



# International Research Journal of Integrated Medicine & Surgery

## **CRITICAL REVIEW STUDY OF CHARAKOKTA ARSHOGHNA MAHAKASHAY WITH SPECIAL REFERENCE TO ARSHA.**

**Dr. Pragati P. Kore<sup>1</sup>, Dr. Ashok D. Ramteke<sup>2</sup>, Dr. Rajshree Gavand<sup>2</sup>, Dr. Sayali V. Vaidya<sup>3</sup>, Dr. Kanchan I. Rajput<sup>4</sup>**

<sup>1</sup> PG Scholar, Department of Dravyaguna Vidnyan, APM's Ayurved Mahavidyalaya, Sion, Mumbai – 22.

<sup>2</sup> Professor & Head of Department of Dravyaguna Vidnyan, APM's Ayurved Mahavidyalaya, Sion, Mumbai – 22.

<sup>2</sup> Assistant Professor, Department of Dravyaguna Vidnyan, APM's Ayurved Mahavidyalaya, Sion, Mumbai – 22.

<sup>3</sup> PG Scholar, Department of Dravyaguna Vidnyan, APM's Ayurved Mahavidyalaya, Sion, Mumbai – 22.

<sup>4</sup> PG Scholar, Department of Dravyaguna Vidnyan, APM's Ayurved Mahavidyalaya, Sion, Mumbai – 22.

**Corresponding Author –**

**Dr. Pragati P. Kore**

**Final M.D PG Scholar, Department of Dravyaguna Vidnyan,  
APM's Ayurved Mahavidyalaya, Sion, Mumbai – 22.**

**Email Id- pragatikore1995@gmail.com**

**Contact no – 9545153936**

### **ABSTRACT**

*Arsha* is a very common disease in a India. *Arsha* is clinically a engorged condition of Haemorrhoidal venous plexus, characterized by inflamed or prolapsed pile mass, bleeding per rectum & some discharge from anus. In *Ayurveda* fourfold management of *Arsha* has been indicated i.e. *Bheshaj*, *Kshar Karma*, *Agnikarma* & *Shashtra Karma* according to chronicity & presentation of disease. In *Charak Sutrasthan* Chapter 4 *Acharya Charak* mention the 50 *Mahakashay's* in which *Arshoghna Mahakashay* is also mentioned. In *Arshoghna Mahakashay Acharya Charak* gives description about 10 *dravyas* i.e. *Kutaja*, *Bilva*, *Chitrak*, *Nagara*, *Ativisha*, *Abhaya*, *Dhanvayas*, *Daruharidra*, *Vacha*, *Chavya*.



# International Research Journal of Integrated Medicine & Surgery

---

## **KEYWORDS**

*Arsha, Arshoghna Mahakashay, Haemorrhoids.*

---

## **INTRODUCTION**

The drugs are tools of physician. The rational use of drugs means that the half of the treatment is done. In *Ayurvedic* classics there are lot of single and compound drugs which are mentioned. The logical application of these drugs according to different stages of disease and conditions of patient gives better result. *Acharya Charak* mentioned *Bheshaj* as a second important factor in *Chikitsa Chatuspad*. *Arsha* is being described by all the classics of *Ayurveda*. *Acharya Sushruta* and *Vagbhat* even placed this disorder in the “*Ashta Mahagada*”. *Arsha* is a very common disease because of sedentary lifestyle, lack of exercise, improper or irregular diet intake, prolonged standing or sitting, faulty habits of defaecation etc. this results into *jatharagni dushti* leading to vitiation of *tridoshas* mainly *vatadosha*. Vitiated *doshas* get localized at *guda vali & pradhan dhamni* to *Annavaha srotodushti* leads to development of *Arsha*. *Arsha* is well known for its chronicity and difficult management. WHO has declared 20<sup>th</sup> November of each year as “World Piles Day” which clearly indicates the infiltration of this disease all

over the world. *Arsha* is a *tridoshaj vikar* which causes lot of complications by causing different diseases and become difficult to treat. The aim of this study is to find out safe, effective and low cost therapy that covers various conditions of *Arsha*. Considering all these points *Charakokta Arshoghna Mahakashay* indicated for *Arsha* management in *Sutrasthan* Chapter 4 of *Charaksamhita* was selected for this study. Drugs of *Arshoghna Mahakashaya* is easily available all over the india. In present study an attempt is made to explain *Arshoghna karma* of all 10 drugs of *Arshoghna Mahakashaya*.

## **OBJECTIVES OF STUDY**

- To study the terms of *Arsha, Arshoghna karma* from *Ayurvedic* literature.
- To review the *Ayurvedic Arshoghna Mahakashaya* mentioned in *Charak Samhita*.



