A review of Nagkeshar Churna management in Bleeding Piles

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ABSTRACT

Because of changing in lifestyle of modern society, haemorrhoid leading one of biggest challenging disease nowadays, it has high prevalence and low morbidity. It affect the high-quality of life when it comes to internal haemorrhoid with extreme bleeding the affected person turn out to be integral day by day with addition of other symptom associated to blood loss, so at once administration of this nation of affairs, but all of these are expensive, time ingesting, painful, have most postoperative complication, and the recurrence cost is moreover high, so we can consider the treatment principle given by Acharya Susuruta, for the management of Arsha, Bhesaj Karma is one among them. Bheshaja Chikitsa is a first line of treatment in various diseases. It is viewed to be a conservative line of remedy useful to cure and stop the recurrence of ailments. According to Indian Herbal System (Ayurveda), Nagkeshar is considered one of the most important herb used widely in bleeding disorders. The Nagkeshar improves digestion and appetite, used in fever, vomiting, nausea, excessive thirst, bad breath, pile, excessive sweating, Skin diseases like herpes, infertility etc.

Key words: Raktajarsha, Bleeding piles, Bhesaja Chikitsa, Nagkeshar Churna

INTRODUCTION

Since the beginning of time, Ayurveda has been the science of life and Ayurveda has demonstrated the perfect way to live, which guarantees a disease-free, healthy, and long life. An important branch of the Shalya Tantra is rich in many aspects of contemporary surgical thinking. In his treatise, Acharya Sushruta, the inventor of surgery, in-depth explained the Arsharoga, which was regarded as one of the Ashtamahagada (Eight grave diseases) and was perpetually curable.

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Arsha is described as a fleshy growth that obstruct that anal channel and eliminates the existance like enemy.[1]

वातव्याधिः प्रमेहश्च कुष्ठमर्शो भगन्दरम्।
अश्मरी मूढगभभश्च तथैवोदरमष्टमम्॥४॥
अष्टावेते प्रकृत्यैव दुश्चश्चककत््या महागदािः॥५॥

Haemorrhoids often described as "varicose veins of the anus and rectum", haemorrhoids are enlarged, bulging blood vessels in and about the anus and lower rectum. Arsha a terrible illness that can strike anyone, at anytime, anyplace. In modern day to day life, everybody is busy and neglecting proper diet and lifestyle habits. It results in reducing Agni (digestive fire) or making it Manda, here Mandagni means patient is not able to digest the food material he/she is having at proper speed and time. It results in accumulation or stagnation of Aama which disturbs Doshas at anorectal region, this results in Arsha or Haemorrhoids is excessive and unnatural growth of the Maamsa Dhaatu. These are caused in Guda (anal canal) in folds or sphincters. Guda is Sadhyopranahara
Marma, and it is well known for its chronicity and
difficult in management.

अररवत् प्राणिनो मांसकीलका विशसल्लि यतुः
अशीसिः तस्मादुपश्यन्ते गुदमाग्निसिद्धि: || (अ.इ.नि. 7 / 1)[9]

The disease in which the Mamsa Ankuras (fleshy masses) which occur at the opening of Guda Marga, obstructs the pathway and trouble the person like an enemy is known as Arsha.

Causes

The exact causes of symptomatic hemorrhoids are unknown.

A number of factors are believed to play important role including
1. Irregular bowel habits (constipation or diarrhoea)
2. Lack of exercise
3. Nutritional factor (a low-fibre diet)
4. Increased intra-abdominal pressure (prolonged straining, an intra-abdominal mass, or pregnancy).
5. genetics, absence of valves within the hemorrhoidal veins.
6. Aging.
7. Prolonged sitting
8. Other factors that are believed to increase the risk include

Bheshaja means, ‘Tadeva Yukta Bheshajam Yad Arogyaya Kalpate’, that which restore the health is known as Bheshaja. Bheshaja is a medicament which is known by physician. Being beneficial to cure the disease by physician is known as Bheshajya.[4] The measures adopted to bring about equilibrium of Doshas known as Chikitsa.

