



Pathyakar ahar dravya in Arsha Vyadhi: A critical review.

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Abstract-

Present study aims to review major dietary elements which are beneficial in case of *Arsha Vyadhi* of Ancient Science. It is co-related with Hemorrhoids or Piles according to Modern Medicine. It often requires surgical intervention in Modern Treatment. As it is a *kasht- sadhya Vyadhi*, it is better to follow a healthy regimen before hand, so as to avoid such a disease altogether. Masses are often keen about knowing the do's and don'ts related to diet especially regarding such severe diseases. If such a befitting diet is advised to a patient afflicted with the disease then surely it will have a positive impact along with the medicines. Also, those who stand at risk of suffering from the disease can also include beneficial dietary components so as to keep the disease at bay.

Keywords- *Arsha, Haemorrhoids, Diet.*

Introduction-

अरिवत् प्राणान् शृणोति हिनस्ति इति अर्थः ।
मा. नि.

Arsha is a devastating disease which destroys one's own life posing as a dangerous enemy. ^[1] It is a disease characterized by production of '*mansankur*' or '*gudakeel*' that is, varices in anus. This is what blocks the anal opening giving rise to severe pain pricking in nature. This causes great discomfort to the one afflicted. ^[2] The dhatus affected are *Twak, Mans, Meda, Rakta vaahi sira*. The *doshas* involved are *Vata, Pitta, Kapha and Rakta doshas*.

Causative Factors-

Some of the major causative factors are *vegaavdharan* (not attending natures call on time), straining while defecation, improper sedentary postures for longer time spans, improper manners of travelling. Also, it has been stated by *Acharya Vagbhat* that

'Agnimandya' is one of the foremost causative factors of *Arsha Vyadhi*. Hence drugs having the *karm of Deepan*, *Pachan*, *Rochan* work best in this case.

Types of *Arsha* According to *Ayurveda* ^{[3] [4]}

:-

1. *Saha j* 2. *Janmottar*
2. *Bahya* 2. *Abhyantar*
3. *1.Stravi* 2. *Shushk*

Aim-

- To study pathyakar dietary elements w.r.t *Arsha Vyadhi* and to reduce frequency of recurrence by nidhan parivarjan strategy.
- Let us have a look at some major dietary elements beneficial in *Arsha*.

1. *Amalki*

- *Emblica officinalis*
- *Ras- Amla kashay Madhur*
- *Vipak- madhur*
- *Veerya- sheet*

Amalki (*Embelic myrobalan* or the Indian Gooseberry) is a fruit which almost no one is unaware of. *Acharya Charak* has mentioned the usage of *Amalki* fruit in case of excessive bleeding in piles. Here, *amalki* fruit fresh juice has to be taken with cream of curds. He has also used *amalki* as one the main ingredients of famous *Arshaohar kalpas* namely *Kanakarisht*, *Abhayarisht*, *Phalarisht*. On the other hand, *Sushrut Acharya* advises to coat the inner portion of earthen pot with *amalki* churn. Further, curds should be set in such a pot and curd thus formed should be consumed. ^[5]

Amalki fruit, by virtue of its *Prabhaav* pacifies *tridoshas*. It also significantly pacifies *kled*, *daah* and *kshobh*. By *amla ras* and *vipak*, it ignites *jatharagni*, digests food

and helps to develop *ruchi* (taste / interest) in food. *Amalki* due to its *sheet veerya*, pacifies the *ushnata* and *tikshnata* of *raktagat pitta* thereby helping in *Arsha*.

• *Daadim*

- *Punica granatum*
- *Ras- madhur, amla*
- *Vipak- madhur*
- *Veerya – Sheet*
- *Dadim (Pomegranate) are of 3 types namely*

• *Amla*

- *Swadu-amlam*
- *Swadu*

We are considering the *swadu dadim* here. *Madhur dadim* is regarded as *tridosh-har*. *Dadim* acts as a best *agni-deepan* in case of *Arsha*. By acting as a *deepan* and *pachan dravya*, it increases *ras dhatu* & *rakta dhatu*. In *Arsha Vyadhi*, due to excruciating pain, the patient is exhausted which is termed as the condition of '*shram*' wherein *prakop* of *vata* and *pitta* occurs. By increasing *rasa* and *rakta dhatu*, *dadim* acts as a good *shram-har* agent in this case. *Dadim* is regarded as one of the best drugs for safeguarding *grahani* bal and as we have seen earlier, retaining *grahani*- bal is what is the most important factor in case of *Arsha Vyadhi*. *Acharya Charak* and *Acharya Bhavmishra* have advised the usage of dried powder of *dadim* fruit-peel to ward off bleeding piles. ^[6]

• *Soorankand*

- *Amorphophallus campanulatus*
- *Ras – katu*
- *Vipak – katu*
- *Veerya – Ushna*

Sooran is one of the best wonder-foods beneficial for *Arsha Vyadhi*. It even has got the synonym as *Arshaoghna* which means the one which destroys *Arsha*.

