

Research Article

Effect of Agnisampark on various Prakrutis with special reference to Pittaj Arsha

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**ABSTRACT:**

*Arsha* is a disease from eight 'mahagada' described in *sushrut samhita* which is difficult to cure. The hetu Agnisampark i.e. exposure to heat or fire is described as a main hetu in many diseases. Due to the long term effects of Agnisampark in various types of Prakrutis of Human beings are affected by many diseases like *Arsha*, *Kushta*, *Visarp*, *Raktapitta* etc. Among all types of *prakrutis* of human being mainly *pitta prakruti* person are affected earlier on large scale by *Agnisampark*. *Agnisampark* is described as main hetu of *pittaj Arsha* in *Ayurvedic* literature. The study was being carried out for scientific base of *Acharya Charak* claim – An exposure to heat is an etiological factor of *Pittaj Arsha*. The study was conducted on patients of *Arsha*. Total 100 subjects were taken for the study which were equally divided in four groups i.e. A,B,C,D and *prakrutewise* and age wise results of *Agnisampark* described. Mainly *Vat-pittaj prakruti* was more prone to disease *Arsha* by the hetu *Agnisampark*.

**KEY WORDS:** *Arsha*, *Pittaj Arsha*, *Agnisampark*

**INTRODUCTION:**

*Arsha* is a disease from eight 'mahagada' described in *sushrut samhita* which is difficult to cure. The prevalence rate of Hemorrhoids in Indian population is 4 to 5 %. Nearly 45% patients attending anorectal clinic suffer with the symptoms of *arsha*.

The disease *arsha* is described as one of the major diseases of *raktawahasrotas* by *ayurvedic* texts. Though *raktawahasrotas* is mainly affected in *arsha* it is observed that there is considerable vitiation in '*mansawahasrotas* and *medovahasrotas*'.

*Ayurvedic* physicians have regarded this disease as a local manifestation of systemic derangements of *dosha*. All *acharya* believes involvement of all the three *dosha* in the causation of *arsha*. In spite being so common disease, there in general practitioner's fallacy in attributing the '*arsha* or haemorrhoid or piles'. In all the anorectal complaints, because of limited knowledge of practitioner's reluctance to peep into the rectum.

Today man has achieved high peaks in the field of

medicine with the development of various techniques, however *ayurveda*, the ancient Indian system of medicine, which has its roots in '*vedas*' is still enjoying high profile in serving mankind and being renovated in a new way. It has all the treasures of knowledge and fulfills the patient's need.

According to *ayurveda* in pathogenesis of any *vyadhi*, there is specific role of '*ahara*' and related *doshprakopa* so I have decided to compare the etiological factors discussed in texts with the observed etiological factors. For perfect treatment, perfect diagnosis is important.

The dominance of *dosha* during the *shukra*, *shonit* union depends upon many factors like the dominant *dosha* at that time, *rutu*, *ahoratra* and the *prakruti dosha* affects the *garbha*.

Thus *shukra* and *shonit* play the main role in the formation but *shukra* and *shonit* are also affected by *doshas*. Hence the *dosha* is said to be the main causative factors in the formation of *prakruti*. There

are different *prakrutis* due to the dominance of *dosha*. Thus in this thesis the *doshaj prakruti* is described in detail. The *prakruti* have been differentiated as *deha prakruti* and *manas prakruti*. *Deha prakruti* formed of 'vata', 'pitta' and 'kapha' and different symptoms are found due to changes in their combinations.

The *hetu agnisampark*, i.e. exposure to heat or fire is described as a main *hetu* in many diseases in *ayurvedic* texts. Due to the long term effects of *agnisampark* in various types of *prakrutis* human beings are affected by many diseases like *arsha*, *kushta*, *visarp*, *trushna*, *raktapitta*, *jwara*. Among all *prakrutis* of human being mainly *pitta prakrutis* persons are affected earlier on large scale by *agnisampark*. *Agnisampark* is described as main *hetu* of *pittaj arsha* in *Ayurvedic* literature.

