities. It

		– <i>Ushna</i> Guna – <i>Laghu, Ruksha.</i> (27)	Retrofractamide A,B,C & D. (28)	increases the bioavailability of other drugs by enhancing their absorption from the gut. It also displays Analgesic, Antipyretic and
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DISCUSSION

It is seen that most of the above *Dravyas* which *Acharya Charak* has included in his '*Arshoghna*' *Mahakashaya* are having *Katu, Tikta, Kashaya Rasas, Ushna virya* and *Laghu, Ruksha, Tikshna gunatmak* properties.

Rasa and *Virya* wise distribution of *dravyas* in *Arshoghna mahakashaya* as follows.

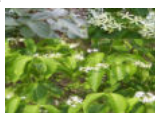
Rasa	Dravya
1) <i>Katu</i>	<i>Chitrak, Nagar, Ativisha, Abhaya, Dhanvyas, Daruharidra, Vacha, Chavya.</i>
2) <i>Tikta</i>	<i>Kutaj, Bilva, Ativisha, Abhaya, Dhanvyas, Daruharidra.</i>
3) <i>Kashaya</i>	<i>Kutaj, Bilva, Abhaya, Dhanvyas, Daruharidra.</i>
4) <i>Madhur</i>	<i>Abhaya, Dhanvyas.</i>
5) <i>Amla</i>	<i>Abhaya.</i>
Virya	Dravya
1) <i>Ushna</i>	<i>Chitrak, Bilva, Nagar, Ativisha, Abhaya, Dhanvyas, Daruharidra, Vacha, Chavya.</i>
2) <i>Sheet</i>	<i>Kutaj.</i>

It is observed that, drug likes *Chitrak, Nagar, Ativisha, Abhaya, Dhanvyas, Daruharidra, Vacha, Chavya* having *Katu rasa* and drug likes *Kutaj, Bilva, Ativisha, Abhaya, Dhanvyas, Daruharidra, Vacha* having *Tikta rasa*. Similarly the drug likes *Kutaj, Bilva, Abhaya, Dhanvyas, Daruharidra*, have *Kashaya rasa* while other *rasas* are in minimum quantity like *Madhur* possess by two *dravyas* that are *Abhaya* and *Dhanvyas* and *Amla rasatmak dravya* is one that is *Abhaya*. Similarly out of ten *dravyas* of *Mahakashaya* nine *dravyas* are having *Ushna virya* and only one *dravya* namely *Kutaj* has *Sheet virya*. And as per *Gunas* point of view it is observed that maximum *dravyas* possess the *guna* likes *Laghu, Ruksha* and *Tikshna*.

According to *Acharya Sushruta Arsha* is *Rakta praoshaj vyadhi* along with *Mamsa dhatu dushti* which again leads to manifestation of *Mamsaprarooha* specially in persons those are have *Mandagni*⁽²⁹⁾ and *Katu ras* possess the properties like *Deepan, Pachan* and *Ropan* helps to increase the *Jathargni*.⁽³⁰⁾ Similarly *Tikta rasa* possess the properties like *Chhedan, Rochan, Deepan* and *Shodhan*, as the *Mamsa dhatu* involved in *samprapti* of *Arsha* and with help of its *Chhedan* property *Tikta rasa* reduces the *Mamsa dhatu dusthi* along with improves the *Jatharagni* as it possess *Deepan* property too.⁽³⁰⁾ *Kashaya rasa* possess the properties like *Sthambhan* and *Lekhan* where *Sthambhan* helps to reduce the Bleeding Haemorrhoids and *Lekhan* helps to reduce the *Mamsa dhatu dushti*.⁽³⁰⁾ According to *Virya* of *dravyas* out of ten *Mahakashaya dravyas* nine *dravyas* are having *Ushna virya* while one *dravya* namely *Kutaj* has *Sheet virya*. *Ushna virya* helps to reduce the Constipation and *Sheet virya* helps to reduce Bleeding haemorrhoids. *Laghu, Ruksha* and *Tikshna gunas* of *dravyas* are mentioned to be mostly acting on the *Arshas*. *Laghu guna* help for treating the indigestion caused in the *Arshas*. *Tikshna Guna* help to expel the faeces properly. *Laghu, Ruksha, Tikshna Guna* and *Ushna Virya* removes *Srotavrodha*. Hence from above conceptual analysis the *Dravyas* of *Arshoghna Mahakashaya* acts systemically by improving appetite, regularize bowel habits, astringent action on blood vessels and maintaining *Agni* and *Srotas* in equilibrium.

CONCLUSION

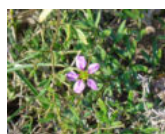
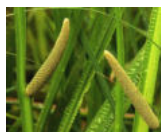
From the above literature review, it is evident that *Acharya Charak* has brilliantly described the herbal drugs in a qualitative manner to combat the particular disorder. The herbal agents of *Arshoghna Mahakashaya* has shown *Antihemorrhoidal* properties. These herbal drugs can be used as effective agents against *Arsha* (haemorrhoids) and many disorders. Moreover these herbal drugs provide better options to prepare formulations on the basis of their pharmacological actions.



Kutaj



Bilva

**Chitrak****Nagar****Ativisha****Abhaya****Dhanvayas****Daruharidra****Vacha****Chavya**

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