



APPLICATION OF RASAAUSHADHI IN ARSHAROGA MANAGEMENT - A CRITICAL ASSESSMENT

*Dr. Bhavisha Siddhpura

Assistant Professor, Department of Rasashastra and Bhaishajya Kalpana Dr. Vasant Parikh Ayurvedic Medical College, Vadnagar, Gujarat India.

*Corresponding Author: Dr. Bhavisha Siddhpura

Assistant Professor, Department of Rasashastra and Bhaishajya Kalpana Dr. Vasant Parikh Ayurvedic Medical College, Vadnagar, Gujarat India.

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ABSTRACT

Background: In Ayurveda, *Arsha* is classified as a *Tridoshaja-Vikar* and also include in *Astamahagada* (Eight great diseases). *Arsha* is most common disease of ano-rectal region which is develop from various factors including dietary habits, lifestyle choices, anatomical abnormalities and genetic predisposition. **Aim:** To analyze *Rasaashadhi* used in *Arsha Chikitsa*. **Material & Method:** Relevant Ayurvedic literature, modern texts as well as the data bases search engines, journal, were used to searched and presented in an organized manner. **Result:** Total 11 *Rasa* formulations found from different classical text which are used in *Arsharoga* also its ingredient shows *Arshahara* properties i.e. *Parada, Gandhaka, Abhraka Bhasma, Tamra Bhasma, Loha Bhasma, Tankana, Vatsnabh, Bhallataka, Snuhikshira, Surana* etc. **Conclusion:** The exclusive approach of incorporation of *Rasaashadhi* formulations used in the treatment of *Arsharoga* significantly enhances the quality of life for individuals.

KEYWORDS: *Arsha, Rasaashadhi, Hemorrhoids.*

INTRODUCTION

Arsha is defined as the fleshy projection which creates obstruction in anal passage, kills the life like enemy.^[1] Acharya Sushruta considers *Arsharoga* in *Mahagada* (Great diseases) and as dreadful diseases affecting the ano-rectal region. The causes of the disease ranging from hereditary factors to anatomical deformities, lifestyle changes and diet. The estimated worldwide prevalence of hemorrhoids in the general population is to be 4.4%.^[2] The presence of *Arsha* can significantly impact one's quality of life, as it often brings about a wide range of complication.

Acharya Sushruta outlined four fundamental therapeutic approaches for the management of *Arsha* namely *Bheshaja Chikitsa, Kshara Karma, Agni Karma* and *Shashtra Karma* and these treatments must follow in definite order so that, always start with *Bheshaja Chikitsa* and then later one.^[3] *Bheshaja Chikitsa* includes various single or compound formulations containing herbal drug or herbo-mineral or metallic drug (*Rasaashadhi*). *Rasaashadhi* are effective in small doses, has no taste, fast acting and quick assimilation in small doses in the body.^[4] Through the *Rasaashadhi* *Arsha* can manage well so that not going to further surgical procedure. Our Acharya described numerous *Rasaashadhi* for the treatment of *Arsharoga*.

Here, attempt was made to collect the all date from various Ayurvedic literature regarding *Rasaashadhi* used in management of *Arsharoga* and find out the role of *Rasaashadhi* used in management of *Arsharoga*.

MATERIAL AND METHOD

A review has been made to collect and compile of the *Rasaashadhis* with their ingredients, dose and *Anupana* (vehicle for drug administration) that are used in the treatment of *Arsharoga* from various Ayurvedic classical texts.

Table 1 shows *Rasaashadhi* used in treatment of *Arsharoga* with its ingredients, *Bhavana Dravya* used, indication, dose and *Anupana*.

