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Review of Rasoushadhis [Herbo-mineral Preparations] for Haemorrhoids

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Abstract: In the clinical practice we usually come across with the patients suffering with Arhsas requesting for non surgical conservative management of the disease. There are various forms of conservative management, yet the oral medication tops the list of preferences. Ayurveda proposes numerous oral medications comprising of both herbs and herbo mineral preparations [Rasoushadhi]. This review study details the rasoushadhis documented in six treatises of Ayurveda and found 38 preparations listed in them were studied.

Keywords: *Rasoushadhi, Arsha, Bheshaja*

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INTRODUCTION:

Arshas (Haemorrhoids) is a very common anorectal condition defined as the symptomatic enlargement and distal displacement of the normal anal cushions. They affect millions of people around the world, and represent as one of the medico-surgical and socioeconomic problem.¹

Management of this condition is through either conservative or surgical approach, patients are always apprehensive about surgical correction of this ailment, they constantly prefer conservative management. The management of Arshas is purely based on the degree of the condition as detailed in the literature^{2,3,4} The treatment modality is classified as Bhesaja [Medicinal], Shastra [Surgical], Kshara [Chemical cautery] and Agni [Thermal cautery]. Medicinal mode is the most preferred and economical among other modes of treatment. Numerous herbal and herbo-mineral preparations cited in Ayurvedic texts, many of them are used extensively in clinical practice.^{5,6,7,8} There may be many formulations mentioned and on initial evidence all may appear as same, but only on avid reading it is perceived that every classical combination is contrived with their own set of principles and objectives to combat a disease and its associated complications/symptoms. Among all formulations, the one containing mineral medicines are considered superior for the reason that, their particle size being in micro-nano meter and their abiding quality, bestow rapid and prolonged results. Henceforth, this paper is an attempt to screen and review the various Rasoushdhis mentioned in classical texts.

Objective

To screen and review the Rasaoushadhis cited in Ayurvedic texts for Haemorrhoids with special reference to pharmacological actions.

Materials & Method:

Screening and Review of six treatises of Ayurveda –Bhaishjya Ratnavali, Rasa ratna samucchaya, Rasamrita, Yoga ratnakara, Sushruta samhita and Siddha yoga sangraha.

Method – Hand Search

Observation and Discussion:

Ayurveda has been embodied with huge literary contributions from many Acharyas. Among them all, the reason to take only these books are; Bhaisajya Ratnavali, a literature of 19th C is relatively applicable to current period. The text discusses Rasaoushadhis in detail and gives it a pivotal position. **Rasa ratna samuchchaya**, is an authentic text of Rasa shastra and contains detailed descriptions of various complex metallurgical processes. Disease wise description of rasa formulations are written precisely. **Yoga ratnakara** compiled work and masterpiece of Indian medical system in terms of both disease and treatment. **Sushruta samhita**, the treatise is the first and authentic book of Ayurveda belonging to surgical domain. The Compendium of Sushruta is one of the foundational texts of for all medico surgery cases. **Rasamrita** -The text Rasamritam is full of practical therapeutic use of different Rasa Dravyas and their processing techniques. As time went on, there was increase of diseases and decrease of classical knowledge. Hence the Ayurveda

Martanda Shri Y.T.Acharya has come up with this literature after adopting the scientific and practical knowledge for alchemical methodologies, thereby placing the rasa dravyas at top in scrutiny. **Siddha yoga sangraha**, is the doctrine prepared for beginners. This book is an excellent

compilation of yogas which are easy to prepare and have given proven effects in daily practice.

Numbers of rasa yogas mentioned in Arshoadhikara of each text are enlisted below-

Table No.1, showing number of herbo-mineral formulations mentioned in each text for Arshas:

Classical texts	No. of Yogas mentioned in Arshoadhikara
Bhaishajya ratnavali	18
Rasa ratna samuchchaya	11
Rasamrita	5
Yoga ratnakara	2
Sushruta samhita	1
Siddha yoga sangraha	1

Table No.2, List of Name of Rasoushadhis mentioned for Haemorrhoids in classical texts:

Bhaishajya Ratnavali	Rasa Ratna Samucchaya
Rasa gutika	Arsha kutara rasa
Arshakutara Rasa -1	Pittarshohara rasa
Arshakutara Rasa -2	Sarvalokashraya rasa
Tikshanmukha Rasa	Arshoghna vati
Chakrakhya rasa	Moolakutara rasa
Chachhatakutara rasa	Mahodaya pratyasaara rasa
Chakreshwara rasa	Kanakasundara rasa
Shilagandhaka vati	Arkesha rasa
Jatiphaladi vati	Tikshnamukha rasa
Panchanana vati	Trailokya tilaka rasa
Nityodita rasa	Arshakuthara lepa (Ext appln)
Ashtanga rasa	
Maanadhya loha	Rasamrita
Agnimukha loha	Navayasa choorna
Chandraprabha vati	Pittantaka rasa
Kasisadi taila (Ext appln)	Punarnava mandoora
Bhrihat kasisadi taila (Ext appln)	Yogaraja
Apamargadi lepa (Ext appln)	Lohasava

