

A Review Study on Arshoghna (Anti-Hemorrhoidal) Herbal Drugs Mentioned In Rajnighantu

¹P.G. STUDENT: Vd. Mane Deshmukh Jayraje, Dept of Shalya Tantra, Ashvin Rural Ayurved College, Manchi Hill, Ashwi Bk, tal. Sangamner, Ahmednagar, Maharashtra.

²GUIDE: Vd. Dhonde S.S., Reader, Dept of Shalya Tantra, Ashvin Rural Ayurved College, Manchi Hill, Ashwi Bk, tal. Sangamner, Ahmednagar, Maharashtra.

Corresponding Author: Vd. Mane Deshmukh Jayraje, Dept of Shalya Tantra, Ashvin Rural Ayurved College, Manchi Hill, Ashwi Bk, tal. Sangamner, Ahmednagar, Maharashtra.

E-mail Id: 5189jayraje@gmail.com

Conflicts of Interest: Nil

Introduction

Many drugs have been mentioned in Ayurveda classics. Rajnighantu is one important lexicon of plant drugs. It is one of the latest Nighantus belonging to 17th century A.D and contains most of the newly added drugs and their properties. It is considered as “king of all the Nighantus”. This book is known with the names “Abhidana Chudamani” and “Nighantu raja” The author was the first to give importance to Dravyaguna and included Dravyaguna in Astanga Ayurved showing the prime importance of plant drugs in Ayurvedic treatments. Another important aspect is it deals with name of the plants in various languages. This is the first lexicon which recognized the importance of nomenclature of plants. He introduced many new plants. Being a learned physician and grammarian the material is well discussed and arranged. Hence Rajnighantu was selected for the study to note the drugs mentioned for the treatment of Arsha.

Lifestyle diseases refer to diseases that result because of choices people make in their life. They are mostly common in developed nations where people are inclined towards eating unhealthy foods, having a sedentary lifestyle and unhealthy habits like smoking and drinking alcohol.¹ Haemorrhoids are considered as Arshas in Ayurveda. There are six types of Arshas mentioned in the texts - those caused by Vata, Pitta, Kapha, Rakta and Sannipata and the congenital one told by Acharya Sushruta. In unrestrained persons, by aforesaid exciting factors particularly Viruddha (incompatible food), Adhyashana (eating before previous food is digested), Striprasanga (sexual intercourse), Utkatukasana (squatting position), Prusthayana (riding), Vegavidharana (suppression of natural urges) etc., Doshas-singly, dually, all or associated with blood are aggravated and spreads to chief passages, move downwards, reach anal folds and after vitiating them produce fleshy growths particularly in those having deficient digestive power; these tuber-like growth by rubbing with grass, wood, stone, clod, cloth etc. or by the excessive contact of cold water develop further which are known as hemorrhoids.² Premonitory symptoms of piles include Anne-ashraddha (aversion to food), Krucchatpakti (digestion with difficulty), Amlika (hyperacidity), Paridaha (generalized burning sensation), Vishtambha (wind formation), Pipasa (thirst), Sakthisadana (weakness in legs), Atopa (flatulence), Karshya (emaciation), Udgarabahulya (belching), Akshnokshavathu (swelling in eyes), Antrakujana (gurgling sound in bowels), Gudaparikartana (cutting pain in anus), Pandurogaashanka (doubt of anemia), Grahaniroga, Kasa (cough), Shwasa (dyspnoea), Balahani (debility), Bhrama (giddiness), Tandra (drowsiness), Nidra (excessive sleep) and Indriyadourbalya (weakness of sense organs).³ The disease

piles, complicated with thirst (Trushna), anorexia (Arochaka), colic (Shula), severe haemorrhage (Atiprasrutashonita), edema (Shopha) and diarrhoea (Atisara) brings end to the patient.⁴

Aims and Objectives

Aim

To study the arshoghna dravyas mentioned in Rajnighantu.

