

REVIEW ARTICLE

A Review on *Arshoghna Dravyas* (Anti-Hemorrhoidal Drugs) of *Dhanvantari Nighantu*

Priyanka Saini^{1*}, Rajesh Chandra Mishra²

¹MD Scholar, PG, Department of Dravya Guna Vigyan, Madan Mohan Malviya Government Ayurved College, Udaipur, Rajasthan, India.

²Associate Professor, PG, Department of Dravya Guna Vigyan, Madan Mohan Malviya Government Ayurved College, Udaipur, Rajasthan, India.

ARTICLE INFO

Article history:

Received on: 16-04-2024

Accepted on: 19-05-2024

Published on: 31-05-2024

Key words:

Arshoghna dravyas,
Ayurved Arsha,
Dhanvantari nighantu,
Dravyavali samuchaya,
Hamorrhoid,
Piles,
Pravahini,
Savarini,
Visarjani

ABSTRACT

Medicinal plants, animal products, metals, and minerals have traditionally been a source of medicine in India through diverse systems of medicine such as *Ayurveda*. *Ayurveda* is one of the earliest forms of medicine. It prioritizes complete bodily health over disease management. *Arsha* are regarded as Piles (Hemorrhoids) in contemporary medicine. One typical anal-rectal issue is Piles. These are swollen and distended veins located around the rectum and anus. According to *Ayurveda*, the anus is called *Gud* and has three *Valis* (muscle folds) named *Pravahini*, *Visarjani*, and *Savarini*. Piles are seen in these three folds. A lot of medicines for the management of Piles have been described in *Ayurvedic* texts such as *Charaka samhita*, *Sushruta samhita*, *Vagbhata samhita*, and various types of *nighantus*. *Dhanvantari nighantu* is one of them and it is the oldest *Ayurvedic* materia medica which was compiled between 8th and 10th century A.D. The original name of this dictionary is *Dravyavali samuchaya*. Out of the total dravyas, 52 dravyas and certain types of oils and *Sarvoushadi* group of drug are described for the treatment of Piles in the entire treatise of *Dhanvantari nighantu*. This essay aims to concentrate on the data found in *Dhanvantari nighantu* about *Arshoghna Dravyas*.

1. INTRODUCTION

India has been a country of herbal medicines since ancient times. Even today, a huge storehouse of many effective medicines is found on the high ranges of the Himalayan Mountains. The qualities inherent in the fresh herbs here are not found anywhere else. However, in the modern era, people's faith in these rare herbal medicines is decreasing and they have now started depending on foreign medicines. The basic reason for this is their ignorance. If these medicines are taken with faith, even incurable diseases can be cured.

Hemorrhoids, in *Acharya Vagbhata's* opinion, are a muscle protrusion (manskilaka) that impedes the gud (anus) and bothers the sufferer as if it was an adversary.^[1]

“Arivat pranino manskilaka vishasanti yat. Arshansi Tasmad uchayante gudmarg nirodhat (A.H.Ni 7/1)”

Corresponding Author:

Dr. Priyanka Saini,
MD Scholar, PG, Department of Dravya Guna Vigyan, Madan Mohan
Malviya Government Ayurved College, Udaipur, Rajasthan, India.
Email: prisaini23@gmail.com

In uncontrolled persons, the *doshas* – single, double, all, or connected with the blood – become aggravated by the above-mentioned aggravating factors, especially *Viruddha* (incompatible food), *Adhyasana* (eating before the digestion of the previous meal), *Stri Prasanga* (sexual intercourse), *Utkatasana* (sitting position), *Prishthayana* (riding), *Vegavidharana* (suppression of the natural impulses), etc. and spread to the main passages, proceed downward, reach the folds of the anus, and after contaminating them, produce fleshy growths, especially in persons whose digestive power is weak, these tuberous growths become more enlarged by rubbing against grass, wood, stones, clods, cloth, etc. or by excessive contact with cold water, which is called *Arsha* (Piles).^[2]

Many drugs have been mentioned in *Ayurveda* classics for piles treatment. *Dhanvantari nighantu* is one important lexicon of plant drugs. *Guduchadi Varga*, *Shatapushpadi Varga*, *Chandanadi Varga*, *Karaveeradi Varga*, *Aamradi Varga*, *Suvarnadi Varga*, and *Mishrakadi Varga* are the seven *vargas* found in this book.^[3]

This *Nighantu* is unique in that the *Varga* begins with the name of the original substance, such as *Guduchi* as *Guduchadi Varga*. In addition,

the *Vargas* of the medicinal plant are methodically discussed, starting with names (synonyms) and moving on to qualities.^[4]

2. MATERIALS AND METHODS

Information about *Arshoghna Dravya* is collected from literary works on classical Ayurveda, *Dhanvantari Nighantu* textbooks as well as various scholarly publications (journal publications). *Dhanvantari Nighantu* also mentions several *Dravyas* for *Arsha* (hemorrhoid) management. Hence, *Dhanvantari Nighantu* was selected for study to note down the medicines mentioned for the treatment of *Arsha* (hemorrhoids).