Yoga Ratnakara	
Arshakuthara rasa	Siddha Yoga Sangraha
Nityodita rasa	Arshogna vati
Sushruta Samhita	
Abhyanjana in arsha (Ext appln)	

In total there are 38 number of rasa yogas of Arshoadhikara found in six classics. However, only few are available in market currently.

The market available few drugs are not completely enough to fulfil all the demandable conditions of the disease. This is the reason why texts have given multifold combinations of drugs. Pharmacies are to be encouraged to come out with these yogas for betterment of treatment. Henceforth it becomes essential to learn and scrutinise all the yogas w.r.t rasa dravyas.

Table No.3, List of particulars of Rasoushadhis:

Rasoushadhi	Ingredients	Dose	Anupana
Rasa gutika	Rasa sindoor, abhraka, vidanga, maricha and jalapalaka swarasa.	25 mg	Water, honey.
Arshakutara Rasa -1	Shuddha parada, sh.gandhaka, loha bhasma, tamra bhasma, dantimoola choorna, trikatu choorna, surana choorna, vamshalochana, sh.tankana, yavakshara, saindhava lavana, snuhikshira and gomutra.	1 gm	Honey and buttermilk
Arshakutara Rasa -2	Shuddha parada, sh.gandhaka, loha bhasma, abhraka bhasma, balabilwa majja, chitrakamoola choorna, kalihari moola, dantimoola choorna, maricha choorna, haritaki choorna, sh.tankana, yavakshara, saindhava lavana, snuhikshira and gomutra.	1gm	Honey and buttermilk
Tikshanmukha Rasa^{9,10}	Rasa sindoor, tamra bhasma, swarna bhasma, abhraka bhasma, tikshna loha, loha bhasma, shuddha gandhaka, mandoor bhasma, swarnamakshika bhasma and kumari swarasa.	125 mg	Sugar
Chakrakhya rasa	Rasa sindoor, abhraka bhasma, vaikranta bhasma, tamra bhasma, kamsya bhasma, sh.gandhaka and bhallataka seeds.	250mg	Ghee and buttermilk.
Chachhatakutara rasa	Sh.parada, sh.gandhaka, loha bhasma, trikatu choorna, dantimoola choorna,	250mg	Honey and buttermilk.

	kushta choorna, yavakshara, saindhava lavana, sh.tankana, gomutra and snuhi kshira.		
Chakreshwara rasa¹¹	Rasa sindoora, sh.tankana and abhraka bhasma.	250mg	Honey and buttermilk
Shilagandhaka vati¹²	Sh.manashila, sh.gandhaka, bhringaraja swarasa, honey and ghee.	250mg	Ghee, honey and buttermilk
Jatiphaladi vati¹³	Jatiphala choorna, lavanga choorna, pippali choorna, saindhava lavana, shunti choorna, sh.dhatturabija choorna. Hingula and sh.tankana.	250mg	Water
Panchanana vati	Rasa sindoora, abhraka bhasma, lohabhasma, tamra bhasma, sh.gandhaka and sh.bhallataka.	60-125mg	Ghee
Nityodita rasa¹⁴	Rasasindoora, abhrakabhasma, lohabhasma, tamrabhasma, sh.vishachoorna, sh.gandhaka, sh.bilva, sooranakanda swarasa and manakanda swarasa.	60-125mg	Ghee
Ashtanga rasa	Sh.gandhaka, sh.parada, mandoora bhasma, triphala choorna, trikatu choorna, chitraka moola and bhringaraja choorna.	1gm	Honey
Maanadhya loha	Manakanda choorna, sooranakandachoorna, sh.bhallataka, trivrit choorna, dantimoola choorna, triphala choorna, trikatu choorna, vidanga, mustakachoorna, chitraka choorna and loha bhasma.	500mg	Water
Agnimukha loha	Trivrit, chitrakamoola, nirgundipatra, snuhi, mundi, bhuamalaki, vidanga, trikatu, triphala choorna, sh.shilajith, tikshna lohabhasma, goghrita, ghee and sugar.	1-2gm	Warm cow milk.
Chandraprabha vati^{15,16,17,18}	Vidanga, chitraka moola, trikatu, triphala, devadaru, chavya, bhunimba, pippali moola, mustaka, kachoor, vacha, swarnamakshika bhasma, saindhava lavana, yavakshara, haridra, daruharidra, dhaniya, gajapippali, atasi, sh.shilajith, sh.guggulu, lohabhasma, sugar,	250mg	Water, milk, honey, butter and buttermilk.

