



Review Article

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A REVIEW ON KASISADI TAILA: AN EFFECTIVE MEDICATION FOR HEMORRHOIDS

*Biji S Teslin¹, Rajesh V²

¹PG Scholar, Department of Rasa Shastra and Bhaishajya Kalpana, Government Ayurveda College, Tripunithura, Kerala, India

²Associate Professor, Department of Rasa Shastra and Bhaishajya Kalpana, Government Ayurveda College, Tripunithura, Kerala, India

*Corresponding Author's Email ID; tesbiji@gmail.com

ABSTRACT

Kasisadi taila is an exquisite referred to in administration of Haemorrhoids (*Arsas*). It is one of the efficient medicines which contain various herbs and minerals as its *kalka* (Herbal paste), *gomutra* (Cow's urine) as the *dravadravya* (liquid substances), processed in *Tila Taila* (sesame oil) used as an aid for *Arsas*. *Arsas* can be well correlated to Haemorrhoids. *Kasisadi taila* is a unique formulation mentioned in various classical texts. It is used externally in the management of *Arsas*. **Aims and Objectives:** The main objective of this article is to discuss the variations in the composition of *Kasisadi taila*, the probable mode of action in the management of *Arsas* and to compile the studies conducted on *Kasisadi Taila*. **Materials and Methods:** Description of *Kasisadi taila*, *Rasapanchaka* (*Ayurveda* principles of drug action), and *Dosha Karma* (therapeutic attributes) of ingredients were compiled. Organoleptic, physicochemical parameters and clinical studies were searched from PubMed, Google Scholar, and Research Gate. **Results:** Variations in formulation name and ingredients were found in the classical texts. Analytical study was done with the reference other than AFI. Various clinical studies were conducted using *Kasisadi taila*, exhibiting positive results in treating *Arsas*. **Discussion:** The *Kasisadi taila* mentioned in *Bhaishajya Ratnavali* can be considered as the standard formulation. The *Ushna*, *Tikshna*, and *Lekhana* properties of *Kasisadi taila*, in combination with other therapeutic actions reduce the severity of *Arsas*. **Conclusion:** A thorough review of various texts revealed that *Kasisadi taila* is mentioned in

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eight classical treatises and two gazetted books with modifications which indicates its high demand and clinical efficacy in haemorrhoids. Despite their importance and difference in composition, lack of studies on analytical parameters and the need of standardization of pharmaceutical process, indicates the necessity for further research.

Keywords: *Arsas, Haemorrhoids, Kalka, Dravadravya, Rasapanchaka, Dosha Karma*

INTRODUCTION

Taila Kalpana is a traditional Ayurvedic pharmaceutical preparation method that involves the processing of oils boiled with prescribed liquid media & a fine paste of the raw drugs specified in the formulation composition. This technique yields therapeutic formulations that have been treasured for centuries.

Kasisadi taila is one such herbo mineral formulation which contains various types of substances (*dravyas*) i.e., mineral origin, plant origin and animal origin used commonly for *Arsas*. The *Sneha Dravya* (base oil) used in this preparation is *Tila taila*, whereas the *dravadravya* used is *gomutra*. Usage of mineral *dravyas* along with *arka ksheera* (thick milky white latex of *Calotropis procera*) & *snuhi ksheera* (thick milky white latex of *Euphorbia neriifolia*), makes this formulation stand out among the other *taila Kalpana*. Other ingredients in the formulation includes *Kasisa, Saindhava lavana, Krshna, Sunthi, Kushta, Langali, Shilabhid, Asvamara, Danti, Jantughna, Chitraka, Talaka, Kunathi* and *Svarnakshiri*.^[1]

Kasisadi taila is mentioned in Ayurvedic formulary of India (AFI)^[2] & Ayurvedic Pharmacopoeia of India (API).^[1] It exhibits variations in its ingredient composition across various classical texts, all being referred to by the same as well as different name. Therefore, an effort has been made to comprehensively understand the variations in the composition, method of preparation, therapeutic indications of *Kasisadi taila*, its probable mode of action in the management of *Arsas*, along with available research data of organoleptic, physico-chemical parameters and clinical studies of *Kasisadi taila* through a review of all relevant literature.

