



# ORIGINAL RESEARCH PAPER

Ayurveda

## REVIEW OF ARSHOGHNA MAHAKASHAY IN CHARAK SAMHITA W.S.R. ARSHA (HEAMORROIDS/PILES)

KEY WORDS:

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### ABSTRACT

In the Charak Sutrasthan Adhyay 4, Shadvirechanashatashritiya, Charak delineates 600 Vaman Virechana Yogas that can be efficiently utilized in the administration of emesis and purgation. Ayurveda plays a crucial role in treating Arsha (Haemorrhoids) without the need for surgical intervention, and there are numerous herbal medicines possessing Arshoghna properties. Various treatment methods have been detailed in Brihatrayi (Charaka, Sushruta, and Vagbhata) and Laghutrayi (Sharangdhara, Bhavaprakash, and Madhav Nidan). Among all the Arshoghna drugs enumerated in the Arshoghna mahakashaya of Charaka Samhita, the majority of the drugs exhibit Tikta, Katu, or Kasaya Rasa Pradhana characteristics, and a significant number possess Ushna in Virya. It is also asserted that the drugs characterized by Katu, Tikta, Kashaya Rasa, Laghu, and Ruksha Guna, along with Ushna Virya and Katu Vipaka, play a pivotal role in the management of Arsha. This review has made a modest effort to underscore the 'Arshoghna Mahakashaya' from Charaka Samhita as a natural and safe remedy for the treatment of Arsha.

### INTRODUCTION

Lifestyle diseases are illnesses brought on by decisions people make throughout their lives. They are more prevalent in industrialized countries where individuals tend to lead sedentary lifestyles, consume unhealthy diets, and engage in harmful behaviors like smoking and drinking alcohol.

The frequency of piles is the greatest of all anorectal illnesses, and it has been documented for thousands of years. On average, about half of the population will have at least one hemorrhoidal episode throughout their lifetime. Arsha, also known as hemorrhoids, is a clinically engorged condition with hemorrhoidal venous plexus and abnormally displaced larger anal cushion. It is characterized by prolapsed or inflamed pile mass, bleeding per rectum, and some discharge from anus.

All the Ayurvedic classics include descriptions of Arsha. This condition was included in the "Ashta Mahagada" (Eight terrible disorders) by Acharya Sushruta. Unquestionably a Marma, Arsha is found in the Guda region and is well-known for being chronic and challenging to treat.

The names of fifty Mahakashayas attributed to Charaka Samhita are determined by the action they take. However, in Sushruta Samhita's Gana, each Gana's is named on first medication, and the action is referred to as Dosha Pratyanka (against Dosha). and Pratyanka Vyadhi (versus Vyadhi). Ayurvedic texts have made reference to numerous medications.

Acharya Charaka described the Mahakashaya, a set of ten plants with certain shared characteristics. The Charaka Samhita describes fifty Mahakashaya. Arshoghna Mahakashaya, one of these 50 Mahakashayas, has anti-hemorrhoidal qualities. Acharya Vagbhata claims that the best medications for treating Arsha are Bhallataka and Kutaja taw. Similarly, Mushkakadi Gana, which contains numerous medicinal herbs with Arshoghna qualities, has been listed in the Sushruta Samhita.

### Arsha/Haemorrhoids

According to Vagbhat Arsha pertains to a disease occurring in Guda and it is torturing to the patients. It may create obstruction of the anorectal passage.

### Piles:

This word is derived from the latin word 'pila' which means a 'ball'. Thus, a growth in the anus which similar in ball like shape is designated as piles.