Table 1: Shows *Rasaashadhi* used in *Arsha Chikitsa*.^[5]

Sr. no.	Name of Formulation	Ingredient	Bhavana Dravya	Indication	Dose & Anupana
1	Rasa Gutika	Rasasindura	Gangapalak Rasa	Arsha, Dipana	1 Ratti
		Vidanga			
		Maricha			
		Abhraka Bhasma			
2	Arsha kuthara Rasa	Shu. Parada	Go-mutra & Snuhi kshira	Sarva Roga Hara, Arsha	2 Masha
		Shu. Gandhaka			
		Loha Bhasma			
		Abhrak Bhasma			
		Tamra Bhasma			
		Sunthi			
		Marich			
		Pippali			
		Danti			
		Shu. Tankan			
		Yavakshara			
Saindhava					
3	Arsha Kuthara Rasa 2 nd	Shu. Parada	Go-Mutra & Snuhi kshira	Guda keela Nashak	1 Masha
		Shu. Gandhaka			
		Loha Bhasma			
		Abhrak Bhasma			
		Bilvaphala Majja			
		Chitraka Moola			
		Langali			
		Marich			
		Haritaki			
		Danti			
		Shu. Tankana			
		Yavakshara			
		Saindhava Lavana			
		Snuhi Kshira			
Go-mutra					
4	Tikshanamukho Rasa	Rasa Sindoor	Kumari Swarasa	Arsha	1 Ratti With Sharkara
		Tamra Bhasma			
		Suvarna Bhasma			
		Abhrak Bhasma			
		Tikshana Loha Bhasma			
		Munda Loha Bhasma			
		Shu. Gandhaka			
		Mandura Bhasma			
Suvarna Makshika Bhasma					
4	Chakrakhyo Rasa	Parada Bhasma	Bhallataka Kwatha	Sarva Arsha Nashak	2 Gunja
		Tamra Bhasma			
		Abhrak Bhasma			
		Vaikrant Bhasma			
		Kansya Bhasma			
		Shu. Gandhaka			
5	Chanchat Kuthar Rasa	Shu. Parada	Go-mutra & Snuhi kshira	Sarva Arsha Nashak	2 Ratti
		Shu. Gandhaka			
		Loha Bhasma			
		Trikatu			
		Danti			
		Kushtha			
		Langali			
Yavakshara					

		<i>Saindhava</i>	5 Parts			
		<i>Shu. Tankan</i>	5 Parts			
6	<i>Chakreshwar Rasa</i>	<i>Shu. Parada</i>	4 Parts	<i>Sweta Punarnava</i>	<i>Vataj Arsha</i>	2 <i>Gunja</i>
		<i>Shu. Tankana</i>	5 Parts			
		<i>Abhrak Bhasma</i>	5 Parts			
7	<i>Shilagandhaka Vatika</i>	<i>Shu. Manahshila</i>	1 Part	<i>Bhrungraj Swarasa, Madhu, Ghrita</i>	<i>Arsha, Agnivardhaka</i>	2 <i>Ratti</i>
		<i>Shu. Gandhaka</i>	1 Part			
8	<i>Jatiphaladi Vati</i>	<i>Jatiphala</i>	1 Part	<i>Jambiri Swarasa</i>	<i>Arsha, Agnivardhaka</i>	3 <i>Ratti</i>
		<i>Lavanga</i>	1 Part			
		<i>Pippali</i>	1 Part			
		<i>Saindhava</i>	1 Part			
		<i>Sunthi</i>	1 Part			
		<i>Dhatura Beeja</i>	1 Part			
		<i>Shu. Hingula</i>	1 Part			
		<i>Shu. Tankana</i>	1 Part			
9	<i>Panchanan Vati</i>	<i>Shu. Parada</i>	1 Part	<i>Vanya Surana & Mankand Swarasa</i>	<i>Sarva Arsha, Kushtha, Mrityurogavina shana</i>	1 <i>Masha</i> with <i>Ghrita</i>
		<i>Abhrak Bhasma</i>	1 Part			
		<i>Loha Bhasma</i>	1 Part			
		<i>Tamra Bhasma</i>	1 Part			
		<i>Shu. Gandhaka</i>	1 Part			
		<i>Shu. Bhallataka</i>	5 Parts			
10	<i>Nityodit Rasa</i>	<i>Shu. Parada</i>	1 Part	<i>Vanya Surana & Mankand Swarasa</i>	<i>Sarva Arshahara</i>	1 <i>Masha</i> with <i>Ghrita</i>
		<i>Abhrak Bhasma</i>	1 Part			
		<i>Loha Bhasma</i>	1 Part			
		<i>Tamra Bhasma</i>	1 Part			
		<i>Shu. Vatsnabh</i>	1 Part			
		<i>Shu. Gandhaka</i>	1 Part			
		<i>Shu. Bhallataka</i>	6 Parts			
11	<i>Astanga Rasa</i>	<i>Shu. Gandhaka</i>	1 Part	<i>Shallamali & Guduchi Swarasa</i>	<i>Sarva Arshahara</i>	4 <i>Masha</i>
		<i>Shu. Parada</i>	1 Part			
		<i>Mandoor Bhasma</i>	1 Part			
		<i>Triphala</i>	1 Part			
		<i>Trikatu</i>	1 Part			
		<i>Chitraka</i>	1 Part			
		<i>Twaka</i>	1 Part			