MATERIALS & METHODS

All the literature regarding the ingredients, *rasapanchaka* (Ayurvedic principles of drug action), *doshakarma* (therapeutic attributes), method of preparation and its probable mode of action in *Arsas* were compiled from various books available in the library of Government Ayurveda College, Tripunithura. The study utilized a comprehensive review of various authoritative texts, including the *Brihat Trayee* [comprising the *Caraka Samhita (Ca.Sam.)*,

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Susruta Samhita (Sus.Sam), and *Ashtanga Sangraha (A.S.)*] and the *Laghu Trayee* [comprising the *Madhava Nidanam (M.N.)*, *Sarangadhara Samhita (Sa.Sam)*, and *Bhavaprakasha (B.P.)*], in addition to other relevant treatises such as *Ashtanga hridayam (A.H.)*, *Gadanigaraha (G.N.)*, *Bhaishajya Ratnavali (B.R.)* and *Vangasena (Vang.S.)*. Furthermore, two gazetted texts (AFI and API) were also incorporated. The reference from *Bhaishajya Ratnavali (B.R.)* is considered as the standard comparator for the review study. Original research articles of the last 15 years were searched from PubMed, Google Scholar, Scopus and Research Gate. Articles where *Kasisadi taila* is indicated for ailments other than *Arsas* were excluded from the study. Keywords used for search were *Kasisadi taila*, Ayurveda, pharmacology and *Arsas*. The English terms for the Ayurvedic terminologies used in this article are referenced from the WHO International Standard Terminologies for Ayurveda.

Table No. 1: Search Criteria

Sl.No.	Topic	Check list item
1	Database name	PubMed, Google Scholar, Scopus and Research Gate
2	MeSH Terms	Hemorrhoids, Ayurveda
3	Search strategies	Mesh terms, Key words, Phrases were used as search strategies to find the data
4	Selection process	Articles where <i>Kasisadi taila</i> is indicated for <i>Arsas</i>
5	Exclusion criteria	Articles where <i>Kasisadi taila</i> is indicated for ailments other than <i>Arsas</i> .
6	Boolean operators	'AND', 'OR'
7	Year range	2010 to 2025
8	Language restriction	English
9	Total	Total 20 articles including classical literature and gazetted texts included

Drug review**Table No. 2: Ingredients in the Formulation according to Bhaishajya Ratnavali^[3]**

Sn.	Ingredients	English/botanical name	Ratio	Parts used
1.	<i>Shuddha Kasisa</i>	Green vitriol	1	<i>Shuddha Kasisa</i>
2.	<i>Saindhava lavanam</i>	Rock salt	1	
3.	<i>Krsna</i>	Piper longum	1	Fruit
4.	<i>Sunti</i>	Zingiber officinale	1	Rhizome
5.	<i>Kushta</i>	Saussurea lappa	1	Root
6.	<i>Langali</i>	Gloriosa superba	1	<i>Shuddha</i> Root/rhizome
7.	<i>Silabhid</i>	Berginia ciliata	1	Rhizome
8.	<i>Asvamara</i>	Nerium indicum	1	Root
9.	<i>Danti</i>	Baliospreum montanum	1	Root
10.	<i>Jantughna</i>	Embelia ribes	1	Fruit
11.	<i>Citraka</i>	Plumbago zeylanica	1	<i>Shuddha</i> Root
12.	<i>Talaka</i>	Orpiment	1	<i>Shuddha Haritala</i>
13.	<i>Kunati</i>	Realgar	1	<i>Shuddha Manahsila</i>
14.	<i>Svarnaksiri</i>	Argemone Mexicana	1	Whole plant
15.	<i>Snuhi payas</i>	Euphorbia neriifolia	1	Leaf
16.	<i>Arka payas</i>	Calotropis procera	1	Leaf
17.	<i>Tila taila</i>	Sesamum indicum	4	Seed oil
18.	<i>Gomutra</i>	Cow's urine	16	Fresh <i>Gomutra</i>