**Table 1. Classification of Arsha According to Samhita:**

| S. No | Samhitas          | Types | Name of types of Arsha                                                 |
|-------|-------------------|-------|------------------------------------------------------------------------|
| 1.    | Charaka Samhita   | 2     | 1. Shushka 2. Ardra                                                    |
|       |                   | 2     | 1. Sahaja 2. Janmottarakalaja                                          |
| 2.    | Sushruta Samhita  | 2     | 1. Bahya 2. Abhyantara                                                 |
|       |                   | 3     | 1. Sadhya 2. Yappa 3. Asadhya                                          |
|       |                   | 4     | 1. Bhaishajasadhya 2. Ksharsadhya                                      |
|       |                   | 6     | 3. Agnikarmasadhya 4. Shastrasadhya                                    |
|       |                   |       | 1. Vataja 2. Pittaja 3. Kaphaja 4. Raktaja 5. Sannipataja 6. Sahaja    |
| 3.    | Ashtanga Hridaya  | 2     | 1. Shushka 2. Ardra                                                    |
|       |                   | 6     | 1. Vataja 2. Pittaja 3. Kaphaja 4. Raktaja 5. Sannipataja 6. Dwandwaja |
| 4.    | Ashtanga Samgraha | 2     | 1. Shushka 2. Ardra                                                    |
|       |                   | 6     | 1. Vataja 2. Pittaja 3. Kaphaja 4. Raktaja 5. Sannipataja 6. Dwandwaja |
| 5.    | Madhav Nidan      | 6     | 1. Vataja 2. Pittaja 3. Kaphaja 4. Raktaja 5. Sannipataja 6. Sahaja    |

### Classification of Haemorrhoids According to Modern texts

- On the basis of position –
  - Internal
  - External
- On the basis of symptoms :
  - Grade I: No Prolapse. Just prominent blood vessels.
  - Grade II: Prolapse upon bearing down but spontaneously reduce.
  - Grade III: Prolapse upon bearing down and require manual reduction.
  - Grade IV: Prolapse and cannot be manually reduced.

### Treatment of Arsha

In order to treat piles, one must follow a rigorous food and lifestyle plan based on their Prakriti. Four different forms of Arsha therapy have been reported by Acharya Charaka and Susruta:

- Aushadhachikitsa
- Ksharchikitsa
- Agnikarm
- Karma Shastra.

### MATERIAL AND METHODS

#### Arshoghna Mahakashaya:

According to their pharmacological activities, Acharya Charaka divided the dravyas into 50 mahakashaya, or

groupings of dravyas. Ten dravyas for a certain activity are included in each group.

Dhanvayasa, Daruharidra, Vacha, and Chavya are the dravyas named in this Mahakashaya.

Arshoghna Mahakashaya is the twelfth number among these fifty Mahakashaya.

According to Acharya Chakrapani, Dhanvayasa is Duralabha.

**Tables 2 and 3 Include the Dravyas of Arshoghna Mahakashaya's Scientific Data.**

Kutaja, Bilva, Chitraka, Nagara, Atitivisha, Abhaya, **Table no. 2**

| Sl. No. | Sanskrit name | English name          | Latin name                 | Family         | Habit   | Parts used                    |
|---------|---------------|-----------------------|----------------------------|----------------|---------|-------------------------------|
| 1.      | Kutaja        | Kurchi                | Holarrhena antidysenterica | Apocyanaceae   | Tree    | Bark, Leaves, Seeds & Flowers |
| 2.      | Bilva         | Bael tree             | Aegle marmelos             | Rutaceae       | Tree    | Fruit, leaves & Root          |
| 3.      | Chitraka      | Leadwort              | Plumbago zeylanica         | Plumbaginaceae | Herb    | Root bark                     |
| 4.      | Nagara        | Ginger                | Zingiber officinale        | Zingiberaceae  | Herb    | Rhizome                       |
| 5.      | Ativisha      | Indian atees          | Aconitum heterophyllum     | Ranunculaceae  | Herb    | Tuberous root                 |
| 6.      | Abhaya        | Chebulic myrobalan    | Terminalia chebula         | Combretaceae   | Tree    | Fruit                         |
| 7.      | Dhanvayasa    | Khorasan thorn        | Fagonia cretica            | Zygophyllaceae | Herb    | Panchanga                     |
| 8.      | Daruharidra   | Indian berbery        | Berberis aristata          | Berberidaceae  | Shrub   | Root, Stem & fruit            |
| 9.      | Vacha         | Sweet flag            | Acorus calamus             | Araceae        | Herb    | Rhizome                       |
| 10.     | Chavya        | Java long pepper root | Piper retrofractum         | Piperaceae     | Crepper | Root                          |

