

10. ARŚA (HAEMORRHOIDS)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auśadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Harītakī Cūrṇa (Terminalia chebula)	Cūrṇa	3 gm BD	Hot water	B. P. N. Harītakī Varga

B. Compound formulations

Sl. No.	Name of the formulation	Auśadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Arśoghna Lepa	Lepa	Q.S.	-	B.R. Arśa Cikitsā
2.	Bṛhat Sūraṇa Modaka	Modaka	6 gm BD	Water Butter milk	B.P. Arśa Adhikāra

3.	Kāñkāyana Modaka	Modaka	1 gm BD	Butter Milk	B.R. Arśa Cikitsā
4.	Abhayāriṣṭa	Ariṣṭa	20 ml BD	Equal Qty. of water after meals	B.R. Arśa Cikitsā
5.	Arśakuṭhāra Rasa	Vaṭī	250 mg BD	Hot water	B.R. Arśa Cikitsā
6.	Samaśarkarā Cūrṇa	Cūrṇa	3 gm BD	Miśrī	B.R. Arśa Cikitsā
7.	Kāñkāyana Guṭikā	Guṭikā	250 mg BD	Hot water	B.R., Arśa Cikitsā

C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Special variety of rice (sāṭhī cāvala), wheat, barley	
Pulses	Kulattha, green gram (mudga)	Black gram (uḍada), chickpea (canā)

Fruits & vegetables	Bottle gourd (laukī), paravala, spinach, green vegetables, papaya, apple, cucumber,(Khirā), grapes, mango, āmalakī	Potato and other tubers
Others	Clarified butter, rock salt, butter milk, sugar candy, cow's milk, goat's milk, sour vinegar (kāñjī)	Spices, pickle, sesame
Life style	Physical exercise, therapeutic emesis (vamana), therapeutic purgation (virecana), therapeutic unctuous enema (anuvāsana vasti), slimy enema (picchā vasti)	Day sleeping, suppression of natural urges, eating before digestion of previous food, excessive intake of food

Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.