

A REVIEW ON VANASOORANA PINDI IN THE MANAGEMENT OF ARSHAS

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ABSTRACT

Arshas (haemorrhoids) is one among the ano-rectal disease which occurs in *Gudapradesha* (anus) a *Sadhyopranahara Marma*. *Acharya Sushruta* and *Vagbhata* described it under *Ashta Mahagada*. It is progressively increasing in the society due to sedentary lifestyle, irregular and inappropriate diet, low fibre diet, prolonged sitting or standing, diarrhoea, constipation, psychological disturbances etc. A conservative management, surgery, cauterization etc is followed by contemporary science to treat it. In *Ayurveda* prime cause is disturbances in the *Jatharagni* and involvement of *Tridoshas*. Four measures explained as the line of treatment are *Bheshaja* (medicinal), *Kshara* (chemical cautery), *Agni* (thermal cauterization) and *Shastra* (surgery) by *Acharya Shusruta*, *Chakradatta* etc to combat this condition. *Bheshaja chikitsa* is mentioned mainly for *Arshas* of recent origin, where the *Doshas*, symptoms and complications are not very severe.¹

Vanasoarana Pindi is an herbal preparation mentioned in *Ayurveda* classics which is indicated in the management of *Arshas*². The main ingredient in this medicine is *Vanasoarana* (*Amorphophallus paeonifolius*) has an important role in the management of *Arshas*³. The ingredients in this medicine are *Vanasoarana*, *Chithraka*, *Shunti*, *Mari-cha* and *Guda*.

Keywords: *Pindi*, *Arshas*, *Vanasoarana*, Haemorrhoids

INTRODUCTION

Arshas (haemorrhoids) can be considered as one of the lifestyle disorders caused due to sedentary lifestyle. Haemorrhoids also called as piles, are clumps of dilated veins in the anus and lower rectum. These become swollen and inflamed causing pain and rectal bleeding during defecation. Incidence of haemorrhoids can occur at any age and can affect both the sexes. It has been estimated that at least 50% of individuals over the age of 50 years will have, at some point, experienced symptoms related to haemorrhoids³. In both sexes, a peak in prevalence was noted from age 45-65 years with a subsequent decrease after age 65 years⁴. Haemorrhoid is a very common disease in most societies, especially in Asian countries more than 10 million cases per year seen in India. Symptoms like uneasiness, discomfort, pain, bleeding during defecation, constipation and tenesmus cause a great deal of discomfort. They are usually of two types: external or internal with respect to their position with anal orifice⁵.

Bheshaja Chikitsa is the first line of management because there is no fear of complication in comparison of other procedures and is necessary to be adopted

with the other three line of treatments like *Shashtra* or *Kshara* etc.⁶ Moreover, most of the drugs are *Vatapit-tashamaka*, *Tridoshahara*. *Raktarsha* is *Pitta* dominated *Tridoshaja Vyadhi*, so *Sheetaveerya* and *Raktasambhana* properties help in this condition. Hence these drugs have certainly provided the *Dosha Pratyanyika* i.e. therapeutic effect. Most of the ingredients are arranged so scientifically that definitely they help in breaking the *Samprapti* of *Arshas* at different levels⁷.

The main ingredient in *Vanasoorana Pindi* is *Vanasoorana* (*Amorphophallus paeonifolius*) known as Elephant foot yam is a highly potential tropical tuber Crop of Aracea family⁸. It is an important tuber crop of tropical and sub-tropical countries because of its yield potential and culinary properties. The other ingredients are *Chithraka*, *Shunti*, *Maricha* and *Guda*. The references about *Vanasoorana Pindi* is seen in *Ashtanga Hridaya Chikitsa Sthana*, *Chakradatha Chikitsasthana*, *Vangasena Samhitha* and also seen in *Bhaishajya Ratnavali*. The reference of this *Yoga* is indicated in *Arsho Chikitsa Adhyaya* of various *Samhithas*⁹⁻¹⁰

Table 1: Materials and methods

Drugs	Botanical Name & Family	Part Used
<i>Vanasoorana</i>	<i>Amorphophallus Paeonifolius</i> (Family - Araceae)	Tuber
<i>Chithraka</i>	<i>Plumbago Indica</i> (Family-Plumbaginaceae)	Root Bark
<i>Shunti</i>	<i>Zingiber Officinale</i> (Family - Zingiberaceae)	Rhizome
<i>Maricha</i>	<i>Piper Longum</i> (Family – Piperaceae)	Fruit
<i>Guda</i>	<i>Saccharum Officinarum</i> (Family- Poaceae)	

Preparation of medicine

Materials Required:

Shodhitha Vanasurana – 16 part

Shodhitha Chithraka- 8 part

Shunti : 2 part

Maricha : 1 part

Guda : 2 times of the total *Choorna*

Preparation of *Vanasoorana Pindi*:

The ingredients of *Vanasoorana Pindi* are *Vanasoorana*, *Chithraka*, *Shunti*, *Maricha* and *Guda*.

First, collect the ingredients and store in a clean vessel.

