

A LITERARY REVIEW ON ARSHOGHNA(ANTI-HAEMORRHOIDAL) DRAVYAS OF DHANWANTARI NIGHANTU

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ABSTRACT :

Arsha (Haemorrhoids) can be treated by many drugs having *Arshoghna* property explained in *Brihatrayi* (*Charak, Sushruta, Vagbhata Samhita*) and *Laghutrayi* (*Sharangdhara, Bhavaprakash* and *Madhav Nidan*). *Ayurveda* plays vital role in curing *Arsha* (Haemorrhoids) with surgical intervention (*Ksharasutra* application) and without surgical intervention (*Arshoghna Dravya Prayoga*). In *Dhanwantari Nighantu*, *Acharya Mahendra Bhogika* mentions numerous drugs acting on haemorrhoids (*Arshoghna Dravya's*). The present study is designed to screen the drugs with *Arshoghna* properties. 51 drugs were described for the treatment of hemorrhoids throughout the text of *Dhanwantari Nighantu*. In *Arshas* management the systemic medicines act by improving appetite, regularize bowl habits, astringent action on blood vessels and maintaining *Agni* and *Srotas* in equilibrium. Among all the *Arshoghna* drugs described in *Dhanwantari Nighantu*, maximum drugs are have *Tikta, Katu* and *Kashaya Rasa Pradhana, Vata-Kaphagna* property and *Ushna* in *Virya*, these factors play important role in the management of *Arshas*.

Keywords : *Arshoghna dravya, Anti-haemorrhoidal drugs, Dhanwantari Nighantu.*

INTRODUCTION: *Dhanwantari Nighantu* is one of the oldest *Nighantu* belonging to 10th century A.D and contains most of the newly added drugs and their properties. The author was the first to classify plant drugs on basis of medicinal properties. Many drugs having *Arshoghna* properties been mentioned in *Ayurveda* classics. *Dhanwantari Nighantu* is one important lexicon of plant drugs¹. Hence *Dhanwantari Nighantu* was selected for the study to note of the drugs mentioned for the treatment of *Arsha*. Haemorrhoids are considered as *Arsha* in *Ayurveda*. Haemorrhoids are dilated veins within the anal canal in the subepithelial region

formed by radicles of the superior, middle and inferior rectal veins². Lifestyle diseases refer to diseases that result because of choices people make in their life. They are mostly common in developed nations where people are inclined towards eating unhealthy foods, having a sedentary lifestyle and unhealthy habits like smoking and drinking alcohol³. Low roughage 'Western' diet may excite haemorrhoid formation⁴. There are six types of *Arsha* mentioned in the texts - those caused by *Vata, Pitta, Kapha, Rakta, Sannipata* and *Sahaja* told by *Acharya Sushruta*⁵. In unrestrained persons, by aforesaid exciting factors particularly

Viruddha (incompatible food), *Adhyashana* (eating before previous food is digested), *Striprasanga* (sexual intercourse), *Utkatukasana* (squatting position), *Prusthayana* (riding), *Vegavidharana* (suppression of natural urges) etc., *Doshas*-singly, dually, all or associated with *Rakta* (blood) are aggravated and spreads to chief passages, move downwards, reach anal folds and after vitiating them produce fleshy growths particularly in those having deficient digestive power; these tuber-like growth by rubbing with grass, wood, stone, clod, cloth etc. or by the excessive contact of cold water develop further which are known as haemorrhoids⁶. Premonitory symptoms of piles include *Anne-ashraddha* (aversion to food), *Krucchatpakti* (digestion with difficulty), *Amlika* (hyperacidity), *Paridaha* (generalized burning sensation), *Vishtambha* (windformation), *Pipasa* (thirst), *Sakthisadana* (weakness in legs), *Atopa* (flatulence), *Karshya* (emaciation), *Udgarabahulya* (belching), *Akshnokshavathu* (swelling in eyes), *Antrakujana*, *Gudaparikartana* (cutting pain in anus), *Pandurogaashanka* (doubt of anemia), *Grahaniroga*, *Kasa* (cough), *Shwasa* (dyspnoea), *Balahani* (debility), *Bhrama* (giddiness), *Tandra* (drowsiness), *Nidra* (excessive sleep) and *Indriyadourbalya* (weakness of sense organs)⁷. The disease piles, complicated with *Trushna* (thirst), *Arochaka* (anorexia), *Shula* (colic pain), *Atiprasrutashonita* (severe hemorrhage), *Shopha* (oedema) and