The disease Arsha is classified into six types by Sushruta based on the predominance of Doshas[5]

Classification of Arsha

<table>
<thead>
<tr>
<th>Basis of origin</th>
<th>Basis of bleeding</th>
<th>Basis of Doshas</th>
<th>Basis of prognosis</th>
<th>Basis of position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sahaja</td>
<td>Ardra/Shravi</td>
<td>Vataja</td>
<td>Sadhya</td>
<td>External</td>
</tr>
</tbody>
</table>


<table>
<thead>
<tr>
<th>Kalaja</th>
<th>Shushka</th>
<th>Pittaja</th>
<th>Yapa</th>
<th>Internal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kafaja</td>
<td>Asadhya</td>
<td></td>
<td></td>
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<tr>
<td>Raktaja</td>
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<tr>
<td>Sannipataj</td>
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<td></td>
</tr>
<tr>
<td>Sahaj</td>
<td></td>
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</tr>
</tbody>
</table>

Samprapti of Arsha[6]

Due to Mithya Ahar Vihar

↓

Tridosha Prakopa and Jatragni Manda

↓

Prakupita Dosha with Rakta moves through Pradhan Dhamni

↓

Dosha aggravation in Guda Pradesha

↓

Guda and Gudavalis are affected

↓

Produce Mamsankura in Gudavali

↓

Rise to Arsha

Sadyasadhyata[7]

Sadhya - Single Dosha, Bahya Vali, One year.

Yapa - Tridosha with minimal features

Asadhya - Tridosha and Sahaja, Abhyantara Wali, Chirakaleena Upadravayukta

Nidana[8]

**Viharaja -** Basti Karma Vyapat, Ativayyama, Vyavaya, Diwaswapna, Atishayana, Aasan, Utkatasana, Vishamasana, Kathinasana, Ushtra Yana, Adhika Pravahana, Vegadharana

**Anya -** Amagarbha Bhramsha, Garbhotpeedana, Vishama Prasooti

**Nidananthakara Roga -** Atisara, Grahani , Pandu, Gulma

**MATERIALS AND METHODS**

*Nagkeshar* (*Mesua ferrea* Linn) also called Ironwood and Cobra’s saffron. It is ingredient of *Misrakgana Chaturjat*. *Chaturjata* is content of many formulations as *Prakshepa Dravya*. *Nagkeshar* is illustrating value as *Pachan*. According to Ayurveda, *Nagkesar* is good for improving digestion due to its *Laghu* (easy to digest) property. Taking *Nagkesar* powder helps to manage bleeding piles, dysentery and stomach irritation due to its astringent property. It's topical application also helps reduce pain and inflammation due to its analgesic and anti-inflammatory properties. In *Charak Samhita*, *Nagkeshar*’s single use in *Arsha Chikitsa* is described.

**Properties of Nagkeshar**

- Haemostatic properties anti-inflammatory properties
- Liver appetizer.
- Diuretic (expelling excess water from the body)
- Analgesic (pain-relieving)
- Antipyretic (reducing fever)
- Antibacterial
- Anti-fungal activity
- Anti arthritic properties
- Anti oxidant
- Antibacterial properties
- Anti-fungal activity
- Anti-arthritic properties

- Anti-oxidant activity.

**Potential use of Nagkeshar in piles**

Hemorrhoids also called as piles, are clumps of dilated veins in the anus and lower rectum. This makes defecating difficult with continuous throbbing pain accompanied by bleeding stools. Bleeding disorders occur due to an imbalance in *Pitta* (heat) *Dosha*. *Nagkesar* may have some effect in the management of bleeding piles as may help in pacifying *Pitta Dosha*, resulting in a balance in the body’s heat. It helps in reducing the colonic motility and thereby, helps in irritable bowel syndrome. Powder of *Nagkesar* aids digestion and also increased the vital capacity of lungs getting increased for the proper utilization of *Prana*. Hence, it was assumed that the *Nagkesar* plant shows anti-spasmodic effect by inhibition the action potential generation in the acetyl choline and muscarinic receptor which is further responsible for the inhibition of myosin which results in the smooth muscles relaxation and therefore also relax colonic motility and cramps.

**DISCUSSION**

As mentioned above, results from various *Samhita* and *Nighantu* studies indicates *Nagkeshar* has *Kashaya Ras*, *Katu Vipaka*, *Ushna Veerya*, *Laghu*, *Ruksa*, *Guna & Kaphapittahara*. It possesses many qualities, as *Pachan*, *Raktaastabhana*, *Swedaguna*, *Kanudghna*, *Dourgandhanashan*, *Jwarghna*, *Trushna*, *Kushtha*. It acts as antibacterial, anti-oxidant, immunomodulatory, and progestational activity. It also exerting influence on the Digestive system, Skin disorders, etc. According to *Samhitas* and *Nigantus*, *Nagkesar* used in various form or medium. The review indicates that *Nagkesar* may be useful in many ailments. due to this properties *Nagkesar* have good effect on *Arsha*.

**CONCLUSION**

*Samhita, Nighantu*, *Astanga Hrudayam* are the basic literature to understand and for identification of variety of different medicinal plants. On review of *Nagkeshar* in different *Samhita* and *Nighantu* we find many synonyms and properties along with useful formulations of medicines and their medicinal uses.
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