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Review Article

MANAGEMENT OF ANORECTAL DISORDER W.S.R. TO HERBO-MINERAL PREPARATION

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ABSTRACT

Āyurveda is an age old science of health which emphasize on the health than to cure disease. So, nowadays people are coming back to the nature from synthetics, hence, the *Āyurveda* will be the future medicinal science of the world, not only the India. In the era of fast food, there is change or irregularity in diet and diet timings and also sedentary life style. In addition to change in diet and life style, one is always under tremendous mental stress. All these causes disturb in digestive system which results into many diseases amongst them ano-rectal disorder constitute an important group. Herbomineral preparations are considered in *ayurveda* as *Rasausadhis* which are appreciated for their smaller dosages, quicker effectiveness, long durability etc.

Thus the Herbomineral preparations play an important and major role in curing the ailing human beings. Many of these types of preparations are used to treat anorectal diseases like

kasisadi tail, ghrita, arshkuthar rasa, abhayadi modak etc. This article is an attempt to highlight importance and mode of action of the Herbomineral preparations in anorectal disease like piles, fistula, fissure in ano etc.

Key words: piles, fistula, Herbo mineral preparation, *kasisadi taila, arshkuthar rasa*

Introduction

Ano-rectal disorders are progressively increasing in society. Few important causes are sedentary life style, irregular and inappropriate diet, prolonged sitting and psychological disturbances like anxiety and depression etc. Ano-rectal problems are coupled with psychological manifestations, as all the causes are interrelated to each other. These above mentioned causes result in *dearrangement of Jaṭharāgni* (power of digestion) which leads to *Vibandha* (constipation) and other associated symptoms. It has been mentioned in ancient classics. Because of all these factor, straining is needed to pass the hard stool, which causes congestion in the network of blood vessels located inside the anal cushions gradually these vessels enlarge and form piles. If the constipation further continues, they become large enough to be called second or third degree piles. These disorders are extremely embarrassing to the patient.

Ano-rectal disorders which are commonly seen

1. fistula-in-ano 2. Fissure-in ano 3. haemorrhoids

Management of ano rectal disorders-

- *Agnikarma,*
- *Raktamokṣaṇa,*
- *Kṣāra Karma,*
- *Jalaukāvācārana,*

- *Śāstrakarma*
- *Bhaiṣajakarma*

Among these *Bhaiṣajakarma* is an easily palatable by patient which gives relieve to the patient without fear of complication and without producing any untoward effect.

QUALITY OF HERBOMINERAL PREPARATIONS

Ideal drug should be low in dose and highly effective and easily calm down all *doshas*. Having quality of easily digestible, palatable, nutritive and cure diseases. It should not produce side effects and nausea also. It contains color, fragrant and taste also.

IMPORTANCE OF HERBOMINERAL PREPARATIONS

- The innate qualities of *Rasaushadhis* like quick action, lesser dose, tastelessness, prolonged self-life, and better action are told by *rasacharyaas*.
- Our *acharyas* told that curable diseases easily cured by all medicine but by doing *rasachikitsa* we cure incurable disease also therefore *rasachikitsa* is the best.

- Properly prepared drug highly effective in low dose and less effective in higher dose by doing *samskar* addition, separation, duration or time and strategy.
- Three types of *vaidhyas* are told by our *acharyas* *rasa vaidhya*, *mulikadi vaidhya* and *shastradi vaidhya*. *Rasa vaidhya* is called bestest *vaidhya* in all three types of *vaidhya*.

MODE OF ACTION OF HERBOMINERAL DRUGS

The therapeutic activity of single drug can be explained by principles of *Rasa Panchak*. But the mode of action of the compound formulation is not an easy task. Poly herbal and herbomineral preparations have 4 basic components in form of Ingredients viz.

1. Activator: -the main ingredients responsible for achieving the required

therapeutic activity like *loha*, *tamra*, *danti*, *shooran*, *vanshlochan*, *suhaga*, *javakhar*, *saindhav* etc.

2. Potentiator: - the drug which can enhance the activity of the formulation like *Gomutra*, *kshar*, *parad*, *gandhak* etc.

3. Antidotal: - Either to nullify or to minimize the adverse effect of the drug likes viz. *shooran*.

4. Bioavailability enhancer: - the ingredient which may enhance the bioavailability of the drug in the body like viz. *Gomutra*, *trikatu*.