Atisara (diarrhoea) brings end to the patient⁸. The *Arsha* (hemorrhoids) can be best treated with *Ayurved* medicine, local *Kshara* application, medicament and para-surgical procedure like *Ksharasutra* ligation. The first degree piles can be treated with *Agnidipan*, *Pachan*, *Anuloman* drugs. First and second degree piles are best treated with medicine along with local *Kshara* and oil and *Malahar* application. Third and fourth degree piles can be treated with *Kshrasutra* ligation. The external thrombosed piles can best manage with the help of *Avagaha swedan* and *Jalaukavacharan* (leech application)⁹.

AIMS AND OBJECTIVES: To collect the information regarding the drugs mentioned as *Arshoghna* in *Dhanwantari Nighantu*. To analyze properties mentioned.

MATERIALS AND METHODS:

Materials: *Dhanwantari Nighantu* original text was searched for the drugs, having the property of *Arshoghna*, and was tabulated to analyze the properties of those drugs.

Method: The *Arshoghna* property was used with various synonyms also like *Arshoghna*, *Visheshat Gudajapaham*, *Raktarshara*, *Gudaraktahruta*, *Gudankurnash*, *Gudartinash*, *Vatarshahara* etc. So all the drugs mentioned have these properties were identified and tabulated to know their source identify and the properties. After obtaining the list of the drugs the properties of the drugs will be analyzed for *Rasa panchaka* and analyzed systematically.

Table 1: List of Arshoghna mentioned in Guduchayadi Varga of Dhanwantari Nighantu

Sr. No.	Drug name	Latin name / Family	Properties	Uses	Reference
1	<i>Guduchi</i>	<i>Tinospora cordifolia</i> (Willd.)Miers. <i>Menispermaceae</i>	<i>Tikta Kashaya</i> , <i>Ushna</i> , <i>Guru</i> , <i>Grahi</i> , <i>Tridosha</i> and <i>Rakta Dosha Nashaka</i>	<i>Arshoghna</i> , <i>Jwara</i> , <i>Meha</i> , <i>Kushta</i> , <i>Pandu</i>	<i>Shloka</i> – 5 to 7, Pg - 17
2	<i>Kataphala</i>	<i>Myrica nagi</i> Thunb. <i>Myricaceae</i>	<i>Kapha Vata Nashaka</i> .	<i>Arshoghna</i> , <i>Gulma</i> , <i>Meha</i> , <i>Grahani</i> , <i>Pandu</i> .	<i>Shloka</i> – 73 to 74, Pg- 29
3	<i>Kshitiwar</i>	<i>Celosia argentea</i> Linn.	<i>Kashaya</i> , <i>Grahi</i> , <i>Tridosha Nashaka</i>	<i>Arshoghna</i> , <i>Gulma</i> , <i>Pleeha</i> ,	<i>Shloka</i> – 151 to