Table No. 3: Description of *Kasisadi taila* in various texts

Reviewed text (Chapter name, number/verse number)	Name of formulation	Total ingredients	Name of ingredients	Therapeutic indication
API ^[1]	<i>Kasisadi taila</i>	18	<i>Shuddha Kasisa, Saindhava Lavanam, Krsna, Sunti, Kushta, Langali, Silabhid, Asvamara, Danti, Jantughna, Citraka, Talaka, Kunati, Svarnaksiri, Snuhi Payas, Arka Payas, Tilataila, Gomutra</i>	Arsas (Piles)
AFI ^[2]	<i>Kasisadi taila</i>	18	<i>Shuddha Kasisa, Saindhava Lavanam, Krsna, Sunti, Kushta, Langali, Silabhid, Asvamara, Danti, Jantughna, Citraka, Talaka, Kunati, Svarnaksiri, Snuhi Payas, Arka Payas, Tilataila, Gomutra</i>	Arsas
<i>Gadanigraha</i> ^[4]	<i>Arsamsi Prithu Kasisadi taila</i>	18	<i>Shuddha Kasisa, Saindhava Lavanam, Krsna, Sunti, Kushta, Langali, Mahanimba (Drekka), Asvamara, Danti, Jantughna, Citraka, Talaka, Kunati, Svarnaksiri, Snuhi Payas, Arka Payas, Tilataila, Gomutra</i>	Arsas
<i>Gadanigraha</i> ^[5]	<i>Laghu Kasisadi taila</i>	6	<i>Kasisa, Langali, Danti, Karavira, Arka Payasa, Taila</i>	Arsas
<i>Bhava Prakasha</i> ^[6]	<i>Bruhat Kasisadi taila</i>	18	<i>Shuddha Kasisa, Saindhava Lavanam, Krsna, Sunti, Kushta, Langali, Silabhid, Asvamara, Danti, Jantughna, Citraka, Talaka, Kunati, Svarnaksiri, Snuhi Payas, Arka Payas, Tilataila, Gomutra</i>	Arsas
<i>Sarangadhara Samhita</i> ^[7]	<i>Kasisadi taila</i>	19	<i>Shuddha Kasisa, Saindhava Lavanam, Krsna, Sunti, Kushta, Langali, Asvamara, Danti, Jantughna, Citraka, Talaka, Kunati, Svarnaksiri,</i>	Arsas

			<i>Snuhi Payas, Arka Payas , Koshataki Beeja, Nagakesara, Tilataila, Gomutra</i>	
<i>Bhaishajya Ratnavali^[3]</i>	<i>Kasisadi taila</i>	18	<i>Shuddha Kasisa, Saindhava Lavanam, Krsna, Sunti, Kushta, Langali, Silabhid, Asvamara, Danti, Jantughna, Citraka, Talaka, Kunati, Svarnaksiri, Snuhi Payas, Arka Payas, Tilataila, Gomutra</i>	<i>Arsas</i>
<i>Ashtanga Hridayam^[8]</i>	<i>Kasisadi taila</i>	17	<i>Kasisa, Saindhava, Sunti, Kushta, Langali, Manasila, Aswamara, Vidanga, Citraka Haritala, Swarnaksiri, Snuhi & Arka Ksheera, Gomutra , Tilatailam Rasna And Abhrakam</i>	<i>Arsas</i>
<i>Ashtanga Sangraha^[9]</i>	<i>Kasisadi taila</i>	17	<i>Shuddha Kasisa, Saindhava Lavanam, Krsna, Sunti, Kushta, Langali, Asvamara, Danti, Jantughna, Citraka, Svarnaksiri, Vidari, Ardraka Snuhi Payas, Arka Payas, Tilataila, Gomutra</i>	<i>Arsas</i>
<i>Susrutha Samhita^[10]</i>	<i>Kasisadi taila</i>	14	<i>Kushta, Sunti, Pippali, Kushta, Vidanga, Chitraka, Karavira, Koshataki, Danti, Langali, Snuhi, Manahsila, Saindhava Lavana, Tilataila</i>	<i>Arsas</i>
<i>Vangasena^[11]</i>	<i>Brihat Kasisadi taila</i>	17	<i>Shuddha Kasisa, Saindhava Lavanam, Krsna, Sunti, Kushta, Langali, Silabhid, Asvamara, Danti, Jantughna, Citraka, Talaka, Svarnaksiri, Snuhi Payas, Arka Payas, Tilataila, Gomutra</i>	<i>Arsas</i>
<i>Vangasena^[12]</i>	<i>Kasisadi taila</i>	6	<i>Kasisa, Danti, Saindhava, Karavira, Citraka, Arka Ksheera</i>	<i>Arsas</i>