Objectives

1. To study the arshoghna dravyas in detail.
2. To study the Rajnighantu in detail.
3. To analyse the various properties of arshoghna dravyas in detail.

Materials and Methods

Materials

Rajnighantu original text was searched for the drugs, having the property of Arshoghna, and was tabulated to analyse the properties of those drugs.

Method

The Arshoghna property was used with various synonyms also like Arshoghna, Visheshat Gudajapaham, Raktarshara, Gudaraktahruta, Gudankurnash, Gudartinash, Vatarshahara etc. So all the drugs mentioned have these properties were identified and tabulated to know their source identify and the properties.

After obtaining the list of the drugs the properties of the drugs will be analysed for Rasa panchaka and analysed systematically.

Table 1: List of Arshoghna mentioned in Rajanighantu

S.No	Name of the drug	Botanical name/family	Gunas	Karma	Reference
1.	Jimutak	Luffa echinata Roxb. Cucurbitaceae	Tikta, Katurasa Ushnavirya	Pandu, Kaphapaha, Durnama, swasha, Kashaghni, Kamala, Mutranasini	Guduchyadivarga 60
2.	Saliparni	Desmodium gangeticum DC. Fabaceae	Tiktarasa Guru Ushnavirya	Vatadosanut, Visamajwra, Prameha, Arsha, Sopha, Santapanasana	Satahwadivarga 20
3.	Apamarga	Achyranthes aspera Linn. Amaranthaceae	Tikta, Katurasa Ushnavirya	Kaphanasana, Arsha, Kandu, Udara, Amaghna, Raktaroga, Hrudroga, Grahi,	Satahwadivarga 91

				Vantikrut	
4.	Mahabala	Sida rhombifolia Linn. Malvaceae		Hrudroga, Vatarsha, Sophasani, Sukrabrudhikari, Balya, Visamajwaraharani	Satahwadivarga 100
5.	Hapusa	Juniperus communis Linn. Coniferae	Katu, Kasayarasa, Guru Ushnavirya	Slesmabalasajit, Pradara, Udara, Vidvandha, Sula, Gulma, Arshahara	Satahwadivarga 115
6.	Kakamaci	Solanum nigrum Linn. Solanaceae	Katu, Tiktarasa Ushnavirya	Kaphansani, Sula, Arsha, Sophasdosaghni, Kusta, Kanduharini	Satahwadivarga 135
7.	Chunchu	Corchorus fascicularis Lam. Tiliaceae	Madhura, Kasayarasa Ushnavirya	Malasosaka, Guma, Vibandha, Udara, Arsha, Grahanirogaharini	Satahwadivarga 145
8.	Brihatchunchu	Corchorus litorius L. Tiliaceae	Katu, Kasayarasa	Malarodhni, Gulma, Sula, Udara, Arsha, Arati, Visaghni, Rasayani	Satahwadivarga 147
9.	Kshudracha chanchu	Corchorus depressus Stocks Tiliaceae	Madhra, Katu, Kasaya, Ushnavirya	Dipani, Sula, Gulma, Arshasamani, Vibandhakrit	Satahwadivarga 149
10.	Prasarini	Merremia tridentate Hall.F Convolvulaceae	Tiktarasa Guru Ushnavirya	Arsha, soyathuhanti, malavistambaharini	Parpatadivarga 38
11.	Kshudramlika	Oxalis corniculata Linn. Oxalidaceae	Amlarasa, Ushnavirya	Varhnivardhani, Ruchikrud, Grahamidosa, Durnamaghni, Kaphapaha	Parpatadivarga 102
12.	Yavani	Trachyspermum ammi Sprague Linn. Apiaceae	Katu, Tiktarasa, Ushnavirya	Vatarsha, Slesmanasini, Sula, Adhamana, Krimi,	Pipalyadivarga 40