		<i>Amaranthaceae</i>		<i>Hrudroga, Basti Shodhaka</i>	152, Pg - 44
4	<i>Pashanabhed</i>	<i>Bergenia ligulata</i> Engl. <i>Saxifragaceae</i>	<i>Tikta, Shita</i>	Arshoghna <i>Gulma, Pleeha, Hrudroga, Ashmari, Shishna shula</i>	<i>Shloka – 153 to 154, Pg - 44</i>
5	<i>Danti</i>	<i>Baliospermum montanum</i> Muell.- Arg. <i>Euphorbiaceae</i>	<i>Katu, Ushna, Kapha Vata Nashaka, Teekshna, Deepana, Shodana</i>	Arshoghna <i>Shula, Ashmari, Udara, Vrana Nashaka</i>	<i>Shloka – 219 to 220, Pg – 56</i>
6	<i>Varani (Danti Vishesha)</i>	<i>Baliospermum</i> Sp. <i>Euphorbiaceae</i>	<i>Tikta, Kapha Vata Nashaka, Deepana, Shodana</i>	Arshoghna <i>Shula, Twak Dosh, Udara</i>	<i>Shloka – 221 to 222, Pg – 56, 57</i>
7	<i>Apamarga</i>	<i>Achyranthes aspera</i> Linn. <i>Amaranthaceae</i>	<i>Tikta Katu, Ushna, Kapha and Rakta Dosha Nashaka, Grahi</i>	Arshoghna <i>Udara, Adamana, Kandu</i>	<i>Shloka – 252 to 254, Pg – 62, 63</i>
8	<i>Mahabala</i>	<i>Sida rhombifolia</i> Linn. <i>Malvaceae</i>	<i>Madhura, Shita, Snigdha, Tridosha Nashaka</i>	Arshoghna <i>Vishama-Jwara, Hrudroga, Shopha</i>	<i>Shloka – 272 to 273, Pg – 66</i>
9	<i>Sahastraveerya (Shatavari Vishesha)</i>	<i>Asparagus sarmentosus</i> Willd. <i>Liliaceae</i>	<i>Tikta Madhura, Shita, Laghu, Tridosha Nashaka</i>	Arshoghna <i>Grahani, Netra Roga, Kshaya</i>	<i>Shloka – 283 to 284, Pg – 68</i>

Table 2: List of Arshoghna mentioned in Shatapushpadi Varga of Dhanwantari Nighantu

Sr.no	Drug name	Latin name / Family	Properties	Uses	Reference
1	<i>Mishreya</i>	<i>Foeniculum vulgare</i> Mill. <i>Umbelliferae</i>	<i>Tikta Madhura, Shita, Vata Pita and Rakta Dosha Nashaka</i>	Arshoghna <i>Kshaya, Kshata-Ksheena</i>	<i>Shloka – 4 to 5, Pg – 70, 71</i>
2	<i>Hapusha</i>	<i>Juniperus communis</i> Linn. <i>Cupressaceae</i>	<i>Katu Tikta, Ushna, Guru, Vata Kapha Nashaka</i>	Arshoghna <i>Gulma, Udara, Shula, Krimighna</i>	<i>Shloka – 9 to 10, Pg – 71</i>
3	<i>Kutaja</i>	<i>Holarrhena antidysenterica</i> Wall. <i>Apocynaceae</i>	<i>Katu Tikta Kashaya, Shita, Ruksha</i>	Arshoghna <i>Kushta, Atisara</i>	<i>Shloka – 13 to 14, Page – 72</i>
4	<i>Indrayava</i>	<i>Holarrhena antidysenterica</i> Wall. <i>Apocynaceae</i>	<i>Katu Tikta, Ushna, Deepana, Tridosha Nashaka</i>	Arshoghna <i>Chardi, Atisara, Shula</i>	<i>Shloka – 15 to 16, Pg – 72, 73</i>
5	<i>Hingupatri</i>	<i>Gardenia</i>	<i>Katu Tikta,</i>	Arshoghna	<i>Shloka –</i>

