



A REVIEW ON THE THERAPEUTIC POTENTIAL OF PATHA YAVASA CHURNA IN THE MANAGEMENT OF ARSHA (HEMORRHOIDS)

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ABSTRACT

Arsha (hemorrhoids) is a common anorectal disorder described extensively in Ayurvedic classics and is considered among the Aṣṭa Mahagada due to its chronicity, recurrence, and impact on quality of life. The disease is associated with impaired digestive function (Agnimāndya), vitiation of Doṣas, constipation, and abnormal changes in anorectal tissues. Modern management includes dietary modification, pharmacological therapy, minimally invasive procedures, and surgery. However, recurrence and complications associated with different treatment modalities highlight the need for safe and effective conservative approaches. Patha Yavasa Churna, containing Patha (*Cissampelos pareira* Linn.) and Yavasa (*Alhagi pseudalhagi* Desv.), possesses classical therapeutic properties relevant to the management of Arsha. The aim of this review is to evaluate the therapeutic potential of Patha Yavasa Churna in the management of Arsha by correlating classical Ayurvedic concepts with contemporary scientific evidence.

KEYWORDS: Arsha, Hemorrhoids, Patha, Yavasa, Patha Yavasa Churna, Ayurveda, Shalyatantra.

INTRODUCTION

Arsha is one of the important anorectal disorders described in Ayurveda. Due to its chronic nature, recurrence, and troublesome clinical manifestations, it has been included among the Aṣṭa Mahagada by Susruta. The disease affects the anorectal region and interferes with normal physiological functions, producing symptoms such as bleeding, pain, discomfort, and difficulty during defecation.

The term Arsha denotes a condition that continuously troubles an individual. Ayurvedic classics describe it as abnormal growth of tissue (Mamsa Pravṛddhi) in the anal region caused by vitiation of Doṣas and impairment of digestive and metabolic functions.

According to Ayurveda, Agnimandya plays an important role in the initiation of disease pathology. Improper dietary habits, sedentary lifestyle, suppression of natural urges, irregular bowel habits, and intake of incompatible foods disturb digestive capacity and lead to formation of Ama. This results in vitiation of Doṣas, especially Apana Vata, causing constipation and repeated straining during defecation.

Modern medicine describes hemorrhoids as symptomatic enlargement and distal displacement of normal anal cushions due to vascular dilatation and weakening of supporting connective tissues. Chronic constipation, excessive straining, pregnancy, obesity, prolonged sitting, and age-related tissue degeneration are important contributing factors.

Clinical manifestations include bleeding per rectum, prolapse, pain, itching, and discomfort during defecation. Management depends upon severity and includes conservative measures, minimally invasive procedures, and surgical interventions.

Ayurveda emphasizes a holistic approach involving correction of digestive dysfunction, regulation of bowel habits, reduction of inflammation, control of bleeding, and promotion of tissue healing. Drugs possessing Dipana, Pachana, sothahara, Raktastambhaka, and Vraṇa Ropana properties are considered useful in anorectal disorders.

Patha Yavasa Churna is a combination of two important medicinal plants, *Patha* (*Cissampelos pareira* Linn.) and *Yavasa* (*Alhagi pseudalhagi* Desv.). Classical literature describes *Patha* as a drug possessing digestive and anti-inflammatory properties, whereas Yavasa is recognized for haemostatic, cooling, and wound-healing actions.

Modern pharmacological studies have demonstrated antioxidant, anti-inflammatory, antimicrobial, and tissue-repair activities of these plants, providing a scientific basis for their traditional use. The present review aims to analyse the classical Ayurvedic basis and modern scientific evidence regarding the therapeutic potential of *Patha Yavasa Churna* in the management of *Arśa*.



METHODOLOGY

The present review article was prepared by collecting, analyzing, and interpreting information from classical Ayurvedic texts and contemporary scientific literature related to Arsha (hemorrhoids) and the therapeutic potential of Patha Yavasa Churna.