				Chardimardani, Dipani	
13.	Chitraka	Plumbago zeylenica Linn. Plumbaginaceae	Usnavirya, Katuvipaka	Sotha, Kaphapaha, Vata, Udara, Arsha, Grahani, Krimi, Kandunasana	Pipalyadivarga 45
14.	Gadlavan	Himalayan black salt	Esadamlaras, Usnavirya	Malapaham, Dipana, Kapha, Vataghna, Arshaghna, Kostasodhana	Pipalyadivarga 99
15.	Vrukshamla	Garcinia indica Chois. Clusiaceae	Amla, Kasayarasa, Usnavirya, Katuvipaka	Kapha, Arshaghna, Truna, Vata, Udara, Hrudroga, Gulma, Atisara, Vranadosanasini	Pipalyadivarga 124
16.	Amlavetas	Gracinia pedunculata Roxb. Clusiaceae	Amla, Kasayarasa, Usnavirya	Vatajit, Kapha, Arsha, Srama, Gulmaghna, Arochakahara	Pipalyadivarga 128
17.	Danti	Baliospermum montanum Muell.- Arg. Euphorbiaceae	Katurasa, Usnavirya	Sula, Ama, Twagdoshasamani, Arshavrana, Asmari, Salyasodhini, Dipani	Pipalyadivarga 160
18.	Sarvakshar	Alkaline substances	Kshriyaguna	Chakshusa, Vastisodani, Gudavarti, Krimighna, Mala Visodhini, Mukhavisodhini	Pipalyadivarga 258
19.	Mulaka	Raphanus sativus Linn. Cruciferae	Katurasa, Tikshna, Usnavirya	Grahi, Dipana, Durnama, Gulma, Hrudroga, Vataghna, Ruchida	Mulakadivarga 16
20.	Balamulaka	Raphanus sativus Linn. Cruciferae	Tiktarasa, Tikshna,	Mutradosahara, Swasa, Arsha, Kasa,	Mulakadivarga 22

			Usnavirya, Madhura/Katu vipaka	Gulma, Kshya, Nayanaruja, Navisulaghna, Kanthya, Balya, Ruchya, Malavikritihara	
21.	Bansa	Bambusa arundinacea Willd. Poaceae	Amla, kasaya, Kincittiktarasa, Sitavirya	Mutrakrichra, Prameha, Arsha, Pitavikara, Daha, Raktavikara	Mulakadivarga 36
22.	Raktarasona	Allium sativum Linn. Liliaceae		Hitroga, Jirnajwara, Kukshisula, Vibandha, Gulma, Aruchi, Mutrakrichra, Sotha, Arsha, Kusta, Vatavikara, Krimiroga, Kapkvikara	Mulakadivarga 54
23.	Surana	Amorphophallus campanulatus Blumi. Areceae	Katurasa	Ruchya, Dipana, Pachana, Krimi, Kaphavatapaha, Swasa, Kasa, Vamana, Arsahara, Sula, Gulmasamana, Raktadosakrut	Mulakadivarga 64
24.	Vastuka	Chenopodium album Linn. Chenopodiaceae	Madhurarasa, Sitavirya, Kshriya, Esatamla	Tridosajit, Rochanajwarahara, Mahaarshanasaka, Mala, Mutrasodhaka	Mulakadivarga 123
25.	Changeri	Oxalis corniculata Linn. Oxalidaceae	Katurasa, Usnavirya	Rocana, Pachana, Dipana, Kaphavatarsha, Sangrahi, Atisarajit	Mulakadivarga 148

