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Review article

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Effect of snuhi kheer on local application in abhayantara arsha WSR 2nd degree haemorrhoids- A review

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ABSTRACT

Piles one of the commonest diseases occur in anorectal region. One of the factor causes its existence is sedentary life style of the society. Disease not only disturbs the daily routine but also it decreases the quality life of a person. Its incidence increases with advancing age; at least 50% of people over the age of 50 years have some degree haemorrhoidal symptoms. In Ayurveda classic piles come under *Arsha*. *Susruta Acharya* had explained two type of *Arsha*; *Abhayantara Arsha* (Internal Piles) and *Bahya Arsha* (External Piles) and its treatment mentioned under surgical or parasurgical procedures. And under parasurgical procedures the use of *Haridra* along with *Snuhi* in *Arsha Chikitsa* mentioned in *Sushruta*. On local application it coagulates protein in haemorrhoidal plexus & decreases size of *Arshas* and which can recuperates the bleeding.

Keywords: *Arsha*, *Snuhi ksheer*, Piles

INTRODUCTION

Piles is known as varicosity or dilated vein with in anal canal in subepithelial region formed by radicals of superior, middle and inferior rectal veins. In *Ayurvedic* classics, *Arsha* is one of the prime importance among *Ashtamahagada*, which afflicting mankind for thousands of years since *Vedic* period. In modern science various treatment is available Open and close haemorrhoidectomy, rubber band ligation, sclerotherapy but result these procedures not satisfactory as they are more painful, time taking procedure and costly when compared to *snuhi ksheer* mixed *Haridra* powder. In

Shusuta samhita Chikitsa Sthana mentioned that *Kshara* to be applied in *Mridu*, *Prasarita*, *Avgadha* and *uchrita* pile mass. Also, he gave description of local application of *Snuhi Ksheer* mixed with *Haridra* powder in management of *Arsha*. *Snuhi* and *Haridra* are main constituents of *Ksharasutra* (medicated thread) which is used for ligation of hemorrhoids and anal fistula. Sufficient number of evidence is present to prove their efficacy on hemorrhoids and fistula in ano.¹

Properties of Kshara

Kshara are derivatives of plant drug ashes in the form of

solutions, powder or crystals, all of which have the basic quality of being alkaline. The prepared drug substance is called *Kshara* and because of its peculiar qualities to causes *Ksharana* of *Mamsa* and other *Dhatus* when it applied. All *Ksharas* are penetrating in nature, hot in potency, destroy worms, vitiate *Pitta* and *Asruk* and help digestion of other substances, help in breakup of hard masses, not good for heart, puncture the tissues being pungent and salty in taste, not good to semen, *Oja*, hair and eyes. Almost all classics mention that *Ksharas* are to be used externally or internally according to the ailments of the body. *Kshara* has been told to be having the topmost place among all surgical and para-surgical measures in *Ayurveda*, due to its efficacy even in surgical measures though being considered as parasurgical one (*Chhedya*, *Bhedya*, & *Lekhya Karnad*).²

TYPES OF KSHARA

As per text various classifications of *Kshara* are available. All such classifications are based on some fundamental factors. As given below

On the Basis of Application

Acharya Sushruta

- *Pratisaraniya* (External application)
- *Paniya* (Oral administration)

Charaka

- *Pratisaraniya*
- *Paniya*



Snuhi plant

Morphology

There are about 45,000 about medicinal plants species in india. The officially documented plants with medicinal potential are 3000 but traditional practitioners use more than 6000. Bioactive compounds in plants have also been utilized for additional purposes, namely as arrow and dart poisons for hunting, poison of murder, hallucinogens used for ritualistic purposes, stimulants for endurance and hunger suppression, as well as inebriants and medicines. The plant chemicals used for pharmacological or toxicological effect are largely the secondary metabolites.⁴

Vagbhatta

- *Bahya-Parimarjana*
- *Antaha-Parimarjana*

On the Basis of Potency

The *Pratisaraniya Kshara* has been further sub classified in to three.

- *Mridu* (Mild) - without adding any additional drug and it is mild inaction.
- *Madhyama* (Moderate)- contains 'Avapa' 'Dravyas' and moderate inaction potential.
- *Tikshna* (Acute)- contains 'Avapa', 'Prativapa' and some other *Dravyas* which make the *Kshara* more potentiate inaction.