Total 5 ingredients are most frequently used as *Arshahara* properties in *Rasaushadhi* used for *Arsharoga* (Table no. 2).

Table 2: Shows formulations' ingredients with *Arshanashak/Arshahara* property.

Sr. No.	Name of <i>Rasadravya</i>	Ingredient used for <i>Bhasma</i> Process	Properties	<i>Anupana</i>	<i>Matra</i> (Dose)
1	<i>Abhrak Bhasma</i> ^[6-7]	<i>Kashmarda Swarasa, Erandapatra Swarasa, Triphala, Kakmachi, Kshiratraya, Kumari, Gomutra, Guduchi</i>	<i>Sarvarogahara,</i>	<i>Trikatu, Ghrita</i>	1 <i>Valla</i>
2	<i>Tamra Bhasma</i> ^[8]	<i>Jambiri Nimbu Swarasa</i>	<i>Arsha Nashak</i>	<i>Madhu & Ghrita</i>	1/8 to 1/2
3	<i>Loha Bhasma</i> ^[9]	<i>Triphala Kwatha</i>	<i>Sarvavyadhihara, Arsha</i>	<i>Triphala, Madhu, Ghrita, Navanita, Dugdha, Shilajita</i>	1 to 2 <i>Ratti</i>
4	<i>Hingula</i> ^[10]	-	<i>Sarvadoshaghna</i>	-	-
5	<i>Tankana</i> ^[11]	-	<i>Saraka, Vatakaphaghna</i>	-	1 to 2 <i>Ratti</i>

Vatsnabh and *Bhallataka* are ingredients of most of *Arsha* formulation and also they both have *Arshanashak Guna* (Table no. 3).

Table 3: Shows Vishadravya used as ingredient in Arsha formulations.

Sr. No.	Name of Vishadravya	Ingredient used for Shodhana Process	Properties	Anupana	Matra (Dose)
1	Vatshnabh ^[12]	Gomutra/Godugdha/Ajadugdha	Gudamayahara	-	1/16 to 1/8 Ratti
2	Bhallataka ^[13]	Narikel Jala	Arsha Nashak	-	1 to 3 Ratti

Table 4: Shows liquid media used for Arsha formulations.

