



A REVIEW ARTICLE ON ROLE OF ARSHOGNA MAHAKASHAYA IN THE TREATMENT OF SUSKH ARSHA



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ABSTRACT

Ayurvedic classical text provide unique modalities and medications among several treatises compiled during ancient time. Drug is the important therapeutics as it is responsible for equilibrium of whole body. *Charak Samhitha* is divided into 8 parts and the first division is called *Sutrasthan* or *shlokasthan*. In *sutrasthan* the drugs are discussed in four chapters which are popularly known as *Bheshajachatushka* or *Aushadhachatushka*. Here the drugs are classified from pharmacological and *pharmacotherapeutics perspectives*. The classification of drugs based on *Karmas* are called *Mahakashaya* which are classified into fifty groups. *Arshoghan Mahakashaya* is the twelveth group of medicine which are said to be effective in curing piles.

Sushka arsha is condition where pain and swelling of the pile mass makes life miserable for a person and bheshaj chikitsa being first in all the treatments. Here a simple effort is made to know the probable working of rasa, guna virya and prabhav of these ten drugs in dissolving the pathology of suskha arsha.

1. INTRODUCTION

The drugs are tools of physician. The rational use of drugs means that the half of the treatment is done. In ayurvedic classics there are lot of single and compound drugs which are mentioned in several contexts. Most of them are not retested according to the current research methodology. Unless the drug is tested through this methodology it will not get proper recognition in the scientific world. The logical application of these spectra according to the different stages and conditions of the patient and disease is the prime key of suitability of that drug in a given disease. Considering the importance of drug in disease management, *Acharya Charak* mentioned drug as second important factor in *Chikitsachatuspad*. Also, in *Shalya Tantra* which is one of the important branch of Ayurveda describes the six important and major principles of management of *Arsh*. They are *Bhaisaja*, *KsharaKarma*, *YantraKarma*, *Agni Karma*, *Rakthmokshan* and *ShastraKarma*. *BhaisajaKarma* is the first line of treatment.

According to *Ayurveda* the disease comes under the heading of *Maharogas* as it is *Drighkalanubandhi*, *Dushchikitsyain* nature and *tridosh*. It is well known for its chronicity. *Arsha* is being described by all classics of Ayurveda. *AcharyaSushruta* and *Vagbhat* even placed this *arsha* in the ASHTA MAHAGADA.[1]

Arsha pertains to a disease occurring in Guda and it is torturing the patient. It may cause obstructions of anorectal passage.[2]

According to *Acharya Charak* only mass at *Gudavali* is termed as *Arsha* and those at other place then *Gudavali* are *Adhimansa* [3]. According to *Charak medha*, *mamsa*, *twacha* is the *adhistan* of *Arsha*. [4]

Despite so many advances in the medical science the disease piles still remain a challenge to science as no specific surgical method or other medication has proven complete remedy to cure piles. Modern medicines just give symptomatic treatment to any clinical condition of piles i.e analgesics, antibiotics, local anaesthetics, laxatives etc. which cures the symptoms but totally neglects the pathology and sooner or later these kind of patients with due course of time turn out to be operative cases of disease.

In modern era piles are mostly considered to be cured radically i.e. surgically or Para surgically procedures. These techniques are always associated with one or other type of complication which has compelled scholars to think over new, safe and better type of treatment.

The *arsha* which are on *viserjani* and not more than a year back can be treated. [5]

Acharya Charak has emphasized the importance of oral medication in initial stages of piles and has given a very clear foresight of the hazardous complications of *Agni Karma*, *Shashtra Karma* and *Kshar Karma* in his treatise [6] and advocates the management of *arsh* by oral medication and various external applications and considers this mode of therapy to be much safer and non-relapsing. [7]

Arsha is a *tridoshajvikar* which makes life miserable which cause lot of complications by causing different diseases and become difficult to treat. [8]

The modern medical science accepts the implementation of systemic and local measures in early stage of piles.

To find out safe, effective and low-cost therapy that covers various clinical conditions of piles and reduces the rate of haemorrhoidectomy and other parasurgical procedures and also gives complete treatment of piles in early stages is the need of hour.

Every drug and disease should be studied with a scientific approach and chapter of controversy should be solved as early as possible. Considering all these points in mind *Charakokta Arshogna Mahakashaya* [9] indicated for *arsh* management in chapter four of *Charak Samhita* was selected for present study. Drugs of *Charakokta Arshogna Mahakashaya* are easily available all over India. Present study is a review study where an attempt is made to know the *Rasapanchaka* working of drugs of *Arshoghan Mahakashaya*.