#### Aim :

To evaluate the effect of *Agnisampark* as a *hetu* of *Pittaj Arsha* in various *Prakrutis*.

#### Objective :

To study the literature of *Arsha* and *prakrutis* in detail.

#### MATERIALS AND METHODS:

The study was being carried out for scientific base of *Acharya Charaka* claim an exposure to heat is an etiological factor of *Pittaj Arsha*. The present study was conducted on the patients of *Arsha*. Total 100 subjects were taken for the study which were equally divided into four groups.

Four groups were formed for the study as below:

##### Group 1: Presence of both *hetu* & *vyadhi*.

The foundry workers, who work in various foundries near furnace, black smiths who work at least for 6 to 8 hours / day from last 2 to 5 years in age group of 20 to 50 years, were considered for study of *Pratyaksha Agnisampark*. S.T drivers, the workers who work near engine at least 6 to 8 hours/ last 2 to 5 years in age group of 20 to 50 years were considered for the study of *Apratyaksha Agnisampark* & suffered from *pittaja arsha vyadhi* were considered for study of Group 1.

##### Group 2: Presence of *hetu* & absence of *vyadhi*.

The foundry workers, who work in various foundries near furnace, black smiths who work at least for 6 to

8 hours / day from last 2 to 5 years in age group of 20 to 50 years, were considered for study of *Pratyaksha Agnisampark*. S.T drivers, the workers who work near engine at least 6 to 8 hours/ last 2 to 5 years in age group of 20 to 50 years were considered for the study of *Apratyaksha Agnisampark* & not suffered from *pittaja arsha vyadhi* were considered for study of Group 2.

##### Group 3: Presence of *vyadhi* & absence of *hetu*.

All the patients of *pittaja arsha* of different *hetus* other than direct *agnisampark* were considered for study of Group 3.

##### Group 4: Absence of both *vyadhi* & *hetu*.

As per selected topic of synopsis I had studied the effect of *agnisampark* as a *hetu* & *pittaja arsha* as a *vyadhi*. So in Group 4 absence of both *hetu* & *vyadhi* were the study of healthy individuals in the age group of 20-50 years.

#### Criteria for selection of patients:

Patients with sign and symptoms of *Arsha* were selected randomly irrespective of their Sex, Age etc. from *Rognidan* and *Kayachikitsa O.P.D.* and various clinical camps had arranged for foundry workers and S. T. drivers

#### Inclusion criteria:

- Age group between 20 to 50 years
- Sex – Either
- Presence of clinical features of *Arsha*
- Patients irrespective of sex, religion, socio-economic status and between the age group of 20 to 50 years were selected.

#### Exclusion Criteria:

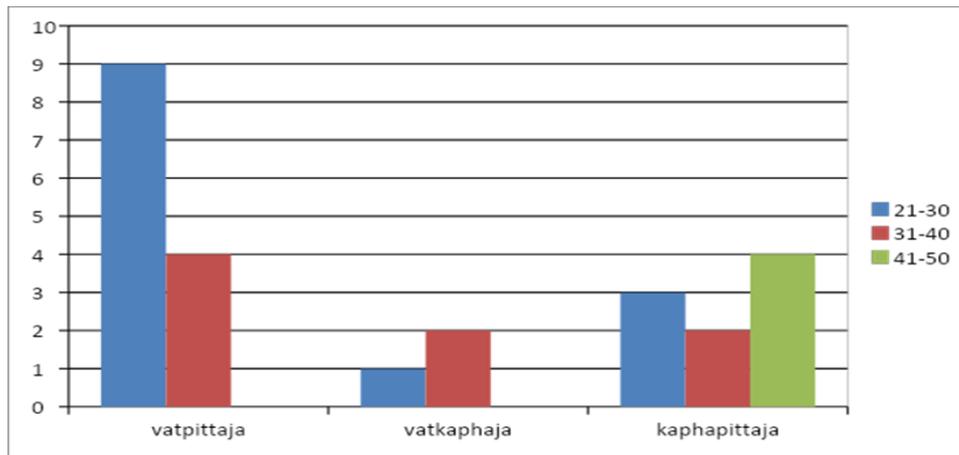
The patients associated with the major illnesses were excluded from the study eg. Tuberculosis, epilepsy, Hepatitis, HIV infections, Malignancy, IHD, DM, HTN. The persons who are under any continuous medications for more than one year were also excluded from the study.