Classical references were collected from authoritative Ayurvedic texts including *Caraka Samhitā*, *Suśruta Samhitā*, *Aṣṭāṅga Hṛdaya*, *Bhāvaprakāśa Nighaṇṭu*, *Dhanvantari Nighaṇṭu*, *Kaiyadeva Nighaṇṭu*, and the *Ayurvedic Pharmacopoeia of India*.

Modern scientific literature related to the botanical identity, phytochemical constituents, pharmacological activities, anti-inflammatory potential, antioxidant activity, wound-healing properties, and therapeutic applications of *Cissampelos pareira* and *Alhagi pseudalhagi* was reviewed from available scientific sources.

The collected information was critically analysed to understand:

- * Ayurvedic concepts of *Arsha*
- * Etiological factors and pathogenesis
- * Clinical manifestations and classification
- * Principles of management
- * Pharmacological basis of *Patha Yavasa Churna*
- * Ayurveda–modern correlation

➤ CLASSICAL REVIEW OF ARSHA

Nirukti (Etymological Derivation)

The term Arsha is derived from the Sanskrit root , which denotes affliction, torment, or causing distress. The disease is described as a condition that continuously troubles the patient due to pain, bleeding, discomfort, and difficulty during defecation.

Definition of Arsha

According to Ayurvedic classics, Arsha is characterized by abnormal growth of tissue (Mamsa Pravṛddhi) in the anal region due to vitiation of Doṣas. These pathological growths interfere with normal defecation and produce symptoms such as bleeding, pain, and discomfort.

Susruta has described Arsha among important surgical disorders and explained its development due to disturbance of Doṣas affecting the anal region.

The Ayurvedic description indicates that Arsha is not only a local anorectal disorder but also involves systemic digestive and metabolic disturbances.

Nidana (Etiological Factors)

Ayurveda emphasizes that identification and avoidance of causative factors (Nidana Parivarjana) is the first step in disease management.

The etiological factors of Arsha can be classified as follows:

Aharaja Nidana (Dietary Factors)

✓ Dietary factors responsible for development of Arsha include:

- * Excessive intake of dry (Rukṣa) foods
- * Heavy and difficult-to-digest foods
- * Excessive spicy and pungent food
- * Irregular eating habits
- * Incompatible food combinations (Viruddha Ahara)
- * Insufficient fibre intake
- * Reduced water consumption

These factors impair Jatharagni, resulting in improper digestion and constipation.

Viharaja Nidana (Lifestyle Factors)

Lifestyle factors contributing to Arsha include:

- * Sedentary lifestyle
- * Prolonged sitting
- * Excessive physical exertion
- * Suppression of natural urges
- * Irregular sleep pattern
- * Excessive travelling
- * Lack of physical activity

These factors disturb the normal function of Apana Vata and affect bowel movement



Other Predisposing Factors

- * Chronic constipation
- * Repeated straining during defecation
- * Pregnancy
- * Obesity
- * Age-related tissue degeneration
- * Hereditary predisposition

➤ Samprapti (Pathogenesis)

The pathogenesis of Arsha begins with impairment of digestive fire (Agnimandya).

Improper diet and lifestyle habits lead to:

Agnimāndya



Formation of Ama



Doṣa Prakopa



Apana Vāta Duṣṭi



Vibandha (Constipation)



Repeated straining during defecation



Local tissue enlargement and vascular changes



Arsha manifestation

According to Ayurveda

Vata Doṣa contributes to constipation, pain, dryness, and irregular bowel movement.

Pitta Doṣa contributes to bleeding, burning sensation, and inflammation.

Kapha Doṣa contributes to enlargement, heaviness, and chronicity.

Thus, Arsha develops due to interaction between systemic digestive imbalance and local anorectal pathology.

➤ Bheda (Classification of Arsha)

Ayurvedic classics have described different types of Arsha based on Doṣa involvement and clinical features.

1. Vataja Arsha
2. Pittaja Arsha
3. Kaphaja Arsha
4. Sannipataja Arsha.
5. Raktaja Arsha
6. Sahaja Arsha

➤ Rupa (Clinical Features)

The clinical manifestations of Arsha vary according to severity and Doṣa predominance.