# International Research Journal of Integrated Medicine & Surgery

## MATERIALS & METHODS

- All texts available in the Modern & Ayurvedic literature i.e from all *Nighantus* were reviewed.
- Various research articles were reviewed.

## REVIEW OF LITERATURE

### Definition of *Mahakashaya Shabda*:-

“महाकषाय इति

दशसंख्यवच्छिन्नस्यैकार्यकरणार्थीपात्तस्यौषधग  
णस्य संज्ञा यद्वक्ष्याति इत्यादीना II”

(च. सू. 4/3 चक्रपाणी टीका)

It is the collection of ten medicinal plants which are indicated for one *vyadhi* together.

### Definition of *Arsha*:-

अरिवत् प्राणान् श्रुणाति हिनस्तीत्यर्थः II

( मा.नि./ अर्श / 1 टीका)

A disease which tortures patients vital force (*Prana*) as enemy is called as *Arsha*.

In today's day to day life of urgency & emergency patients neglects proper diet & lifestyle habits. In ends in reducing *agni* or making it *mandagni*. *Mandagni* means patient is not able to digest food material at proper speed & time. It results in accumulation of half digested food material (*aam*) in the form of stool inside or throwing it before time watery or semisolid form which disturbs *doshas* at anorectal region. It causes *Twak*, *Mansa*, *Meda dushti* so formation of pile mass.

### Classification of *Arsha* according to *Samhitas*:-

Sr. No.	Samhitas	Types	Name of types of <i>Arsha</i>
1.	<i>Charak Samhita</i>	2 2	1) <i>Sushka</i> 2) <i>Ardra</i> 1) <i>Sahaja</i> 2) <i>Janmottarakalaja</i>
2.	<i>Sushruta Samhita</i>	2 3 6	1) <i>Bahya</i> 2) <i>Abhyantara</i> 1) <i>Sadhya</i> 2) <i>Yapya</i> 3) <i>Asadhya</i> 1) <i>Vataja</i> 2) <i>Pittaja</i> 3) <i>Kaphaja</i> 4) <i>Raktaja</i> 5) <i>Sannipataja</i> 6) <i>Sahaja</i>
3.	<i>Ashtang Hridaya</i>	6	1) <i>Vataja</i> 2) <i>Pittaja</i> 3) <i>Kaphaja</i> 4) <i>Raktaja</i> 5) <i>Sannipataja</i> 6) <i>Sahaja</i>
4.	<i>Madhav Nidan</i>	6	1) <i>Vataja</i> 2) <i>Pittaja</i> 3) <i>Kaphaja</i> 4) <i>Raktaja</i> 5) <i>Sannipataja</i> 6) <i>Sahaja</i>



## International Research Journal of Integrated Medicine & Surgery

### *Arshoghna Mahakashaya:-*

*Acharya Charaka* has classified the *dravyas* as per their *karma* & pharmacological actions into 50 *Mahakashaya*. Each group contains 10 *dravyas* for a particular action out of these 50 *Mahakashaya* *Arshoghna Mahakashaya* is the 12<sup>th</sup> number *Mahakashaya*. Following

*dravyas* are mentioned in *Arshoghna Mahakashaya Kutaja, Bilva, Chitraka, Nagara, Ativisha, Abhaya, Dhanvayas, Daruharidra, Vacha & Chavya*.

कुटजबिल्वचित्रकनागरातिविषाभयाधन्वयासकदारुह  
रिद्रावचाचव्यानीतिदशेमान्यर्शोन्धानिभवन्ति॥  
(च.सु. ४/१२)

Sr. No.	Dravya Name	Latin Name	Family	Habitat	Parts used
1.	<i>Kutaja</i>	<i>Holarrhena antidysenterica</i>	Apocynaceae	Tree	Bark, Leaves, Seed, Flowers
2.	<i>Bilva</i>	<i>Aegle marmelos</i>	Rutaceae	Tree	Fruit, Leaves, Root
3.	<i>Chitraka</i>	<i>Plumago zeylanica</i>	Plumbaginaceae	Herb	Root bark
4.	<i>Nagara</i>	<i>Zinger officinale</i>	Zingiberiaceae	Herb	Rhizome
5.	<i>Ativisha</i>	<i>Aconitum heterophyllum</i>	Ranunculaceae	Herb	Tuberous root
6.	<i>Abhaya</i>	<i>Terminalia chebula</i>	Combretaceae	Herb	Fruit
7.	<i>Dhanvayas</i>	<i>Fagonia cretica</i>	Zygophyllaceae	Herb	Panchanga
8.	<i>Daruharidra</i>	<i>Berberis aristata</i>	Berberiaceae	Shrub	Root, Stem, Fruit
9.	<i>Vacha</i>	<i>Aconus calamus</i>	Araceae	Herb	Rhizome
10.	<i>Chavya</i>	<i>Piper retrofractum</i>	Piperaceae	Creepers	Root