#### OBSERVATIONS:

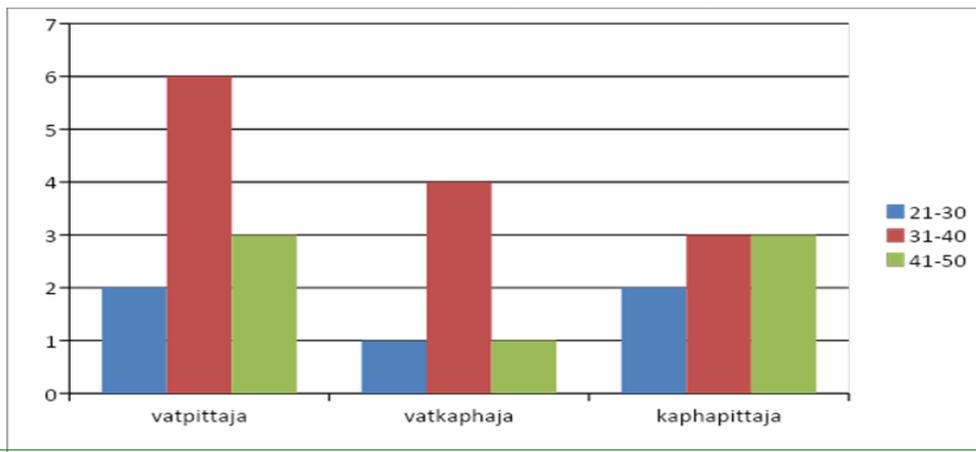
The different observations observed in the study in different groups are given here in tables and also expressed in graphs.

**Table No. 1:** NO. of subjects of various *Prakrutis* of *pittaja arsha* of *hetu Agnisampark* according to sex and age group of group A

<i>Prakrutis</i>	Sex		Age groups		
	Male	Female	21-30	31-40	41-50
<i>Vata Prakruti</i>	-	-			
<i>Pitta Prakruti</i>	-	-			
<i>Kapha Prakruti</i>	-	-			
<i>Vat-pittaj Prakruti</i>	13	-	09	04	-
<i>Vat-kaphaj Prakruti</i>	03	-	01	02	-
<i>Kapha-pittaj Prakruti</i>	09	-	03	02	04
<i>Tridoshaj Prkr</i>	-	-			
Percentages	100%	-	52	32	16

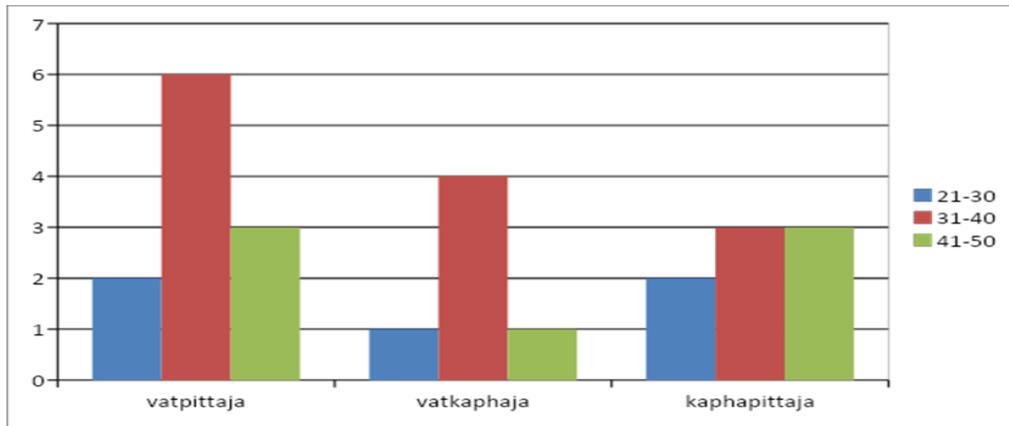
**Graph No. 1:** No. of subjects of various *prakrutis* affected by *agnisampark* of *pittaja arsha* according to age group in group A**Table No. 2:** No. of subjects of various *prakrutis* in contact with *agnisamparka* of different age group of GROUP B

