

**A REVIEW ON CHARKOKTA ARSHOGHNA MAHAKASHAY AND ITS EFFICACY IN  
AADRA AND SHUSHKA ARSHA**

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**ABSTRACT**

Ayurveda is one of the oldest system of medicine. It emphasis to attain the total body health rather than to manage disease. Ayurveda describe verities of drugs for the management of diseases. Arsha (Hemorrhoids) is an ano-rectal disorder. These are enlarged and bulging veins in and around the rectum and anus. According to Ayurveda anus is called Gud and it contain three wali (fold of muscle) which are called Pravahini, Visarjani and savarini respectively. Hemorrhoids are located in these three fold. Ayurvedic texts describe lots of drugs for the management of hemorrhoids. Charak samhita is oldest and most important classical Ayurvedic text. Its author Acharya Charak describes for Varity of drugs for its management and he also explain Arshoghna Mahakashay. (Mahakashay means group of ten drug targeted for specially describe disease). Acharya Charak classify Arsha as a Aadra (bleeding pile mass) and Shuska (Non bleeding pile mass). Drugs of Arshoghna Mahakashay targeted as it and show anti-hemorrhoidal action. In this review article drugs are discussed on their properties and evaluate their Arshoghna (anti-hemorrhoidal) action.

**KEYWORDS:** Ayurveda, Arsha, Arshoghna, Mahakashay, Charak samhita.

**INTRODUCTION**

Arsha (Hemorrhoids) is an ano-rectal disorder. These are enlarged and bulging veins in and around the rectum and anus. Arsha is very well described by Ayurvedic classical text. According to Acharya Vagbhata Arsha is an muscular projection (manskeelaka) causes obstruction of the Gud (Anus) and troubles the patient like enemy. अरिवत प्राणिनो मांसकीलका विशंसन्ति । अर्शास्ति तस्मादुच्यन्ते गुदमार्गनिरोधतः<sup>[1]</sup> ।। (A. h. ni.7/1) Acharya Charak very well describe the Arsha. According to them the muscular projection in the Guda is called Arsha with the pathological involvement of Meda Mamsa and Twak

while another places body Arsha is known as Adhimansa.<sup>[2]</sup> (c.chi.14/6). According to Ayurveda anus is called Gud. Acharya sushruta explain the Gud clearly, it is the last part of stulantra (large intestine). The total length of Guda is 4 & 1/2angul. स्थूलान्त्रमतिबद्धमर्द्धपंचागुल गुदमाहुः<sup>[3]</sup> । (s.ni.2/5). It contains three folds of muscle called valies i.e. Pravahini, Visarjani and Samvarani respectively.

**Types of Arsha**

Ayurveda classify the hemorrhoids on the basis of origin, bleeding and predominance of Doshas.

**Table 1: Showing the classification of the hemorrhoid according to Ayurveda.**

Sr. no.	Basis of classification	Types	References
1.	Origin <sup>[4]</sup>	1. Sahaja 2. Janmottarakalaja	By Acharya charak (c.chi. 14/5)
2.	The bleeding nature <sup>[5]</sup>	1. Aadra 2. Shushka	By Acharya charak (c.chi. 14/38)
3.	Predominance of Dosha <sup>[6]</sup>	1. Vataj 2. Pittaj 3. Kaphaj 4. sonitaj 5. sahaj 6. Sannipataj	By Acharya Sushruta (s.ni. 2/3)
4.	On the basis of prognosis (Sadhyta & Asadhyta) <sup>[7]</sup>	1. Krichcha Sadhya 2. Yapya (Palliative) 3. Asadhay(Incurable)	By Acharya Sushruta (s.ni. 2/25-26)
5.	On the basis of management <sup>[8]</sup>	1. Bshhaja sadhya 2. Kshara sadhya 3. Agnikarma sadhya 4. Shastra sadhya	By Acharya Sushruta (s.chi.6/3)