✓ Important symptoms include:

1. Raktasrava (Bleeding)
2. Shua (Pain)
3. Maṃsa Pravṛddhi (Prolapsed Mass)
4. Vibandha (Constipation)
5. Kaṇḍu (Itching)
6. Daha (Burning Sensation)

Sadhyasadhyatva (Prognosis)

Ayurveda describes the prognosis of Arsha according to disease severity and associated factors.



✓ **Sadhya (Curable)**

- * Recent onset
- * Single Doṣa involvement
- * Small-sized lesion
- * Good digestive capacity

✓ **Kṛucchra Sadhya (Difficult to Cure)**

- * Chronic disease
- * Multiple hemorrhoidal masses
- * Associated complications

Asadhya (Difficult/Non-curable)

- * Long-standing disease
- * Extensive involvement
- * Severe associated complications

Chikitsa Siddhanta (Treatment Principles)

The management of Arsha aims at correcting the underlying pathology and preventing recurrence.

1. Nidana Parivarjana
2. Agni Correction
3. Bowel Regulation
4. samana and Local Measures
5. Surgical and Parasurgical Procedures

According to severity, classical procedures include:

Kṣhara Karma

Agni Karma

Sastra Karma

These are indicated particularly in advanced and complicated cases.

MODERN REVIEW OF HEMORRHOIDS

✓ **Definition**

Hemorrhoids are symptomatic enlargement and distal displacement of normal anal cushions caused by vascular dilatation, weakening of supporting connective tissue, and degenerative changes in the supporting structures of the anal canal.

Anal cushions are normal vascular structures that contribute to continence. Pathological enlargement and downward displacement of these cushions result in the clinical condition known as hemorrhoids.

✓ **Epidemiology and Risk Factors**

Hemorrhoids are among the most common anorectal disorders affecting adults. The incidence increases with advancing age due to progressive weakening of supporting connective tissues.

Important risk factors include:

- * Chronic constipation
- * Excessive straining during defecation
- * Prolonged sitting
- * Low-fiber diet
- * Pregnancy
- * Obesity
- * Increased intra-abdominal pressure
- * Sedentary lifestyle
- * Aging-related tissue degeneration

✓ **Classification of Hemorrhoids**

Hemorrhoids are broadly classified into:

1. Internal Hemorrhoids

Internal hemorrhoids originate above the dentate line and are usually covered by columnar epithelium. They are classified into four grades:

a). Grade I

- * Enlarged vascular cushions



- * No prolapse
- * May present with painless bleeding
- b) Grade II
 - * Prolapse during straining
 - * Spontaneous reduction occurs after defecation
- c) Grade III
 - * Prolapse during defecation
 - * Requires manual reduction
- d) Grade IV
 - * Permanently prolapsed
 - * Irreducible hemorrhoidal tissue

2. External Hemorrhoids

External hemorrhoids occur below the dentate line and are covered by squamous epithelium. They may become painful due to thrombosis and inflammation.

✓ Pathophysiology of Hemorrhoids

The development of hemorrhoids involves several pathological mechanisms:

1. Degeneration of supporting connective tissue
2. Downward displacement of anal cushions
3. Venous dilatation
4. Increased vascular pressure
5. Inflammatory changes

Chronic constipation and repeated straining increase pressure within anorectal veins, contributing to hemorrhoidal enlargement.

✓ Clinical Features of Hemorrhoids

Common symptoms include:

- * Bleeding per rectum
- * Prolapse
- * Pain and discomfort
- * Itching
- * Perianal irritation
- * Difficulty during defecation

The clinical presentation depends on the grade and type of haemorrhoids.

✓ Management of Hemorrhoids

- Conservative Management
- Minimally Invasive Procedures

For persistent symptoms, procedures include:

- * Rubber band ligation
- * Sclerotherapy
- * Infrared coagulation
- * Doppler-guided hemorrhoidal artery ligation

- Surgical Management

Advanced hemorrhoids may require:

- * Conventional hemorrhoidectomy
- * Stapled hemorrhoidopexy
- * Surgical excision procedures

DRUG REVIEW OF PATHA YAVASA CHURNA

Introduction

Patha Yavasa Churna is an Ayurvedic herbal formulation consisting of Patha and Yavasa. Both drugs are described in classical literature for their actions on digestive disorders, inflammation, bleeding disorders, and tissue repair.

