A Review Article on the Role of Arshoghna Mahakashaya in the Sushka Arsha Treatment.

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ABSTRACT:
Several treatises compiled throughout ancient times provide distinct modalities and drugs in the Ayurvedic traditional text. Drugs are crucial therapeutically because they are responsible for the overall balance of the body. The first division of the Charak Samhitha, known as Sutrasthan or shloksthan, is divided into eight parts. The medications are discussed in four chapters known as Bheshajachatushka or Aushadhachatushka in the sutrasthan. The medications are categorized here based on their pharmacological and pharmacotherapeutic properties. Mahakashaya is a classification system for medicines based on Karmas, which is divided into fifty divisions. Arshoghana Mahakashaya is the twelfth category of medicines thought to be useful in the treatment of piles. Sushka arsha is a condition in which a person's life is made unbearable by pain and swelling of the pile mass, with bheshaj chikitsa being the first of all therapies. This is a rudimentary attempt to understand how rasa, guna virya, and prabhav of these 10 medications may work to dissolve the disease of sushka arsha.

Keywords- Arshoghana Mahakashaya, Sushka Arsha, Bheshaj Chikitsa, Charaka Samhita

INTRODUCTION
Drugs are medical instruments. When medications are used rationally, half of the treatment is completed. There are numerous single and complex medications described in Ayurveda classics in various situations. According to current study technique, the majority of them are not retested. The medicine will not be properly recognised in the scientific world unless it is tested using this methodology. The rational application of these spectra according to the various stages and conditions of the patient and disease is the most important factor in determining the drug's acceptability in that disease. In Chikitsa chatuspad, Acharya Charak mentioned medication as the second most essential factor, owing to its role in disease management. In addition, the six significant and major principles of Arsha management are described in Shalya Tantra, which is an important part of Ayurveda. Bhaisaja, KsharaKarma, YantraKarma, Agni Karma, Raktamokshan, and Shastra Karma are the names given to them. The first line of treatment is Bhaisaja Karma. The disease is classified as Maharogas in Ayurveda.

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because it is Drighkalanubandhi, Dushchikitsya in nature, and tridosh. It is well-known for its proclivity for recurrence. Arsha is described in every Ayurvedic classic. This arsha was even included in the ASHTA MAHAGADA by Acharya Sushruta and Vagbhata. Arsha refers to an illness that is wreaking havoc on the patient in Guda. It has the potential to impede the anorectal channel. According to Acharya Charak, only the mass held in Gudavali is referred to as Arsha, whereas those held elsewhere are referred to as Adhimansa. Twacha, according to Charak medha, mamsa, is Arsha’s adhishthana. Proven to be a complete cure for piles. Modern medicine only treats any clinical condition of piles with symptomatic treatment, such as analgesics, antibiotics, local anaesthetics, laxatives, and so on, which cures the symptoms but ignores the pathology, and these patients eventually become operative cases of disease.

In today’s world, piles are usually treated radically, such as through surgical or non-surgical treatments. These approaches are always connected with some form of consequence, prompting researchers to consider new, safer, and more effective therapeutic options. Arsha that have been on viserjani for less than a year can be handled. In the early stages of piles, Acharya Charak has underlined the necessity of oral medicines. Sand, in his treatise, has given a very clear foresight of the hazardous complications of Agni Karma, Shashtra Karma, and Kshar Karma, and advocates the management of arsh through oral medication and various external applications, which he considers to be a much safer and non-relapsing mode of therapy. Arsha is a Tridoshajvikar who makes life unpleasant for everyone by causing a variety of diseases that are difficult to treat.

In the early stages of piles, modern medical research allows the use of systemic and local measures. The need of the hour is to identify a safe, effective, and low-cost therapy that covers a wide range of piles clinical situations, minimises the rate of haemorrhoidectomy and other para surgical treatments, and provides total treatment of piles in the early stages. Every treatment and sickness should be researched scientifically, and any areas of contention should be resolved as soon as feasible. With all of these considerations in mind, the Charakokta Arshogna Mahakashaya, recommended for arsh management in chapter four of the Charaka Samhita was chosen for the current study. Charakokta Arshogna Mahakashaya drugs are widely available across India. The current study is a review in which an attempt is made to understand the Rasapanchaka working of Arshoghan Mahakashaya medicines.

**MATERIALS & METHODS**

Arshoghan Mahakashaya is a group of ten drugs, has been described by Charak in surstrahan chapter 4 (kshadirechan shatashritiya addhaya). Bioenergetics of Drug of Arshoghana Mahakashaya. (Table No:1)

1. **Plumbago zeylanic**

Root and root bark are stomachic, carminative, astringent to bowels, antihelminth, and used to cure intestinal troubles, dysentery, leucoderma, inflammation, piles, bronchitis, itching, disease of liver, consumption, ascites, tridosh. The root of Plumbago is to be pasted within a jar on to the inner walls and bottom of the jar. Curd or butter milk prepared in that jar is taken in a dosage of 30-60 ml, twice a day for a period of 7-10 days relieve piles.