3. RESULTS AND DISCUSSION

All of the medications included in this *Dhanvantari nighantu* have origins in herbs, minerals, metals, and animals. In this *Dravyavali Samucchaya* (*Dhanvantari nighantu*), review has done on *Arshoghna dravyas* of different *vargas* and *suvarnadi varga* showed maximum number of *Arshoghna dravyas*. Out of the entire number of medications, 52 pharmaceuticals include *Arshoghna* characteristics, along with certain additional combinations such as *Sarvaushadhi* and some types of oils also having *Arshoghna* properties. Out of which the highest number, i.e., 20 are in *Suvarnadi* class and some special types of oils, 10 in *Guduchyadi* class, 8 in *Shatpushpadi* class, 7 in *Aamradi* class, 5 in *Chandanadi* class, 2 in *Karveeradi* class, and the group of *Sarvaushadhi* medicines is in *Mishrakadi* class. All the medicines of this earth are divided into 3 different *yonis*. Moreover, the classification of these above *Arshoghna* medicines is also done on the basis of these *yonis*. Here, *Audhabhida Dravya Yoni* has the highest *Arshoghna Dravya*. In this review, we found about 52 medicines and some groups of medicines which show anti-piles properties in different sections of *Dhanvantari nighantu*. All *dravyas* are mentioned in Tables 1-7 below.

4. CONCLUSION

In this review of 7 classes of *Dhanvantari nighantu*, we looked at several drugs that show specific antihemorrhagic properties for hemorrhoids. All medicines are of herbal, mineral, and animal origin. Some special types of oils such as *Danti*, *Mulak*, *Mustard*, *Karanj*, *Neem*, *Sahijan*, *Suvarchala*, *Ingudi*, *Peelu*, *Shakhini*, *Saral* (Pine), *Agaru*, *Devdaru*, *Shisham*, *Tuvarak*, and *Bhilava* oil also have anti-piles properties (127–128=Suvarnadi varga). Apart from these, some substances are also increasing Piles such as *Aurabh dadhi* (sheep curd) that is known to increase piles. (*Kopnam Kaphavatanam Durnamnaam Cha Avikam Dadhi* - 177 Suvarnadi varga) and *Jurna* (a special type of grain) is considered harmful for Anal disease. (*Na patya gudaroginaam* - 96=Suvarnadi varga).

5. ACKNOWLEDGMENT

Nil.

6. AUTHORS' CONTRIBUTIONS

All the authors contributed equally in design and execution of the article.

7. FUNDING

Nil.

8. ETHICAL APPROVALS

This study is not required ethical clearance as it is a review study.

9. CONFLICTS OF INTEREST

Nil.

10. DATA AVAILABILITY

This is an original manuscript and all data are available for only review purposes from principal investigators.

11. PUBLISHERS NOTE

This journal remains neutral with regard to jurisdictional claims in published institutional affiliation.

REFERENCES

1. Tripahi B. Nidansthan, Astang Hrihayam. Varanasi: Chaukhamba Sanskrit Pratisthan; 2017.
2. Sharma PV. Susruta-Samhita with English Translation of Text and Dalhana's Commentary along with Critical Notes. Arshonidana, Shloka no.3. Vol. 2., 1st ed. Varanasi: Chaukhamba Vishvabharati Oriental Publishers and Distributors; 2000. p. 19.
3. Rabb UN. Review on *Dhanvantari Nighantu* -An important ayurvedic lexicon. *Int J Ayurveda Pharma Res* 2018;6:62-8.
4. Jamwal EK, Soni P, Shara AK, Bishnoi RL. A review on *Jwaragana Dravyas* (Antipyretics) of *Dhanvantri Nighantu*. *Int Res J Ayurveda Yoga* 2022;5:54-61.
5. Dwivedi BK. *Dhanvantri Nighantu, Guduchyaadi Varga*. 1st ed. Varanasi: Chaukhamba Krishandas Academy; 2008.
6. Dwivedi BK. *Dhanvantri Nighantu, Shatpushpaadi Varga*. 1st ed. Varanasi: Chaukhamba Krishandas Academy; 2008.
7. Dwivedi BK. *Dhanvantri Nighantu, Chandanaadi Varga*. 1st ed. Varanasi: Chaukhamba Krishandas Academy; 2008.
8. Dwivedi BK. *Dhanvantri Nighantu, Karaveeraadi Varga*. 1st ed. Varanasi: Chaukhamba Krishandas Academy; 2008.
9. Dwivedi BK. *Dhanvantri Nighantu, Aamraadi Varga*. 1st ed. Varanasi: Chaukhamba Krishandas Academy; 2008.
10. Dwivedi BK. *Dhanvantri Nighantu, Suvarnaadi Varga*. 1st ed. Varanasi: Chaukhamba Krishandas Academy; 2008.
11. Dwivedi BK. *Dhanvantri Nighantu, Mishrakaadi Varga*. 1st ed. Varanasi: Chaukhamba Krishandas Academy; 2008.