**Table no. 3**

| Sr. No. | Name of plant | Rasapanchaka                                                                              | Chemical Constituents                                                                                                                                            | Pharmacological properties & action                                                                                                                                                                                                            |
|---------|---------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.      | Kutaja        | Guna- Laghu, Ruksha Rasa-Tikta, Kashaya Virya- Sheeta Vipaka- Katu                        | Conessine, conessimine, conkurchin, holarrhenine, holarhimine, kurchine, kurchicine, antidysentericine etc.                                                      | Stem bark shows antispasmodic & hypotensive activity. Root extract shows antiprotozoal, anticancerous & hypoglycemic effect. Its alkaloids show activity against amoebic dysentery                                                             |
| 2.      | Bilva         | Guna- Laghu, Ruksha Rasa-Kashaya, Tikta Virya- Ushna Vipaka- Katu                         | Marmelosin, aegelin, aegelinin, marmirin, marmesin, marmesinine, umbelliferone, skimmianine etc.                                                                 | Fruit and root extracts and Leaves shows antihyperglycemic effect. Leaf extract stimulates heart.                                                                                                                                              |
| 3.      | Chitraka      | Guna- Laghu, Ruksha, Tikshna Rasa- Katu Virya- Ushna Vipaka- Katu                         | Plumbagin, 3- chloroplumbagin, elliptinone, chitranone, zeylinone, plumbagic acid, naphthelenone etc.                                                            | Plumbagine shows antimicrobial, antibacterial, antifungal, antihyperlipidaemic, antilukaemic activity and also decreases tumor growth. Root extract shows hypothermia.                                                                         |
| 4.      | Nagara        | Guna- Laghu, Snigdha Rasa- Katu Virya- Ushna Vipaka- Madhura                              | Zingiberene, zingiberol, zingerone, gingerol, gingirin, shogaol etc.                                                                                             | It has shown anti-inflammatory, hypolipidaemic, antiatherosclerotic, antiemetic, antipyretic, antioxidant, antibacterial, antifungal, cholagogic, hypouricemic, hypoglycaemic & inotropic activity.                                            |
| 5.      | Ativisha      | Guna – Laghu, Ruksha Rasa-Tikta, Katu Virya- Ushna Vipaka-Katu                            | Atisine, heteratisine, isoatisine, hetisine, heterophylline, heterophyllisine, heterophyllidine                                                                  | It has shown antispasmodic, hypolipidaemic, antiarrhoeal & antipyretic activity.                                                                                                                                                               |
| 6.      | Haritaki      | Guna – Laghu, Ruksha Rasa-Madhura, Amla, Katu, Tikta, Kashaya Virya- Ushna Vipaka- Madhur | Chebulagic acid, chebulinic acid, chebulin, anthraquinone glycoside, tannic acid, vitamin C; arachidic, behenic, linoleic, oleic, palmitic and stearic acid etc. | It has shown antimicrobial, antifungal, antibacterial, antispasmodic, antioxidant, cardiostonic, hypotensive, hypolipidemic, hypoglycemic, purgative and anti-hepatitis B virus activity.                                                      |
| 7.      | Dhanvayasa    | Guna – Laghu, Sheeta Rasa- Kashaya, Tikta, Madhur & Katu Virya- Ushna Vipaka- Madhura     | Fagogenine, alkaloids, sitosterol, saponins, triterpenoids, ceryl alcohol etc.                                                                                   | It has shown anticancer, antimicrobial, antiviral, CNS stimulant, antiamphetamine, analgesic, antipyretic and anti-inflammatory activity.                                                                                                      |
| 8.      | Daruharidra   | Guna- Laghu, Ruksha Rasa- Tikta, Kashaya Virya- Ushna Vipaka-Katu                         | Bernerine, oxyberberine, berbamine, oxycanthin, aromoline, karachine, palmatine, taxilamine, jatrorrhizine etc.                                                  | It has shown hypoglycaemic, anticancer, gastroirritant, antifatigue, anticoagulant, antipyretic, local anaesthetic, antiprotozoal, anti TB, antibacterial, antitumour, hypotensive, anti-inflammatory, antitrichoma & CNS depressant activity. |
| 9.      | Vacha         | Guna –Laghu, Tikshna Rasa- Katu, Tikta Virya- Ushna Vipaka- Katu                          | Asarylaldehyde, asarone, acorin, acoradin, eugenol, caffeine, calamol, sesquiterpenes etc.                                                                       | It has shown sedative- tranquilizing, analgesic, hypothermic, hypotensive, spasmolytic, CNS depressant, cardiac depressant, antimicrobial, anthelmintic, antifungal, antibacterial, anticonvulsant activity.                                   |
| 10.     | Chavya        | Guna – Laghu, Ruksha Rasa- Katu Virya- Ushna Vipaka- Katu                                 | Piperine, sitosterol, pipartine, retrofractamide A,B,C & D.                                                                                                      | CNS depressant, hypothermic activity.                                                                                                                                                                                                          |