26.	Kuduhunchi	Momordica tuberosa Cogn. Cucurbitaceae	Tiktarasa, Usnavirya	Ruchikara, Dipna, Pathya, Raktaaniladosakara, Arshaghna, Malarodhavisodhana, Yonidosaghna, Garvhashrava, Visapaha	Mulakadivarga 221, 222
27.	Agnimantha	Premna mucronata Roxb. Verbenaceae	Katu, Tiktarasa, Usnavirya	Vatakaphapaha, Sopha, Slesma, Agnimandya, Arsha, Vidvibandha, Adhmana	Prabhadhradivarga 23
28.	Ajasrunji	Dolichandrone falcata Seem Bignoniaceae	Katu, Tiktarasa	Kaphajarsha, Sula, Sophajit, Cakshusa, Swasa, Hridroga, Visa, Kasa, Kustajit	Prabhadhradivarga 33, 34
29.	Kutaja	Holarrhena antidysenterica Wall. Apocynaceae	Katu, tikta, Kasayarasa, Usnavirya	Atisarajit, Raktapitaghna, Twagdosa, Arshanasana	Prabhadhradivarga 54
30.	Karaskara	Strychnos nuxvomica Linn. Loganiaceae	Katu, Tiktarasa, Usnavirya	Kustavinasana, Vatavikara, Raktavikara, Kandu, Kaphavikara, Arsha, Vranapaha	Prabhadhradivarga 143
31.	Bhalataka	Semecarpus anacardium Linn.F. Anacardiaceae	Katu, Tikta, Kasayarasa Usnavirya	Krimi, Kapkavatahara, Udara, Anaha, Prameha, Durnamanasana	Amradivarga 68
32.	Pilu	Salvadora persica Linn. Salvadoraceae	Katu, Kasaya, Madhura, Amlarasa Sara	Gulma, Arshasamaka, Dipan	Amradivarga 84
33.	Aruk	Prunus persica Batsch.	Madhurarasa	Arsha, Prameha,	Amradivarga 99

		Rosaceae	Sitavirya	Gulma, Raktavikaranasaka	
34.	Bijapura (seed)	Citrus medica Linn. Rutaceae	Tiktarasa	Kapharsha, Sothasamaka, Pathya	Amradivarga 150
35.	Sallaki	Boswellia serrata Roxb. Burseraceae	Tikta, Madhura, Kasayarasa	Grahi, Kusta, Raktavikara, Kaphavikara, Vatavikara, Arsha, Vranadosa, Aratinasana	Amradivarga 195
36.	Devadaru	Cedrus deodara Roxb.Loud. Pinaceae	Tiktarasa, Snigdha Usnavirya	Kaphavatajit, Amadosa, Bivandha, Arsha, Prameha, Jwaranasana	Chandanadivarga 29
37.	Guggulu	Commiphora mukul Engl. Burseraceae	Katu, Tiktarasa, Usnavirya	Kaphavatajit, Kasa, Krimi, Vatavikara, Udararoga, Pliharoga, Sotha, Arshaghna	Chandanadivarga 105
38.	Nalika	Ipomoea aquatic Forsk. Convolvulaceae	Tikta, Katurasa, Tikshna, Sitavirya, Mahuravipaka	Krimi, Vatajaudara, Arsha, Sulaghni, Malasodhni	Chandanadivarga 156

Results

The above identified drugs were analysed for the Rasapanchaka (Rasa, Guna, Virya and Vipaka) and the following are noted:

Table 2: Herbs according to Rasapanchaka

Rasa	Number of drugs
Madhura	6
Amla	7
Lavana	0
Katu	18
Tikta	19
Kashaya	13

It is observed that, of the total drugs mentioned as Arshoghnatikta rasa dravya are maximum in number (19) followed by Katu rasa dravya (18) and Kashaya rasa dravya (13). Madhura (6), Amla (7) and Lavana (0) in number. This is indicating that the drugs with Tikta, Katu and Kashaya rasa play major role in the treatment of Arshas.

Table 3: Herbs according to the Virya

Virya	Number of drugs
Ushna	26
Sita	4

Most of the drugs mentioned are Ushnavirya in nature (26) and only a few are Sheeta virya (4).