### *Properties of Dravyas According To Bhavprakash Nighantu :-*

Sr. No	Dravya Name	Rasapanchaka	Chemical constituents	Pharmacological properties & actions
1.	<i>Kutaja</i>	<i>Rasa- Katu Vipak - Katu Virya - Sheeta Guna- Laghu, Ruksha</i>	Conessine, conessimine, conkurchin, holarrhenine, holarhimine, antidysentericine	Antispasmodic
2.	<i>Bilva</i>	<i>Rasa- Madhur, Kashay Vipak – Madhur Virya- Sheeta</i>	Marmelosin, aegelin, aegelinin, marmin, marmesin, marmesinine	Anti-inflammatory



## International Research Journal of Integrated Medicine & Surgery

3.	<i>Chitraka</i>	<i>Rasa- Katu, Tikta Vipak- Katu Virya- Ushna Guna- Laghu, Ruksha</i>	Plumbagin, 3- chloroplumbagin, chitranone, plumbagic acid	Anti-inflammatory
4.	<i>Nagara</i>	<i>Rasa- Tikta, Katu Vipak- Katu Virya- Sheeta</i>	Zingiberene, zingiberol, zingerone, gingerol, gingirin	Anti-inflammatory
5.	<i>Ativisha</i>	<i>Rasa- Tikta, Katu Vipak- Katu Virya- Ushna</i>	Atisine, heteratisine, isoatisine, hetisine	Antispasmodic, antidiarrhoeal
6.	<i>Abhaya</i>	<i>Rasa- Panchrasa Lavanrahit Vipak- Madhur Virya- Ushna</i>	Chebulagic acid, chebulinic acid, chebulin, vitamin c, arachidic, behenic, linoleic, oleic, palmitic & stearic acid	Antispasmodic, purgative
7.	<i>Dhanvayas</i>	<i>Rasa- Katu, Tikta Vipak- Katu Virya- Ushna Guna- Laghu, Ruksha</i>	Fagogenine, alkaloids, sitosterol, saponins, triterpenoids, ceryl alcohol	Analgesic, anti-inflammatory
8.	<i>Daruharidra</i>	<i>Rasa- Tikta, Kashay Vipak- Katu Virya- Ushna Guna- Laghu, Ruksha</i>	Berberine, oxyberberine, berbamine, oxycanthin, aromoline, karachine, palmatine, taxilamine, jatrorrhizine	Local anaesthetic, anti-inflammatory
9.	<i>Vacha</i>	<i>Rasa- Katu, Tikta Vipak- Katu Virya- Ushna Guna- Laghu, Tikshna</i>	Asarylaldehyde, asarone, acorin, acordin, eugenol, caffeine, calamol, sesquiterpenes	Analgesic, spasmolytic
10.	<i>Chavya</i>	<i>Rasa- Katu Vipak- Katu Virya- Ushna Guna- Laghu</i>	Piperine, sitosterol, piplartine, retrofractamide A,B,C & D	Anti-inflammatory

### *Rasapanchak Of Dravyas According To Various Nighantus*

<b>Dravya Name</b>	<b><i>Dhanvantari Nighantu</i></b>	<b><i>Raj Nighantu</i></b>	<b><i>Kaiyadeva Nighantu</i></b>	<b><i>Madanpal Nighantu</i></b>
<i>Kutaja</i>	<i>Rasa- Katu, Tikta Vipak-Katu Virya- Sheeta Guna-Ruksha</i>	<i>Rasa- Katu, Kashaya, Tikta Vipak- Katu Virya- Ushna</i>	<i>Rasa- Kashay, Katu Vipak- Katu Virya- Sheeta Guna- Ruksha</i>	<i>Rasa-Katu, Kashaya Vipak- Katu Virya- Sheeta Guna- Laghu, Ruksha</i>
<i>Bilva</i>	<i>Rasa-Katu, Tikta,Kashaya</i>	<i>Rasa- Madhur, Kashay Vipak-</i>	<i>Rasa- Katu, Kashay, Tikta</i>	<i>Rasa- Kashaya. Katu</i>



