



ISSN 2456-3110

Vol 9 · Issue 5

May 2024

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

**Indexed**

# A review of Nagkeshar Churna management in Bleeding Piles

Priyanka Priya<sup>1</sup>, Deepali Sundari Verma<sup>2</sup>

<sup>1</sup>Third Year Post Graduate Scholar, Department of Shalya Tantra, Govt Ayurvedic College and Hospital, Patna, Bihar, India.

<sup>2</sup>Guide & HOD, Department of Shalya Tantra, Govt Ayurvedic College and Hospital, Patna, Bihar, India.

## 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 way of 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.

### Address for correspondence:

Dr. Priyanka Priya

Third Year Post Graduate Scholar, Department of Shalya Tantra, Govt Ayurvedic College and Hospital, Patna, Bihar, India.

E-mail: priyankakumari20235@gmail.com

Submission Date: 09/03/2024 Accepted Date: 18/04/2024

### Access this article online

Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

DOI: 10.21760/jaims.9.5.19

*Arsha* is described as a fleshy growth that obstruct that anal channel and eliminates the existence like enemy.<sup>[1]</sup>

वातव्याधिः प्रमेहश्च कुष्ठमर्शो भगन्दरम् ।

अश्मरी मूढगर्भश्च तथैवोदरमष्टमम् ॥४॥

अष्टावेते प्रकृत्यैव दुश्चिकित्स्या महागदाः [१] Su.Su.33/4<sup>[2]</sup>

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.

अरिवत् प्राणिनो मांसकीलका विशसन्ति यत्।

अर्शासि तस्मादुच्यन्ते गुदमार्गनिरोधतः।।(अ.ह.नि. 7 / 1)<sup>[3]</sup>

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 *Bheshaja*.<sup>[4]</sup> The measures adopted to bring about equilibrium of *Doshas* known as *Chikitsa*.

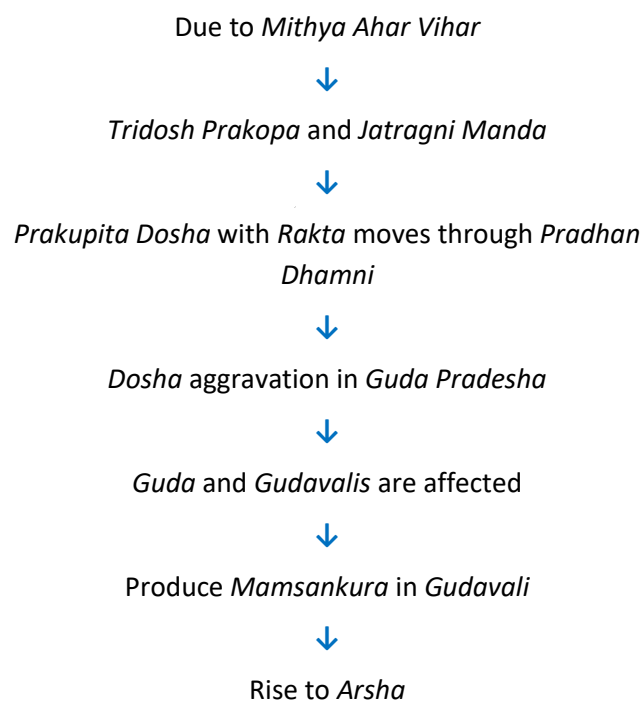
The disease *Arsha* is classified into six types by *Sushruta* based on the predominance of *Doshas*<sup>[5]</sup>

### Classification of Arsha

Basis of origin	Basis of bleeding	Basis of Doshas	Basis of prognosis	Basis of position
<i>Sahaja</i>	<i>Ardra/ Shravi</i>	<i>Vataja</i>	<i>Sadhya</i>	External

<i>Kalaja</i>	<i>Shushka</i>	<i>Pittaja</i>	<i>Yapya</i>	Internal
		<i>Kafaja</i>	<i>Asadhya</i>	
		<i>Raktaja</i>		
		<i>Sannipataj</i>		
		<i>Sahaj</i>		

### Samprapti of Arsha<sup>[6]</sup>



### Sadyasadhyata<sup>[7]</sup>

<b>Sadhya</b>	Single <i>Dosha</i> , <i>Bahya Vali</i> , One year.
<b>Yapya</b>	<i>Tridosha</i> with minimal features
<b>Asadhya</b>	<i>Tridosha</i> and <i>Sahaja</i> , <i>Abhyantara Wali</i> , <i>Chirakaleena Upadravayukta</i>

