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## Charkokta Arshoghna Mahakashaya – A Review

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### ABSTRACT

Chikitsa chatushpad consists of four entites i.e Bhishak , Dravya , Upsthata , Rogi . A good physician is in complete without good medicine.

Drugs are responsible for the overall balance of the body. The first division of the *Charak Samhitha*, known as *Sutrasthan* or *shlokasthan*, is divided into eight parts i.e. seven chatushka and two sangraha adhyaya. The medications are discussed in four chapters known as *Bheshajachatushka* or *Aushadhachatushka* in the *sutrasthan*. The medications are categorized here based on their pharmacological and pharmacotherapeutic properties. *Mahakashaya* is a classification system for medications based on Karmas, which is divided into fifty divisions. *Arshoghan Mahakashaya* is the twelfth category of medicines thought to be useful in the treatment of piles. *Sravi arsha* is a condition in which a person's life is made unbearable by pain and swelling of the pile mass with bleeding with *bheshaj chikitsa* being the first of all therapies. This is a rudimentary attempt to understand how *rasa*, *guna virya*, and *prabhav* of these 10 medications may work to dissolve the disease of *sushka arsha*.

**Keywords-** *Arshoghan Mahakashaya, Sushka Arsha, Bheshaj Chikitsa, Charaka Samhita*

### INTRODUCTION

According to *Ayurveda* the disease *Arsha* comes under the heading of *Maharogas* as it is chronic , *Dushchikitsya* in nature and *tridoshjanya vyadhi* . It is well known for its chronicity. *Arsha* is being described by all classics of *Ayurveda*. *Acharya Sushruta* and *Vagbhat* even placed this *arsha* in the *Aashta mahagada*.<sup>1</sup>*Arsha* pertains to a disease occurring in *Guda* and it is torturing the patient like enemy, as it can cause obstructions of anorectal passage.<sup>2</sup> According to *Acharya Charak* only mass at *Gudavali* is termed as *Arsha* and those at other place then *Gudavali* are *Adhimansa* <sup>3</sup> . According to *Charak meda*, *mamsa*, *twacha* is the *adhistan* of *Arsha*.<sup>4</sup> Despite so many advances in the medical science the disease piles still remain a challenge to science as no specific surgical method or other medication has proven complete remedy to cure piles.

In modern era piles are mostly considered to be cured radically i.e. surgically or Para surgically procedures. These techniques are always associated with one or other type of complication which has compelled scholars to think over new, safe and better type of treatment. when the *arsha* located on *viserjani* (*tritiya gudvali*) and less than one year back can be treated.<sup>5</sup> *Acharya Charak* has advocated the use of oral medication in initial stages of piles and has given a very clear opinion on the hazardous complications of *Agni Karma*, *Shashtra Karma* and *Kshar Karma* .<sup>6</sup>

Arsha is a tridoshajvikar which makes life miserable like enemy which cause lot of complications by causing different diseases and become difficult to treat. <sup>7</sup>

The modern medical science accepts the implementation of systemic and local measures in early stage of piles. To find out safe, effective and low-cost therapy that covers various clinical conditions of piles and reduces the rate of haemorrhoidectomy and other parasurgical procedures and also gives complete treatment of piles in early stages is the need of hour.

### DRUG REVIEW <sup>8</sup>

Arshoghan Mahakashaya is a group of ten drugs, has been described by Charak in *sutrasthan* chapter 4 (*kshadvirechanshatashritiyaaddhaya*) which are Kutaja, Bilva, Chitraka, Nagara, Atitivisha, Abhaya, Dhanvayasa, Daruharidra, Vacha, and Chavya are the dravyas named in this Mahakashaya.

1	KUTAJ <sup>9</sup> ( <i>Holerrhenaantidysentrica</i> )	Laghuruksh	Tikta, katu, kashaya	sheet	katu	Stem bark shows antispasmodic & hypotensive activity. Root extract shows antiprotozoal, anticancerous & hypoglycemic effect. Its alkaloids show activity against amoebic dysentery
2	BILVA <sup>10</sup> ( <i>Aeglemarmelos</i> )	Laghu, snighdha, tishna,	Katu, tikta, kashay	ushna	katu	Fruit and root extracts and Leaves shows antihyperglycemic effect. Leaf extract stimulates heart.
3	Chitrak <sup>11</sup> ( <i>Plumbagozeylanica</i> )	Laghu, ruksh, Tikshna	katu	ushna	katu	Plumbagine shows antimicrobial, antibacterial, antifungal, antihyperlipidaemic, antilukaemic activity and also decreases tumor growth. Root extract shows hypothermia.
4	Nagar <sup>12</sup> ( <i>Zingibarofficinale</i> )	Laghu, snigdh	katu	ushna	madhur	It has shown anti-inflammatory, hypolipidaemic, antiatherosclerotic, antiemetic, antipyretic, antioxidant, antibacterial, antifungal, cholagogic, hypouricemic, hypoglycaemic &