	vamshalochana, dantimoola, trivritmoola, twak, ela and tejapatra.		
Kasisadi taila^{19,20} (Ext appln)	Kasisa, dantimoola, saindhava, karaveera and chitrakamoola.		Taila+arkadugdha.
Bhrihat kasisadi taila (Ext appln)	Kasisa, saindhavalavana, pippali, shunti, kushta, langali, pashanabheda, karaveera, dantimoola, vidanga, chitrakamoola, haratala, manashila, swarnaksheeri, arkadugdha, gomutra and tilataila.		
Apamargadi lepa (Ext appln)^{21,22}	Apamarga and haratala.		
Arsha kutara rasa	Sh.parada, sh.gandhaka, tamra bhasma, loha bhasma, trikatu, langali, danti, pilu, chitraka, yavakshara, tankana, saindhavalavana, gomutra and snuhikshir.	2gm	Dadimarasa, sooranakanda putapakwarasa, madhya.
Pittarshohara rasa	Parada bhasma, tamrabhasma, swarnabhasma, abhraka bhasma. Tikshnaloha bhasma, sh.gandhaka, mandoora bhasma, swarnamakshika bhasma and kumari.	1gm	
Sarvalokashraya rasa	Sh.parada, sh.gandhaka, sh.haratala, swarnamakshika, sh.vatsanabh, haratala and swarnabhasma	2 gunja	Ghee and buttermilk
Arshoghna vati	Sh.gandhaka, rajata bhasma, tamrabhasma and abhraka bhasma.	360mg	
Moolakutara rasa	Nagabhasma, abhraka bhasma, tamra bhasma, tikshnaloha bhasma, haratala and sh.parada	180- 360mg	
Mahodaya pratyasaara rasa	Gandhaka, parada, abhraka bhasma, tamra bhasma, loha bhasma, swarnamakshika, kampillaka choorna and sh.vatsanabh.	125- 250mg	
Kanakasundara rasa	Sh.parada, rajata makshika, kanta loha, abhraka bhasma, nagabhasma, swarnabhasma and trikatu.	1 gunja	Ghee, honey and pippali choorna.
Arkesha rasa	Nagabhasma, sh.parada, sh.gandhaka, trilavana and shankhabhasma.	180- 360mg	Water
Tikshnamukha rasa	Paradabhasma, swarna bhasma, tamra bhasma, sh.haratala, sh. manashila, tikshnaloha bhasma, mandoora	250- 500mg	Water

	bhasma, abhraka bhasma, sh.gandhaka and swarnamakshika bhasma		
Trailokya tilaka rasa	Abhrakabhasma, tankana, ghrita, kharpara bhasma, sh.parada, gandhaka, hingula, manashila, trikatu and swarnamakshika bhasma	125-250mg	
Arshakuthara lepa (Ext appln)	Kanchanarapushpa, shankhabhasma, manashila and gajapippali		
Navayasa choorna	Trikatu, triphala, mustaka, vidanga, chitraka, lohabhasma and mandoora bhasma.	2-4 ratti	Milk, buttermilk.
Pittantaka rasa	Jatipatra, jayaphala, jatamansi, talisapatra, sweta chandana, swarnamakshika bhasma, pravala pishti, lohabhasma, abhraka bhasma and kapooraroupya bhasma	2 ratti	Chandana arka and chandana jala.
Punarnava mandoora	Punarnavamoola, trivrit, vidanga, trikatu, devadaru, kushta, haridra, danti, chavya, kalingaka, katuki, pippali moola, musta and mandoora bhasma.	4-8 ratti	
Yogaraja	Triphala, trikatu, chitrakamoola, vidanga, lohashilajith, roupya shilajith, makshika bhasma, loha bhasma and mishri.	6-12 ratti	Milk
Lohasava	Guduchi, trikatu, triphala, yavani, vidanga, mustaka, chitraka moola, loha choorna, chaturjath, madhu and guda.	2 tola	equal quantity of water
Arshakuthara rasa	Sh.parada, gandhaka, loha, abhraka, chitrakamoola, maricha, sh.kalihari, dantimoola, sh.tankana, yavakshara and saindhava.	125-250mg	
Nityodita rasa	Sh. parada, sh. vatsanabh, tamra, abhraka, loha and sh.gandhaka.	125-250mg	Ghee
Abhyanjana in arsha (Ext appln)	Kasisa, haratala, saindhavalavana, karaveera, vidanga, karanja, kritavedhana, jambu, arka, apamarga, chitraka, alarka, snuhiksheera.		
Arshogna vati	Trinakanta mani, Khoon kharaba, Bakayana, Nimba, Gulabi arka	250mg	Buttermilk, Cold water