1. Sahaja Arsha is due to congenital anomaly in the formation of Gud. At the time of formation of Gud Artav (According to Ayurvedic classics Gud is formed by Artav) get contaminated and it lead to the formation of congenital hemorrhoids. Janmottarakalaja Arsha occurs due to the faulty food habits and behavior.
2. Charaka has classified arsha as Aardra and Shushka. Aardra (bleeding piles) known as Sravi, are due to vitiation of Rakta and pitta dosha. Shushka Arsha (non bleeding pile masses) is due to vitiation of Vata and Kapha dosha.
3. On the basis of the predominance of Dosha Acharya Sushruta classified Arsha in to six types these are Vataj, Pittaja, Kaphaja, Sonitaj, Sannipataj and sahaj.
4. Acharya Sushruta also classified Arsha on the basis of prognosis. If Arsha get vitiated by all three doshas but symptom are less it is Yapya. If Arsha get vitiated by two doshas, located in second wali and it is one year old it is Krichcha sadhya. Sahaj (congenital) and vitiated by all three doshas, it is Asadhya.
5. On the basis of management Acharya Sushruta classified Arsha in to four types i.e. Bshhaja sadhya, Kshara sadhya, Agnikarma sadhya and Shastra sadhya. Out of these bshhaj sadhya Arsha treated by drugs.

## MATERIAL AND METHOD

In charak samhita sutrsthan chapter four acharya Charak mentioned Ashoghna Mahakashay. In this Mahakashay Achaya has mentioned ten Dravya. Dravya of Arshoghn mahakashay i.e.

कुटजबिल्वचित्रकनागरातिविषाभयाधन्वयासकरुहरिद्रावचाचव्यनीति इति दशमोऽध्यायः। (c.su.4/12).<sup>[9]</sup>

**Table 1: Botanical name, family and morphology of Arshoghna Mahakashay.<sup>[10]</sup>**

Sr no.	Hindi name	Botanical name	Family	Morphology
1	कुटज	Holarrhena antidysenterica Linn.	Apocynaceae	Small deciduous tree.
2	बिल्व	Aegle marmelos corr.	Rutaceae	Medium to fairly large sized deciduous tree with sharp, axillary spine.
3	चित्रक	Plumbago zeylenica Linn.	Plumbaginaceae	A perennial herb.
4	नागर	Zingiber officinale Rose.	Zingiberaceae	Perennial herb with aromatic rhizome.
5	अतिविषा	Aconitum heterophyllum Wall	Rnunculaceae	Herb
6	अभया	Terminalia chebula Retz	Combretaceae	It is a large tree with silver or red colour hair over the branches. Fruits are obovoid or ellipsoid with more or less five lines on it.
7	धन्वयास	Fagonia cretica Linn	Zygophyllaceae	Small spiny herb
8	दारुहरिद्रा	Berberis aristata DG	Berberidaceae	Herb
9	वचा	Acorus calamus Linn	Araceae	Aromatic marshy herb with horizontally spreading rhizome.
10	चव्य	Piper retrofractum Vahl.	Piperaceae	It is an aromatic climber looks as Piper longum.

**Table 2: Properties of Dravys (Ras, Guna, Veerya and Vipak).<sup>[11]</sup>**

Sr no.	Hindi name	Ras,	Guna	Vipak	Veerya
1	कुटज	Tikta, kashay	Laghu, Ruksha	Katu	Sheet
2	बिल्व	Kashay, Tikta	Laghu, Ruksha	Katu	Ushna
3	चित्रक	Katu	Laghu, Rukshu and Tikshna	Katu	Ushna
4	नागर	katu	Laghu, Snigdha	Madhur	Ushna
5	अतिविषा	Tikta, katu	Laghu, Ruksha	Katu	Ushna
6	अभया	Pancha rasyukta kashay pradhan	Laghu, Ruksha	Madhur	Ushna
7	धन्वयास	Kashay, Tikta, Madhur, Katu	Laghu, Snigdha	Madhur	Ushna
8	दारुहरिद्रा	Tikta, kashay	Laghu, Ruksha	Katu	Ushna
9	वचा	Katu, Tikta	Laghu, Tikshna	Katu	Ushna
10	चव्य	Katu	Laghu, Snigdha and Tikshna	Madhur	Anushna