2. **Zingiber officinale**

Ginger is extensively used in loss of appetite (agnimandya), asthmatic conditions (svasa), bloated stomach (adhimana), rheumatoid conditions (amavata), anemic conditions (pandu), liver associated conditions and disorders (udararoga), vomiting (chardi), swollen joints (sandhi shotha), fatigue (avasada), back pains (kati shoola), mal-digestions (ajeerna), flatulence (koshta vata), mal-absorption syndrome (grahani), stomachache (uda shoola), piles (arsha).

3. **Aegle – marmelos**

Fruit pulp marmalade is used as prevention during cholera epidemics, also given to prevent the growth of piles. The extract of unripe Bael fruit is helpful in curing of piles and haemorrhoids.

4. **Aconitum heterophyllum**

As per Ayurvedic pharmacology, Ativisha (A. heterophyllum) has tikta (bitter) and katu (pungent) taste; laghu (light) and ruksha (dry) properties; ushna veerya (hot potency) and katu vipaka (attains pungency after digestion). In terms of actions, it is kaphapittahara (reduces kapha and pittadoshas), dipana (increases digestive fire), pachana (digests undigested material), grahi (prevents water loss from the body), shotahara (antinflammatory), vishaghnana (antipois onous), krimihara (antihelminctic), arshoghnana (anti hemorrhoid), jwarahara (antipyretic), kasahara (antitussive) and atisaraghna (anti diarrheal).

In the classical Ayurvedic text Caraka Samhita, Ativisha is listed in the following categories: Tikta skandha (bitter tasting drugs), lekhaneeya (has scraping action on tissues...
and kapha). *arshoghn* (treating haemorrhoids) *sirovirechana* (clearing morbid doshas from head and neck).

5- *Hollarhena antidysenterica*

The *Hollarhena antidysenterica* stem bark powder administered to patients with bleeding piles at a dose of 4 gm. Twice a day for 2 weeks each showed significant efficacy.

**DISCUSSION**

Most of the dravyas mentioned above that Acharya Charak included in his ‘Arshoghn’ Mahakashaya had Kashya, Tikta, and Katu Rasas. It is found that among the total medications described in *Arshoghn Mahakashaya*, Tikta Rasa dravya and Katu Rasa dravya have the most, followed by Kashaya Rasa Dravya, Madhura Rasa Dravya, Amla Rasa dravya, and Lavana Rasa dravyas. Agnidipana, Swyathunasana, and Rochayatiasanam are the Katu Rasa, Arochakaghna, Dipana, and Pachana are the Tikta Rasa, Ropana, Sosana, and Stambhana are the members of Kashaya Rasa. This suggests that medications including Tikta, Katu, and Kashayarasa are important in the treatment of Arshas. Because Arsha is a Raktadoshaja vyadhi and a Mamsaja vyadhi, Tikta and Kashaya Rasa dravyas are required to diminish the Raktadosha, while Katu Rasa aids in the reduction of the Mamsaja doshas. The majority of the medications described are *Ushna Virya*, with only a few being *Sheeta Virya*.

*Ushna Virya* relieves constipation and allows for the free passage of faeces. It also aids in the reduction of haemorrhoids, particularly if they are dry. *Sheeta Virya* dravyas aid in the treatment of bleeding piles by preventing excessive blood flow.

Madhura and Katu Vipaka Dravyas are said to have the Arshoghn property. To minimize bleeding piles and dry piles, Madhura and Katu vipaka should be considered. *Amla Vipaka* worsens the condition by increasing Pitta and Rakta dosha, hence *Amla Vipaka dravyas* may not have been stated. The Arshas are primarily acted upon by Laghu, Ruksha, and Tikshna guna dravya. The dyspepsia induced by the Arshas can be treated with Laghu guna. Tikshna Guna aids in efficient faces expulsion. *Sroto rodhaas* are removed by Laghu, Ruksha, Tikshna Guna, and *Ushna Veerya*. It penetrates even the tiniest Srotas in Arsha’s management. The systemic drugs improve hunger, regulate bowel habits, have an astringent effect on blood vessels, and keep Agni and Srotas in balance.

**CONCLUSION**

According to the aforementioned study, Acharya Charaka accurately characterised herbal medications in a qualitative manner to battle the specific ailment. *Arshoghn Mahakashaya’s* herbal agents have anti haemorrhoidal capabilities. These herbal medicines can be used to treat haemorrhoids and a variety of other ailments. Furthermore, based on their pharmacological activities, these herbal medications provide superior possibilities for formulating formulations.

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**REFERENCES**


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Table 1- Bioenergetics of Drug of Arshoghana Mahakashaya

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<tr>
<th>SL NO</th>
<th>INGREDIENTS</th>
<th>LATIN NAME</th>
<th>GUNAS</th>
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<th>VIRYA</th>
<th>VIPAKA</th>
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<tbody>
<tr>
<td>1.</td>
<td>Kutaj</td>
<td>Holerrhen Aantidysentrica</td>
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<td>2.Pakwa</td>
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