

A CASE STUDY: EFFICACY OF *TAKRARISHTA* IN THE MANAGEMENT OF *ABHYANTAR ARSHA* (INTERNAL HAEMORRHOIDS)

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ABSTRACT

Background: *Arsha* (haemorrhoids) is a common anorectal disorder afflicting mankind, classified among the *Ashta Maharogas* due to its chronicity and difficulty in management. Ayurveda emphasizes *Aushadha* (medication) as the first line of treatment to correct the underlying *Agnimandya* (impaired digestive fire) and *Apana Vayu* vitiation. *Takrarishta*, a fermented buttermilk-based formulation mentioned in Charaka Samhita under *Arsha Chikitsa*, is indicated for its *Deepana*, *Vatanulomana*, and stool-binding properties. **Presentation:** A 45-year-old male patient presented with complaints of intermittent per-rectal bleeding, constipation, pruritus ani, and burning sensation for 8 months. Proctoscopic examination revealed Grade II internal haemorrhoids at 3 and 9 o'clock positions. The patient was diagnosed as *Abhyantar Arsha* (internal haemorrhoids) with *Vata-Kapha* predominance

and *Agnimandya*. **Intervention:** The patient was administered *Takrarishta* 48 ml twice daily before food for 30 days. Assessment was done using a grading scale (0-3) for bleeding, itching, burning, and constipation at baseline, 15th day, and 30th day. **Outcome:** Marked

improvement was observed in all parameters. Bleeding reduced from Grade 2 (drop by drop) to Grade 0 (nil). Constipation resolved completely, and itching and burning showed significant reduction from Grade 2 to Grade 1 by the 30th day. Proctoscopic re-evaluation showed regression of haemorrhoidal size without any adverse effects. **Conclusion:** *Takrarishta* demonstrated significant efficacy in managing *Abhyantar Arsha* by correcting *Agni* dysfunction and normalizing *Apana Vayu* movement. The formulation proved safe, well-tolerated, and effective as a conservative management option for Grade II internal haemorrhoids.

KEYWORDS: *Takrarishta*, *Abhyantar Arsha*, Internal Haemorrhoids, *Agnimandya*, *Apana Vayu*.

INTRODUCTION

Arsha (haemorrhoids) is one of the most prevalent anorectal disorders affecting a significant proportion of the global population. In Ayurveda, it is enumerated among the *Ashta Maharogas* (eight major diseases) by Acharya Sushruta due to its *Dirghakalanubandhi* (chronicity) and *Duschikitsya* (difficulty in treatment) nature.^[1,2] The disease predominantly involves the *Guda* (anal region), which is considered a *Marma*, making its management particularly challenging.^[1]

Acharya Sushruta has described four modalities for the treatment of *Arsha*: *Aushadha* (medicinal), *Kshara* (caustic application), *Agni* (cauterization), and *Shastrakarma* (surgery).^[1,2] Among these, *Aushadha* constitutes the primary conservative approach with minimal complications and is often preferred to halt disease progression.

The pathogenesis of *Arsha* primarily involves vitiation of *Agni* leading to *Vibandha* (constipation) and *Vimarga Gamana* (reverse movement) of *Apana Vayu*. Therefore, drugs that can rectify *Agni* dysfunction and restore the normal *Anuloma Gati* (downward movement) of *Apana Vayu* are considered the treatment of choice.^[3,4]

Takrarishta is a classical fermented formulation (*Sandhana Kalpana*) prepared using *Takra* (buttermilk) as the primary *Dravadravya* along with *Prakshepaka Dravyas* (supportive drugs).^[5,6] Acharya Charaka has explicitly indicated *Takrarishta* in *Arsha Roga* and *Grahani Roga*, highlighting its *Deepana* (digestive stimulant), *Rochana* (appetizer), and *Vatanulomana* (*Vata*-normalizing) properties.^[5,6] This case study evaluates the efficacy of

Takrarishta in managing *Abhyantar Arsha* (internal haemorrhoids).

CASE PRESENTATION

Patient Demographics

- Name - XXXX
- Age - 45 years
- Gender - Male
- Occupation - Office Clerk
- Socioeconomic Status - Middle class
- Diet - Mixed, irregular meal timings, spicy food preference
- Bowel Habits - Chronic constipation, straining during defecation

Presenting Complaints

- Per-rectal bleeding (intermittent, drop by drop during defecation) - Duration: 8 months
- Constipation (hard stools, straining, infrequent defecation) - Duration: 8 months
- Pruritus ani (itching) - Duration: 6 months
- Burning sensation in the anal region - Duration: 4 months
- Sensation of incomplete evacuation

History of Presenting Illness

The patient was apparently healthy 8 months back when he gradually developed constipation and noticed intermittent bleeding per rectum during defecation. The bleeding was bright red, drop-wise, associated with straining. Over time, he developed itching and burning sensation in the anal region. He had consulted a general physician and was prescribed stool softeners and topical preparations with temporary relief. Then he approached the Shalya Tantra OPD of Sanskriti Ayurvedic Medical College and Hospital, Chhata, Mathura for Ayurvedic management.

