PREPARATION AND ANALYTICAL STUDY OF ARSHAHARA TAILA
(APAMARGA KSHAR YUKTA)

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ABSTRACT
In Ayurveda, "Arsha" refers to the condition of haemorrhoids or piles. Haemorrhoids are swollen blood vessels located in and around the rectum and anus, and they can cause discomfort, pain, itching, bleeding, and other symptoms. Ayurveda offers various remedies and treatments for Arsha, which may include dietary changes, lifestyle modifications, herbal medicines, topical applications and various Surgical and Parasurgical procedures. Treatment recommendations can vary based on the individual's constitution (Prakriti) and the specific characteristics of the haemorrhoids. One of the potent medicine for topical application is “Arshahara taila”. So, it’s time to review the components of Arshahara Taila and confirm its properties in order for it to be accepted globally. In an effort to give a succinct overview, this article theoretical analysis of many Ayurvedic scriptures of the ingredients in Arshahara taila.

KEYWORDS: One of the potent medicine for topical application is “Arshahara taila”.

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INTRODUCTION
Arsha is one of the many difficult and unresolved medical issues that Ayurveda has the potential to resolve. The prevalence of haemorrhoids is rising throughout society. It is caused by a variety of factors, including disrupted daily routines, poor diet, excessive standing or sitting, improper defecation habits, etc. These factors cause Jatharagni to become imbalance, which in turn causes Tridosha, particularly Vata Dosha, to become vitiated. The formation of Arsha is caused by the localization of these vitiated doshas in Guda Vali and Pradhana Dhamani, which also vitiate Twak, Mamsa, and Meda Dhatus.\footnote{1} Due to its strong blood supply, the perianal skin is one of the body's most sensitive area to discomfort. Due to its abundance of nerve endings, the perianal skin is one of the body's most sensitive region to pain. Therefore, even a modest form of illness might cause the patient to feel quite uncomfortable. All the Ayurvedic classics provide a description of Arsha. This condition was listed among the "Ashta Mahagada" (Eight grievous diseases) by Acharya Sushruta.\footnote{2} Arsha, that occurs in the Guda region, is well known for being chronic and having challenging management.

DEFINITION OF ARSHA (PILES) AND ITS ORIGIN ETYMOLOGY
The term "Arsha" refers to a painful illness that afflicts people in Guda region. The anorectal passage may become blocked as a result.
Piles: -This word is a translation of the Latin word "pila," which is used to describe a ball. Thus, a development in the anus that resembles a ball is referred to as a pile.\footnote{3}

NIDANA OF ARSHA
The causal factors have been precisely described by Acharya Charaka. Acharya Sushruta also establishes the role of Ahara and Vihara in the origin of Arshas. The opinions on both Charaka and Sushruta were solidified by Vagbhata.
The following categories can be used to classify the aetiology:\footnote{4}
1. Based on Dietary Factors-Inconsistent diet, for example, Madhura, Sheeta, Abhishyandi and so on.
2. Based on Propensities - Concealment of natural inclinations or unnecessary stressing, extreme sexual guilty pleasure.
3. Based on Nearby aggravation factors- Faulty sitting, lopsided or hard seats, inordinate vehicle riding.
4. Based on Mandagni- Arshas, Grahani and Atisara are causative variables for one another.
5. Based on helpful maltratements- Excessive oleation treatment, ill-advised organization of Bastikarma and so on.
6. Based on hereditary element - Hereditary component has likewise been viewed as an etiology of Sahaja arsha.
7. Different causes-Pregnancy.

MATERIALS AND METHOD

Bheshaja karma is the first line of treatment among them because, in contrast to other treatments, it has no risk of problems, putrification, or bleeding. As a result, Arshahar tail (Ras Chintamani 9/61- is used for this article.

METHOD OF PREPARATION OF ARSHAHARA TAILA\(^5\)

\[
\begin{align*}
\text{काशीसय हरितालय च सेन्धव खतःनारक} & \| \\
\text{विद्यम पूर्तिक चैव धने जम्भू दल्तिका} & \| 61 \| \\
\text{चित्राकारसुल्हिरेक्ते तैलं पक्व सर्वे ते} & \| \\
\text{अय्यजनेन तलसालीर्यसिं शातवेद धुय्यम} & \| 62 \| \quad \text{(Ras chintamani 9/61-62)}
\end{align*}
\]

The traditional Taila Paka method was used to make kalka and Taila from Kasisa, Haratala, Saindhava lavan, Kaner mooltwak, Vidanga, Putikaranja, Nagarmotha, Jamun Chal, Dantimool, Chitrakmool, Arka kshira, Snuhi kshira, Tila taila.