Prepare *Shunti Choorna* and *Maricha Choorna*

Purification of *Chithraka*¹¹:

Chithraka root is washed well, dried and kept in a clean vessel the inner part of the *Chithraka* is removed and cut into small pieces. Take lime water solution (*Choornodaka*) in another vessel and put *Chithraka* into that vessel. After a few minutes the colour of the lime water is changed into pink colour. Then *Chithraka* is taken out and wash well. Repeat the same procedure

7 times till the colour change ceases. After that *Chitraka* is washed well and allowed to dry. Then, it is powdered well and stored in an airtight container.

Purification of *Vanasoorana*¹²:

Vanasoorana tuber is washed well and kept in a clean vessel. The outer layer of tuber is peeled off and cut into small pieces. *Chincha Pathra* is taken and after proper washing juice is extracted. After that take a clean vessel. Then pieces of *Vanasoorana* are put into that vessel and boiled in *Chinchapathra Swarasa*. After boiling *Vanasoorana* is kept for drying. After

proper drying it is powdered well and stored in an airtight container.

Procedure: Powdered *Vanasoorana* (16 parts) and *Chithraka* (8parts) are taken in a clean vessel. *Shunti Choorna* (2parts), *Maricha Choorna* (1 part) is added into it. *Guda* is taken two times of the weight total mixture and boiled in a container and added to the above mixture. Boiled well until it attains *Lehya paka*. After proper cooling make it into small balls (*Pindi*) of 12 gram each. After that store it in an airtight vessel and follow proper hygiene.

Dosage 1: *Pindi* (12 gram) at night before food.

Anupana: Thakra



Fig. 1: *Vanasoorana* Plant



Fig. 2: *Chithraka* Plant



Fig. 3: Purification of *Chithraka*

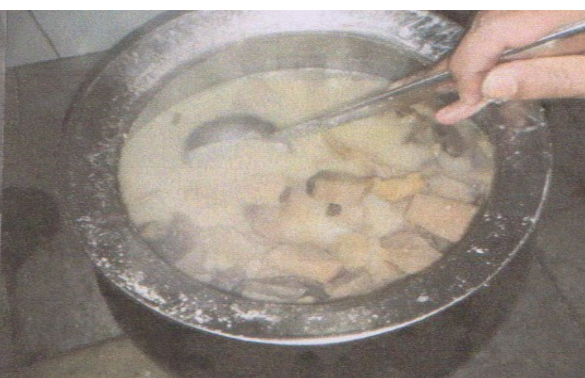


Fig. 4: Purification of *Vanasoorana*



Fig. 5: Vanasoorana Pindi

DISCUSSION

Vanasoorana (*Amorphophallus paeonifolius*) has an important role in the management of *Arshas*¹³. In *Chakradatta* it is mentioned that consumption of *Soorana* alone for a month along with butter milk will eradicate piles¹⁴. *Ayurvedic* treatises mention two types of *Soorana*, the wild one called the *Vanasoorana* and the cultivated form¹⁵. Compared to the cultivated edible variety, *Vanasoorana* has reddish white tubers with abundant calcium oxalate crystals causing great irritation and itching. *Kaiyyadeva Nighantu* while mentioning about *Soorana* and its properties describes that *Vanasoorana* is highly beneficial in *Arshas* than *Soorana*. *Chithraka* also has an *Arsho hara* property. Properties of *Chitraka* include *Katu Rasa*, *Laghu*, *Ruksha*, *Tikshnaguna*, *Ushna virya* and *Katu Vipaka*. These properties of *Chitraka* contribute to perform the *Karma -Vata-Kapha hara*, *Deepana-Pachana* and *Grahi*¹⁶. The other ingredients *Shunti* and *Maricha* having *Deepana* as well as *Pachana* properties and treats the *Mandagni*, thereby reducing *Ama* formation. *Guda* is also mixed with the medicine for taking it into a palatable form.

CONCLUSION

Arsha is a *Tridoshaja* disease that arises from *Mandagni* and *Ama* formation. In respect with the *Bheshaja Chikitsa* of *Arsha*, the *Vatanulomana* effect is desired, the principle of treatment of *Arshas* includes three chief clinical effects- *Agni Deepana*, *Vatanulomana* and *Rak-*

tasthambhana. *Dushyas* affected here are *Twak*, *Rakta*, *Mamsa* and *Meda*.

Bleeding is the principle and earliest symptoms of Haemorrhoids for which patient seeks medical advice. *Bheshaja Chikitsa* (medical therapy) is more effective in early stage of *Raktarshas* (haemorrhoids) and has greatest advantage of wider acceptability by the patients. Also, this measure has to be adopted along with the other line of treatment like *Shastra karma* etc. The main principle of the management of *Raktarsha* is *Raktashodhana*, *Raktastambhana*, *Pitta Kapha Shamana*, *Vatanulomana*, *Deepana* and *Pachana*. *Deepaniya* and *Pachaniya* drugs are essential in the treatment of *Raktarshas* for improvement in *Agni Bala*.

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