The formulation possesses therapeutic properties relevant to Arsha due to its combined effects on:

- * Digestive correction
- * Bowel regulation
- * Inflammation reduction
- * Bleeding control



* Tissue healing

1. Review of Patha

Botanical Identity

Sanskrit Name: Patha

Botanical Name: Cissampelos pareira Linn.

Family: Menispermaceae

Part Used: Root

Distribution

Cissampelos pareira Linn. is a perennial climbing shrub belonging to the family Menispermaceae. It is distributed throughout tropical regions of India and has been traditionally used in Ayurveda for digestive disorders, inflammatory conditions, fever, and gastrointestinal complaints.

Classical Synonyms

✓ Important synonyms include:

Patha, Ambuṣṭha, Rajapatha, Pracibala

✓ Ayurvedic Pharmacological Profile (Rasa Panchaka)

Rasa - Tikta, Kaṣaya

Guṇa - Laghu, Rukṣha

Virya - Uṣṇa

Vipaka - Kaṭu

Doṣa Karma - Kapha-Vata samaka

✓ Classical Actions of Patha

Dipana - Enhances digestive capacity and improves appetite.

Pachana - Helps digestion and elimination of metabolic toxins.

Grahi - Regulates intestinal function and improves stool consistency.

Sothahara - Reduces inflammatory changes.

Krimighna - Helps in microbial disorders.

✓ **Pharmacognostical Features of Patha**

• Macroscopic Characters

* Cylindrical root

* Brownish external surface

* Fibrous texture

* Bitter taste

• Microscopic Characters

Important diagnostic features include:

* Cork cells

* Parenchymatous tissue

* Starch grains

* Vascular bundles

* Calcium oxalate crystals

• Phytochemical Constituents of Patha

constituents include:

* Alkaloids

* Flavonoids

* Phenolic compounds

* Terpenoids

* Steroids

* Tannins

• Important alkaloids include:

* Hayatin

* Hayatidine

* Cissampeline

**✓ Pharmacological Activities of Patha****✓ Anti-inflammatory Activity**

The presence of alkaloids and flavonoids contributes to reduction of inflammatory responses. May help reduce swelling, irritation, and inflammatory discomfort.

✓ Analgesic Activity

Experimental studies indicate analgesic potential. May help reduce pain associated with inflammatory hemorrhoidal conditions.

✓ Antioxidant Activity

Phenolic compounds and flavonoids provide free radical scavenging activity. May support tissue protection and healing.

✓ Antimicrobial Activity

The drug exhibits antimicrobial potential, which may help prevent secondary microbial complications.

✓ Gastrointestinal Activity

The Dipana-Pachana action supports digestive health and bowel regulation. Correction of digestive impairment is important in preventing aggravation of Arsha.

2. Review of Yavasa**✓ Botanical Identity**

Sanskrit Name: Yavasa

Botanical Name: Alhagi pseudalhagi .

Family: Fabaceae

Part Used: Whole plant

✓ Distribution

Alhagi pseudalhagi is a thorny perennial shrub found in dry and arid regions. Traditionally, it has been used in inflammatory disorders, bleeding disorders, urinary disorders, and wound conditions.

✓ Ayurvedic Pharmacological Profile (Rasa Panchak)

Rasa - Madhura, Tikta

Guṇa - Laghu, Rukṣa

Virya - sita

Vipaka - Kaṭu

Doṣa Karma - Pitta-Kapha samaka

✓ Classical Actions of Yavasa

Raktastambhaka - Helps control bleeding.

Sothahara - Reduces inflammation and swelling.

Dahasamaka - Relieves burning sensation.

Vraṇa Ropaṇa - Supports tissue repair and healing.

✓ Phytochemical Constituents of Yavasa

Reported constituents include:

* Flavonoids

* Alkaloids

* Phenolic compounds

* Saponins

* Terpenoids

* Glycosides

✓ Pharmacological Activities of Yavasa**✓ Anti-inflammatory Activity**

May reduce inflammatory responses through bioactive phytoconstituents.