Personal History

- Diet: Mixed diet, excessive intake of spicy, fried, and processed foods; inadequate dietary fibre
- Sleep: Disturbed due to anal discomfort
- Bowel habits: Irregular; chronic constipation with straining
- Addictions: Occasional alcohol consumption, no smoking

- Physical activity: Sedentary lifestyle

Medical History

- No significant past medical history of diabetes mellitus, hypertension, tuberculosis, or any other chronic systemic illness.

Family History

- No family history of haemorrhoids or colorectal disorders.

AYURVEDIC ASSESSMENT

Nidana (Etiological Factors)

Table No. 1.

Nidana (Causative Factor)	Role
<i>Vishamashana</i> (Irregular food habits)	Caused <i>Agnimandya</i>
<i>Ati-Amla-Lavana-Ruksha-Sevana</i> (Excessive spicy, salty, dry food)	Vitiated <i>Vata</i> and <i>Pitta</i>
<i>Vegadharana</i> (Suppression of natural urges)	Obstructed <i>Apana Vayu</i>
<i>Alpa-Jala-Sevana</i> (Inadequate water intake)	Led to <i>Vibandha</i>
<i>Ati-Shram</i> (Sedentary lifestyle)	Aggravated <i>Kapha</i> and <i>Vata</i>
<i>Mithya-Ahara-Vihara</i> (Improper diet and lifestyle)	Overall <i>Dosha</i> vitiation

Samprapti (Pathogenesis)

The causative factors (*Nidana*) led to *Agnimandya* (impaired digestive fire), which resulted in incomplete digestion and *Ama* formation. The vitiated *Vata* particularly *Apana Vayu* became obstructed, leading to *Vibandha* (constipation). The accumulated *Mala* (waste) along with vitiated *Kapha* caused obstruction in the *Guda* region, resulting in the formation of *Arsha*. The associated *Pitta* vitiation led to *Raktasrava* (bleeding) and burning sensation.

Samprapti Ghataka

Table No. 2.

Component	Description
<i>Dosha</i>	<i>Vata-Kapha</i> predominant with associated <i>Pitta</i>
<i>Dushya</i>	<i>Rakta, Mamsa, Meda</i>
<i>Agni</i>	<i>Jatharagni (mandya)</i>
<i>Srotas</i>	<i>Purishavaha, Raktavaha</i>
<i>Udbhavasthana</i>	<i>Amashaya</i>
<i>Vyaktasthana</i>	<i>Guda</i> (anal region)
<i>Roga Marga</i>	<i>Madhyama</i>

Examination**Systemic Examination**

- General condition: Fair
- Pulse: 78/min, regular
- Blood Pressure: 130/80 mmHg
- Respiratory system: Normal
- Cardiovascular system: Normal

Per Rectal Examination

- Sphincter tone: Normal
- Tenderness: Present
- Visible pile mass: Internal haemorrhoids at 3 and 9 o'clock positions

Proctoscopy

- Grade II internal haemorrhoids confirmed
- Mucosa appeared congested
- No evidence of fissure, fistula, or malignancy

Investigations

- Complete Blood Count (CBC): Within normal limits
- Random Blood Sugar (RBS): 110 mg/dL
- Proctoscopy findings as above

DIAGNOSIS

- Ayurvedic Diagnosis: *Abhyantar Arsha* (internal haemorrhoids) with *Vata-Kapha* predominance
- Modern Diagnosis: Grade II Internal Haemorrhoids

INTERVENTION**Drug Details****Table No. 3.**

Parameter	Description
Drug	<i>Takrarishta</i>
Source	Prepared as per classical reference in <i>Rasashastra</i> and <i>Bhaishajya Kalpana</i> Department, Sanskriti Ayurvedic Medical College & Hospital, Mathura

Dose	48 ml twice daily
Route	Oral
Time	Before food
Duration	30 days
Anupana	Equal quantity of water
Classification	<i>Sandhana Kalpana</i> (fermented formulation)

Takrarishta - Classical Reference

According to Charaka Samhita, Chikitsa Sthana, Chapter 14 (Arsha Chikitsa), *Takrarishta* is prepared using *Takra* as the base along with specific *Prakshepaka Dravyas*.^[5,7] It is classified under *Amlajanan Sandhana* (acidic fermentation).^[6] The formulation is indicated for *Arsha*, *Grahani*, *Udara*, *Shotha*, and *Krumi*.^[5,6]

Mode of Action (Karma)

Table No. 4.