Table No. 4 : Rasapanchaka and Dosa karma of ingredients of Kasisadi taila

Name of drug	Rasa	Guna	Veerya	Vipaka	Dosa karma
<i>Kasisa</i> ^[13]	<i>Amla, Kasaya,</i>	<i>Guru</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatashleshmaama yaharam</i>
<i>Saindhava lavana</i> ^[14]	<i>Lavana</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Seetha</i>	<i>Katu</i>	<i>Tridoshajit</i>
<i>Pippali</i> ^[15]	<i>Katu, Tikta, Madhura</i>	<i>Snigdha, Laghu</i>	<i>Anushna</i>	<i>Madhura</i>	<i>Vatahara, Kaphahara</i>
<i>Sunti</i> ^[16]	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vatakaphapaha</i>
<i>Kushta</i> ^[17]	<i>Katu, Tikta</i>	<i>Lavana</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatajit</i>
<i>Langali</i> ^[18]	<i>Tikta, Kasayam, Katu</i>	<i>Sara, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosahara</i>
<i>Silabhed</i> ^[19]	<i>Tikta, Kasayam</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Seetha</i>	<i>Katu</i>	<i>Tridoshajit</i>
<i>Aswamara</i> ^[20]	<i>Katu, Tikta, Kasayam</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridoshajit</i>
<i>Danti</i> ^[21]	<i>Katu</i>	<i>Tikshna, Sara, laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphahara, Raktadoshahara</i>
<i>Jantughna</i> ^[22]	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatakaphapaha</i>
<i>Chitraka</i> ^[23]	<i>Katu</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>
<i>Talaka</i> ^[24]	<i>Katu, Kasayam</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapittahara</i>
<i>Kunati</i> ^[25]	<i>Tikta</i>	<i>Snigdha, Ushna, Sara, Guru</i>	<i>Ushna</i>	-	<i>KaphaVatahara</i>
<i>Swarnakshiri</i> ^[26]]	<i>Tikta, Katu</i>	<i>Laghu, Ruksha</i>	<i>Seetha</i>	<i>Katu</i>	<i>Kaphapittasranut</i>

<i>Arka ksheera</i> ^[27]	<i>Tikta, lavana</i>	<i>Snigdha, Laghu</i>	<i>Ushna</i>		<i>Kaphanashanam</i>
<i>Snuhi ksheera</i> ^[28]	<i>Katu</i>	<i>Laghu, Tikshna, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavata shamaka</i>
<i>Tila taila</i> ^[29]	<i>Madhura</i>	<i>Snigdha, Guru, Sukshma, Vikashi, Vishada</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vatahara</i>
<i>Gomutra</i> ^[30]	<i>Katu</i>	<i>Tikshan, ushna, Laghu, Ksara</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha and Vataavikara prashamana</i>

RESULTS

Based on the above study, it is evident that there are varying opinions among classical texts regarding *Kasisadi taila*. Out of ten total Ayurvedic classical texts and two gazetted texts screened, *Kasisadi taila* was not found in two Ayurveda texts (Caraka Samhita and Madhava Nidana) and hence excluded from the review. The formulation composition and ratio of ingredients for the preparation of *Kasisadi taila* are mentioned in table 1. Difference in the name, ingredients and indications in different texts are mentioned in table 2.