✓ Hemostatic Activity

Supports control of bleeding through astringent and tissue-stabilizing effects. Useful in hemorrhoids presenting with bleeding.

✓ Wound Healing Activity

May enhance tissue repair and regeneration. Supports healing of repeatedly traumatized anorectal tissues.

✓ Antioxidant Activity

Provides protection against oxidative tissue injury.

**Therapeutic Rationale of Patha Yavasa Churna**

The combination of Patha and Yavasa provides complementary therapeutic actions:

Patha	Yavasa
Dipana-Pachana	Raktastambhaka
Grahi action	Sothahara
Anti-inflammatory effect	Wound healing
Digestive correction	Bleeding control
Antioxidant action	Tissue protection

The formulation may act through correction of digestive dysfunction, improvement of bowel habits, reduction of inflammation, control of bleeding, and promotion of healing.

DISCUSSION

Arsha (hemorrhoids) is a significant anorectal disorder described in both Ayurvedic and modern medical literature. Ayurveda provides a comprehensive understanding of Arsha by considering both systemic and local factors involved in disease development.

According to Ayurvedic principles, impaired digestive function (Agnimandya) is considered an important initiating factor in the pathogenesis of Arsha. Improper dietary habits, sedentary lifestyle, suppression of natural urges, and irregular bowel habits lead to Agni impairment and Ama formation. Subsequently, vitiation of Doṣas, especially disturbance of Apana Vata, results in constipation (Vibandha) and repeated straining during defecation, contributing to the development of hemorrhoidal masses.

Modern science explains hemorrhoids as pathological enlargement and displacement of anal cushions due to vascular congestion, connective tissue degeneration, and inflammatory changes. Chronic constipation and increased intra-abdominal pressure are recognized as important contributing factors.

The Ayurvedic concepts of Vibandha, Apana Vata Duṣṭi, Sotha, and Raktasrava show correlation with modern concepts of constipation, impaired defecatory mechanism, inflammation, and rectal bleeding.

Management of Arsha requires a multifactorial approach including correction of digestive function, regulation of bowel habits, reduction of inflammation, control of bleeding, and promotion of tissue healing. In this context, Patha Yavasa Churna appears to have therapeutic potential due to the synergistic properties of its ingredients.

Therapeutic Significance of Patha Yavasa Churna in Arsha**Role of Patha**

Patha (*Cissampelos pareira* Linn.) is described in Ayurveda as possessing Dipana, Pachana, Grahi, and Sothahara properties.

✓ The probable therapeutic actions of Patha include:

- * Improvement of digestive capacity
- * Reduction of Ama
- * Regulation of intestinal function
- * Reduction of inflammatory response
- * Relief of discomfort associated with inflammation

Since constipation and impaired digestion are important factors in the progression of Arsha, the digestive and corrective properties of Patha are clinically relevant.

Modern pharmacological studies have reported anti-inflammatory, antioxidant, antimicrobial, and analgesic activities of *Cissampelos pareira*, supporting its traditional applications.

Role of Yavasa

Yavasa (*Alhagi pseudalhagi* Desv.) possesses Raktastambhaka, Sothahara, Dahasamaka, and Vraṇa Ropaṇa properties.

✓ Its probable therapeutic contributions include:

