



Charkokta Arshoghna Mahakashaya – A Review

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ABSTRACT

Chikitsa chatushpad consists of four entities i.e. Bhishak, Dravya, Upsthata, Rogi. A good physician is incomplete 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 *Aushadhhachatushka* 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 *tridoshjany 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*.¹ Arsha pertains to a disease occurring in Guda and it is torturing the patient like enemy, as it can cause obstructions of anorectal passage.² According to Acharya *Charak* only mass at *Gudavali* is termed as *Arsha* and those at other place then *Gudavali* are *Adhimansa*³. According to *Charak meda*, *mamsa*, *twacha* is the adhisthan of *Arsha*.⁴ 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.⁵ 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*, *Shastra Karma* and *Kshar Karma*.⁶

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

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 REVIEW⁸

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

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

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

						hypothermic, hypotensive, spasmolytic, CNS depressant, cardiac depressant, antimicrobial, anthelmintic, antifungal, antibacterial, anticonvulsant activity.
10	Chavya ¹⁸	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 baladhikyama 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 lavan. Except lavana rasa all five rasas are considered as a source of kasahaya²⁰. 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 Arshogna 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 Arsh and stravi arsha both While mentioning the treatment, Acharaya Charaka divided Arsha into two main groups²¹:

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 raktarsh while drugs which are ushna verya subsides kapha vata and subsides 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 Aadrak¹². 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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