

**PIPPALYADI TAILA ANUVASAN BASTI IN ARSHA (HEAMORRIED).****Abhijeet Sampatrao Jankar^{*1}, V.K. Thorwat², S. P. Kulkarni³**

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ABSTRACT

Arsha(Haemorrhoid) is one grave disease included *Ashta Mahagada*. According to *Sushruta*, vitiated *Vata Dosha* localizes in *Guda Vali* and vitiated *Twak, Mansa, Meda* and *Rakta*, resulting in the formation of *Arsha*. The management of *Arsha* involves *Aushadhi Chikitsa, Kshar Karma, Agnikarma* and *Shastrakarma*. Modern management of *Arsha* is mainly surgical approach, but the result was found to be less satisfactory. Up to 80% of Haemorrhoidal symptoms can be reduced by conservative treatment. There are many modalities like Haemorrhoidectomy, Sclerotherapy, Infra Red coagulation therapy, Lord's Dialation Cryosurgery, Rubber band ligation and Stapler haemorrhoidectomy. But the options are limited; concern to their effectiveness in elimination of disease causing pathology. Because surgical approach can't break *Samprapti* of *Arsha* (pathology). To resolve *Samprapti* of *Arsha*, the treatment should be *Deepan, Pachan* and *Vatanulomak*. Keeping in mind all the three *Karmas* to resolve *Arsha*

pathology we searched for the treatment and medicine. *Acharya Carak* and *Vaghat* has mentioned *Pippalyadi Taila Anuvasan Basti* as treatment of *Arsha*. In other side these two *Acharya* told that *Anuvasan Basti* is contraindicated in *Arsha*. Hence, a conceptual study was carried out to explain the mode of action of *Pippalyadi Taila Anuvasan Basti* in *Arsha*.

KEY WORDS

Pippalyadi Taila, Arsha, Hemorrhoid, Anuvasan Basti,

INTRODUCTION

Ayurveda is science of life and *Panchakarma* is important treatment modality in today's life style disorders. *Arsha* is one of the grave diseases including in *Astha Mahagada*.ⁱ According to W.H.O. 40% of people worldwide suffering from ano rectal disease.ⁱⁱ

Arsha is disease of sedentary life style disease as a result of advancement of society. Lacks of physical activity,

addiction of alcohol, tobacco consumption are the main cause of this disease.

Up to 80% of Haemorrhoidal symptoms can be reduced by conservative treatment. There are many modalities like Hemorrhoidectomy, Sclerotherapy, Infra Red Coagulation therapy, Lord's Dilation, Cryosurgery, Rubber Band ligation and Stapler Hemorrhoidectomy. But the options are limited concern to their effectiveness in elimination of disease causing pathology. According to *Sushruta*, vitiated *Vata Dosha* localizes in *Guda Vali* and vitiated *Twak, Mansa, Meda* and *Rakta*, resulting in the *Annavaha Strotodushti*. The management of *Arsha* involves *Aushadhi Chikitsa, Ksharkarma, Agnikarma* and *Shastrakarma*.ⁱⁱⁱ

To resolve *Samprapti* of *Arsha*, the treatment should be *Dipan, Pachan, & Vatanulomak*. As in *Arsha* there is vitiation of *Agni*. So to correct *Agnidushti* the treatment should be *Deepan* and *Pachan*. And Constipation is a major event to be corrected in the pathology of *Arsha*. So *Anuloman Karma* is also expected in *Arsha*. Keeping in mind all the three *Karmas* to resolve *Arsha* pathology we searched for the Treatment and medicine. In *Carak Samhita* and *Ashtang Hruday Arsha Chikitsa Acharya Carak* and *Vagbhata* has mentioned *Pippalyadi Tail Anuvasan Basti*. This is found to resolve all the three motives of treatment.