INGREDIENTS OF ARSHAHARA TAILA (APAMARG KSHAR YUKTA)

<table>
<thead>
<tr>
<th>S.NO.</th>
<th>NAME OF INGREDIENT</th>
<th>LATIN NAME</th>
<th>PART USED</th>
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<tbody>
<tr>
<td>1.</td>
<td>Kasisa</td>
<td>Ferri sulphos</td>
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<td>2.</td>
<td>Haratala</td>
<td></td>
<td></td>
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<tr>
<td>No.</td>
<td>Ingredient</td>
<td>Scientific Name</td>
<td></td>
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<td>3.</td>
<td>Vidanga</td>
<td>Embelia ribes</td>
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<td>4.</td>
<td>Kaner Mooltwak</td>
<td>Nerium indicum</td>
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<td>5.</td>
<td>Putikaranja</td>
<td>Holoptelia integrifolia</td>
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<td>6.</td>
<td>Nagarmotha</td>
<td>Cyperus rotundus</td>
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<td>7.</td>
<td>Saindhava lavana</td>
<td>Rock salt</td>
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<td>8.</td>
<td>Jamun Chal</td>
<td>Szygium cumini</td>
<td></td>
</tr>
<tr>
<td>S.NO.</td>
<td>INGREDIENTS</td>
<td>PROPERTIES</td>
<td>PHARMACOLOGICAL ACTIONS</td>
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<tr>
<td>9.</td>
<td>Chitraka moola</td>
<td>Plumbego zeylanica</td>
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<tr>
<td>10.</td>
<td>Dantimoola</td>
<td>Baliospermum monatum</td>
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<tr>
<td>11.</td>
<td>Arka kshira</td>
<td>Calotropis procera</td>
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<tr>
<td>12.</td>
<td>Snuhi kshira</td>
<td>Euphorbia nerifolia</td>
<td></td>
</tr>
<tr>
<td>13.</td>
<td>Til Taila</td>
<td>Sesamum indicum</td>
<td></td>
</tr>
<tr>
<td>14.</td>
<td>Apamarga kshara</td>
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<tr>
<td>No.</td>
<td>Herb</td>
<td>Rasa</td>
<td>Guna</td>
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**TIL TAILA<sup>[21]</sup>**

It possesses the attributes of Twaka Prasadana, Shodhana-kara, Mamsa Kshaya-kara, Varnya, Lekhana-kara, Vata-Kapha Kshaya-kara, Krimighna, and Shoola Prashamana. The greatest Sthavar Snehas is Tila Taila. In Vata-Shleshma Prashamana, taila is best.

Tila Taila is Varnya, Vatanulomaka, and Sarvarogahara following Samskar, claims Dhanvantari Nighantu. After Samskar, according to Kaidev Nighantu, comes Krimighna, Twaga Dosha-hara, and Sarvaroga-hara properties.

According to Bhava Prakash Nighantu, Tila Taila has Madhur, Kashaya, Tikta and Katu Rasa. The Guna of Tila Taila are Guru, Sara, Vikashi, Vishada, Sukshma, Vyavayi, Snighdha, Mrudu, Tikshna, and Ushna. It also has Ushna Virya, Madhur Vipaka, and Vata Kaphahara Karma. Til Taila has saturated fatty acids, palmitic acid, stearic acid, oleic acid, linoleic acid, and vitamin E are its chemical constituents having anti-oxidant, anti-bacterial, anti-diabetic, anticancer, and anti- viral pharmacological actions.

**PREPARATION OF ARSHAHARA TAILA**

Formula of drug:
- Kasisa – 1 part
- Hartala – 1 part
- Saindhav lavan – 1 part
- Kaneer moolatwak – 1 part
- Vidang – 1 part
- Putikaranja – 1 part
- Nagarmotha – 1 part
- Jamun chal – 1 part
- Dantimula – 1 part
- Chitrakmula - 1 part
- Arka kshira – 1 part
- Snuhi kshira – 1 part
Murchhita Til tail – 4 parts of total kalka dravyas
Water – 16 parts of Murchhita Til tail

The kalka dravya were taken in equal amounts, making up one-fourth of the murchhita til tail. Dry medications were grounded into a coarse powder, then mixed with Snuhi kshira and Arka kshira to make kalka. Prepared kalka and water (four times the amount of murchhita til tail) were added after the murchhita til taila was cooked over a low flame. Up until Tail pak lakshana was achieved, heating was continued on a low flame. Then the tail was allowed to turn swangsheeta.

