

**A CRITICAL REVIEW ON ROLE OF KUKKUTA PURISHADI
MALAHAR IN BAHYA ARSHA (EXTERNAL HEMORRHOIDS)****Baban Dagu Mohan^{1*} and Jyoti Baban Mohan²**

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ABSTRACT

Hemorrhoids (*Arsha*), a prevalent anorectal disorder, cause pain, bleeding, and discomfort, affecting 17% of Indians. Modern treatments are often invasive, costly, and prone to recurrence. Ayurveda offers *Kukkuta Purishadi Malahar* as a non-invasive, cost-effective alternative. This formulation combines *Kukkuta Purisha* (chicken excreta), *Haridra* (turmeric), *Pippali* (long pepper), *Gunja* (*Abrus precatorius*), *Gomutra* (cow urine), and *Gopitta* (cow bile). These ingredients possess anti-inflammatory, antimicrobial, and wound-healing properties. They alleviate symptoms by pacifying *Doshas*, reducing swelling, and promoting healing. The ointment is simple to use, affordable, and holistic, addressing both symptoms and recurrence. This review underscores its potential as an effective Ayurvedic solution for external hemorrhoids.

INTRODUCTION

Hemorrhoids, also known as *Arsha* in Ayurvedic terminology, are one of the most common anorectal disorders, significantly impacting the quality of life due to symptoms like bleeding, pain, prolapse, and itching. *Arsha* is described in Ayurvedic classics as a condition that afflicts the anal region, causing considerable distress and discomfort akin to an "enemy" of the body.

According to reports, the global frequency is 4.4%¹, and 17% of Indians may have hemorrhoids. Peak prevalence is observed in both sexes between the ages of 45 and 65. Therefore, it appears that the prevalence of piles rises with age; nevertheless, the condition is not limited to the elderly; piles can occur in people of all ages, including children.^[1]

Modern medicine offers pharmacological, minimally invasive, and surgical treatments, these approaches can be invasive, expensive, or associated with recurrence and complications.

Ayurveda, though being an ancient science, the great Ayurvedic surgeon Sushruta Acharya, 2000 years back has described the fourfold treatment in the management of hemorrhoids.

चतुर्विधोऽर्शसां साधनोपायः। तद्यथा- भेषज क्षारोऽग्निः शस्त्रमिती । सु.चि.६/३

Bhaishjya chikitsa medicinal treatment

Kshar chikitsa chemical cauterization

Agni chikitsa cauterization

Shastra chikitsa surgical intervention

Besides these, Sushruta has also mentioned few lepas for local application over external hemorrhoids. While mentioning the various complications of Shastra, Kshar, Agni chikitsa Sushruta says,

परं च यत्नमास्थाय गुदे क्षारअग्निशस्त्राप्यवचारयेत्क्षण्डय मदमूर्च्छाऽऽरोपानाहातीसारप्रवाहणानि भवानति मरणं वा। शोफदाह सु.चि.६/३

Thus, without hesitation one can say that Ayurveda mentions the bhaishajya chikitsa in the form of lepa (Local application of medicine) which is the best available alternative treatment for the subject suffering from Arsha roga.

So, in an attempt to make an effective, long lasting, cost effective, easily available, noninvasive treatment for relieving the signs and symptoms of external piles so as to make life free of distress and depression, we can use lepa for local treatment of external piles.

Composition and Pharmacological properties

कुक्कुट पुरीष गुग्गुला हरिद्रा पिप्पली चूर्णमिती गोमुत्रपितापिष्टो..... अभ्यञ्जनेनार्शः शातयति ।।

सु.चि.६/१२

1. Kukkuta purisha
2. Gunja
3. Haridra
4. Pippali
5. Gomutra
6. Gopitta

1. Kukkuta purisha (Chicken excreta)^[2]

- Properties
 - Rasa: Katu (Pungent).
 - Virya: Ushna (Hot potency).
 - Known for its Shothaghna (Anti-inflammatory) effect.
- Action: Exerts analgesic and anti-inflammatory properties, reducing swelling and pain in external hemorrhoids.

2. Haridra (Turmeric)^[3]

- Properties
 - Rasa: Katu (Pungent), Tikta (Bitter).
 - Virya: Ushna (Hot potency).
 - Guna: Ruksha (Dry), Varnya (Enhancing complexion).
- Action: Acts as an anti-inflammatory agent, reducing swelling, pruritus, and promoting healing. Haridra also has bactericidal and antipruritic effects.