		<i>gummifera</i> Linn. <i>Rubiaceae</i>	<i>Ushna, Vata Kapha Nashaka</i>	<i>Gulma, Pleeha, Hrud & Basti shula, Krimighna</i>	38 to 39, Pg – 76, 77
6	<i>Tamalapatram</i>	<i>Cinnamomum tamala</i> Nees & <i>Eberm. Lauraceae</i>	<i>Kapha Vata Nashaka</i>	Arshoghna <i>Aruchihara, Hralasa Nashaka</i>	<i>Shloka – 52, 53, Pg – 79</i>
7	<i>Chitraka</i>	<i>Plumbago zeylanica</i> Linn. <i>Plumbaginaceae</i>	<i>Katu, Katu Vipaka, Ushna, Kapha Nashaka</i>	Arshoghna <i>Udara, Grahani, Kshaya, Pandu, Shopha</i>	<i>Shloka – 80 to 81, Pg – 84- 85</i>
8	<i>Amlavetasa</i>	<i>Garcinia pedunculata</i> <i>Roxb. Guttiferae</i>	<i>Kashaya Katu, Ushna, Ruksha, Kapha Vata Nashaka</i>	Arshoghna <i>Gulma, Hrudroga, Ashmari, Trushna, Krimighna</i>	<i>Shloka – 93 to 94, Pg – 87</i>

Table 3: List of Arshoghna mentioned in Chandanadi Varga of Dhanwantari Nighantu

Sr. No.	Drug name	Latin name / Family / English Name	Properties	Uses	Reference
1	<i>Karchura</i>	<i>Curcuma zedoaria</i> Rosc. <i>Zingiberaceae</i>	<i>Katu Tikta, Ushna, Vata Kapha Nashaka, Deepana</i>	Arshoghna <i>Gulma, Pleeha, Kushta, Kasa Aruchihara,</i>	<i>Shloka – 93 to 94, Pg – 108</i>
2	<i>Ambika</i>	<i>Hibiscus cannabinus</i> <i>Linn. Malvaceae</i>	<i>Tikta, Ushna, Kapha Nashaka</i>	Arshoghna <i>Shopha</i>	<i>Shloka – 107 to 108, Pg – 110</i>
3	<i>Bhallataka</i>	<i>Semecarpus anacardium</i> <i>Linn.F. Anacardiaceae</i>	<i>Katu Tikta Madhura, Ushna, Vata Kapha Nashaka</i>	Arshoghna <i>Krimighna, Gulma, Kushta. Grahani,</i>	<i>Shloka – 128 to 129, Pg – 114</i>
4	<i>Hema- makshikam (Tapy)</i>	<i>Copper pyrite</i>	<i>Katu Tikta, Ushna, Tridosha Nashaka</i>	Arshoghna <i>Shopha, Udara, Kshaya, Nashaka Basti roga, Mandagni.</i>	<i>Shloka – 133 to 135, Pg – 115.</i>
5	<i>Shilajatu</i>	<i>Asphaltum punjabianum</i> Black <i>asphaltum.</i>	<i>Tikta Katu, Ushna,</i>	Arshoghna <i>Shopha, Kushta, Kshaya, Udara, Ashmari.</i>	<i>Shloka – 146 to 147, Pg – 117</i>

Table 4: List of Arshoghna mentioned in Karveeraadi Varga of Dhanwantari Nighantu

Sr. No.	Drug name	Latin name / Family / English Name	Properties	Uses	Reference
1	Rasona	<i>Allium sativum</i> Linn. Liliaceae	Madhura Tikta, Ushna, Kapha Nashaka, Guru, Snigdha	Arshoghna Gulma, Kasa Pleeha, Kushta, Aruchihara,	Shloka – 61 to 63, Pg – 132
2	Vansha	<i>Bambusa arundinacea</i> Willd. Poaceae	Katu Tikta Kashaya, Shita, Pita Rakta Dosha Nashaka	Arshoghna Mutrakurcha, Prameha, Daha	Shloka – 122 to 123, Pg – 143

Table 5: List of Arshoghna mentioned in Amradi Varga of Dhanwantari Nighantu.