Table 4: Herbs according to the Vipaka

Vipaka	Number of drugs	Vipaka
Katuvipaka	1	Katuvipaka
Madhuravipak	2	Madhuravipak

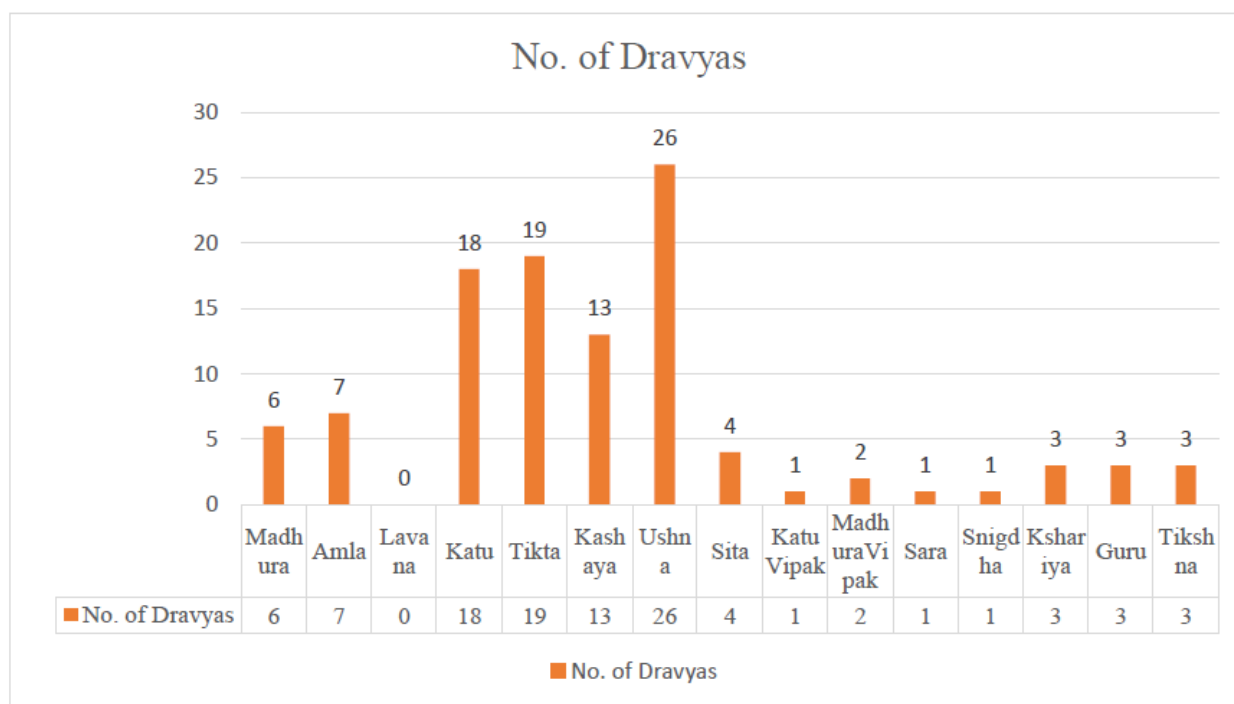
Madhura (2) and Katuvipaka (1) dravyas are mentioned to have the property of Arshoghna.

Table 5: Herbs according to the Guna

Guna	Number of drugs
Sara	1
Snigdha	1
Kshariya	3
Guru	3

Kshara (3), Guru (3) and Tikshna (3) Gunadravya are mentioned to be mostly acting on the Arshas.