Rasapanchaka of ingredients of *Kasisadi taila*

Ingredients (according to standard reference i.e., *Bhaishajya Ratnavali*) of *Kasisadi taila* and their *Rasapanchaka* and *Dosha Karma* are illustrated in Table 3. The therapeutic efficacy of *Kasisadi taila* for the management of *Arsha* can be credited to its unique combination of properties found in its ingredients. The majority of the drugs in *Kasisadi taila* are characterized by *Katu* (Pungent) and *Tikta* (Bitter) *rasa*, along with *Ushna* (hot) and *Tikshna* (Sharp) qualities, and *Ushna Virya* (Potency). These properties are essential in the treatment of *Arsha*, primarily by balancing *Vata* and *Kapha Doshas*, and by reducing the inflammation and discomfort associated with the condition.

Organoleptic and physico-chemical parameters of *Kasisadi taila*

A comparative study of *Kasisadi taila* and *Jathyadi tailam* was conducted (Vipul Patel et.al).^[31] Both *tailas* were analyzed to find out the Loss on drying, Specific gravity, pH value, Ash value, and Qualitative analysis of Ash for Iron and for Sulphate, Acid Value, Refractive index and saponification value. The reference of *Kasisadi taila* for the prior study was taken from *Susrutha Samhita*.^[10] Comparison of values from AFI and an analytical study (Vipul Patel et.al) is tabulated in table 5.

Table No. 5: Comparison of values from AFI and an analytical study (Vipul Patel et.al)

Parameters	Values as per afi	Values from study
1.Organoleptic		
Colour	Brown	Dark brown
Taste	Not mentioned	Unpleasant
Odour	Unspecific faint	Unpleasant
Touch	Not mentioned	Sticky
2.Physico-chemical		
Loss on Drying at 110	Not mentioned	0.7%
Specific Gravity	0.8953-0.9102g	0.9235
pH	Not mentioned	3.7
Ash Value	Not mentioned	0.024% w/w
Qualitative Analysis of Ash for Iron & Sulphate	Not mentioned	Positive
Acid value	Not more than 5	6.5389
Refractive index	1.4646-1.4665	1.4750
Saponification value	180-192	189.198
Iodine value	95-105	Not done
Peroxide value	Not more than 3	Not done

Table No. 6 : Studies conducted on *Kasisadi taila*

Title with journal	Result	Reference taken for <i>Kasisadi Taila</i>
Efficacy of <i>Saindavadhya Taila Purana</i> Over <i>Kasisadi Taila Purana</i> in the Management of <i>Abhyantara Arshas</i> (Internal Haemorrhoids):	Both <i>Saindavadhya taila purana</i> and <i>Kasisadi taila purana</i> showed significant improvement in reducing bleeding and constipation. However, <i>Kasisadi Taila</i> demonstrated comparatively better effectiveness in most clinical parameters	<i>Sus. Sam. Ci.</i> 6/16