### Nidana<sup>[8]</sup>

**Aharaja** - *Mandagni Guru, Madhura, Sheeta, Abhishyandi, Vidahi, Viruddhara Sevana. Varaha, Mahisha, Aja, Avi Mamsa Bhakshana, Krusha, Shushka, Puti Mamsa Sevana, Lashuna Kilata, Virudha Dhanya Sevana, Paryushita, Puti, Sankeerna Anna Sevana, Atimadhyapana*

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

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

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

## MATERIALS AND METHODS

*Nagkeshar* (*Mesua ferrea* Linn) also called Ironwood and Cobra's saffron.<sup>[9]</sup> It is ingredient of *Misrakgana Chaturjat*. *Chaturjata* is content of many formulations as *Prakshepa Dravya*. *Nagkeshar* is illustrating value as *Pachan*. According to Ayurveda, *Nagkeshar* is good for improving digestion due to its *Laghu* (easy to digest) property. Taking *Nagkeshar* 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*

It has beneficial properties like

- 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.<sup>10</sup>This makes defecating difficult with continuous throbbing pain accompanied by bleeding stools. Bleeding disorders occur due to an imbalance in *Pitta* (heat) *Dosha*. *Nagkeshar* 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 *Nagkeshar* aids digestion and also increased the vital capacity of lungs getting increased for the proper utilization of *Prana*. Hence, it was assumed that the *Nagkeshar* 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 *Nighantus* studies indicates *Nagkeshar* has *Kashaya Ras*, *Katu Vipaka*, *Ushna Veerya*, *Laghu*, *Ruksha*, *Guna & Kaphapittahara*. It possesses many qualities, as *Pachan*, *Raktastambhana*, *Swedaghna*, *Kandughna*, *Dourgandhanashan*, *Jwarghna*, *Trushna*, *Kushtha*. It acts as antibacterial, anti-oxidant, immunomodulatory, and progestional activity. It also exerting influence on the Digestive system, Skin disorders, etc. According to *Samhitas* and *Nigantus*, *Nagkeshar* used in various form or medium. The review indicates that *Nagkeshar* may be useful in many ailments. due to this properties *Nagkeshar* 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 *Nighantus* we find many synonyms and properties along with useful formulations of medicines and their medicinal uses.

## REFERENCES

1. Shastri AD. Sushruta Samhita, Vol-I. Ayurveda Tatwa Sandeepika Hindi Commentary. Nidanasthana Adhayaya 2/17. Varanasi; Chaukhamba Sanskrit Sansthan; 2010.
2. Sushruta Samhita 33/4 editor Kaviraj Ambikadutta Shashtri, Chaukhambha Sanskrit Sansthan edition reprint 2018
3. Astang hridayam of vagbhata Nidana 7/1 edited vidyotini hindi commentary chaukhambha prakashan edition reprint 2019.
4. Bhisagacharya Satyapala, editor Kashyap Samhita Vriddhajeekiya tantra with The Vidyotani Hindi Commentary and Hindi Translation of Sanskrit Introduction, Khilasthana chapter-3, verse 28, Edition 1st (reprint), Chaukhambha Visvabharti Oriental publishers and distributors, Varanasi, 2001.
5. Susuruta Samhita Nibandh Sangraha Dhalhana edited by vaidyajadavji trikamji Acharya chaukhambha Sanskrit sansthan edition- 2012 nidansthana chapter no. 2 verse no.3 page no.270 pp824.
6. S. Das A Concise text book of surgery Kolkata; Published by S. Das. 13, Old Mayor's Court, 2014;1076-1077.
7. Agnivesha, Charaka samhita, Ayurveda Deepika commentary of Chakrapani, edited by; Vaidya Yadavji Trikamji Acharya, Chaukhamba Orientalia, Varanasi, reprint; chikitsa sthana, 2015; 14: 27-31.
8. Agnivesha, Charaka Samhita, Ayurveda Deepika commentary of Chakrapani, edited by; Vaidya Yadavji Trikamji Acharya, Chaukhamba Orientalia, Varanasi, reprint chikitsa sthana, 2015; 14: 21-22.
9. Thakur, Shifali & Kaurav, Hemlata & Chaudhary, Gitika. (2021). Mesua ferrea Linn. (Nagkesar): A Potent Antimicrobial Plant Species. International Journal of Current Pharmaceutical Research. 6-13. 10.22159/ijcpr.2021v13i4.42734.
10. M Sriram Bhat SRB's Manual of Surgery New Delhi; Jaypee Brothers Medical Publishers (P) Ltd, 2013; 1042. 10

**How to cite this article:** Priyanka Priya, Deepali Sundari Verma. A review of Nagkeshar Churna management in Bleeding Piles. J Ayurveda Integr Med Sci 2024;5:117-120.  
<http://dx.doi.org/10.21760/jaims.9.5.19>

**Source of Support:** Nil, **Conflict of Interest:** None declared.

\*\*\*\*\*