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 Asha 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

Vanasoorana Pindi is an herbal preparation mentioned in Ayurveda classics which is indicated in the management of Arshas². The main ingredient in this medicine is Vanasoorana (Amorphophallus paeonifolius) has an important role in the management of Arshas³. The ingredients in this medicine are Vanasoorana, Chithraka, Shunti, Maricha and Guda.

Keywords: Pindi, Arshas, Vanasoorana, 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 haemorrhoids. In both sexes, a peak in prevalence was noted from age 45-65 years with a subsequent decrease after age 65 years. 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 orifice.

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 Shastra or Kshara etc. Moreover, most of the drugs are Vatapit-tashamaka, Tridoshahara. Raktarsha is Pitta dominated Tridoshaja Vyadhi, so Sheetaveerya and Rak-tasambhana properties help in this condition. Hence these drugs have certainly provided the Dosha Pratyanika i.e. therapeutic effect. Most of the ingredients are arranged so scientifically that definitely they help in breaking the Samprapti of Arshas at different levels.

The main ingredient in Vanasoorana Pindi is Vanasoora (Amorphophallus paconifolius) known as Elephant foot yam is a highly potential tropical tuber Crop of Aracea family. 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 Sihana, Chakradatha Chikitsasthana, Vangasena Samthitha and also seen in Bhaishajya Ratnavali. The reference of this Yoga is indicated in Arsho Chikitsa Adhyaya of various Samhithas.

Table 1: Materials and methods

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

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:
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**

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 Chitraka (8 parts) are taken in a clean vessel. Shunti Choorna (2 parts), 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:** Chitraka Plant

**Fig. 3:** Purification of Chitraka  
**Fig. 4:** Purification of Vanasoorana
DISCUSSION

Vanasoorana (Amorphallus paeonifolius) has an important role in the management of Arshas. In Chakradatta it is mentioned that consumption of Soorana alone for a month along with butter milk will eradicate piles. Ayurvedic treatises mention two types of Soorana, the wild one called the Vanasoorana and the cultivated form. 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 Arshohara property. Properties of Chitraka include Katu Rasa, Laghu, Ruksa, Tikshnaguna, Ushna virya and Katu Vipaka. These properties of Chitraka contribute to perform the Karma - Vata-Kapha hara, Deepana-Pachana and Grahi. 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-tastambhana. 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 Shama, Vatanulomana, Deepan and Pachana. Deepaniya and Pachaniya drugs are essential in the treatment of Raktarshas for improvement in Agni Bala.

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