

A REVIEW ON *VANASURANA GHRITA* IN THE MANAGEMENT OF *ARSHAS*

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ABSTRACT

Arshas is one among many diseases which are most unkind towards mankind. The incidence of *Arshas* increases with advancing age and at least 50% of people over the age of 50 years have some degree of hemorrhoidal symptoms. Hemorrhoids are the dilated veins in the anal canal in the subepithelial region formed by radicals of the superior, middle, and inferior rectal vein^[1]. In this modern era the improper diet habits, junk food intake, inhibition of natural urges and mental strain makes one susceptible to this disease. *Acharya Sushruta* while detailing the treatment principles of *Arshas* has categorized it as *Bheshajasadhya*, *Kshara Karma Sadhya*, *Agnikarmasadhya* and *shastra karma sadhya*^[2]. Surgical treatments though commonly being practised are very painful and hence will put the patients into more agony. Despite putting the patient into such a state there are high chances of recurrence of the condition. Hence there is a need for very effective as well as less/non-agonizing treatment for *Arshas*. *Vanasurana Ghrta* is an unexplored formulation that is mentioned in *ChikitsaManjari*^[3]. The main ingredient *Vanasurana* is considered as *Agryoushada* for *Arshas* in *Kaiyyadevanighandu*.

Keywords: *Arshas*, *Vanasurana ghrta*

INTRODUCTION

Ayurveda is the most rational and time tested among the ancient systems of medicine. This science of life aims at alleviation of diseases as well as maintenance and promotion of good health. Ayurveda is based upon *trisutra- hetu, linga* and *oushada* amongst which *oushada* plays an important role in *chikitsa*. *Arshas* is mentioned as one among the *ashtamahagada* which is caused due by the impaired *agni* of the body. *Nasa, netra, karna,* and *guda* are the normal sites of *Arshas*. *Gudapradesha* which also happens to be a *sadhyopranahara marmais* the most common site for the same^[4]. Being located near a *marma*, its management requires utmost care. *Arshas* though not a life-threatening condition can cause a lot of complications and troubles if not treated in its early stages. The incidence of anorectal disorder is progressively increasing in society, and it can be seen at any age and in both genders equally. It is estimated that 50-85% of people around the world have hemorrhoids and in India, 75% population is affected. A few studies indicate that a higher incidence was found in patients belonging to the age group between 20-39yrs (55%) of both gender. The clinical symptoms observed are bleeding per rectum and mass per rectum in 85% of patients, Pain during defecation in 77.5%,

soiling of clothes observed in 22.5% & history of pruritus in 12.5%^[5].

According to *Acharya Susrutha*, the management of *Arshas* includes 4 methods like *bheshaja, kshara, agni* and *sastra*^[6]. Among the four methods, *bheshaja* (medicine) is preferred and adopted over the other three especially in *achirakala, alpa dosha linga, alpa upadrava* and *adrsya Arhsas*^[7]. *Vanasurana ghrtam* is a medicinal preparation prescribed in *Chikitsa Manjari- Arsho chikitsaprakaranam*. It is a ghee preparation where *panchakola* is used as *kalka* and *Vanasurana kashayam* along with *takra* as *drava dravya*^[3]. *Vanasurana* (*Amorphophallus paeonifolius*) is a perennial herb, which has properties such as *ushna virya, kapha vatahara, arshoghna,* and *deepana pachana*^[8]. *Panchakola* the combination of 5 herbs together has *deepana pachana* properties. *Takram* is considered as *agroushadam* for *arshas* irrespective of any season^[9]. *Ghrtha* in general is *pitta shamana, madhura rasa, vrana shodhana, ropana* and above all has a unique property *samskaranuvarthanam*. A drug which is *Arshohara*, that can retain the *agni*, safe, and easily administrable and available is required. The drugs used in the preparation are easily available in the market and is very much useful in *Arshas*.

Materials And Methods:

Ingredients:

Table no: 1

DRUG	BOTANICAL NAME	FAMILY	PARTS USED
<i>Vanasurana</i>	<i>Amorphophallus paeonifolius</i>	Araceae	Rhizome
<i>Pippali</i>	<i>Piper longum</i>	Piperaceae	Fruit
<i>Pippali moola</i>	<i>Piper longum</i>	Piperaceae	Root
<i>Cavya</i>	<i>Piper chaba</i>	Piperaceae	Root
<i>Chitraka</i>	<i>Plumbago zeylanica</i>	Plumbaginaceae	Root
<i>Nagara</i>	<i>Zingiber officinale</i>	Zingiberaceae	Rhizome

Materials required:

Kalka:

Panchakola:

1) *Pippali*

2) *Pippali Moola*

3) *Chavya*

125gm

4) *Chitraka*

5) *Nagaram*

Dravadravya:

Vanasurana kashaya- 2L

Takram -2L

Ghrtam - 1L

Method of preparation:

125gm of *panchakola* is taken as *kalka* which is mixed with 2L *Vanasurana kashaya* & 1L *ghrtam*. This mixture is boiled until *mridupaka* is attained. on attaining *mridupaka* 2L *takram* is added to it and boiled again, till *madhyama paka* is attained. It is further filtered to obtain *Vanasurana ghrta*.