Basti is the best treatment of the *Vata Vyadhi* as quoted by *Maharshi Carak* that “*Basti Vataharanama Shreshtham*” (*Ca. Su. -25*). *Vayu* is the mostly responsible for manifestation of *Vyadhi* in *Shakha, Koshta, Marma Pradesh*. Simultaneously, it is also true

that this procedure is equally effective in rectifying the abnormal accumulation of *Pitta* as well as *Kapha Dosha*. *Vata dosha* has predominant role in the pathogenesis of any disease. *Vata Dosha* alone is capable of mobilizing pathological accumulation of the *Dosha* from periphery into *Koshta*, from where it is eliminated from outside the body (*Ca. Si. 1/38-39*).

Selection of *Basti* is the most important step which depends on different *Roga Avasta*. For example though *Basti* is contra indicated in *Jwara* it has been advised to be used in specific condition of *Jwara* (*Ca. Chi. 3/250-251*). Similarly *Arsha* is also one of the disease in which *Anuvasan Basti* is contra indicated (*Ca. Si. 2/17*). But *Charakacharya* has mentioned ‘*Pippalyadi Taila Anuvasan Basti*’ in *Carak Chikitsa Sthan 14/131-134* in *Vatika Avastha*.

Prime cause of *Arsha* is the derangement of *Apan Vayu*, which further leads to constipation and that increases the back pressure Haemorrhoidal Veins to produce *Arsha*. In *Ashtang Hrudaya (Nidan Sthan 15/7,8)* *Arsha Vyadhi* has been described under *Pakvashayagata Vata*. As *Anuvasan Basti* is advised for *Shaman* of *Pakvashayagata Vata* “*arshasam mudhavatanam tatshreshtham anuvasanam /*” (*Charak Chikitsa 14/132*), it is also useful in *Arsha Vyadhi*. Thus, *Anuvasan Basti* is best choice for ‘*Samprapti Bhanga*’ of *Arsha Vyadhi*.

MATERIAL AND METHODS

Pippalyadi tail shiolk

Pippali madanam bilvam shtavham madhukam vacham /



*Kushtam shuntim pushkarakhyam
chitrakam devdaru ch //*

*Pishtwa tailam vipaktavyam
payasa dwigunen ch /*

*arshasam mudhavanam
tatshreshtam anuvasanam //* (Ca. Chi.
14/131-132).

Preparation of Pippalyadi tail:

First all the drugs are taken with equally wait and sum of all wait for calculate the total, add *Til Tail* 4 times of total of drugs, then take *Godugdha* (cow milk) 2 times of *Tail*.

Then prepare the *Pippalyadi Tail* according to *Sneha Siddhi Pariksha* which was told by *Acharya Sharangdhar*.

Dosage : 60ml *Matra Basti*^{iv}.

Duration : Administred for 5 days^{iv}.

Anuvasan Basti Procedure:

Anuvasan Basti of *Pippalyadi Tail* is given in *Panchakarma* center, under the super vision of *Panchakarma* expert. That is *Purva*, *Pradhan* and *Paschat karma* will follow properly.

DISCUSSION

The causes of *Arsha* are improper digestive system, straining, constipation, *virudha ahar-vihar*, excessive traveling, irregular timing of food and sleep etc. All of them cause vitiation of *Agni*, *Apana Vayu dushti*, *Gud vali Dushti* and leads to the formation of piles mass. To resolve this pathology how *Pippalyadi Tail Basti* can help is discussed as follows.

A) Drugs In *Pippalyadi Taila Anuvasan basti*.

1) *Pippali* is *Deepan Vatahar* and *Arshogna* (*Bhav Prakash*).

2) *Madanphal* is *Vidradhi-nashak* and *Vrananashak* (*Bhav Prakash*). *Vatanulomak* (*Charak Kalpa*. 11).

3) *Bilwa* is *Pachak Grahi Vatahar Kaphahar* (*Bhava Prakash*). *Sangrahi Deepan* (*Su. Su*. 46).

“*Bilwam sangrahi deepaniy vatakapra shamananam shreshtam /*” (*Ca. Su*. 25).