Sr. No.	Drug name	Latin name / Family / English Name	Properties	Uses	Reference
1	Beejapur	<i>Citrus medica</i> Linn. Rutaceae	Tikta Madhura, Shita, Vata Pita and Rakta Dosha Nashaka	Arshoghna Chardi, Shula, Aruchihara, Medhya	Shloka – 21, Pg – 152
2	Kshudra Amlika	<i>Oxalis corniculata</i> Linn. Oxalidaceae	Amla Katu Tikta, Ushna, Kapha Vata Nashaka, Grahi	Arshoghna Grahani, Amavata	Shloka – 31, Pg – 154
3	Arukam	<i>Prunus persica</i> Batsch. Rosaceae	Madhura, Shita Hridya	Arshoghna Meha	Shloka – 32 to 33, Pg – 154
4	Pilu	<i>Salvadora persica</i> Linn. Salvadoraceae	Madhura, Katu, Shita Kapha Vata Nashaka, Tikshna, Snigdha	Arshoghna Raktapita, Gulma	Shloka – 44 to 45, Pg – 156
5	Karira	<i>Capparis aphylla</i> . Roth. Capparidaceae	Madhura Tikta, Katu Ushna, Vata Kapha Nashaka	Arshoghna Aruchihara	Shloka – 91, Page – 165
6	Ashoka	<i>Saraca indica</i> Linn. Leguminosae	Madhura, Madhura Vipaka, Shita Sandhaniya	Arshoghna Krimighna, Sarva Vrana Vinashana.	Shloka – 147 Pg – 177
7	Palasha Kinshuka	<i>Butea frondosa</i> Roxb. Leguminosae	Katu, Katu Vipaka, Ushna, Vata Kapha Nashaka	Arshoghna Gulma, Grahani, Krimihara, Pleeha	Shloka – 148 to 150, Pg – 177

Table 6: List of Arshoghna mentioned in Suvarnadi Varga of Dhanwantari Nighantu.

Sr. No.	Drug name	Latin name / Family / English Name	Properties	Uses	Reference
1	Tamra	Copper	Tikta Madhura	Arshoghna	Shloka – 10,

			<i>Kashaya, Katu, Shita. Laghu, Lekhana</i>	<i>Gulma, Pandu, Kushta, Shula, Udara</i>	Pg – 180
2	<i>Loha</i>	<i>Iron</i>	<i>Tikta Kashaya, Katu, Ushna, Ruksha Kapha Pita Nashaka</i>	Arshoghna <i>Prameha, Shula, Pandu, Kushta</i>	<i>Shloka – 28, Pg – 183</i>
3	<i>Ushtrapayaha</i>	<i>Camel's milk</i>	<i>Lavana, Ushna, Laghu, Ruksha, Vata Kapha Nashaka</i>	Arshoghna <i>Shopha, Udara, Krimihara</i>	<i>Shloka – 158, Pg – 207</i>
4	<i>Ajadadhi</i>	<i>Goat's butter</i>	<i>Laghu, Deepana, Vata Kapha Nashaka</i>	Arshoghna <i>Swasa, Kasa</i>	<i>Shloka – 176, Pg – 210</i>
5	<i>Ushtridadhi</i>	<i>Camel's but- ter</i>	<i>Amla, Kshariya, Katu Vipaka, Vata Nashaka</i>	Arshoghna <i>Kushta, Krimihara</i>	<i>Shloka – 179, Pg – 211</i>
6	<i>Takra</i>	<i>Butter-milk</i>	<i>Kashaya, Ushna, Laghu, Deepana, Vata Kapha Nashaka</i>	Arshoghna <i>Grahani, Shopha, Udara</i>	<i>Shloka – 195, Pg – 214</i>
7	<i>Navneetam</i>	<i>Product of Butter</i>	<i>Madhura, Madhura Vipaka, Shita, Hridya, Grahi, Snigdha, Vata Pita Nashaka</i>	Arshoghna <i>Grahani, Ardita, Aruchihara</i>	<i>Shloka – 209 to 212, Pg – 216,217.</i>
8	<i>Souviraka & Tushodaka</i>	<i>Alcohol Vari- ety</i>	<i>Pachana</i>	Arshoghna <i>Grahani</i>	<i>Shloka – 231, Page – 220.</i>
9	<i>Sura & Prassana</i>	<i>Alcohol Vari- ety</i>	<i>Bruhana, Deepana, Vata Nashaka</i>	Arshoghna <i>Grahani, Aruchihara</i>	<i>Shloka – 239 to 241, Pg – 222.</i>
10	<i>Jagala</i>	<i>Alcohol Vari- ety</i>	<i>Ushna, Pachana, Ruksha, Grahi, Hridya, Vata Nashaka</i>	Arshoghna <i>Pravahika</i>	<i>Shloka – 244, Pg – 223.</i>
11	<i>Mardvikam</i>	<i>Alcohol Vari- ety</i>	<i>Madhura, Ushna, Hridya, Lekhana, Vata Pita Nashaka</i>	Arshoghna <i>Prameha, Pandu</i>	<i>Shloka – 247, Page – 223.</i>
12	<i>Sharkara- Sidhu</i>	<i>Alcohol Vari- ety</i>	<i>Madhura, Madhura Vipaka, Deepana</i>	Arshoghna <i>Udara, Vibandha</i>	<i>Shloka – 250, Pg – 224.</i>
13	<i>Maireya</i>	<i>Alcohol Vari- ety</i>	<i>Madhura, Kashaya, Guru, Teekshna, Vata Kapha Medahara</i>	Arshoghna <i>Gulma, Krimihara</i>	<i>Shloka – 253, Pg – 224.</i>