2. DRUG REVIEW

Arshoghan Mahakashaya is a group of ten drugs, has been described by *Charak* in *sutrasthan* chapter 4 (*kshadvirechanshatashritiyaaddhaya*). [10]

Bioenergetics of Drug of *Arshoghana Mahakashaya*.

| Sr. No. | Ingredients | Latin Name | Gunas | Ras | Virya | Vipak |
|---------|--|---------------------------------|---|---|---------------------|-------------------|
| 1. | <i>kutaj</i> | <i>Holerrhenaantidysentrica</i> | <i>Laghuruksha</i> | <i>Tikta, katu, kashaya</i> | <i>sheet</i> | <i>katu</i> |
| 2. | <i>Bilwa</i> 1. <i>bal</i> 2. <i>pakwa</i> | <i>Aeglemarmelos</i> | <i>Laghu, snigdha, tishna, Guru, ruksha</i> | <i>Katu, tikta, kashay, Katu, tikta, kashay</i> | <i>ushna, ushna</i> | <i>katu, katu</i> |
| 3. | <i>Chitrak</i> | <i>Plumbagozeylanica</i> | <i>Laghu, ruksh, Tikshna</i> | <i>katu</i> | <i>ushna</i> | <i>katu</i> |
| 4. | <i>Nagar</i> | <i>Zingibarofficinale</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>Terminaliachebula</i> | <i>Laghu, ruksha,</i> | <i>panchrasa</i> | <i>ushna</i> | <i>madhur</i> |
| 7. | <i>Dhanvyas</i> | <i>Fagoniaarabica</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>UshnaFal-sheet</i> | <i>katu</i> |
| 9. | <i>Vacha</i> | <i>Acoruscalamus</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> |

3. DISCUSSION

There are six Rasas Madhura, Amala, Lavana, Katu, Tikka, Kasahaya except lavan, all five rasas are considered as a source of kasahaya. Kasahaya is considered basically a pharmaceutical process which converts the crude drugs from its original form into another form. Raw drug has to be purified and transformed into a useful and an agreeable form so that it can be used as medicine. There are the Aausadha Kalpanas. Panchvida Kashaya Kalpanas are primary and internal kalpanas.[11] They include swarasa, Kalka, Shrita, Sheet and Phanta. In shrita, sheet and phanta, water is the media and main aim of these kalpanas is to extract all the active principles of the raw drugs into water and by doing so the sara bagha of dravays get dissolved in water and kitta bhaga is thrown out after filtration. While describing the qualities of drugs Acharya Charak said they should be easily available and can be used in maximum ways and must contain all the active principles.[12] And these active principle are filtered from the raw drug when we make a Kashaya preparation. These Charaka drugs exercise their action by virtue of their rasa, some by guna, some by veerya and some by vipaka.[13]

The grouped drugs in Arshoghna Mahakasaya are Arshogna i.e they work against the pathology of arsha. A drug acts in accordance with its Raspanchaka in dissolving disease pathology but when used in combination; they collectively aim at one target i.e the stability in the doshas, which are vitiated because of numerous causes.

Arshoghna Mahakasaya has been framed to target only Arsha by Acharya Charaka. Being Aapta Vachana; we follow this, and it works. Here in this review only on attempt is made to know the raspanchakas working of Arshoghna Mahakashaya on Sushka Arsh only.[14]

While mentioning the treatment, Acharaya Charaka divided Arsha into two main groups:

Sushka Arsha One with Vaata and Kapha dominance.
Stravi Arsha One with pitta and Rakta dominance.

One with Vaata and Kapha dominance is Sushka Arsha and has following Sthanik Lakanas

- Kthorta (Hardness)
- Rukshata (Dryness)
- Shoth (Sweeling)
- Vedana (Pain)

Along with mandagni and malavibandha.

considering the dosha dominance of Arshoghna Mahakashaya maximum drugs are Vaata and kapha Shamak which will provide vyadhi prataynik effect.

Bilwa Vaata Kapha Shamak
Chitrak VaataKapha Shamak
Shunti VaataKapha Shamak
Atiwisha Tridosh Shamak
Haritaki Tridosh Shamak (mainly VaataKaapha shamak)
Vacha Vaatakapha shamak
Daruharid VaataKaapha Shamak
Chavya VaataKaapha Shamak

Mandagni is the main symptom in Arsha and it is to be treated by Depana and Pachana, this action in Arsha is achieved by Chitrak and Aadrak. Both belongs to Deepaniya gana. The tikshna, laghu riksha gun corrects mandagni (Chitrak) and tikshna and katu ras (Aadrak) also clears the accumulated aam and corrects mandagni.

Vataanulomana is totally disturbed in Arsha which is the cause of malavibandha, the therapeutic effect of vaataanulomna is achieved by purgative action of haritaki which lessens the pressure on rectal veins, thus relieving symptoms of malavibandha, gudashoola and gudashotha. [15]

Chitrak, Ativisha, Daruharidra, Vacha are part of leekaniya gana. So, the collective action of these drugs of Arstroghna Mahakasaya will bring marked reduction in the size of masankur thus reducing the sthanik shoth of gudu.

Also, chitrak and Aadrak are part of School Prashaman gana; and their working is breaking the pain pathology.

So, it is clear that all drugs of Ashtroghna Makakashaya have a specific target to the dissolve the whole pathology and bring back the stability of diseased part. [16]

4. CONCLUSION

In Arshoghna Mahakasaya, all drugs worked together to fight against the symptoms Suksha Arsha and ultimately very dominantly conquering over, all the symptoms like Malvibanda, Shoth, Vedana, Rukshta of arsa at guda.

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CONFLICT OF INTEREST

The authors have declared that no competing interests exist.

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