

Conceptual Review Study of Chitraka and its Clinical Efficacy in Arsha

Dr. Sevagra Shivaji Sharma¹, Dr. Vaibhav Bhimarao Patil²

¹ Assistant Professor Dept. of Dravyagun Vigyan, ² Assistant Professor, Dept. of Dravyagun Vigyan

¹ Dr. Deepak Patil Ayurvedic Medical College & Research Center, Borpadhale Phata, Panhala, Kolhapur.

² Vasantdada Patil Ayurvedic Medical College, Sangali,

Email : sevagra007@gmail.com, patilv875@gmail.com

Received : 28 November 2023

Accepted : 18 December 2023

Abstract

In India, the medical science, has developed from ancient civilisation, which used parts of plants and animals, Metals and Minerals to connect healing portions to eliminate pain, control suffering and counteract diseases. It has progressed from an era of empiricism to the present stage of specific therapeutic agents. In India our ancestors possessed great knowledge of herbs and medicinal plants, but much of it has been lost probably due to lack of through chemical analysis and poor recording. Indians have paid enough attention to discover the therapeutical effects of plants and herbs as medicinal agents in many diseases. Plants contain “Alkaloids” and various other chemical substances which form the base for many medical preparations. Most of the drugs used are derived from the natural world through the experiments of earlier civilisation. And even now eight tenth of world population continues to rarely on traditional medicines. The prevalence of haemorrhoids is 11 % in India. Our ancient Acharyas of Ayurveda have mentioned Bhesaja, Kshara, Agni and Shastra as a treatment for Haemorrhoids. Chitrak is mentioned as Arshoghna dravya in Charak Samhita. So present study has been selected to study clinical efficacy of Chitrak mula churna on Arsha. It was found statistically significant.

Keywords - Chitrak, Arshoghna, Mahakashya, Bhesaja

Introduction:

Theme for ‘World Piles day’ observed on 20th November 2023 was ‘Suffer no more, let’s talk about piles’.¹ Ever since the evolution of the species Homosapienes, Anal problems have been a source of constant anxiety. Contrarily there seems to be an increasing incidence of the commonest of all anal diseases, that is haemorrhoids. The

prevalence of Haemorrhoids is 11 % in India. Though the remarks of Ferguson seems to be an exaggeration that 100% of population has haemorrhoids. A look into history of the symptoms will give an idea regarding the gravity of this disease. In the early days a moderate haemorrhage from the rectum was considered beneficial; since the blood was suppose to contain substance which caused melancholy. It was thought that controlling haemorrhoidal bleeding led to Pthisis and Death. Hippocrates believed that haemorrhoids prevent disease like Pleurisy, Pimples, Boils and Leprosy. Hence, the disease of Ano rectal area are the

Author Correspondence

Dr. Sevagra Shivaji Sharma

Dr. Deepak Patil Ayurvedic Medical College & Research Center

Email : sevagra007@gmail.com

commonest of all the diseases of gastro intestinal tract. They were well known for time immemorial to the physicians and surgeons due to the world wide distribution and the trouble caused by them.

Similarly the diseases of Ano rectal area or Guda were well known to the Ayurvedic clinicians, though their description is not available collectively at one place, like wise; the disease of: Eye, Ear, Nose, Throat and Oral cavity etc. But without any doubt the description of Ano-Rectal disorder are found scattered in various chapter of Samhita. Acharya Sushruta, the pioneer of surgery, during the ancient era has devoted separate chapters for two Ano rectal disorder viz. Arsha and Bhagandara. Therefore the disease haemorrhoids is one of the commonest ailments that afflict mankind, It's management has remained a challenge to the medical profession, which has confirmed form the advent of numerous modalities. But not all of them have been uniformly successful. The procedures which are in practice at present are Rubber Band Ligation, Cryo Haemorrhoidectomy, Anal stretching and Closed Haemorrhoidectomy. Unfortunately all these measures are having their limitations and perhaps this is the reason that a continuous search for newer methods is thought of. The ancient medical authorities.

Arsha is being described by all the classics of Ayurved. Acharya Sushruta and Vagbhata even placed this disorder in the "ASHTA MAHAGAD". It can be correlated with Haemorrhoids or Piles as per modern science. Acharya Charaka and Acharya Sushruta both have described four types of measures for the treatment of Arsha. These are Bhesaja, Kshara, Agni and Shastra. Chitrak is one of the drug in 'Arshoghna Mahakashaya' in Shadvirechanashatashritiadyaya in Sutrasthana of Charak Samhita.² So present study entitled as 'Conceptual review Study of Chitrak and its Clinical Efficacy On Arsha' has been selected.