Figure 1: Indicating the number of drugs in each element of Rasapanchaka



Discussion

Rajanighantu has given unique consideration to the disease Arsha (haemorrhoids) and used various drugs to treat this disease. Present study deals with extensive variety of drugs from Rajanighantu. Author has determined on herbal drugs rather than other diversity of group. Pandit Narahari directly mentions the Karma or action of these following drugs as Arshoghna. Drugs from whole Rajnighantu were screened for the action Arshoghna (anti-haemorrhoid). Obtained data were presented as per anti-haemorrhoid action with respect to herbal origin drugs which belongs to different Vargas (chapter wise) classification with corresponding reference. Out of 789 herbal drugs 38 were described in for the treatment of haemorrhoids, only 1 belongs to Guduchyadivarga, 8 of drugs from Satahwadivarga, 2 belong to Parpatadivarga, Pipalyadivarga has 7, Mulakadivarga 8 are stated, Salmalyadivarga and Karaviradivarga 0, Prabhadrdivarga 4, 8 in Amradivarga, and Chandanadivarga 3 were used for the treatment of Arsha. It is observed that, of the total drugs mentioned as Arshoghna tikta rasa dravya are maximum in number (19) followed by Katu rasa dravya (18) and Kashaya rasa Dravya (13). Madhura (6), Amla (7) and Lavana (0) in number. Katu rasa are Agnidipana, Soyathunasana and Rochayatiasanam⁵. Tikta rasa are Arochakaghna, Dipana and Pachana⁶. Kasaya rasa are Ropana, Sosana and Stambhana⁷. This is indicating that the drugs with Tikta, Katu and Kashaya rasa play major role in the treatment of Arshas. As Arshas is a Raktadoshajavyadhi and Mamsajavyadhi it requires Tikta and Kashaya rasa dravya to reduce the Raktadosha and Katu rasa helps to reduce the Mamsajadoshas. They also are Laghu and help for treating the indigestion caused in the Arshas. Most of the drugs mentioned are Ushnaviryia in nature (26) and only a few are Sheetaviryia (4). Ushnaviryia destroys constipation and expels the stools freely and also helps to reduce the haemorrhoids especially if the haemorrhoids are dry. Shitaviryadravyas help in the bleeding piles for stopping the excessive blood flow.

Madhura (2) and Katuvipaka (1) Dravyas are mentioned to have the property of Arshoghna. Madhura and Katuvipaka can be considered to reduce bleeding piles and dry piles respectively. Amlavipaka increases Pitta and Raktadosha there by worsening the disease hence Amla rasa dravyas may not have been mentioned.

Kshara (3), Guru (3) and Tikshna (3) Gunadravya are mentioned to be mostly acting on the Arshas. Ksharaguna helps to burn the extra mass formed in the pile mass and reduce burn the pile mass. Guru and Tikshnaguna help to expel the faeces properly. In management of Arshas: The systemic medicines act by improving appetite, regularize bowl habits, astringent action on blood vessels and maintaining Agni and Srotas in equilibrium.

Conclusion

From the present study it can be concluded that 38 drugs were mentioned in Rajanighantu acting on Arshas. It can also be said that the drugs having Katu, Tikta, Kashaya rasa, Guru, Tikshna and Ksharaguna, Ushnaviryia and Katuvipaka play major role in the treatment of Arsha. As the study is purely theoretical, it requires clinical correlation of the mentioned drugs.

References

1. Available from: <http://www.rightdiagnosis.com/h/hemorrhoids/stats-country.htm#extrapwarning>
2. Sharma. P.V, Susruta-Samhita with English translation of text and Dalhana's commentary along with critical notes, Vol. II, Chaukhambha Vishvabharati Oriental publishers & distributors, first edition, Varanasi. 2000. Arshonidana, Shloka no.3, Page no 19.

3. Ibid; Shloka no.8, Page no 20.
4. Ibid; Avaraniya Adhyaya, Chapter 33, Shloka no.10 Page no 318.
5. Tripathi Brahmanand, Caraka-Samhita "Caraka-chandrika" with Hindi commentary Vol.I, Chaukhambha Surbharati Prakashan, Varanasi. Reprint 2007, Atreyabhadrakapiya Adhya, Chapter 26, Shloka no.43 Page no 483.
6. Ibid; Page no 484.
7. Ibid.