## DISCUSSION

As may be observed, the majority of the dravyas mentioned above that Acharya Charak included in his "Arshoghna" Mahakashaya had Katu Rasas, Tikta, and Kashya. Of all the medications listed in Arshoghna Mahakashaya Tikta Rasa Dravya (7) & Katu Rasa (7) it is noted that the highest number of dravyas is seven, followed by Kashaya Rasa Dravya (5), Madhura Rasa Dravya (2), Amla Rasa Dravya (1), and Lavana Rasa Dravya (0) in number.

The Katu Rasa comprises Agnidipana, Swyathunasana, and Rochayatiasanam. Tikta Rasa comprises Arochakaghna, Dipana and Pachana. [6] Kashaya Rasa are Ropana, Sosana and Stambhana. This is indicating that the drugs with Tikta, Katu and Kashaya rasa play major role in the treatment of Arshas. As Arsha is a Raktadoshaja vyadhi and Mamsaja vyadhi it requires Tikta and Kashaya Rasa dravya to reduce the Raktadosha and Katu Rasa helps to reduce the Mamsaja doshas. Most of the drugs mentioned are Ushna Virya in nature (9) and only a few are Sheetta Virya (1). Ushna Virya destroys constipation and expels the stools freely and also helps to reduce the haemorrhoids especially if the haemorrhoids are dry. Sheetta Virya dravyas help in the bleeding piles for stopping the excessive blood flow.

Madhura (3) and Katu Vipaka (7) Dravyas are mentioned to have the property of Arshoghna. Madhura and Katu vipaka can be considered to reduce bleeding piles and dry piles respectively. Amla Vipaka increases Pitta and Rakta dosha there by worsening the disease hence Amla vipaka dravyas may not have been mentioned.

Laghu (10), Ruksha (7) and Tikshna (2) guna dravya 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 UshnaVeerya removes Sroto rodhaas. It penetrates minutest Srotas in management of Arsha. The systemic medicines act by improving appetite, regularize bowel habits, astringent action on blood vessels and maintaining Agni and Srotas in equilibrium.

## CONCLUSION

From the above analysis, it is evident that Acharya Charaka has correctly described the herbal drugs in a qualitative manner to combat the particular disorder. The herbal agents of Arshoghna Maha Kashaya has shown antihemorrhoidal properties. These herbal drugs can be used as effective agents against hemorrhoids and many disorders. Moreover, these herbal drugs provide better options to prepare formulations on the basis of their pharmacological actions.

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