Discussion:

Ayurvedic classics opine, Arshas [Haemorrhoids] is due to impairment of agni [Digestive fire] vikrutjanya vyadhi, wherein constipation is a frequent addition to vikruti.²³ Hence treatment always initiates with correction of agni with Deepaka, Pachaka and Vata-mala anulomaka dravyas. Research works reveals that, the abnormal dilatation and distortion of the vascular channel, together with destructive changes in the supporting connective tissue within the anal cushion, is a paramount finding of hemorrhoidal disease. They also attribute involvement of ANS and Genetic factor for the condition.²⁴

Above said pathology is reiterated as Khavaigunya in classics which could be inherited (Genetic) or acquired (Disturbed metabolism) and manifest as Dilated Arterio venous plexus, Damaged anal cushion and weak anal sphincter.

Considering facts of pathology and manifestations, an axiom could be formed to treat arshas :

- Restore agni-deepana, Pachana – Restoring digestive fire to normalcy and improve the metabolic activity.
- Regulate bowel habit-Anulomana/Grahi (as condition demands) – Regular emptying of the bowel as per the biological cycle, constitution of an individual
- Due to inert properties of mineral compounds, the size of the pile mass gets shrunken, Sira balya (Venotonicity) improves the tonicity of vascular intima

and due to scarifying activity the mucosal prolapsed of the dilated haemorrhoidal plexus of veins is rectified.

- Correct Khavaigunya²⁵ [Weakness of any bodily channel or Srotas]-

Discussion on Pharmacological properties of Rasa dravyas which are part of classical formulations mentioned in above texts:^{26,27,28,29,30}

- **Rasa sindhura**^{31,32,33}-Arshohara,Snayu balya, Kaphavatahara³⁴
Hence Rasa Sindura is incorporated to scrape off deep rooted, chronic pile mass and to correct Khavigunya of anal cushions and sphincter
- **Tamra**^{35,36}- Lekhana, Saraka, Mamsa dushanahara, Increases Arterial pressure. Hence Tamra yukta yogas [Copper containing preparations] should not be given for more than 21 days and contraindicated in bleeding and Hypertension conditions.^{37,38,39,40}
- **Abhraka**⁴¹ –Yogavahi-Enhances properties of fellow drugs without losing its own, Nadi balya (Regulates and strengthens Nadi)Facilitates in Strengthening of Snayu, Sira, Helps to check bleeding, Hastens post surgery healing but not a direct drug to treat Arshas. Hence Abhraka yukta yogas or as individual could be administered to correct ANS which is part of pathology in both Genetic And Acquired cause & repair anal sphincter
- **Loha, Mandura**^{42, 43} -Rakta prasadana-Improves circulation and nourishes all components of blood, Sira balya

(Strengthens walls of blood vessels)
Hence this is advised in correcting Dilated Arterio venous plexus, Repair damaged anal cushion

- **Gandhaka**^{44,45} -Udara shuddhi, Mrudu virechana, Daha shamaka, corrects intestinal flora, Increases cell permeability
Hence a drug to include for arshas which has its root cause as disturbed metabolism and improper life style
- **Swarna makshika**⁴⁶ -Pacifies teekshnata, Amlata, ushnata & dravatva of pittha, Sowmya guna. Hence particularly used in habitual bleeding condition of arshas without hard stools being a cause for bleeding
- **Shilajatu**- Arshogna, Lekhana, Snayu balya, Improves cellular circulation and permeability. Shilajatu is a good choice of drug in both bleeding and non bleeding arshas with suitable co ingredients to get rid of piles.
- **Rajata**- Vata pittha shamaka, Vedana shamaka Drug to be a part of formulation to regulate ANS and in painful condition of arshas.

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- **Naga** -Antra balya, Snayu balyakara, Shothgna, corrects dhatu vikruti. Naga bhasma is advised for condition like constipation that has caused due to incompetent intestines and has raised a pile mass which is usually soft fragile mass.

- **Kaseesa**⁴⁷ -Rakta mamsa gata vrana shodhaka, ropaka

The sulphate form of iron is potent enough to scrape out pile mass, increases blood circulation to GIT and thereby regulated all necessary secretions of GIT to keep digestion part clear.

CONCLUSIONS:

Herbal and herbo mineral preparations are an essential part of Ayurvedic therapeutics. The pharmacological actions rely on the proper preparation as per textual guidelines and its judicial application in Arshas with due consideration to posology.

grade haemorrhoids)-Short

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Conflicts of interest

Nil.

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