Property	Action on Dosha	Clinical Effect
<i>Deepana</i>	Corrects <i>Agnimandya</i>	Improves digestion
<i>Vatanulomana</i>	Normalizes <i>Apana Vayu</i>	Relieves constipation
<i>Stambhana</i>	Binds stool	Controls bleeding
<i>Kaphaghna</i>	Reduces <i>Kapha</i> obstruction	Reduces swelling and itching
<i>Rochana</i>	Stimulates appetite	Improves overall digestion

ASSESSMENT CRITERIA

The patient was assessed using the following grading scale:

Table No. 5.

Bleeding	Grade 0	Nil
	Grade 1	Occasional
	Grade 2	Drop by Drop
	Grade 3	Syringing
Itching	Grade 0	No Itching
	Grade 1	Mild Itching
	Grade 2	Moderate Itching
	Grade 3	Severe Itching
Burning	Grade 0	No Burning
	Grade 1	Mild Burning
	Grade 2	Moderate Burning
	Grade 3	Severe Burning
Constipation	Grade 0	No Constipation
	Grade 1	Mild Constipation
	Grade 2	Moderate Constipation
	Grade 3	Severe Constipation

OBSERVATIONS AND RESULTS

Assessment at Baseline, 15th Day, and 30th Day –

Table No. 6.

Parameter	Baseline (Day 0) (In Grades)	Day 15 (In Grades)	Day 30 (In Grades)
Bleeding	2	1	0
Itching	2	2	1
Burning	2	1	1
Constipation	3	1	0

Proctoscopy Findings

Table No. 7.

Time Point	Findings
Baseline (Day 0)	Grade II internal haemorrhoids at 3 and 9 o'clock positions; congested mucosa
Day 30	Marked reduction in haemorrhoidal size; mucosa appears healthy

Subjective Improvement

The patient reported

- Significant reduction in bleeding by 15th day; complete cessation by 30th day
- Marked relief from constipation by 15th day; bowel movements regularized
- Gradual reduction in itching and burning sensation
- Improved appetite and overall well-being
- No adverse effects reported throughout the treatment

DISCUSSION

Pathophysiological Correlation

The therapeutic efficacy of *Takrarishta* in *Abhyantar Arsha* can be understood through both Ayurvedic and modern perspectives.

Ayurvedic Perspective

- *Takrarishta* acts on the root cause - *Agnimandya* - which is central to *Arsha* pathogenesis.^[3,7]
- By correcting *Jatharagni*, it prevents the formation of *Ama* and subsequent *Dosha* vitiation.^[4]
- The *Vatanulomana* action of *Takrarishta* normalizes the movement of *Apana Vayu*, relieving constipation.^[5,7]

- Its *Kaphaghna* and *Raktaprasadaka* actions reduce congestion and bleeding.^[5]

Modern Perspective

- The fermentation process yields organic acids and enzymes that improve digestion and promote regular bowel habits.
- The prebiotic nature of buttermilk helps maintain gut flora and intestinal health.
- The anti-inflammatory properties of ingredients like *Haritaki* and *Chitrak* help reduce perianal inflammation.

Takrarishta in Classical Texts

Charaka Samhita^[5]

- *Takrarishta* is mentioned in *Arsha Chikitsa* (Ch.14) and *Grahani Chikitsa* (Ch.15) of Chikitsa Sthana
- Indicated for *Arsha*, *Grahani*, *Udara*, *Shotha* and *Krumi*
- Prepared with *Takra* as base and specific *Prakshepaka Dravyas*

Sushruta Samhita^[1,8]

- A similar formulation *Dantyarishta* is mentioned for haemorrhoids using *Dasamula*, *Danti*, *Chitraka*, and *Haritaki*
- The preparation method involves fermentation for a specific duration

Ashtanga Hridaya & Samgraha^[9,10]

- Mentions formulations with *Takra* for *Arsha Roga*
- Emphasizes the role of buttermilk in *Agni* correction and *Vata* normalization

Clinical Implications

- *Takrarishta* can be effectively used as a first-line conservative treatment for Grade I-II internal haemorrhoids.
- The formulation addresses both the symptom (bleeding, pain) and the root cause (*Agnimandya*, *Apana Vayu* vitiation).
- Being a fermented formulation, it is well-tolerated with minimal side effects.
- The absence of adverse effects makes it a safe option for long-term management.

CONCLUSION

Takrarishta demonstrated significant clinical efficacy in managing *Abhyantar Arsha* (internal

haemorrhoids) in this case study. The patient showed marked improvement in all parameters - bleeding, constipation, itching, and burning - within 30 days of treatment. Proctoscopic evaluation confirmed regression of haemorrhoidal size and resolution of mucosal congestion.

The therapeutic success can be attributed to the *Deepana*, *Vatanulomana*, and *Kaphaghna* actions of *Takrarishta*, which address the core pathogenesis of *Arsha* as described in Ayurvedic classics. The formulation proved safe, well-tolerated, and effective, with no adverse effects reported.

This case highlights the potential of *Takrarishta* as a conservative management option for internal haemorrhoids, particularly as a first-line treatment before considering surgical or parasurgical interventions. However, larger randomized controlled studies are recommended to further validate these findings.

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