# International Research Journal of Integrated Medicine & Surgery

	<i>Vipak- Katu Virya- Ushna Guna-Snigdha, Tikshna,</i>	<i>Virya- Ushna</i>	<i>Vipak- Katu Virya- Ushna Guna- Snigdha, Tikshna, Laghu</i>	<i>Vipak- Katu Virya- Ushna Guna- Snigdha, Laghu</i>
<i>Chitraka</i>	<i>Rasa- Katu Vipak- Katu Virya- Ushna</i>	<i>Rasa- Katu Vipak- Katu Virya- Ushna Guna- Laghu</i>	<i>Rasa- Katu Vipak- Katu Virya- Ushna</i>	<i>Rasa-Katu Vipak-Katu Virya- Ushna Guna –Laghu, Ruksha</i>
<i>Nagara</i>	<i>Rasa- Katu Vipak- Katu Virya- Ushna Guna- Snigdha</i>	<i>Rasa- Katu Vipak- Katu Virya- Ushna</i>	<i>Rasa- Katu Vipak- Madhur Virya- Ushna Guna- Laghu</i>	<i>Rasa-Katu Vipak-Katu Virya-Ushna Guna-Snigdha, Laghu</i>
<i>Ativisha</i>	<i>Rasa- Katu, Tikta Vipak- Katu Virya- Ushna</i>	<i>Rasa- Katu, Tikta Vipak- Katu Virya- Ushna</i>	<i>Rasa- Tikta, Katu Vipak- Katu Virya- Ushna Guna- Laghu</i>	<i>Rasa-Tikta Vipak-Katu Virya-Ushna</i>
<i>Abhaya</i>	<i>Rasa- Kashay Vipak- Madhur Virya- Ushna Guna- Laghu, Ruksha</i>	<i>Rasa- Kashay Rasapradhan Vipak- Madhur Virya- Ushna</i>	<i>Rasa- Kashay Rasa Pradhan Vipak- Madhur Virya- Ushna</i>	<i>Rasa- Kashaya Rasa Pradhan Vipak- Madhur Virya- Ushna Guna- Ruksha</i>
<i>Dhanvayas</i>	<i>Rasa- Madhur, Tikta Vipak-Madhur Virya- Sheeta</i>	<i>Rasa- Katu, Tikta Vipak- Katu Virya- Ushna</i>	<i>Rasa- Tikta, Kashaya, Madhur Virya- Sheeta Guna- Laghu</i>	<i>Rasa- Madhur, Tikta Vipak- Madhur Virya- Sheeta Guna-Laghu</i>
<i>Daruharidra</i>	<i>Rasa- Tikta, Katu Vipak- Katu Virya- Ushna Guna- Ruksha</i>	<i>Rasa- Tikta, Katu Vipak- Katu Virya- Ushna</i>	<i>Rasa- Tikta, Katu Vipak- Katu Virya- Ushna Guna- Ruksha</i>	<i>Rasa- Katu, Tikta Vipak- Katu Virya- Ushna Guna- Ruksha</i>
<i>Vacha</i>	<i>Rasa- Katu, Tikta Vipak- Katu Virya- Ushna Guna- Ruksha, Laghu</i>	<i>Rasa- Katu Vipak- Katu Virya- Ushna Guna- Tikshna</i>	<i>Rasa- Tikta, Katu Vipak- Katu Virya- Ushna</i>	<i>Rasa-Katu, Tikta Vipak- Katu Virya- Ushna</i>
<i>Chavya</i>	<i>Rasa- Katu Vipak- Katu Virya- Ushna</i>	<i>Rasa- Katu Vipak- Katu Virya- Ushna Guna- Laghu</i>	-	<i>Rasa- Katu Vipak- Katu Virya- Ushna Guna- Laghu</i>