Sr. No.	Name of liquid media	Properties	Matra (Dose)
1	Snuhi Kshira ^[14]	Gudankurahara Param, Virechana Kara	-
2	Bhallataka ^[15]	Arsha Nashak	1 to 3 Ratti
3	Go-mutra ^[16]	Arsha Nashak	-

Table 5: Shows the Arsha formulation used for different types of Arsharoga.^[17]

Sr. no.	Type of Hridroga	Name of Formulation
1	Vataj Arsha	Arshakuthar Rasa
2	Pittaja Arsha	Tikshanamukha Rasa
3	Kaphaja Arsha	Panchanan Vati
		Shilagandhaka Vati
		Arkayoga
4	Raktaj Arsha	Panchanan Rasa
		Rasaparpati
5	Sarva Arsha	Astanga Rasa
		Rasa gutika
		Kanakasundar Rasa

DISCUSSION

Arsha is the most common disease seen in the present era. Factors such as urbanization, changing lifestyles, dietary habits, changes in bowel patterns and associated psychological discomfort contribute to this rise in prevalence. The World Health Organization (WHO) recognizes the severity and impact of disease, commemorating World Piles Day every 20th of November. Ayurveda provides effective management strategies for Arsha. Our revered Acharaya have outlined various treatment measurements to cure Arsha i.e. *Bheshaja Chikitsa*, *Agni Karma*, *Kshara Karma* & *Shashtra Karma*. Following these measures in a specific order is crucial for effectively treating Arsharoga, with *Bheshaja Chikitsa* being the initial line of intervention.

Bheshaja Chikitsa encompasses a wide range of therapeutic approaches for the management of Arsharoga, including the utilization of herbal drug preparation and formulations containing minerals and metals. These preparations are applied both internally and externally. The extensive utilization of *Rasaaushadhi* (herbo-mineral or metal-containing formulations) can be attributed to their numerous qualities, such as effective in small doses, has no taste, fast acting and quick assimilation in small doses in the body. Through the aid of *Rasaaushadhi*, Arsharoga can be prevented and cured without the onset of complications.

After reviewing texts, it is revealed that 11 formulations are specifying for the treatment of Arsharoga (Table

no.1). Among these, *Parada*, *Gandhaka*, *Abhraka Bhasma*, *Tamra Bhasma*, *Loha Bhasma* and *Tankana* are the most frequently used ingredients in these formulations. The rationale behind their prominence lies in their inherent properties that make them efficacious in the treatment of Arsharoga (Table no. 2). Furthermore, the other components found in these Arsha formulations also possess Arshahara properties, exemplified by *Vatshnabh* and *Bhallataka* (Table no.3).

In the *Bhavana* process of Arsha formulation, liquid media such as *Snuhi Kshira*, *Bhallataka Kwatha* and *Gomutra* are utilized and it is noteworthy that all three of these substances also exhibit Arshahara properties (Table no. 4). In addition, other herbal drugs like *Amalaki*,^[18] *Haritaki*,^[19] *Sunthi*,^[20] *Pippali*,^[21] & *Suran*^[22] possess Arshanashak Guna, indicating that a synergistic combination of these properties in a single formulation may yield maximum efficacy in treating diseases. This concept of amalgamating various potent elements into one formulation to enhance its therapeutic potency was conceived by our revered Acharya.

In addition to these formulations, the Rasachikitsa text described specific Arsha formulations tailored to each *Dosha*, addressing various types Arsha. *Arshakuthar Rasa* is used for *Vataj Arsha*, *Tikshanamukha Rasa* used for *Pittaja Arsha* while *Panchanan Vati*, *Shilagandhaka Vati* and *Arkayoga* are used for *Kaphaja Arsha*. *Panchanan Rasa*, *Rasaparpati* and *Astanga Rasa*, *Rasa Gutika*, *Kanakasundar Rasa* are used for *Raktaj Arsha* and *Sarva Arsha* respectively (Table no. 5).

CONCLUSION

Arsharoga stands as one of the most prevalent diseases affecting the ano-rectal region with causative factors ranging from hereditary factors to anatomical deformities, diet habits and life style choices. Ayurveda provides valuable preventive strategies and treatment avenues for *Arsharoga*. *Rasaushadhi*, a pivotal element, works at cellular level with quick assimilation and fast action without any adverse effect. By harnessing the advantages of *Rasaushadhi*, *Arsharoga* can be effectively managed, leading to a notable improvement in the overall quality of life for individuals.

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