**Table 3: Action of dravyas (Doshakarmata).**<sup>[12]</sup>

Sr no.	Hindi name	Doshakarmata
1	कुटज	It pacify Kapha and Pitta Dosh due to its Ruksha, Tikta, Kashay and Sheet properties.
2	बिल्व	It pacify Kapha Dosh due to its Ruksha, Laghu, Kashay and Tikta property and Vata Dosh due to its Ushna property
3	चित्रक	It pacify Vata and Kapha Dosh due to its Ushna, katu and Tikshna property
4	नागर	It pacify Vata and Kapha Dosh due to its Ushna property
5	अतिविषा	It pacify all three Doshas but due to its Tikta Ras pacify Pitta Dosh and Ushna property pacify Vata Dosh
6	अभया	It pacify all three Dosh, due to its Madhur, Tikta, Kashay Ras pacify Pitta Dosh, Due to Katu, Tikta, Kashay Ras pacify Kapha Dosh and due to Amla and Madhur Ras pacify Vata dosha.
7	धन्वयास	It pacify Vata and Pitta Dosh
8	दारुहरिद्रा	Due to its Tikta and Kashay ras pacify Pitta Dosh and its Ushna property it act on Kapha Dosh
9	वचा	Due to Katu and Ushna property it pacify Vata and and Kapha Dosh
10	चव्य	Due to Katu and Ushna property it pacify Vata and and Kapha Dosh

**DISCUSSION**

- On the basis of management acharya Sushrut has mentioned Bheshaj sadhya Arsha (hemorrhoids). Arshas, which are of recent origin, minimum vitiation of Dosh and uncomplicated can be treated by medicine.
- Both Acharya Charak in chikitsa sthan chapter 14 and sushrut in nidan sthan chapter 2 told, the main cause of arsha is Mandagni (abnormal /depressed digestive fire). The systemic medicines act by improving appetite, regularize bowel habits, maintain Agni and Doshas in equilibrium. यद्वायोरानुलोम्यायदग्निबलवृद्धये। अन्नपानौषधद्रव्यं तत सेव्यं नित्यमर्शसे।। (c.chi.14/ 247)<sup>[13]</sup>
- According to acharya Sushrut and ras vaisheshikkar for the management of Jathragni (digestive fire) katu, amla, lavan ras, ushna veerya and tikshna, ushna, laghu dravya are used. दीपनमग्निभूयिष्ठं तत्समानत्वात्।<sup>[14]</sup> (s.su 41/10) कटुकाम्ललवणान रसान् तीक्ष्णोष्णलघून् गुणानाश्रिमिति। तदग्निवैव निर्वृत्यम्।<sup>[15]</sup> (r.vai. 4/10) Drugs like bilva, chitrak, nagar, ativisha, abhaya, dhanvyas and vacha of arshogna mahakashay are used.
- Acharya Charak in chikitsasthan classify Arsha as aadra & sushka. Aadra arsha is due to vitiation of Rakta and Pitta dosha. According to acharya charak sheet veerya and madhur, tikta & kashay ras dravya are use for the management of Rakta and Pitta dosha. So that dravya like kutaj used for the management of aadra arsha.
- Drugs which are katu ras and ushna veerya pacify the vata & Kapha Dosh and manage pain & mucus secretion hence drugs bilva, chitrak, nagar, ativisha, dhanvyas, daruharidra can be use for sushkarsh.

**CONCLUSION**

- Dravya of arshoghna mahakashay are sheet and ushna both in nature.
- Dravya which are madhur ras and sheet veerya in nature are used for Aadra arsha.

- Dravya which are katu ras and ushna veerya are used for the management of shushkarsha.
- Arshnoghna mahakashay described by acharya charak can be use as preventive and management purpose of arsha.

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