A Controlled Clinical Study ^[32] (Semantic Scholar)	than <i>Saindavadhya Taila</i> , except in reducing the number of <i>Mamsankura</i> .	
A randomized clinical study to evaluate the effect of <i>Kasisadi Taila</i> and <i>Dantyadi Taila</i> in <i>Arshas</i> W.S.R. to internal haemorrhoids ^[33] (WJPR)	<i>Kasisadi taila</i> showed better effect in relieving bleeding, pain and itching. Whereas <i>Dantyadi Taila</i> showed significant results in relieving Constipation, Bleeding, Pain and Degree of Haemorrhoids	<i>Sus. Sam. Ci.</i> 6/16
Role of <i>Jaloukaavacharana</i> followed by <i>Kasisadi Taila</i> application in thrombosed Haemorrhoids – A Case Study ^[34] (JAIMS)	It was observed that, pain and other inflammatory changes were reduced after leech application due to antimicrobial and mucolytic properties of leech followed by <i>Kasisadi Taila</i> which shrunk the haemorrhoidal mass.	<i>Bhaishajya Ratnavali, Arsho Adhikara,9/206</i>
<i>Kasisadi Tail Basti</i> in <i>Arsha</i> ^[35] (IJSR)	Here, <i>Kasisadi Taila Basti</i> on bowel habits shows high significance. It also suggests that treatment is effective in managing constipation. It also reduces bleeding PR. It also showed a reduction in anal itching. It also reduces burning sensation.	Not mentioned
A comparative clinical study of <i>Kasisadi Taila</i> and <i>Jatyadi Taila</i> in the management of <i>arsha</i> ^[36] (JAHM)	<i>Kasisadi taila</i> as local application with routine standard treatment is more effective than <i>Jatyadi Taila</i> in the 1st and 2nd degree of <i>arsha</i> (Haemorrhoids) because of its corrosive nature, <i>kasisadi taila</i> reduced the size of pile mass without hampering normal mucosa of anal canal	<i>Bhaishajya Ratnavali, Arsho Adhikara,9/206</i>
A Clinical Study Of <i>Pranada Gutika</i> And <i>Kasisadi Taila</i> In The Management Of <i>Arsha Roga</i> With Special Reference To Hemorrhoids. ^[37] (JAZ)	Therapy in the form of administration of <i>Pranada Gutika</i> and <i>Kasisadi Taila</i> was effective in the management of <i>Arsha Roga</i>	<i>Sarangadhara samhitha, 9/142-145</i>

A comparative clinical study of <i>Jeemoothadi Guda Varti</i> with <i>Kasisadi Taila Pichu</i> in the management of <i>Arshas</i> ^[38] (IAMJ)	<i>Jeemoothadi Guda Varti</i> was found more beneficial than <i>Kasisadi Taila Pichu</i> in <i>Arshas</i> . <i>Jeemoothadi Guda Varti</i> was found more beneficial in reducing the Bleeding, Burning and Constipation whereas in case of Itching sensation it was <i>Kasisadi Taila</i> .	<i>Sarangadhara samhitha</i> , 9/142-145
Management of anorectal disorder W.S.R. to herbo-mineral preparation ^[39] (IRJAY)	<i>Arshakuthar rasa</i> was found effective in the treatment of anorectal disorders. Whereas <i>Kasisadi taila</i> probably removed the accumulated secretions in the fissure bed, promote healing and reduced secondary infection too.	<i>Sus. Sam. Ci.</i> 6/16
Management of <i>abhyantara guda-arsha</i> (grade-2) with <i>kasisadi taila</i> as <i>matrabasti</i> and <i>triphla guggul-</i> A case study ^[40] (IAMJ)	<i>Kasisadi taila matrabasti</i> helped in a reduction in the size of pile pedicle because of its corrosive effect on the wall of the affected vessels and mucosa by acidic nature pH – (3.7) and <i>lekhana</i> property. ¹⁵ Similarly, <i>Triphala Guggulu</i> given internally for 1 month, pacifies the root cause of hemorrhoid that is constipation, thus, helps in the permanent cure of <i>Arsha</i> .	<i>Bhaishajya Ratnavali</i> , <i>Arsho Adhikara</i> , 9/206

DISCUSSION

The preparation methods include collection of raw drugs, processing of raw drugs, and preparation of the final *tailam*. Pre-procedure include *Sodhana* (Purification) of *kasisa*, *haritala*, *manahsila*, *karaveera*, *langali*, *chitraka*.