सर्वेषां कन्दशाकानाम् सूरण श्रेष्ठः उच्यते । - भा प्र नि

सूरणः विशेषात् अर्शसे पथ्यः । भा प्र

According to the treatise of *Bhavprakash*, *sooran kand* is the best amongst all *kand*. Other treatises of *Shodhal* and *Vaidyamanorama* mentions that consumption of sooran with *Takra* (buttermilk) eradicates piles within a span of one month. *Sooran* by virtue of its *katu ras* *katu vipak* and *ushna virya* acts as a good *deepan* and *pachan dravya*. It pacifies *vata* and *kapha dushti*. Modern Science accepts the fact that intake of Sooran improves the function of Liver. It also constricts the blood vessels enlarged in piles and it also facilitates the passage of stools.^[5]

• **Bilva**

- *Aegle marmelos*
- *Ras- Madhur kashay*
- *Vipak – madhur*
- *Veerya- sheeta*

Bilva or *Bael* is a well known fruit in Indian households. It is relished in the form of *Muramba* (sweet jam type preparation) by many. By virtue of its qualities, it combats mainly *kapha* and *pitta doshas*. It is a excellent remedy for a number of GIT oriented disorders. *Acharya Charak* has included *Bilva* in *Arshaoghna mahakashay* (*Arsha* relieving set of drugs) *Acharya* also quotes that the patient of *Arsha* should be advised to sit in a bath tub full of warm *Bilva Kwath* to relieve the pain caused. *Chakradatta* has advised the usage of *Bilvaphala majja* (pulp) and *Bilva Patra* (leaves) to ward off bleeding piles.

• **Kapithha**

- *Feronia limonia*
- *Ras – madhur amla*
- *Vipak- madhur*
- *Veerya – sheeta*

Kapithha or Wood-apple is also known as *Kavath* in local languages. It is fruit relished in most of the parts of our country. It is exceptionally beneficial in condition of Piles. *Acharya Charak* has advised to use *Kapithha* in the form of *yoosh* (soup made of pulses) *Kapithha* combats various symptoms in *Arsha Vyadhi* by virtue of its qualities. It acts as *pachak*, *adhman-har* and it regulates disturbed bowel movements.

• **Kulattha**

- *Dolichos biflorus*
- *Ras- kashay, tikta*
- *Vipak- katu*
- *Veerya- ushna*

Kulattha or Horse gram is a variety of pulses consumed all over the country. *Acharya Charak* has quoted it to be best in *Arsha Vyadhi* by saying –

कुलत्थ अर्शसां हिताम् ।

Acharya Charak has advised the usage of *Kulattha* in the form of *yoosh* (soup of pulses) in case of *Arsha Vyadhi*.

• **Patol**

- *Trichosanthes dioica*
- *Ras- tikta katu*
- *Vipak- katu*
- *Veerya- Ushna*

Patol or *Padwal* are of 2 types- *Madhur Patol* and *tikta Patol*. *Madhur Patol* is used as a vegetable in many households. We are here talking about *Kadu Padwal* (*tikta Patol*) Being an excellent *Pachan* and *Rochan*

dravya, *Patol* is useful in case of *Arsha Vyadhi*. *Patol* is also considered as the most *pathya shaak* (vegetable) and hence beneficial in a number of diseases other than *Arsha*.

- **Godhum**

- *Triticum sativum*
- *Rasa- Madhur*
- *Vipak- madhur*
- *Veerya- Sheet*

Godhum is the Sanskrit name for Wheat or Gehu which forms the staple diet of a majority of Indians. Wheat is beneficial in case of *Arsha Vyadhi* due to its specific properties. Wheat has *madhur vipak* (sweet during conversion in digestive tract) Also, it is *balya* (increases stamina) *bruhan* (nourishes bodily tissues) and *sthairyakrut* (causes stability) and hence *Godhum* can be a good source of staple diet of those suffering from *Arsha*. Wheat also acts as *ruchikarak* (reduces dislike towards food) Wheat is *sarak* (facilitates bowel movements) and it combats *vata* and *pitta doshas* mainly.