How to cite this article:

Saini P, Mishra RC. A Review on *Arshoghna Dravyas* (Anti-Hemorrhoidal Drugs) of *Dhanvantari Nighantu*. *IRJAY*. [online] 2024;7(5):37-40.

Available from: <https://irjay.com>

DOI link- <https://doi.org/10.48165/IRJAY.2024.70508>

Table 1: List of *Arshoghna dravyas* (anti-hemorrhoidal drugs) mentioned in *Guduchyadi varga* of *Dhanvantari nighantu*^[5]

Dravya name	Latin name	Family	Action/Karma	Reference/Sloke No
<i>Guduchi</i>	<i>Tinospora cordifolia</i> (Will) Miers.	Menispermaceae	<i>Raktaarsha hara</i>	5
<i>Katphala</i>	<i>Myrica nagi</i> Thunb.	Myricaceae	<i>Durnaam hara</i>	74
<i>Shalparni</i>	<i>Desmodium gangeticum</i> DC.		<i>Arshanashini</i>	88
<i>Shitivaar</i>	<i>Celosia argentea</i> Linn.	Amaranthaceae	<i>Arshohara</i>	152
<i>Pashanbhedak</i>	<i>Bergenia ligulata</i> (Wall.) Engl.	Saxifragaceae	<i>Arshohara</i>	154
<i>Danti</i>	<i>Baliospermum Montanum</i> Muell- Arg.	Euphorbiaceae	<i>Arsho hanti</i>	220
<i>Varani (Variety of danti)</i>	-	-	<i>Arshansi hanti</i>	222
<i>Apamarga</i>	<i>Achyranthes aspera</i> Linn.	Amaranthaceae	<i>Arshohara</i>	254
<i>Mahabala</i>	<i>Sida rhombifolia</i> Linn.	Malvaceae	<i>Arshanashini</i>	273
<i>Sahastraveerya(Variety of satavari)</i>	<i>Asparagus sarmentosus</i> Linn.	Liliaceae	<i>Arshohara</i>	284

Table 2: List of *Arshoghna dravyas* (Anti-Hemorrhoidal Drugs) mentioned in *Shatapushpadi varga* of *Dhanvantari nighantu*^[6]

Dravya name	Latin name	Family	Action/Karma	Reference/Sloke NO.
<i>Misharaya/Saunf</i>	<i>Foeniculum vulgare</i> Mill.	Apiaceae	<i>Durnaam hara</i>	5
<i>Hapusha</i>	<i>Juniperus communis</i> Linn.	Cupressaceae	<i>Arshansi</i>	10
<i>Kutaj</i>	<i>Holarrhena antidysenterica</i> Wall.	Apocyanaceae	<i>Raktaarsha , pittharsha (Pitthastragudjaani)</i>	14
<i>Indrayava (Seed of kutaj)</i>	-	-	<i>Raktaarsha</i>	16
<i>Hingupatri</i>	-	-	<i>Arshohara</i>	39
<i>Tamalpatra</i>	<i>Cinnamomum tamala</i> Nees. and Ebern.	Lauraceae	<i>Arshohara</i>	52
<i>Chitarak</i>	<i>Plumbago zeylanica</i> Linn.	Plumbaginaceae	<i>Arshohara</i>	81
<i>Amlavetas</i>	<i>Garcinia pedunculata</i> Roxb.	Cluceaceae	<i>Arshohara</i>	94

Table 3: List of *Arshoghna dravyas* (Anti-Hemorrhoidal Drugs) mentioned in *Chandanadi varga* of *Dhanvantari nighantu*^[7]

Dravya name	Latin name/scientific name	Family	Action/Karma	Reference/Sloke No
<i>Karchur</i>	<i>Curcuma zedoaria</i> Rosc.	Zingiberaceae	<i>Arshohara</i>	94
<i>Ambika</i>	-	-	<i>Arshoghani</i>	108
<i>Shalaki</i>	<i>Boswellia serrata</i> Roxb.	Burseraceae	<i>Arshohara</i>	129
<i>Hem makshik</i>	Copper pyrite/Chalocopyrite	-	<i>Arshohara</i>	134
<i>Shilajatu</i>	Asphaltum punjabianum	-	<i>Arshansi</i>	147