Here examples of *kasisadi taila* and *arshkuthar rasa* are taking for the understanding that how to act herbomineral formulation in ano rectal disorders

Table no.1 shows the ingredients of *kasisadi taila*

s.n.	Name of the drug	Latin name	Quantity (gm)
1.	<i>Kāsīsa</i>	Green vitriol ($FeSO_4 \cdot 5H_2O$)	12
2.	<i>Manashila</i>	realgar ($AS_2 S_2$)	12
3.	<i>Hartal</i>	orpiment ($AS_2 S_3$)	12
4.	<i>Vidanga</i>	<i>Embelia ribes</i>	12
4.	<i>Karavira</i>	<i>Nerium indicum</i>	12
5.	<i>Langali</i>	<i>Gloriosa superba</i>	12
6.	<i>Saindhava</i>	Rock salt	12
7.	<i>Pashanbhed</i>	<i>Bergenia lingulata</i>	12

8.	<i>Pippali</i>	Piper longum	12
9.	<i>Citrakmula</i>	Plumbago Zeylanica	12
10.	<i>Dantimula</i>	Baliospermum montanum	12
11.	<i>Arka kṣira</i>	Calotropis Procera	12
12.	<i>Snuhi kṣira</i>	Euphorbia nerifolia	12
13.	<i>Swarnakshiri</i>	Argimone maxicana	12
13.	<i>Tila taila</i>	Sesamum indicum	12
14.	<i>Gomutra</i>	Cow'urine	12

PROBABLE MODE OF ACTION OF KĀSĪSĀDI TAILA

Kāsīsādi taila possess *Uśṇa, Tikṣṇa, Lekhana, Śothahara and Vatānulomana* property. Therefore the drug was given as local application in the anal canal gives very good soothing effect during defecation.

Kāsīsādi Taila destroys the *Arśa* due to working like *kṣāra* without hampering the normal structure of *guda*.

In pharmaceutical point of view *Khara Pāka* of *Kāsīsādi Taila* should be prepared because *Ācārya Suśruta* has mentioned different route of administration of *Sneha Pāka* in *Chikitsā Sthāna* as:- *Khara Pāka* is totally devoid of moisture content. Moisture free oil gets absorbed easily through the cells of epidermis.

Reduction in size of the haemorrhoids by the local application of *Kāsīsādi taila* due to its corrosive effect on the wall of affected veins by *Lekhana* property of contents of *Kāsīsādi Taila*.

The important factors which keep a fissure-in-ano away from normal healing are constant contamination of the wound by feces and frequent friction with the mucosa while there is continuous spasm of the sphincteric muscles. In such situation, a drug which produces a soothing effect, *Vraṇa Śodhana, Vraṇa Ropaṇa, Vedanā Sthāpana & Vāta-pittahara* action, is more suitable. *Kāsīsādi taila* having same properties and good soothing effect. It probably removes the accumulated secretions in the fissure bed, promotes healing and reduces secondary infection too.

Table no.2 showing the ingredients of arshkuthar rasa

s.n.	Name of the drug	Latin name	quantity
1-	<i>Shu. Parad</i>	purified Mercury	1 part
2-	<i>Shu.gandhak</i>	purified Sulphur	2 part
3-	<i>Loha Bhasma</i>	Incinerated iron	2 part

4-	<i>Tamra Bhasma</i>	Incinerated copper	2 part
5-	<i>Danti</i>	Seeds of <i>Baliospermum montanum</i>	1 part
6-	<i>Shunthi</i>	Rhizome of <i>zingiver officinalis</i>	1 part
7-	<i>Maricha</i>	Seeds of <i>Piper nigrum</i>	1 part
8-	<i>Pippali-</i>	Fruit of <i>piper longam</i>	1 part
9-	<i>Shooran</i>	<i>Amorphophallus campanulatus blume.</i>	5 part
10-	<i>Vanshlochan</i>	Exudates of <i>bambusa arundunasia</i>	5 part
10-	<i>Tankan bhasma</i>	Purified Borax	5 part
11-	<i>Yava kshara</i>	Kshara of Barley	5 part
12-	<i>Saindhava lavana</i>	Rock salt	5 part
13-	<i>Gomutra</i>	Cow'urine	32 part
14-	<i>Snuhi ksheer</i>	Latex of <i>Euphorbia neriifolia</i>	8 part

MODE OF ACTION OF ARSH KUTHAR RASA

Arsh kuthar rasa balances vitiated *vata* and *kapha dosha*. It contains *kajjali* which is *rasayan* and potentiates the function of other drugs. *tamra bhasma* and *loha bhasma* are work by improving liver functions and vein strengths, *danti* promote to easing constipation, *yava kshara*, *tankana* and *gomutra*, *snuhi*

ksheer help to shrinking the pile mass and reducing local swelling and inflammation. Important drug of *arshkuthar rasa* is *Suran* which is act as a activator of all drugs. Three *dravyas* of *trikatu* stimulate *jathragni* and act as a *deepan pachan* drug. Thus *arshkuthar rasa* is functioning very well in the treatment of anorectal disorders.

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