- **Chaangeri**

- *Oxalis corniculata*
- *Rasa- amla*
- *Vipak- amla*
- *Veerya- ushna*

Changeri is a leafy vegetable with tiny leaves segmented into 3 parts. Hence known as Teen-patiya. It is known as Ambuti in Marathi regions. It is sour to taste, it is *agnideepak* (appetizer) *ruchikarak* (increases interest in food) and it is well known to ward-off ailments like *Arsha*, *kushth* (skin disorders) and *atisar* (diarrhoea)

Changeri constricts the blood vessels of the anal canal thereby causing the cessation of bleeding in *Arsha*. Thus it is very beneficial in bleeding type of piles.

- **Moolak**

- *Raphanus sativus*
- *Rasa- katu*
- *Vipak – katu*
- *Veerya – ushna*

Moolak is a tuberous root called as *mooli* and *raddish* by common people. It is mostly *relished* in the form of salads or even parathas. *Moolak* is said to be *ruchikarak*, *pachak*, *vatanulomak* and *tridosh-har*. Its medicinal qualities are evident only when it is eaten after cooking it, and not in its raw form. So *raddish* is beneficial only in its cooked version in case of piles. It is said in case of *moolak*, that when it is consumed for longer durations then it has the capability to ward off chronic *vibandh* (here, obstruction of stools) *Raddish* leaves are diuretic and laxative in action.

- **Takra**

- *Buttermilk*
- *Rasa- madhur, amla, kashay*
- *Vipak- madhur*
- *Veerya – ushna*

Takra or say, buttermilk is one of the prime anupan (medicinal beverage) *Takra* has been praised by the sages by saying that it is comparable to the celestial elixir of Gods.

Takra is of 5 types based on the water content in it. We are here discussing the qualities of '*Takra*' variety which is prepared by adding 4 parts of clean water to 1 part of yoghurt with seasoning of *asafoetida* (*hingu*) cumin seeds (*jeerak*) and *himalayan* rock salt (*saindhav*). This *Takra* is *agnideepak*,

laghu and *vatashamak*. *Takra* is regarded as exceptionally beneficial in case of *Arsha* as it is Laghu (easy to digest) and it does not vitiate *pitta* being *madhur vipaki* itself.^[6] It is very tasty, it possesses sour taste and hot potency by virtue of which it is *agnideepak*, *truptikarak* and *vatashamak*. It has been even said that one who consumes *Takra* regularly seldom falls ill as it is fortified with so many health benefits.

Discussion-

As seen earlier, *Arsha Vyadhi* is mainly caused due to factors like *agnimandya* and *apan vayu vikruti*. Hence a diet conducive for a proper-functioning *jatharagni* (digestive power) and *vatashamak ahar* (diet pacifying *vata* dosha) is highly recommended. The set of *ahar dravyas* mentioned in the present study serve both these purposes.

According to the Modern concept of *Haemorrhoids*, dis-functioning of Liver causes a disturb in the portal-vein circulation. This leads to inflammation of the anal veins. The Science of Ayurveda considers Liver as the main pillar responsible for a proper digestive process. If this liver function gets disturbed, it directly leads to an improper digestion. Also, Ayurveda considers the involvement of *vata* and *pitta* in such inflammatory conditions. In case of drugs and food-stuffs acting against piles, most drugs are of cold potency (sheet *veeryatmak*) and astringent (*kashay rasatmak*) These group of drugs cause *haemostasis* (cessation of bleeding) in case of stravi *Arsha* (bleeding piles) These are known as '*RaktArshaoghna Dravya*.' Other group of *dravyas* are of hot potency which ease the typical pain and secretions

associated with *Arsha*. (Pain is due to *vata* & secretions are due to *kapha dushti*)^[7]

Conclusion-

Our current study stresses on the need to maintain a healthy diet- both in diseased and non-diseased states. Those following a healthy diet will be able to keep *Arsha* at bay as their *jatharagni* and other physiological functions will be working efficiently. Also, those who are suffering from the disease may find it easier & faster to overcome the disease iff they follow such a healthy diet and regimen along with their ongoing medicines. They say "Prevention is Better than Cure" and hence, why don't we choose to prevent ailments by following healthier regimens?

People nowadays enjoy indulging in junk food which leads to major ailments. But at the same time they are not ready to opt for healthier meals which will avoid ill-health. But it is worth to remember that *pathya* has no options whatsoever. With the observance of *pathya* one can avoid contracting diseases. *Arsha* affects the rectum and anal canal and most people find it awkward to come to terms with the suffering due to social embarrassment or due to fear. The excruciating pain is the main evil associated with this condition. So if beneficial dietetics to avoid *Arsha* are propagated as well as followed, it will surely help many of them. So people, "Eat Wise and Live Well !"

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