This classification is utterly based on the strength or concentration of *Kshara* for external use. This means to achieve cauterization in different depths of the application site.³

Rasa Panchaka of Snuhi

- *Rasa* : *Katu, Tikta*
- *Guna* : *Laghu, Rooksha*
- *Veerya* : *Ushna*
- *Vipaaka* : *Katu*

Part used

Milky latex, Root, Leaf



Haridra

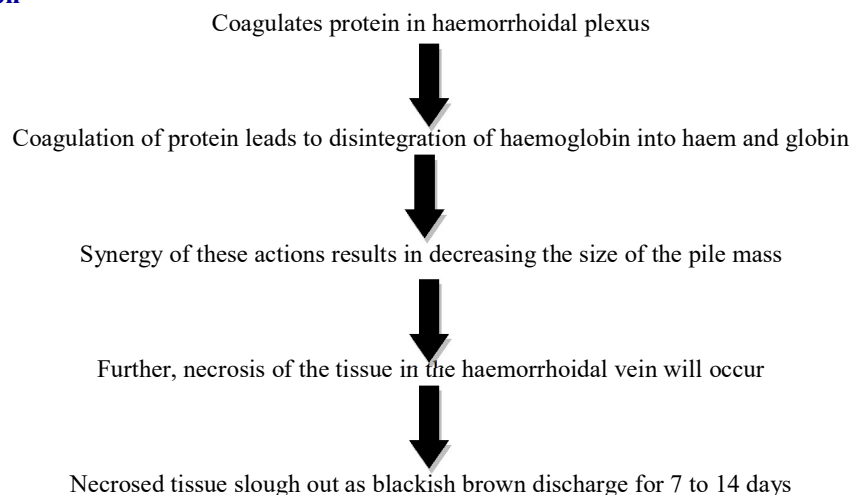
Chemical Constituents

Terpenoids, Tannins, Euphorban, Resin, Gum, Malate of Calcium etc.

Properties of Snuhi Kshara

Latex of *Snuhi* is available in every season and it is easy to prepare paste of *Snuhi ksheer* and *Haridra* powder as compared to other preparation of *Kshara*. It cauterizes the pile mass directly because of its corrosive nature.⁵

Mechanism of action



Raspanchaka of Haridra

- *Rasa: Tikta, Katu*
- *Guna: Ruksha, laghu*
- *Virya: Ushna*
- *Vipaka: Katu*
- *Doshaghnata: Tridoshashamak*

Part Used

Rhizome.

Morphology

- *Trunk:* Grows to just over 1 meter.
- *Flowers:* Lengthy, white flowers seen in monsoon
- *Root system:* Rhizome. These are short, thick, and longitudinal, irregularly shaped, and constituted the turmeric commerce.

Sibling species of the Curcuma Genus

There are about 80-130 species of Curcuma genus in the process of identification, of which 80 are definite. Other Curcuma species of recent medical interest are – *Curcuma kwangsiensis*, *C. phaeocaulis* and *C. zedoary*

Properties of Haridra

Anti-inflammatory effects, possibly inhibits something in the pathway of Cox-2 but not Cox-2 itself not only does it does heal ulcers but is currently being used experimentally as a treatment for ulcers in western countries. Anti-platelet, Anti-

cancer effects: causes apoptosis in various cancer cell types including skin, colon, fore stomach, duodenum and ovary in the laboratory, anti-viral, anti-bacteria, anti-fungal effects, Anti-diabetic effect in rodent.⁶

DISCUSSIONS

It can be used internally as purgative and digestive stimulant after purification and turmeric powder mixed with the latex is used for external piles. It is also said to have several property like triterpenoid which contain Oleanolic acid which exhibits anti inflammatory, antitumour, antioxidant and antiviral properties. The thread kept in above mixture is used for ligation of haemorrhoids as well in a fistula in ano. local application of *Snuhi ksheer mixed Haridra* procedure that there was almost zero result for infection's incident during or after the treatment. Combination of *Snuhi ksheer mixed haridra* powder(*Snuhi ksherr* Ph-4.96 /haridra ph-7.4)increased the alkaline nature of the drugs and have the potency to burn (cauterize). Further it fibrosed the unhealthy tissue results in decrease size of the piles mass and reduced bleeding

CONCLUSION

Snuhi ksheer mixed Haridra powder is also a very safe, every sessions available, easy procedure, less time consuming and no hospitalization required. Hence *Snuhi ksheer* mixed *Haridra* powder is very effective for the management of 2nd degree piles.

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