Prof. Govind sahay shukl¹ Dr. Manisha Goyal² Dr. Rajaram Agarwal³
1. HOD & Professor, Department of Rasashastra & Bhaishajya kalpana,
2. Assistant professor, Department of Rasashastra & Bhaishajya kalpana,
3. Associate professor, Department of Rasashastra & Bhaishajya kalpana,
Dr. S.R.Raj. Ayu. University, Jodhpur

ABSTRACT
Ayurveda 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 Ayurveda 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
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 Jatharâgni* (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,**
- **Kṣārakarma,**
- **Jalaukāvacārana,**
- **Śaṣtrakarma**
- **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, fragment and taste also.

**IMPORTANCE OF HERBOMINERAL PREPARATIONS**

- The innate qualities of *Rasausadhies* 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 *rasachkitsa* we cure incurable disease also therefore *rasachkitsa* 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 like *shooran*.

4. Bioavailability enhancer: the ingredient which may enhance the bioavailability of the drug in the body like *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***

<table>
<thead>
<tr>
<th>s.n.</th>
<th>Name of the drug</th>
<th>Latin name</th>
<th>Quantity (gm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Kāsīsa</em></td>
<td>Green vitriol (FeSO₄.5H₂O)</td>
<td>12</td>
</tr>
<tr>
<td>2.</td>
<td><em>Manashila</em></td>
<td>realgar (AS₂ S₂)</td>
<td>12</td>
</tr>
<tr>
<td>3.</td>
<td><em>Hartal</em></td>
<td>orpiment(AS₂ S₃)</td>
<td>12</td>
</tr>
<tr>
<td>4.</td>
<td><em>Vidanga</em></td>
<td>Embelia ribes</td>
<td>12</td>
</tr>
<tr>
<td>5.</td>
<td><em>Karavira</em></td>
<td>Nerium indicum</td>
<td>12</td>
</tr>
<tr>
<td>6.</td>
<td><em>Langali</em></td>
<td>Gloriosa superva</td>
<td>12</td>
</tr>
<tr>
<td>7.</td>
<td><em>Saindhava</em></td>
<td>Rock salt</td>
<td>12</td>
</tr>
<tr>
<td>8.</td>
<td><em>Pashanbhed</em></td>
<td>Bergenia lingulata</td>
<td>12</td>
</tr>
</tbody>
</table>
8. Pippali  Piper longum  12
9. Citrakmula  Plumbago Zeylanica  12
10. Dantimula  Baliospermum montanum  12
11. Arka kṣira  Calotropis Procera  12
12. Snuhi kṣira  Euphorbia nerifolia  12
13. Swarnakshiri  Argimone maxicana  12
14. Tila taila  Sesamum indicum  12
15. Gomutra  Cow’urine  12

PROBABLE MODE OF ACTION OF KĀŚĪŚĀDI TAILA
Kāśīśādi taila possess Uṣṇa, 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.
Kāsīśādi Taila destroys the Arśa due to working like kṣāra without hampering the normal structure of guda.
In pharmaceutical point of view Khara Pāka of Kāśīśādi 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 Kāśīśādi taila due to its corrosive effect on the wall of affected veins by Lekhana property of contents of Kāśīśādi 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. Kāśīśādi 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

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

References


8. Indradev Tripathi 2010, Rasendra sar sangraha, rasvidhyotini tika, hindi commentary, chaukhambha orientalia Varanasi, 219, 2/5-7

