



Review of Literature of *Arshakuthar Rasa* – A Herbo-mineral Ayurvedic Formulation

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Abstract:

Rasashastra and *Bhaishajya Kalpana* is one of the branches of Ayurveda that deals with the pharmaceutical processing, preparation of compound herbo-mineral medicines and therapeutic utility of herbal drugs, metals and minerals. *Arshakuthar Rasa* is one such herbo-mineral formulation mentioned in various texts of *Rasashastra*. *Arshakuthar Rasa* is commonly indicated in *Arsha Chikitsa* (Haemorrhoids). Variation is observed in the method of preparation of this formulation and compilation of these will help to study in comparative manner.

Keywords: *Arshakuthar Ras*, *Arsha*, Haemorrhoids, Piles

Introduction:

Rasashastra deals with the use of minerals and herbs together for the preparation of various medicinal formulations. Based on the difference in the preparation method, all

Rasa Aushadhi are classified into 4 types: 1. *Kharaliya Rasayan* 2. *Parpati Rasayan* 3. *Kupipakwa Rasayan* 4. *Pottali Rasayan*

A *Kharaliya Rasayan* is prepared in *kharal* (Mortar and pestle) and triturated under pressure which allows the sustained release of active molecules. This type is the most widely used, has prolonged shelf life, can be transformed in the form of *vati* (tablets, pills) etc. *Arshakuthar Ras* is one such *Kharaliya Rasayan* indicated in *Arsha* (haemorrhoids). *Arsha* is a condition in which the vitiated *Vata*, *Pitta* and *Kapha doshas* contaminate the *Twak* (skin), *Mansa* (muscle) and *Meda* (fatty tissues) and cause *Mansa ankura* (fleshy mass) at the anal opening. There are 6 types of *Arshas*- *Vataj*, *Pittaj*, *Kaphaj*, *Sannipataj*, *Raktaj*, *Sahaj*.

Arshakuthar Rasa has been indicated for various types of *Arsha*. There are various references available having name as *Arshakuthar Rasa* in various *Rasashastra* texts. Though variation in ingredients is

observed among these, there is resemblance in almost all formulations in perspective of levigation. Thus, present study is an attempt to go through references of *Arshakuthar Rasa* formulations in literature in order to have comparative better understanding of these formulations in terms of their composition, drugs specified for levigation, indications and contribution of various texts regarding this particular drug.

Aim:

The aim of the present study is to compile all available references of *Arshakuthar Rasa* available in texts and to study them in comparative manner in terms of their composition, method of preparation, dose, indications and contribution of various texts regarding this particular formulation.

Materials and methods

References of *Arshakuthar Rasa* will be compiled from various *Rasashastra* text and compendium and particular contribution of each text will be noted. Online available information was also compiled and studied. Research works conducted at various institutes were not available hence published data was compiled to interpret the classical information.

Literature review:

Arshakuthar Rasa is not mere a single formulation but a variety of formulations across different texts have been quoted as *Arshakuthar Rasa*. Name of drug itself throws light on the action of the compound i.e. it is a formulation which aids to use in emergency condition. Following citations have been found in text such as *Rasa*

Chandanshu, Yog Ratnakar, Rasa Manjiri, Rasa Kamdhenu and Rasaratna Samucchay.

Table no. 1. List of Name of Ingredients mentioned in various *Rasa Aushadhi* text as *Arshakuthar Rasa*

Table No.1-

Name of Ingredient s	R. Ch .	R.R. S 1	V.Y. T, Y.R, R.SU 1	R.R. S 2, R.M	R.R. S 3, R.S U 2
Shuddha Parad	+	+	+	+	+
Shuddha Gandhak	+	+	+	+	+
Loha Bhasma	+	+	+	+	+
Tamra Bhasma	+	+		+	+
Abhrak Satva		+			
Var Naag		+			
Shuddha Hartal		+			
Danti	+			+	+
Trikatu	+		+	+	+
Surankand	+	+			
Triphala					+
Tankan	+		+	+	+
Yavakshar	+		+	+	+
Vansha Lochan	+				
Saindhav	+		+	+	
Bhallatak Taila		+			
Bhallatak churna					+
Bilwa			+	+	
Chitrak			+	+	+
Agnimant ha			+	+	+
Pilu				+	+

(R. Ch.- Rasa Chandanshu, R. R. S.- Rasa Ratna Samucchay, V.Y.T- Vruddha Yog Tarangini, Y.R.- Yog Ratnakar, R. SU.- Rasprakash Sudhakar, R.M.-Rasa Manjiri)
Table no. 2 List of various drugs used for triturating and method of preparation of *Arshakuthar Rasa* mentioned in various *Rasa Aushadhi* text

Table No.2-

Sr. No.	Text Name	Drugs used for triturating	Method of Preparation
1	R. Ch.	Snuhi Ksheer, Gomutra	Kharaliya
2	R.R.S.1	Koranta dal in Maaran, Vanasuran, Nirgundi, Maharashtri, Kantika, Vajravalli, Shikhi in Kharaliya	Maaran, Kharaliya
3	V.Y.T., Y.R., R.SU.1	Gomutra, Snuhi Ksheer	Agni Paachan
4	R.R.S.2, R.M.	Gomutra, Snuhi Ksheer	Agni Paachan
5	R.R.S.3, R.SU.2	Gomutra, Snuhi Ksheer	Agni Paachan

(R. Ch.- Rasa Chandanshu, R. R. S.- Rasa Ratna Samucchay, V.Y.T- Vruddha Yog Tarangini, Y.R.- Yog Ratnakar, R. SU.- Rasprakash Sudhakar, R.M.-Rasa Manjiri)

Indications of *Arshakuthar Ras*:

Rasa Chandanshu, Vruddha Yog Tarangini, Rasa Ratna Samucchay have indicated *Arshakuthar Ras* in all types of *Arsha* (Haemorrhoids).