Table 4: List of *Arshoghna dravyas* (Anti-Hemorrhoidal Drugs) mentioned in *Karaveeradi varga* of *Dhanvantari nighantu*^[8]

Dravya name	Latin name	Family	Action/Karma	Reference/Sloke No
<i>Rason</i>	<i>Allium sativum</i>	Liliaceae	<i>Durnaam hara</i>	63
<i>Vansh</i>	<i>Bambusa arundinacea</i> Willd.	Poaceae	<i>Arshohara</i>	123

Table 5: List of *Arshoghna dravyas* (anti-hemorrhoidal drugs) mentioned in *Aamradi varga* of *Dhanvantari Nighantu*^[9]

Dravya name	Latin name	Family	Action/karma	Reference/Sloke no.
<i>Beejpur</i>	<i>Citrus medica</i> Linn.	Rutaceae	<i>Arshoghana</i>	21
<i>Khudra Amlica (Variety of Amlica)</i>	-	-	<i>Arshovikaraghani</i>	31
<i>Aaruk/Aadu</i>	<i>Prunes persica</i> Batsch.	Rosaceae	<i>Arshonashanani</i>	32
<i>Peelu</i>	<i>Salvadora persica</i> Linn.	Salvadoraceae	<i>Arshoghana</i>	45
<i>Kareera</i>	<i>Capparis decidua</i>	Capparaceae	<i>Gudkeeljeet</i>	91
<i>Ashok</i>	<i>Saraca indica</i> Linn.	Fabaceae	<i>Arshohara</i>	147
<i>Palash/Kinshuk</i>	<i>Butea monosperma</i>	Fabaceae	<i>Arshohara</i>	150

Table 6: List of *Arshoghna dravyas* (anti-hemorrhoidal drugs) mentioned in *Suvarnadi varga* of *Dhanvantari nighantu*^[10]

Dravya name	English name/scientific name	Action/Karma	Reference/Sloke no.
<i>Tamra</i>	Copper/Cu	<i>Gudaamaya</i>	10
<i>Loha</i>	Iron	<i>Arshohara</i>	28
<i>Kulattha</i>	<i>Dolichos biflorus</i> Linn.=Fabaceae family	<i>Keel hara</i>	95
<i>Ushtripaya</i>	Milk of camel	<i>Arshasaam</i>	158
<i>Ajadadhi</i>	Curd of goat	<i>Durnaam hara</i>	176
<i>Ushtridadhi</i>	Curd of camel	<i>Arshansi</i>	179
<i>Takra</i>	Buttermilk from cow's milk	<i>Arshohara</i>	195,200
<i>Navneet(Makhan)</i>	Butter from cow's milk	<i>Arshavikarnut</i>	210
<i>Soviraka and Tushodaka (Kanji vishesha)</i>	-	<i>Arshohitam</i>	231
<i>Sura</i>	-	<i>Arshovinashini</i>	239
<i>Prasanna Sura</i>	-	<i>Arshonashini</i>	241
<i>Jagal sura</i>	-	<i>Durnaamjeet</i>	244
<i>Mardeek/draksha sura</i>	<i>Vitis vinifera</i>	<i>Arsha nashanam</i>	247
<i>Sharkara seedhu</i>	-	<i>Arshasam hit</i>	250
<i>Maireya</i>	-	<i>Durnaam haat</i>	253
<i>Arishta</i>	Fermented decoction	<i>Arshasam hit</i>	257
<i>Ushtra mansa</i>	Camel meat	<i>Arsha prashaman</i>	353
<i>Samanya mutra</i>	Animal urine	<i>Arshansi jayet</i>	445
<i>Mahishi mutra</i>	Buffalo Urine	<i>Durnaam hara</i>	450
<i>Ushtramutra</i>	Camel urine	<i>Arshoghana</i>	453

Table 7: List of group of drug of *Arshoghna* (anti-hemorrhoidal drug) properties mentioned in *mishrakadi varga* of *Dhanvantari nighantu*^[11]

Name of group of drug	Ingredients	Action/Karma	Reference/Sloke No.
<i>Sarvoushadhi</i>	Combination of <i>Kuth</i> , <i>Mansi</i> , <i>Haridra</i> , <i>Daruharidra</i> , <i>Mura</i> , <i>Shaleya</i> , <i>Champak</i> , <i>Vacha</i> , <i>Karpur</i> , and <i>Musta</i>	<i>Arshoghani</i>	38–39