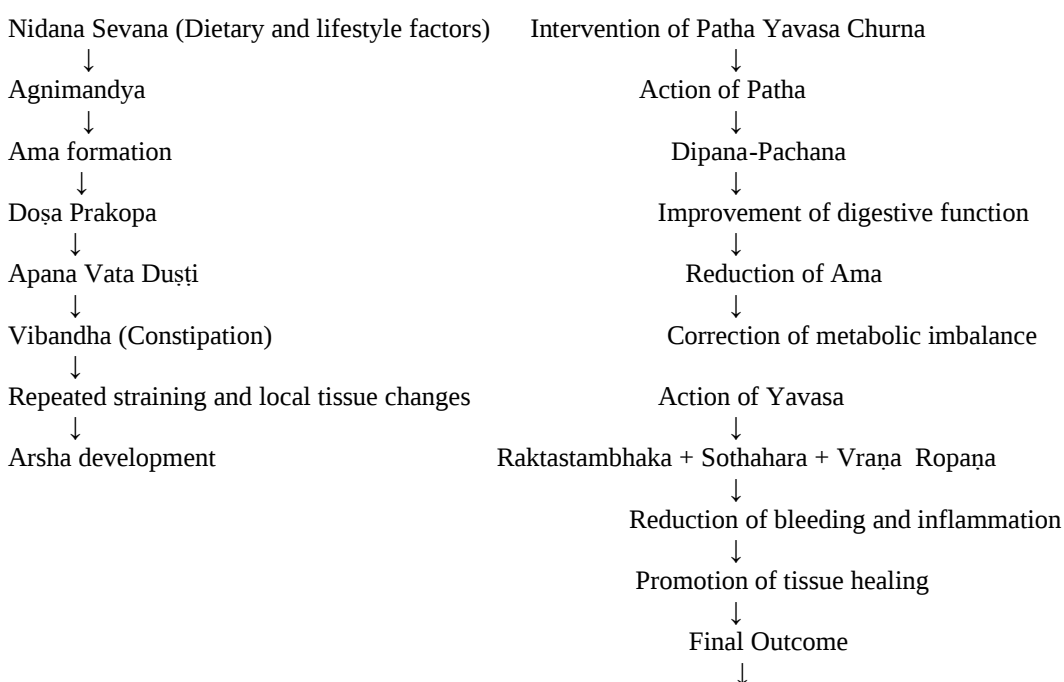
- * Reduction of bleeding
- * Decrease in inflammatory symptoms
- * Relief from burning sensation
- * Support of tissue repair

**Ayurveda–Modern Pharmacological Correlation**

Ayurvedic Property	Modern Interpretation	Possible Therapeutic Effect
Dipana	Improvement of Digestive function	Better Bowel Regulation
Pachana	Metabolic Correction	Reduction of Digestive disturbance
Grahi	Intestinal regulation	Improved stool Consistency
Sothahara	Anti- inflammatory action	Reduction of swelling and discomfort
Raktastambhaka	Hemostatic action	Control of bleeding
Vrana Ropana	Tissue Repair activity	Improved healing
Antioxidant action	Free radical scavenging	Protection of tissue

Probable Mode of Action of Patha Yavasa Churna

The probable mechanism of action can be explained as follows:



Reduction of symptoms of Arsha

✓ Research Gaps and Future Scope

Although classical references and preliminary pharmacological evidence support the therapeutic potential of Patha Yavasa Churna, further scientific evaluation is required.

1. Clinical Evaluation

Future studies should include well-designed clinical trials assessing:

- * Reduction in bleeding
- * Improvement in pain and discomfort
- * Reduction in hemorrhoidal size
- * Improvement in bowel habits
- * Recurrence prevention
- * Patient quality of life

2. Standardization Studies

Further research should establish:

- * Proper botanical identification
- * Pharmacognostical standards
- * Physicochemical parameters
- * Marker compounds
- * Stability profile
- * Quality control methods



3. Pharmacological Investigations

Future studies may focus on:

- * Molecular anti-inflammatory pathways
- * Antioxidant mechanisms
- * Effects on vascular tissue
- * Collagen formation
- * Wound-healing mechanisms

CONCLUSION

Patha Yavasa Churna represents a promising Ayurvedic formulation for the conservative management of Arsha based on classical concepts and available scientific evidence.

The formulation provides a multidimensional therapeutic approach by improving digestive function, regulating bowel movement, reducing inflammation, controlling bleeding, and supporting tissue healing.

The combined properties of Patha (*Cissampelos pareira* Linn.) and Yavasa (*Alhagi pseudalhagi* Desv.) provide a rational basis for its application in hemorrhoidal disorders.

However, systematic clinical trials, pharmacological studies, and standardization research are necessary to establish its efficacy, safety, and evidence-based therapeutic role.

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