According to one reference of *Rasa Ratna Samucchay* (*Arsho Adhikar*), alongwith *Arsha*, it is also indicated in diseases of *Mukh, Nasika, Akshi, Pleeha, Grahani, Gulma, Agnimandya, Kushtha*. These indications are given along with *Anupan* in the specific doses which are enlisted in table no.3 according to various ayurvedic texts.

Table no.3 shows list of *Matra* and various *Anupan* with *Pathya* of *Arshakuthar Rasa* mentioned in various texts.

Table No.3-

Sr. No.	Text Name	Matra	Anupan	Pathya
1	R. Ch.	2 Mash		
2	R.R.S1	3 Ratti	Ajwain, Chitrak, Vidang, Gajapippal, Ghrita	
3	V.Y.T, Y.R.	2 Mash		
4	R.R.S1, R.M.	2 Mash	Takra, Dadim Swaras	

(R. Ch.- Rasa Chandanshu, R. R. S.- Rasa Ratna Samucchay, V.Y.T- Vruddha Yog Tarangini, Y.R.- Yog Ratnakar, R. SU.- Rasprakash Sudhakar, R.M.-Rasa Manjiri)
As the method of preparation of *Arshakuthar Ras* mentioned in *Rasa Chandanshu* is mostly practiced, the drugs mentioned in *Rasa Chandanshu* alongwith their mode of action are separately enlisted in

Table No.4.

Sr. no.	Dravya Name	Rasa	Vipaka	Virya	Guna	Karma
1	Sh. Parad	Shadrasa			Sara, Guru, Snigdha	Yogavahi, Tridoshaghna, Rasayan, Shodhan, Sarvarogvirajita
2	Sh. Gandhak	Katu	Madhur	Ushna	Sara, Snigdha	Pachan, Deepan, Yogavhai, Kaphavatashamak
3	Loha Bhasma	Tikta, Kashay	Madhur	Sheeta	Guru, Ruksha, Sara	lekhan, Rasayan, Lekhan, KaphaPittashamak
4	Tamra Bhasma	Tikta, Kashay, Madhur	Katu	Ushna	Laghu, Sara, Snigdha	Vatakaphahar, Pittakaphahar, Garvishanashan
5	Danti	Katu	Katu	Ushna	Guru, Teekshna	KaphaPittaShamak, Rechan
6	Trikatu	Katu	Katu- Marich Pippali, Shunthi- Madhur	Ushna Pippali- Anushna Sheet	Laghu, Teekshna Shunthi- Laghu, Snid=gdha	Deepana, Pachan, Kaphavatahara
7	Surankand	Katu, Kashya	Katu	Ushna	Laghu, Ruksha, Teekshna	Kaphavatashamak
8	Vansha Lochan	Madhur, Kashay	Madhur	Sheeta	Laghu, Ruksha, Teekshna	KaphaPittashamak
9	Sh. Tankan	Katu	Katu	Ushna	Ruksha, Teekshna	Saraka, Kaphavishleshan, Hrudy, Vatamayanishodhan, Agnideepan, Adhman nashan, Vishanashan
10	Yavakshar	Madhur	Katu	Sheeta	Ruksha, Mrudu	KaphaPittahar, Lekhan, Medohar
11	Saindhav	Lavan	-	Sheeta	Laghu, Snigdha	Tridosahar, Shothahar
12	Snuhi Ksheer	Katu	Katu	Ushna	Laghu, Teekshna	Kaphavatahar. Deepan, Rechan
13	Gomutra	Lavana, Katu		Ushna	Aruksha,	KaphaShamak, Deepan

Discussion:

By reviewing the ingredients of formulation in Table No.4, 7 drugs are having *Katu Rasa*, 4 have *Kashaya rasa*, 3 are having *Madhur rasa*, and 2 are having *Tikta Rasa*. 4 drugs have *Sheet Virya*, while rest have *Ushna virya*. 4 drugs have *Madhur Vipaka*, rest all have *Katu Vipaka*. Observing closely, it suggests that each *kalpa* contains *Deepan*, *Pachan* and *Agnivardhan dravyas*. *Shushka Arsha* has vitiation of *Vata* and *Kapha doshas* hence most of the drugs are *KaphaVatashamak*. *Stravi Arsha* (Bleeding Piles) have vitiation of *Pitta* and *Rakta*. *Tamra Bhasma*, *Loha Bhasma*, *Danti* and *Yavkshar* are *KaphaPittaShamak*. *Yavkshar* has *Lekhan* property which is necessary for scraping of *Arsha ankur*. *Tamra Bhasma*, *Loha bhasma*, *Tankan* are *Saraka*, therefore, they do *Strotoshodhan* and remove *utkleshit dosha*. *Trikatu* increases the bioavailability of the drug. It also has *Shunthi* which is *Aampachaka* and *Vibandha Nashaka*. *Surankanda* is *Arshohar* due to its *Prabhav*.

Conclusion:

Arshakuthar Rasa is an important, effective and very commonly prescribed formulation. It can be concluded that it can be used in both *Stravi* and *Shushka Arsha* as a part of *bheshaj upakrama* in *Arsha*.

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