<i>Prakrutis</i>	Sex		Age groups		
	Male	Female	21-30	31-40	41-50
<i>Vata Prakruti</i>	-	-			
<i>Pitta Prakruti</i>	-	-			
<i>Kapha Prakruti</i>	-	-			
<i>Vat-pittaj Prakruti</i>	14	-	07	07	-
<i>Vat-kaphaj Prakruti</i>	04	-	01	02	01
<i>Kapha-pittaj Prakruti</i>	07	-	04	02	01
<i>Tridoshaj Prkr</i>	-	-	-	-	-
Percentages	100%	-	48	44	08

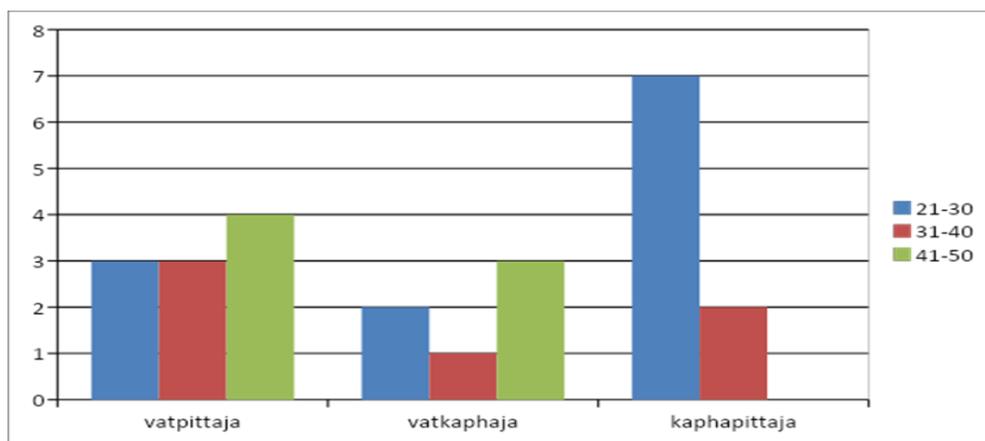
**Graph No. 2:** No. of subjects affected by *agnisampark* of various *prakrutis* in different age group B

**Table No. 3:** NO. Of subjects of various *Prakrutis* of *pittaja arsha* of *hetu* other than *Agnisampark* according to sex and age group of group C

<i>Prakrutis</i>	Sex		Age groups		
	Male	Female	21-30	31-40	41-50
<i>Vata Prakruti</i>	-	-			
<i>Pitta Prakruti</i>	-	-			
<i>Kapha Prakruti</i>	-	-			
<i>Vat-pittaj Prakruti</i>	11	-	02	06	03
<i>Vat-kaphaj Prakruti</i>	06	-	01	04	01
<i>Kapha-pittaj Prakruti</i>	08	-	02	03	03
<i>Tridoshaj Prakr</i>	-	-	-	-	-
Percentages	100%	-	20	52	28

**Graph No. 3:** No. of subjects of *pittaja arsha vyadhi* other than *agnisampark hetu* of various *prakrutis* in different age group C**Table No. 4:** No. of individuals of various *prakrutis* of group D