# International Research Journal of Integrated Medicine & Surgery

## DISCUSSION

*Mandagni* is the main symptom in *Arsha*. In *Arshoghna Mahakashaya* most of the drugs are *Katu Rasatmaka*. *Katu Rasa* causes *Agnidipan*, *Mamsa lekhan*. Some of drugs are *Tikta Rasayukta*. *Tikta rasa* also causes *Agnidipan*, *Aampachan*, *Mamsa lekhan*, *Shoshan*. In case of *Arsha*, there is mostly *Mamsa dushti* occurs & in this case, *Tikta Rasa & Katu Rasa* acts as a *Mamsa lekhan*. Some of them are *Kashaya Rasatmaka*. *Kashaya Rasa* is *Sangrahi*, *Sthambhan*, *Ropan*, *Shoshan*. So *Kashaya Rasatmak dravya* act on *Raktaj dosha* i.e. in *Raktaj Arsha / Stravi Arsha*. *Katu & Tikta Rasa dravyas* act on *Mamsa doshas* so can be used in *Shushka Arsha*. Most of the *Katu Vipak dravyas* act on *Shushka Arsha* & only one *dravya* have *Madhur Vipak*. *Madhur Vipaki dravya* act on *Stravi Arsha*. In *Arshoghna Mahakashaya Ushana Virya dravyas* act on *Shushka Arsha*. Likewise, *Sheeta Viryatmak dravya* act on *Stravi Arsha*. *Sheeta Virya* causes *Stambhan*. *Ushana Virya*, *Laghu*, *Ruksha & Tiksha Guna* removes *Srotorodha*. It penetrates minutest *srotas*, in other words, it is *Sukshma-strotogami*. From these 10 *dravyas Chitrak* belongs to *Deepaniya gana & Chitrak*, *Ativisha*, *Daruharidra*, *Vacha* are part of *Lekhaniya gana*. It causes *mamsa lekhan* i.e. we can use it in a *mamsankur* (pile mass/sentinel tag). Also, *Chitrak* and *Aadrak* are part of *Shool Prashaman gana*; and they act like pain reliever in *Arsha*. All these 10 *dravyas* causes *Aampachan*,

*Agnidipan*, *Lekhan*, *Vatanuloman* action on *Arsha*.

## CONCLUSION

In *Arshoghna Mahakashaya* all these drugs have Anti-haemorrhoidal action. They all act on *Shuksha Arsha & Stravi Arsha* according to their properties. Among these *dravyas* single *dravya* can also act on Haemorrhoids & we can also use whole formulation of *Arshoghna Mahakashaya* in *Arsha* depends upon the symptoms, stages of *Arsha*.

## REFERENCES

1. Tripathi Bramhanada, Caraka Samhita, Chaukhamba Surbharati Prakashan Varanasi, Part I 2006, Shadvirechanshatasritiya Adhyaya 4, shloka no. 11 p. 81
2. Dr. Laxmidhar Dvivedi, Caraka Samhita Chakrapani Tika, Chaukhamba Krushnadas Academy Varanasi, Part I 2019, Shadvirechanshatasritiya Adhyaya 4, shloka no. 3 p.105
3. P.V. Sharma, Dravyaguna Vigyan, Chaukhamba Bharti Academy Varanasi, Part II, Reprint 2011, page no. 28, 319, 331, 335, 355, 359, 455, 463, 537, 753.
4. Shastry J.L.N., Dravyaguna Vigyan, Chaukhamba Orientalia Varanasi,



# International Research Journal of Integrated Medicine & Surgery

---

- Part II, Reprint, 2016; page no. 24, 54, 108, 209, 314, 328, 519, 545, 574.
5. Dr. Bramhanada Tripathi, Madhavnidan, Chaukhamba Surbharti Prakashan, Part I 2006, Arshanidanam Adhyaya 5, page no. 236-273.
  6. Dr. Krushanachandra Chunekar, Bhavprakash Nighantu, Chaukhamba Bharti Academy, Varanasi 1998, page no. 7, 13, 14, 20, 22, 43, 76, 119, 127, 274, 347, 412.
  7. Vaidya B.G., Nighantu Adharsha, Chaukhamba Bharati Academy, Varanasi 2002, Part I, page no. 13, 49, 214, 234, 550, 796, 847, Part II 364, 568, 689.
  8. Dr. Prakash Paranjpe, Indian Medicinal Plants, Chaukhamba Surbharti Prakashan, Reprint 2005, page no. 31, 52, 62, 66, 97, 152, 246.
  9. Vaidya Y. G. Joshi, Kayachikitsa, Pune Sahitya Vitaran, 2017, Chapter no. 65 Arsha, page no. 505-513.
  10. Dr. Inradev Tripathi, Raj Nighantu, Chaukhamba Krishnadas Academy, Varanasi, 5<sup>th</sup> Edition 2010, page no.72, 73, 138, 139, 142, 143, 144, 145, 162, 163, 274, 288.
  11. By Acharya Priyavat Sharma, Dhanvantari Nighantu, Chaukhamba orientalia, Varanasi, 1<sup>st</sup> Edition-1982, page no.17,18,19,20,26, 35, 53, 54, 71, 72, 84, 85.
  12. By Acharya Priyavat Shrama, Kaiyadev Nighantu, Chaukhamba orientalia, Varanasi, 1<sup>st</sup> Edition 1976, page no. 6,7,8, 45,46,165,166, 182,206,207,213,216,217,224,225.
  13. By Dr Dnyanendra Pandey, Chaukhambha Orientalia, Varanasi, 2012<sup>th</sup> Edition,page no. 5,9,18,19,26,27,42,45,65,66,67,68,73