Aim :

To study the efficacy of Khadira siddha ghrita in Parikartika W.S.R.T. Fissure-in -ano.

Objectives :

1. To study the Chitraka.
2. To study the efficacy of Khadira siddha ghrita in Parikartika W.S.R.T. Fissure-in -ano.
3. To study the concept of Fissure-in-ano.

Material and methods

1. Literary review of Parikartika and Apana vayu in all Ayurvedic texts.
2. Review of available information regarding Fissure-in-ano.
3. Review of internet material, Journals, magazines and previous research papers related to this subject.

Review of literature:

Arsha - Arsha pertains to a disease occurring in Guda and it is torturing to the patients. It may create obstruction or suppression of the anorectal passage.³

Types :

- Vataj
- Kaphaja
- Sannipataja
- Sahaja
- Ardra
- Pittaja
- Dwandwaja
- Rakt ja
- Shushka

Causative factors:

- Abhishyandi bhojana
- Sankirna bhojana
- Pramita bhojana
- Ajeerna bhojana
- Paryushita bhojana
- Divaswapa
- Shayya Sukha
- Vishama Asana
- Prustharyana
- Madhura bhojana
- Asatmya bhojana
- Vidahi bhojana
- Shita bhojana
- Ati Vyavaya
- Ati Vyayama
- Avyayama
- Utkatasana
- Balavat Vighraha

Prodromal Symptoms:

- Agnimandya • Amlika
- Anna Ashraddha • Anna Vishtambha
- Antra Kunjana • Atopa
- Dhumaka • Grahani Ashanka

Symptoms:

- Kanichit Anuni, Dirghani
- Kanichit Hraswani, Mahati
- Kanichit Vrutani & Visrutani
- Kanichit Antara Kutilani
- Kanichit Bahirkutilani, Jatilani
- Kanichit Antarmukhani
- Durdarshanani

Chitrak:**Vernacular Names⁴**

- Hindi Name - Cheeta, Chitra, Chitraka, Chita, Chitaraka, Chitavur
- Telugu Name - Chitramulamu, Agnimatha, Tellachitra
- English Name- Leadwort
- Bengali Name-Chitu
- Marathi Name - Chitramul, Chitraka
- Gujarati Name - Chitro, Chitra, Pitaro
- Tamil Name - Chittiri, chittira, penchitar, kodivel
- Arabian name - Sheetaraj
- Farsi name - Sheetar
- Kannada name - Chitramula, Bilichitramula
- Punjabi name - Chitra
- Malayalam name - Vellakotuveri, Kotubeli

Sanskrit synonyms :

- Anala, Dahana, Pithi, Vahnisajnaka, Agni, Agnika, Jyothi, Nirdahana, Vahni, Sikhi, Vyala, Hutasana - all these synonyms suggest towards fire. It is because it helps to improve digestion strength. While collecting this herb, it is usually found that the palms get a burning sensation

due to the hotness of this herb. Hence the synonyms like Dahana (burning).

- Agnika - "agnitulyha ushna sparshe veeryam cha, - Having fire quality Jarana - Chitraka digest Anna
- Analanama - It has burning qualities like that of Agni (Fire) Vyala - It can tear apart unwanted tissue growth
- Chitraka is a very unique ayurvedic herb, used both orally and externally. Ayurvedic texts have explained that all synonyms of fire (agni) hold good for Chitraka. This is due to its fire- like action. i.e. it is hot in potency, pungent in taste and undergoes a pungent kind of bio-transformation (vipaka). Moreover it causes blisters if applied over the skin surface.

Classical categorization⁵ :

- Deepaneeya - Group of herbs that improve appetite and digestion strength
- Shoola prashamana - group of herbs that relieve abdominal colic pain
- Arshoghna group of herbs used in treating piles
- Lekhaneeya - Group of herbs having scraping property.
- Susrutha- Pippalyadi, Mustadi, Amalakyadi, Varunadi, Aragvadadi group of herbs.
- Vagbhata- Pippalyadi, Mustadi, Varunadi, Aragvadadi group of herbs.
- Bhavaprakasha Nighantu - Haritakyadi varga
- Raja Nighantu - Pippalyadi varga

Physical properties⁶ :

- Rasa: Katu
- Guna: Laghu, Ruksha, Tikсна
- Vipaka: Katu
- Virya : Ushna

Uses :

- Vahnikrut: Improves digestion strength
- Pachana: Digestive
- Laghu : Light to digest

- Grahanihara: Relieves sprue, malabsorption syndrome.
- Kushtahara: Useful in skin diseases
- Shothahara: Anti inflammatory
- Kruminut: Useful in intestinal worm infestation
- Kasanut: Useful in cough, cold
- Grahi: Absorbent, absorbs excess moisture from intestine

Material and Methods :

- **Inclusion criteria:**

1. Patients between age group of 15 to 60 years were selected.
2. Patients with fissure in ano having symptoms anal pain, anal bleeding, burning sensation and constipation was selected.
3. Patients will be selected irrespective of sex, marital status, religion, education and economic status.