<i>Prakrutis</i>	Sex		Age groups		
	Male	Female	21-30	31-40	41-50
<i>Vata Prakruti</i>	-	-			
<i>Pitta Prakruti</i>	-	-			
<i>Kapha Prakruti</i>	-	-			
<i>Vat-pittaj Prakruti</i>	10	-	03	03	04
<i>Vat-kaphaj Prakruti</i>	06	-	02	01	03
<i>Kapha-pittaj Prakruti</i>	09	-	07	02	-
<i>Tridoshaj Prakr</i>	-	-			
Percentages	100%	-	48	24	28

**Graph No. 4:** No. of subjects of healthy individuals of various *prakrutis* in different age group from group D

**DISCUSSION:**

From observation table of group 'A' it was seen that mainly *Vata -Pittaj Prakrutis* individuals were affected by *Pittaj Arsha* by hetu *Agnisampark* seen on large scale. There were a total of 13 patients of *Vata-Pitta prakruti* out of 25 Patients in which 09 were of age group 21-30 years and 04 were of age group 31-40 years. There were total 03 Patients of *Vat-Kaphaj prakruti* out of 25 patients in which 01 was of age group 21-30 years and 02 were of age group 31-40 years. There were total 09 patients of *Kapha -Pittaj prakruti* out of 25 patients in which 03 were of age group 21-30 years, 02 were of age group 31-40 years and 04 were of age group 41-50 years.

From observation table of group 'B' it was seen that there were a total of 25 individuals in contact with *Agnisampark (Pratyaksha / Apratyaksha)* daily at least 6-8 hours from 2-5 years but not having *Pittaj Arsha vyadhi* in age group 20-50 years. There were a total of 14 patients of *Vata-Pitta prakruti* out of 25 Patients in which 07 were of age group 21-30 years and 07 were of age group 31-40 years. There were total 04 Patients of *Vat-Kaphaj prakruti* out of 25 patients in which 01 was of age group 21-30 years and 02 were of age group 31-40 years and 01 was of age group 41-50 years There were total 07 patients of *Kapha -Pittaj prakruti* out of 25 patients in which 04 were of age group 21-30 years, 02 were of age group 31-40 years and 01 was of age group 41-50 years.

From observation table of group 'C' it was seen that there were a total of 25 patients of *Pittaj Arsha* having *hetu* other than *Agnisampark*. In this *Vat-Pittaj prakrutis* individuals were affected in large scale. There were a total of 11 patients of *Vata-Pitta prakruti* out of 25 Patients in which 02 were of age group 21-30 years and 06 were of age group 31-40 years and 03 were of age group 41-50 years. There were total 06 Patients of *Vata-Kapha prakruti* out of 25 patients in which 01 was of age group 21-30 years and 04 were of age group 31-40 years and 01 was of age group 41-50 years There were total 08 patients of *Kapha -Pittaj prakruti* out of 25 patients in which 02 were of age group 21-30 years, 03 were of age group 31-40 years and 03 were of age group 41-50 years.

From observation table of group 'D' there was total 25 healthy individuals. There were a total of 10 patients of *Vata-Pitta prakruti* out of 25 Patients in which 03 were of age group 21-30 years and 03 were of age group 31-40 years and 04 were of age group 41-50 years. There were total 06 Patients of *Vata-Kapha prakruti* out of 25 patients in which 02 were of age group 21-30 years and 01 was of age group 31-40 years and 03 were of age group 41-50 years There were total 09 patients of *Kapha -Pittaj prakruti* out of 25 patients in which 07 were of age group 21-30 years, 02 were of age group 31-40 years.

**CONCLUSION :**

From the observation and result, in Group A, it was seen that *Vat-Pittaj Prakruti* individuals were affected by *Pittaj Arsha* by the *hetu Agnisampark* on large scale i. e. 52 %. But in Group C, it was seen that *Vat-Pittaj Prakrutis* individuals were less in number compared to Group A which had *Pittaj Arsha* but *hetu* other than *Agnisampark*. So it was concluded that *Vat-Pittaj Prakruti* individuals was mostly affected by the disease '*Pittaj Arsha*' by the *hetu Agnisampark*.

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