1. *Sodhana* of *Kasisa*

The *sodhana* was subjected for trituration in *Bhringaraja Swarasa* (*Elipta alba* Niss) for 3 hours. ^[41]

1. *Sodhana* of *Manahsila*

Carried out by seven levigations with *Zingiber officinalis* Roscoe. (*Ardraka* – ginger) juice. ^[42]

2. *Sodhana of Haritala*

Haritala is boiled in *dola yantra* with the juice of *Kushmanda* (*Benincasa hispida*) for 1 *yama* (3 hours).^[43]

3. *Sodhana of Langali*

The rhizome of *langali* is cut into small pieces and soaked in *gomutra* for 24 hours. After 24 hours, it is washed with warm water and air dried.^[44]

4. *Sodhana of Chitraka*

Churnodaka (lime water) is prepared with classical ratio 1:240 of lime powder and water. *Chitraka* roots are dipped in *churnodaka* & is kept immersed for 9 hours (3 *yama*). After that, *Chitraka* roots are washed with lukewarm water 3 times and dried completely by keeping in sunlight.^[45]

5. *Sodhana of Asvamara*

Root of *karavira* root is taken in a clean cloth & made into a *pottali* (bundle). Then *swedana* is done in *godugdha* (cow's milk) using *dolayantra* (Apparatus used for purifying substances by sudation or steaming) for 3hrs.^[46]

The basic method of preparation of *Kasisadi taila* includes One part of *kalka dravyas* namely, *kasisa*, *saindhava lavana*, *pippali*, *sunti*, *kushta*, *langali*, *silabhed*, *aswamara*, *danti*, *janthughna*, *citraka*, *haritala*, *manahsila*, *swarnakshiri*, *arka payas* and *snuhi payas*, 4 parts of *tila taila* and 16 parts of *gomutra* is mixed together. Then all the mixture is heated over low flame till it gets *samyak siddhi lakshana* (process termination signs). Then *Kasisadi taila* is filtered through muslin cloth and stored.

Kasisadi taila is mentioned in nine classical texts, API and AFI. When comparing the *Kasisadi taila* described in *B.R.* with all other texts, it is found that the contents, as per *B.P*, *G.N*, API and AFI are identical. Therefore, the *Kasisadi taila* mentioned in these sources can be regarded as a standard formulation. Despite some acharyas omitting certain ingredients, *Kasisadi taila* continues to be recognized as an effective remedy for *Arsas*, with its *arsoghna* (anti-hemorrhoidal) properties consistently highlighted. The overall therapeutic action of *Kasisadi taila* remains focused on alleviating *Arsas*, regardless of ingredient variations.

The therapeutic efficacy of *Kasisadi taila* in the management of *Arsha* can be attributed to the unique combination of properties found in its ingredients. Being used externally, *Kasisadi taila* facilitates the penetration of drug molecules through the skin. This enhances transdermal absorption, improves local blood and lymphatic circulation, and stimulates the metabolic activity of surrounding tissues.

The majority of the drugs in *Kasisadi taila* are characterized by *Katu* (Pungent) and *Tikta* (Bitter) rasa, along with *Ushna* (hot), *Tikshna* (Sharp) qualities, and *Ushna Virya* (Potency). These properties are essential in the treatment of *Arsha*, primarily by balancing *Vata* and *Kapha Doshas*, and by reducing the inflammation and discomfort associated with the condition.

One of the core principles in the management of *Arsha* is *Pitta-Kapha Shamana* (pacifying *Pitta* and *Kapha*), *Vatanulomana* (promoting normal course of movement of *Vata*), and *Deepana* (stimulating digestion) along with *Pachana* (digestive), *Raktashodhana* (blood purification), and *Raktastambhana* (stopping bleeding). The *Katu* and *Tikta* tastes are known to alleviate *Vata* and *Kapha*, thus reducing the swelling and inflammation in the rectal area, which is common in hemorrhoidal conditions. These properties are also *Dhathunashana* (tissue destruction) helping in the breakdown of abnormal tissue, and *Lekhana* (Drying and sloughing), which reduces the size of the hemorrhoidal mass and the associated local inflammation, leading to reduction in symptoms like itching and discomfort.