- **Exclusion criteria:**

1. Patients presented with tubercular or any other infectious cases along with fissure-in-ano.
2. Patients of fissure in ano suffering from serious systemic illness.

Assessment Criteria :

1) Per rectal Bleeding

No bleeding	0
Very negligible bleeding	1
Scanty bleeding	2
Profuse bleeding	3

2) Pain

No pain	0
Severe pain	1
Moderate pain	2
Severe pain	3

3) Burning Sensation

No burning sensation	0
Negligible burning sensation	1
Tolerable and occasional burning sensation	2
Intolerable and continuous burning sensation	3

4) Constipation

No constipation	0
Occasional constipation with 1 day gap	1
Frequent constipation with 2-3 days gap	2
Continuous constipation	3

Treatment :

No. of subjects	30
Drug	Chitrak mula churna
Dose	1 gm
Time	Two times in a day before meal
Anupana	Koshna Jala
Duration	15 days
Route of administration	Oral
Assessment	On 0 th & 15 th Days

Statistical Analysis - Paired 't' test

Results - Effect of *Chitrak mula churna* on cardinal symptoms of Arsha was as follows

Cardinal Symptoms	N	Mean BT	Mean AT	S.D.	S.E.	't'	P value	Result
Discharge	30	1.4	0.4	0.667	0.211	4.7393	P<0.001	H.S.
Pain	30	1.9	0.6	0.455	0.143	9.09	P<0.001	H.S.
Photophobia	30	1.8	0.9	0.322	0.101	8.91	P<0.001	H.S.
Redness in eye	30	1.8	0.5	0.455	0.143	9.09	P<0.001	H.S.

(BT- Before treatment, AT- After treatment, S.D- Standard Deviation, S.E.- Standard Error of mean)

Discussion and Conclusion:

- Arsha is a problem related to age and dietary factors. It is a very terrible condition; patient is avoiding defecation because of every morning become painful with bleeding per rectum. Patients become very anxious after looking of pan full with blood. Based on its bleeding symptomatology it can be correlated with haemorrhoids.
- Arsha as described in the classics comes under the heading of Mahagadas. It appears at Guda region which is Sadhyopranahara Marma.
- Vitiating of Apana Vayu is the main factor to produce this disease but other causative factors also play much more role in the disease formation like Vegavidharana, Ati Ushna-Tikshna and Mamsa Ahara, Utkutasana etc.
- Now a day's, fast food, irregularity in food taking, working in sitting position for long time and stressful life definitely play a major role in formation of haemorrhoids.
- As per various Ayurvedic classics, the drug which is to be used in the management of Arsha must possess the Deepan, Pachan, Anulomanam and Samshamana.
- Chitraka have properties as Deepan, Pachan,

Anulomanam, Samshamana. In this study, it has decreased all assessment parameters like per rectal bleeding, pain, burning sensation and constipation. It was found statistically significant.

References :

1. <https://medicaldialogues.in/world-piles-day>
2. Acharya Vidyadhar Shukla and Dr Ravidutta Tripathi, Charaksamhita of Agnivesa, Chaukhambha Sanskrit Pratishtan, Delhi, Reprint edition 2010, Part I, page no. 73.
3. Dr Ganesh Krishna Garde, Sarth Vagbhat , Proficient Publishing house, Pune ,reprint edition 2019, page. No. 208.
4. <https://www.easyayurveda.com/2013/09/20/chitrak-plumbago-zeilanica-benefits-usage-dose-side-effects/>
5. Neelam arya, Anita Sharma. The Therapeutic and Toxicological Effect of Chitrak (Plumbago Zeylanica L.)- A Review. AYUSHDHARA, 2015;2(4):259-264.
6. Prof. Priyavat Sharma, Dravyaguna Vidnyana, Chaukhambha Bharati Academy, part 2, reprint edition 2009, page 360.