**PREPARATION OF APAMARGA KSHAR**[22]

1. Collection of Apamarga: Fresh Apamarga plant (Panchang) was collected. Ensure that the plants were fresh, clean and free of contaminants.
2. Cleaning and Drying: Collected plants were cleaned and allowed to dry naturally (Chayashuska). This step helps remove excess moisture from the plant.
3. Burning and Ash Preparation: Dried Apamarga plants were burnt until they turn to ash. The ash is the main ingredient for preparing Apamarga Kshara.
4. Leaching Process (Ksharana): Vessel was taken and filled with 6 times of water. The Apamarga ash was added to the water in the pot. Allow the mixture to soak for a specific duration, often several hours or overnight, depending on the intended potency.
5. Filtering: After the leaching process was complete, the liquid was filtered through a Markin cloth, to separate the liquid (Kshara) from solid particles.
6. Evaporation: The filtered liquid was placed in a clean iron vessel and heated at medium flame so that excess water evaporates, leaving behind a semisolid Apamarga Kshara. This may require careful monitoring to prevent burning or over-evaporation.
7. Cooling and Storage: The concentrated Kshara was allowed to cool down to room temperature. Once cooled, stored in a glass container with an airtight lid.
PREPARATION OF ARSHAHARA TAIL (APAMARGA KSHAR YUKTA)

Now Apamarga Kshar was added to Arshahara tail at low flame and was allowed to cool down. Now this oil is stored in 50 ml bottles after being filtered with a markin cloth.
Arshahara taila kalka dravyas were collected.

Til taila before murchana.

Til taila after murchana.

Kalka dravyas were added after taila murchana.

The oil was continuously stirred till complete taila paka. The oil was Filtered.

Kshar was added to taila and allowed to cool down. Then, was stored in plastic bottles for further use.
PROBABLE MODE OF ACTION OF ARSHAHARA TAIL (APAMARGA KSHAR YUKTA)

Arshahara taila (Apamarga kshar yukta) which is extensively used in the management of arsha, was prepared and its analytical study was conducted. Its colour and odour were found to be appropriate. Refractive index at 40°C was 1.470. Weight/ml gm at 40°C was 0.9025. Acid value was 0.22. Saponification value was 218.61. Iodine value was 118.47. Peroxide value was 3.37. Alfatoxins like B1 and B1+B2+G1+G2 were not detected. Heavy metal, lead was found to be 1.25ppm whereas, arsenic, mercury and cadmium were not detected. Total bacterial count was 30Cfu/ml and total yeast count was less than 10 cfu/ml. Both being within the specified limits. Pathogens like E. coli, Salmonella, Pseudomonas aerogenosa and Staphylococcus aureus was found to be nil.

Many ayurvedic medicinal herbs found in Arshahara tail (Apamarga kshar yukta) have unique qualities. By shedding light on some of them, such as Jamunchal, Kasis, and Hartala, have raktasthamabana characteristics, which relieve bleeding concerns in people with first- and second-degree piles. Similarly, Putikaranja, Nagarmotha, Saindhava lavana, Snuhi kshira, Arka kshira, Kaneermula twak, Chitraka mula have lekhana characteristics that aid in lowering the size of dilated venous plexus found in haemorrhoids. Patients with haemorrhoids frequently complain of itchiness and mucous discharge from the anal region, which can be soothed by Nagarmotha's Kandughana qualities. Putikaranja and Kaneermula Twak both have shothahar characteristics. Purgatives such as Arka ksheer, Snuhi kshira, and Dantimula facilitate stool transit.

- Many ayurvedic medicinal herbs found in Arshahara tail (Apamarga kshara yukta) have unique qualities. By shedding light on some of them, such as There may be shrinkage of pile mass by local application of Ashahar Tail(Apamarga Kshara Yukta), may be probably due to corrosive and vesicant effect of Apamarga Kshara, Snuhi Kshira, Arka Kshira, Hartal that will cause sloughing and necrosis of pile masses.

- Arka Kshira, Kaneer Mula twak, Putikaranja, Nagarmotha, Saindhau Lavan do Lekhan Karma which may cause shrinkage of pile masses. Bleeding may be reduced due to styptic action of Kasis, Jamunchal and Rakatstambhan properties of other ingredients of Arshahara Tail (Apamarg Kshara Yukta) also helped in reducing bleeding.

- Mucous discharge & Pruritis Ani may got cure by Anti-inflammatory, Anti-bacterial, Anti-microbial, Anti-fungal action of Kaneer Mula twak, Hartal, Kasis, Vidanga,
Nagarmotha Mula, Putikaranja, Chitraka Mula, Saindhav Lavan, Snuhi Kshira.

- In Arshahar Tail (Apamarg Kshara Vikta) Hartal, Vidang, Kaneer Mula twak, Dantimula have Krimighna and Nagarmotha has Kandaghana Karma which may help to cure Pruritis Ani. Shothahar Karma of Kaneermula twak and Putikaranj may also reduce Mucous discharge.
- Virechana effect of Arka Kshira, Snuhi Kshira may help in releasing Constipation.

ANALYTICAL STUDY OF ARSHAHARA TAILA (APAMARGA KSHAR YUKTA)
REFERENCES


18. Bhāvamiśra, D Shanthkumar Lucas. Bhāvaprakāśa nighaṇṭu = Indian materia medica of