						inotropic activity
5	<b>Atiwisha</b> <sup>13</sup> ( <i>Aconitum heterophyllum</i> )	Laghu,ruksha,	tikta	ushn a	katu	It has shown antispasmodic, hypolipidaemic, atidiarrhoeal& antipyretic activity.
6	<b>Abhaya</b> <sup>14</sup> ( <i>Terminalia chebula</i> )	Laghu,ruksha,	panchras a	ushn a	madhu r	It has shown antimicrobial, antifungal, antibacterial, antispasmodic, antioxidant, cardiotonic, hypotensive, hypolipidemic, hypoglycemic, purgative and antihepatitis B virus activity.
7	<b>Dhanvyas</b> <sup>15</sup> ( <i>Fagonia arabica</i> )	Laghu,snigdha,	Madhur, tikta, kashaya	sheet	madhu r	It has shown anticancer, antimicrobial, antiviral, CNS stimulant, antiamphetamine, analgesic, antipyretic and anti-inflammatory activity.
8	<b>Daruharidra</b> <sup>16</sup> ( <i>Barberis</i> )	Laghu, Ruksha	Tikta, Kashaya	Ushn a	Vipaka -Katu	It has shown hypoglycaemic, anticancer, gastroirritant, antifatigue, anticoagulant, antipyretic, local anaesthetic, antiprotozoal, anti TB, antibacterial, antitumour, hypotensive, antiinflammatory, antitrachoma& CNS depressant activity.
9	<b>Vacha</b> <sup>17</sup> ( <i>Acormus calmus</i> )	Laghu, Tikshna	Katu, Tikta	Ushn a	Katu	It has shown sedative-tranquillizing, analgesic,

						hypothermic, hypotensive, spasmolytic, CNS depressant, cardiac depressant, antimicrobial, anthelmintic, antifungal, antibacterial, anticonvulsant activity.
10	Chavya <sup>18</sup>	Laghu, Ruksha	Katu	Ushna	Katu	CNS depressant, hypothermic activity

## DISCUSSION

Panchvida Kashaya Kalpanas are basic and kalpanas which are used internally. These are svarasa, kalka, kvatha, hima and font. And these are yathapurva baladhikya means they have previous one is more powerful than later. And kashaya yoni i.e. origin sources are five. There are six Rasas Madhura, Amala, Lavana, Katu, Tikka, Kasahaya and lavana. Except lavana rasa all five rasas are considered as a source of kasahaya<sup>20</sup>. Kasahaya is considered basically a pharmaceutical process which converts the crude drugs from its original form into another form. Raw drug has to be purified and transformed into a useful and an agreeable form so that it can be used as medicine. The grouped drugs in Arshoghna Mahakasaya are Arshoghna i.e. they work against the pathology of arsha. A drug acts in accordance with its Raspanchaka in dissolving disease pathology but when used in combination; they collectively aim at one target i.e. the stability in the doshas, which are vitiated because of numerous causes.

Arshoghna Mahakasaya has been framed to target not only Arsha but other associated symptoms like indigestion constipation etc. Thus Arshoghna Mahakashaya on Sushka Arsha and stravi arsha both. While mentioning the treatment, Acharya Charaka divided Arsha into two main groups<sup>21</sup>:

Sushka Arsha One with Vaata and Kapha dominance.

Stravi Arsha One with pitta and Rakta dominance.

In this group the drugs which are sheetverya like Daruharidra they subside raktarsha while drugs which are ushnaverya subside kapha vata and subside sushka arsha.

Mandagni is the main symptom in Arsha and it is to be treated by Depana and Pachana, this action in Arsha is achieved by Chitrak and Aadrak<sup>12</sup>. Both belongs to Deepaniya gana. The tikshna, laghu riksha gun corrects mandagni (Chitrak) and tikshna and katu ras (Aadrak) also clears the accumulated aam and corrects mandagni.

## CONCLUSION

According to the study, Acharya Charaka accurately characterised herbal medications in a qualitative manner. *Arshoghna Maha Kashaya's* herbal agents have anti haemorrhoidal capabilities. These herbal medicines can be used to treat arsha. Furthermore, based on their pharmacological activities, these herbal medications provide superior possibilities for formulating formulations.



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