The *Ushna* and *Tikshna* qualities of the ingredients contribute to *Vatanulomana* and *Kaphahara* (elimination of excess *kapha*), thus improves bowel movement and reduce the straining during defecation. These properties also reduce the pressure on the hemorrhoidal veins, thereby alleviating pain and preventing further injury to the area.

Also, the *Ushna Virya* helps in counteracting the *Vata* and *Kapha Doshas*, effectively reducing the size of the hemorrhoidal masses. *Kasisa*, with its *Vranaropana* (wound healing) property and *Kashaya* (Astringent) rasa, induces *Sandhana Karma* (skin grafting/ tissue-binding) promoting tissue repair and effective wound closure. It also has a *Raktaskandana* (blood coagulating) property, which helps in reducing bleeding, a common symptom in hemorrhoids.

The inclusion of *Manashila* and *Saindhava* in *Kasisadi taila* enhances its effectiveness, particularly in reducing the burning sensation. These ingredients contribute to *Rakta Vikara Shamana* (Treatment of blood disorders), *Vranaropana*, and reduce *Rakta Dushti* (blood disorders), all of which are beneficial for hemorrhoidal healing.

Furthermore, the *Ushna*, *Tikshna*, and *Lekhana* properties of *Kasisadi taila*, in combination with other therapeutic actions, are absorbed through the rectal mucosa, where they work locally to reduce the severity of hemorrhoids. The *Lekhana* property particularly aids in scraping off the slough and dead tissue, which not only reduces the size of the hemorrhoidal

masses but also decreases the localized inflammation, ultimately promoting faster healing and symptom relief.

The numbing effect of *Kasisadi taila* helps reduce the pain and bleeding caused by the pressure of stool on the veins and sphincters during defecation. The *taila's snigdha* (unctuousness) *guna* further enhances its ability to treat the *Vata Dosha*, especially by regulating *Apanavayu* (descending *vata*), which plays a key role in the manifestation of *Arsha*.

Organoleptic and physico-chemical parameter of any drug provides information about its purity. Even though a comparative analytical study was conducted between *Kasisadi taila* and *Jathyadi taila* (Vipul Patel et.al), comparing the values from this study with AFI is not possible, as the reference taken in AFI is from *Bhaishajya Ratnavali*, whereas for the study it is taken from *Susruta Samhita*. Still when the values from this study (Vipul Patel et.al) and AFI is considered, the values are a bit different (Table 5). Hence the need of analytical study of *Kasisadi taila* is in need of the hour, as API AND AFI, serves as a standard for the quality, purity, and potency of Ayurvedic drugs and formulations.

Scope and limitations of this study

This study provides a platform for fundamental and applied research. However, it is important to acknowledge the limitations of the present review. Specifically, classical texts that were not available in the library of Government Ayurveda College, Tripunithura, were not included in the screening process for this review. Physico-chemical parameters serve as critical indicators of a drug's identity, quality, and purity. Despite their importance, a review of existing literature reveals a lack of comprehensive studies focusing on the physico-chemical characteristics of this particular formulation. This indicates the necessity for further research in this area.

CONCLUSION

Kasisadi taila was first introduced by Acharya Vagbhata in Ayurvedic pharmaceuticals and has since been referenced in various subsequent texts, indicating its clinical acceptance. By considering B.R. as the standard comparator, variations in the formulation's name and ingredients have been observed. The majority of the ingredients in *Kasisadi taila* possess *ushna*, *tikshna* and *lekhana* properties and anti-inflammatory, wound-healing, and pain-relieving actions, which contribute to its efficacy in the treatment of hemorrhoids. Clinical studies conducted supports the notion. Further extensive research on Organoleptic and physicochemical parameters is needed for standardization of *Kasisadi taila*.

CONFLICTS OF INTEREST

There are no conflicts of interest.

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