14	<i>Arishta</i>	<i>Liquid Form Medicinal Preparation</i>	<i>Deepana, Sara, Vata Kapha Nashaka</i>	Arshoghna <i>Udara, Shula, Gulma</i>	<i>Shloka – 257 - 258, Pg – 225.</i>
15	<i>Ushtramamsa</i>	<i>Camel's Meat</i>	<i>Madhura, Ushna, Laghu, Vata Nashaka</i>	Arshoghna	<i>Shloka – 353, Pg – 240.</i>
16	<i>Mutra</i>	<i>Urine</i>	<i>Katu, Lavana, Ushna, Ruksha, Teekshna, Vata Kapha Nashaka</i>	Arshoghna	<i>Shloka – 444 to 446, Pg – 256.</i>
17	<i>Mahishamutra</i>	<i>Buffalo's Urine</i>	<i>Ushna</i>	Arshoghna <i>Prameha, Udara, Shula, Gulma</i>	<i>Shloka – 450, Pg – 257.</i>
18	<i>Ushtramutra</i>	<i>Camel's Urine</i>	<i>Ushna, Vata Nashaka</i>	Arshoghna <i>Shotha, Kushta, Unmada, Krimihara</i>	<i>Shloka – 453, Pg – 258.</i>

Table 7: List of Arshoghna mentioned in Suvarnadi Varga of Dhanwantari Nighantu.

Sr. No.	Drug name	Taila of following Drugs is Arshoghna	Properties	Uses	Reference
19	<i>Taila (Oil)</i>	<i>Danti, Mulaka, Sarshapa, Karanja, Arishta, Shigru, Suvarchala, Ingudi, Pilu, Shankhini, Neepa, Sarala, Agaru, Devadaru, Shishapa, Tugaraka, Balllataka</i>	<i>Katu, Tikshna, Kapha Vata Nashaka</i>	Arshoghna <i>Kushta Medahara</i>	<i>Shloka – 127-129, Pg – 202</i>

Table 8: List of Arshoghna mentioned in Mishrakadi Varga of Dhanwantari Nighantu.

Sr. No.	Drug name	Latin name / Family / English Name	Properties	Uses	Reference
1	<i>Sarvoushadi</i>	<i>Kushta, Jatamanasi, Haridra, Daruharidra, Mura, Shaileya, Champaka, Vacha, Karpura, Musta.</i>	<i>Tridoshahara, Rasayana.</i>	Arshoghna <i>Mutradaha, Mukharoga Nashaka.</i>	<i>Shloka – 38-39, Pg – 266</i>

OBSERVATIONS & RESULTS:The above identified drugs were analyzed for the *Rasa* and *Doshaghnata* and the following are noted:

Table 9: Dravya (Drugs) according to Rasapanchaka

Rasa	Number of drugs
<i>Madhura</i>	19
<i>Amla</i>	05
<i>Lavana</i>	04
<i>Katu</i>	23
<i>Tikta</i>	24
<i>Kashaya</i>	11