4) *Shatavha* is *Agnimandya nashak Malavibhanda nashak Pachan Kaphahar Vatahar* (*Bhava Prakash*).

5) *Yashtimadhu* is *Pittahar Vatahar Vrananashak* (*Bhava Prakash*).

6) *Vacha* is *Vatahar Kaphahar Vedanashamak* (*Dha. Ni.*). *Vatahar Vibandhanashak Adhman nashak Shoolagna malashodhan* (*Bhava Prakash*).

7) *Kushta* is *Vatahar Kaphahar* (*Bhava Prakash*).

8) *Shunthi* is *Vatahar Deepan Pachan Shoolagna Arshaogna Vrananashak Agnimandya nashak* (*Bhava Prakash*).

9) *Pushkarmool* is *Kaphahar Vatahar Shothanashak* (*Dha, Ni.*).

10) *Chitrakmool* is *Agnimandya nashak Pachan Arshogna Vatahar Kaphahar Grahi Vataj Arsha nashak* (*Bhava Prakash*).

“*Chitrakmoolam deepaniya pachaniya gudashoth arsha shoolharanam shreshtam /*” (*Ca. Su*. 25).

11) *Devodar* is *Vatahar Kandugna Vibandha Adhman Shoth Nashak* (*Bhava*



Prakash). *Dushta Vrana Shodhak* (Dha. Ni.)

12) *Tila Taila* is used as base. *Till tail* itself is a *Sneh* and has the property of *Vatanuloman*, stool softener, *Agnimandya nashak* (*Ca. Su.* 13/57).

13) *Godugdha* (Cow Milk) is *Vatahar Pittahar Deepan* stool softener *Vranaropan* (*Ca. Su.* 1/109-113).

The drug like *Pippali*, *Kushta*, *Chitrak*, *Bilwa* and *Shunthi* are *Arshogna*, so they help in shrinking of Pile mass and reduce their size. *Kushta*, *Madanphal* and *Devodar* does the *karma* of *Raktashodhan*. *Bilwa*, *Devodar* and *Shatahva* does *Vatanuloman*. *Madanphal*, *Shunthi*, *Devodar* *Shatavha* and *Yastimadhu* does the function of *Vranaropan* and *Vranashodhan*. Most of the drugs does the function of *Deepan Pachan*, by this *Agnimandya* is treated (*Nidaana Parivarjana*). This leads to *Samprapti Vighatan* of *Arsha vyadhi*.

Pippalyadi Tail falshruti in *Ashtang Hruday* and *Charak Samhita* was mentioned that *Arsha* which caused by *Pratilom Vayu* is best treatment was *Pippalyadi Tail Anuvasan*.

B) Role of *Anuvasan Basti* in *Arsha*

In *Carak Samhita* (*Siddhisthan* 2/18) *Carkacharya* highlight that, if *Anuvasan Basti* is use in *Arsha Vyadhi* then ther is one complication develop that is '*Adhman*' (distention of abdomen). Beside of that in *Pippalyadi Taila* all contains are act on *Adhman* (like *karma Vatanuloman*) and does *Deepan Pachan* also.

CONCLUSION

According to above discussion it has become very clear that *Pippalyadi Tail Anuvasan Basti* in *Arsha* is very useful and effective. The main cause of developing *Arsha* is *Agnimandya*, *Adhman* (*Pratilom Vayu*), constipation which make pressure on *Guda Vali* . *Pippalyadi Taila Anuvasan Basti* act on all these causes for *Samprapti Vighatan*, and itself not devalaping any complication like *Adhnam*. *Pippalyadi Taila Anuvasan Basti* has less coast compare to modern surgeries, less complication and no need of hospitalization. It will be more effective to cure *Arsha* with *Samprapti Bhanga Chikitsa* than other painful and risky treatment like *Agnikarma*, *Ksharkarma* and *Shastrakarma* (Surgeries).

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