According to *Ayurveda* classic, usually purification of *Vanasurana* is done by immersing it in *amla dravya* like *takram*, *jambeera rasa*, *churnodaka* etc. But *Sodhana* was not done in the preparation of *Vanasurana ghrtha*, as it may reduce the potency of the drug. Also, the medium of preparation of the drug being *takra* and *ghrtha* helps to reduce the irritability of the drug.

Dose: 5ml twice daily before food



Photo 1: *Vanasurana kashaya*



Photo 2: *Panchakola kalka*



Photo 3: *Mrdu paka*



Photo 4: Addition of *takra*



Photo 5: *Madhyama paka*



Photo 6: *Vanasurana ghrta*

DISCUSSION

Arshas is a very common anorectal disorder, mainly caused by *mandagni*. It is defined as “*arivat prana shrunothi hinasthi iti arsha*” meaning that which tortures the diseased like an enemy^[10]. It is mainly of two types- *shushka Arsha* and *ardhra Arshas*. It mainly presents with complaints such as protrusion of mass, constipation, pain during defecation, itching, bleeding per rectum and soiling of underclothes etc. *Acharyas* have advised to use drugs and foods which are *vatanulomana* and *agni deepana* when treating a patient with *Arshas*^[11]. So, to prescribe the *pathya* and *apathya* as well as to design the treatments, these factors also have to be considered. *Vanasurana ghrta* is a formulation with *Vanasurana* as *kashaya*, *panchakola churna* as *kalka* and *takra* as *dravadravya*. The drug *Vanasurana* being *katu kashaya* in *rasa*, *laghu - ruksha - tikshna* in *guna*, *ushna* in *virya* and *katu* in *vipaka* works as an excellent *kapha vataghna dravya*. It is included in *sakavarga* as per *Susrutha samhitha* and *Caraka samhita*. *Vanasurana* has *deepana pachana guna* and hence it can be considered as an *amadoshahara dravya* and it possesses *arshoghna karma* also. Hence *Vanasurana* will be beneficial in *Arshas* and is selected here as the main ingredient of the formulation. There are multiple formulations with *Surana* which are available in the market for the management of *Arshas*. The tubers of the amorphophallus plant contain a polysaccharide Glucomannan, a water-soluble fibre content that has been reported with good gastro-kinetic effect and anti-inflammatory action. *Panchakola* includes *pippali*, *pippalimula*, *cavya*, *chitraka* and *nagara*. Most of the ingredients have *katu rasa* with *laghu*, *snigdha* and *tikshna guna*, *ushna virya* and *kapha vata samaka* property. The *churna* of *panchakola* is used as *kalka* in this *ghrta* preparation. Hence, the anticipated actions of the preparation are *deepana*, *pacana*, *vatanulomana*, *shulaghna*, *vrsya* and *rasayana*. *Takra* has *madhura*, *amla* and *kashaya rasa*, *usnavirya* and *madhuravipaka*. It is considered the *agroushada* for all types of *Arshas*. In *Vanasurana ghrta* formulations, *takra* is used as *drava dravya*. *Takra* using its different *gunas* acts as *tridoshshamak*

(it decreases *kapha*, *vata* and do not allow *pitta* to aggravate). Due to this specific property, it is very useful in patients suffering from *agni vikruti* (abnormal conditions of digestive fire) having different kinds of *dosha dushti* (abnormal conditions of *dosha*) and having different kinds of *prakuti* (Constitution). Hence *takra* is an important component in treating the patients suffering from the diseases related to *agni*. According to *Acharya Caraka*, *takra* is very useful in *vata – kaphapradhana* (aggravated conditions of *vata & kapha*) *Arsha*. He has further stated that there is no other medicine on *vata-kapha pradhana Arsha* than that of *takra*. *Ghrta* is best among all *sneha dravyas* due to their *samskaranuvarthi guna*. It is *madhura rasa*, *madhura vipaka* and *sheeta veerya*. It has *vatanulomana* property also.

CONCLUSION

Ayurveda is known for its simple, preventive, curative, and holistic approach. Various types of principles of management like *bheshaja*, *agni karma*, *kshara karma* and *sastra karma* are indicated for the management of *Arshas*. Among these modes of treatment, *bheshaja* gives relief to the patient without fear of any complication. The best treatment for the management of *Arshas* would be a drug combination which comprises of an *Arshoghna* drug, an *agnideepaka* drug and an *anulomaka dravya* along with *nidana parivarjana*. All the *Acharyas* have emphasized the importance of *takra* in the treatment of *Arshoroga*. *Ghrta* is *pitta samaka*, *agni deepaka*, *madhura vipaka*, *sheeta veerya*, *vatanulomana* and has *samskaranuvarthana guna*. A drug with these essential qualities is required for the treatment of *Arshas*.

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