Table 10: Dravya (Drugs) according to Vipaka

Doshaghnata	Number of drugs
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Madura	18
Amla	03
Katu	30

Table 11: Dravya (Drugs) according to Virya

Doshaghната	Number of drugs
Sheeta	10
Ushana	41

Table 12: Dravya (Drugs) according to Doshaghната

Doshaghната	Number of drugs
Vataghna	06
Pitaghna	02
Kaphaghna	04
Vata-Pitaghna	05
Vata-Kaphaghna	22
Pita-Kaphaghna	04
Tridoshaghna	07
Rakta Dosha Nashaka	05

It is observed that, of the total drugs mentioned as Arshoghna, Tikta Rasa Dravya are maximum in number (24) followed by Katu Rasa Dravya (23), Kashaya Rasa Dravya (11). Madhura (19), Amla (05) and Lavana (04) Dravya. According to Vipaka Katu, Madhura & Amla drugs are found 30, 18 & 03 in number respectively. Most of the drugs are Ushana Virya (41) and Sheeta Virya drugs are 10 in number.

DISCUSSION: Dhanwantari Nighantu has given unique consideration to the disease Arsha (haemorrhoids) and used various drugs to treat this disease. Present study deals with extensive variety of drugs from Dhanwantari Nighantu. Acharya Mahendra Bhogika directly mentions the action of these following drugs as Arshoghna. Drugs from whole Dhanwantari Nighantu were screened for the action Arshoghna (Antihemorrhoid). 51 drugs were described for the treatment of haemorrhoids from the total 703 drugs. Out of these Arshoghna drugs 9, 8, 5 & 7 drugs belongs to Guduchyadivarga, Shatapushpadivarga, Chandanadivarga, Amradivarga respectively. While in Suvarnadivarga (19), Karveeradivarga (2) Mishrakadivarga (1) drugs are stated for the treatment of Arsha. Tikta Katu & Kashaya Rasa Pradhanata are found in the maximum number drugs. Tikta Rasa is

Arochakaghna, Dipana and Pachana. Katu Rasa is Agnidipana, Shwayathunashana and Rochayatiasanam while Kasaya Rasa is Ropana, Shoshana and Stambhana¹⁰. This is indicating that the drugs with Tikta, Katu and Kashaya Rasa play major role in the treatment of Arshas. As Arshas is a Rakta-Mamsadhatujanya-Vyadhi it requires Tikta and Kashaya Rasa Dravya to purified the Raktadosha and Katu Rasa helps to reduce the Mamsadusthi.

Most of the drugs mentioned are Ushnavirya (41) in nature and Sheetavirya are found in 10 in number. Ushnavirya destroys constipation and expels the stools freely and also helps to reduce the Arshas especially if the Arshas are dry. Shitaviryadravyas help in the bleeding piles for stopping the excessive blood flow. Madhura (18) and Katuvipaka (30) Dravyas are mentioned to have the property of Arshoghna. Madhura and Katuvipaka can be considered to reduce bleeding piles and dry piles respectively. Most of the drugs possess the Kshara, Guru and Tikshna properties to be mostly acting on the Arshas. Ksharaguna helps to burn the extra mass formed in the pile mass and reduce burn the pile mass. While Guru and Tikshnaguna help to expel the faces properly. In management of

Arshas: The systemic medicines act by improving appetite, regularize bowl habits, astringent action on blood vessels and maintaining *Agni* and *Srotas* in equilibrium.

CONCLUSION: From the present study, it can be concluded that 51 drugs were mentioned in *Dhanwantari Nighantu* acting on the disease *Arshas*. It can also be said that the drugs having *Katu*, *Tikta*, *Kashaya rasa* dominancy, *Guru- Tikshna* & *Kshara* properties, *Ushnavirya* and *Katuvipaka* play major role in the management of *Arsha*. As the study is purely theoretical, it requires clinical correlation of the mentioned drugs.

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