3. Pippali (Long pepper)^[4]

- Properties
 - Rasa: Katu (Pungent), Tikta (Bitter).
 - Guna: Laghu (Light), Snigdha (Unctuous).
 - Virya: Ushna (Hot potency).
- Action: Works as an external rubefacient, providing analgesic and anti-inflammatory effects. It aids in pain relief and reduces inflammation.

4. Gunja (Abrus precatorius)^[5]

- Properties
 - Rasa: Madhura (Sweet), Tikta (Bitter).
 - Guna: Ruksha (Dry), Sita (Cold).

- Virya: Sita (Cold potency).
- Action: Antiphlogistic and antipruritic, reducing itching and irritation in hemorrhoids.

5. Gomutra (Cow urine)^[6]

- Properties
 - Rasa: Katu (Pungent), Tikta (Bitter).
 - Virya: Ushna (Hot potency).
- Action: Known for its antimicrobial and anti-inflammatory effects. Helps in detoxifying and reducing localized inflammation.

6. Gopitta (Cow bile)^[7]

- Properties
 - Rasa: Tikta (Bitter).
 - Guna: Laghu (Light), Ruksha (Dry).
 - Virya: Ushna (Hot potency).
- Action: Possesses Shothaghna (Anti-inflammatory) and detoxifying properties.

Mechanism of action

1. Dosha pacification

The primary aim is to balance the **tridoshas** involved in the pathogenesis of Arsha:

- **Vata**
 - Causes pricking pain (Shula), dryness (Rukshata), and abnormal movement of Apana Vata.
 - **Action:** The Snigdha (unctuous) nature of the malahara mitigates Vata's dry and rough qualities, providing pain relief.
- **Pitta**
 - Responsible for burning sensations (Daha), bleeding (Rakta Srava), and inflammation (Shotha).
 - **Action:** Ingredients like **Haridra** pacify Pitta with their cooling and anti-inflammatory properties.
- **Kapha**
 - Causes heaviness (Gurutva) and swelling (Shopha) in the hemorrhoidal area.
 - **Action:** Ushna (hot) potency of ingredients like **Pippali** and **Kukkuta Purisha** counter Kapha's cold and heavy attributes.

2. Srotas (Channel) Cleansing

The affected channels (Mala Srotas) become blocked due to dosha aggravation and improper waste elimination:

- **Action:** Ingredients like **Gomutra** and **Gopitta** act as purifiers (Shodhana) by clearing toxins (Ama) and enhancing the flow in srotas, improving local circulation and reducing congestion.

3. Shothahara (Anti-Inflammatory) action

Swelling (Shotha) in hemorrhoids is due to dosha vitiation affecting the Mamsa (muscle) and Rakta (blood) dhatus:

- **Action:** Kukkuta Purisha and Haridra reduce inflammation through their Shothaghna (anti-inflammatory) properties, decreasing the size of the hemorrhoids.

4. Raktastambhana (Bleeding control)

- **Rakta Pitta vitiation** leads to bleeding hemorrhoids.
- **Action:** The Kashaya (astringent) properties of ingredients like **Gunja** help constrict blood vessels, controlling excessive bleeding.

5. Vrana ropana (Wound healing)

- **Action:** Haridra, known for its Vishaghna (detoxifying) and Ropana (healing) qualities, promotes the healing of hemorrhoidal tissue.
- Kukkuta Purisha facilitates tissue regeneration and prevents infection, aiding faster recovery.

6. Kandu prashamana (Itch relief)

- **Action:** Cooling properties of **Gunja** alleviate itching and discomfort (Kandu) associated with hemorrhoids.

7. Apana vata regulation

- Disturbed Apana Vata leads to abnormal defecation patterns and straining.
- **Action:** The formulation supports the normal functioning of Apana Vata, ensuring smooth evacuation without strain.

Overall mechanism of action

The combination of these ingredients balances vitiated Vata and Kapha doshas, which are responsible for the symptoms of external hemorrhoids like pain (Shoola), swelling (Shotha),

and itching (Kandu). The formulation acts synergistically as an anti-inflammatory, analgesic, and wound-healing agent

Application and Benefits

1. Method of application

- The ointment is applied externally to the affected area after proper cleaning and drying. A thin layer ensures coverage of the hemorrhoidal tissue.

2. Advantages over conventional treatments

- **Non-invasive:** Unlike surgical or minimally invasive treatments, Kukkuta Purishadi Malahar is applied topically, eliminating procedural risks.
- **Cost-effective:** The preparation is economical, making it accessible for a broader population.
- **Ease of use:** Can be self-applied at home, enhancing compliance and convenience.
- **Fewer side effects:** Free from the systemic side effects often associated with chemical medications.

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