



Review Article

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A LITERARY AND PHARMACOLOGICAL DRUG REVIEW OF MARICHADI MODAKA IN THE MANAGEMENT OF ARSHA

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ABSTRACT

Background: *Arsha* is described in classical Ayurveda as a distressing ano-rectal disorder characterized by *Gudagata Mamsa Vridhhi*, bleeding, pain, itching, and difficulty in defecation. It is primarily considered a *Tridoshaja Vyadhi* with predominance of *Vata* and *Pitta* Dosha, associated with *Agnimandya* and chronic constipation. In contemporary medicine, it closely resembles internal and external hemorrhoids. Classical texts emphasize the use of herbo-mineral and polyherbal formulations for its management. *Marichadi Modaka* is one such classical formulation described for *Arsha*, known for its *Deepana*, *Pachana*, *Vatanulomana*, and *Arshoghna* properties. **Aim:** To critically analyze the literary references and pharmacological profile of *Marichadi Modaka* in the management of *Arsha*. **Objectives:** To review classical textual references of *Marichadi Modaka*. To analyze its

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ingredients in terms of *Rasa, Guna, Virya, Vipaka, and Prabhava*. To evaluate its pharmacological actions from modern scientific perspective. To understand its probable mode of action in *Arsha*. **Materials and Methods:** This literary drug review was conducted through detailed study of classical Ayurvedic texts including *Charaka Samhita, Sushruta Samhita, Bhaishajya Ratnavali*, and other Nighantus, along with contemporary pharmacological research articles and databases. The ingredients of *Marichadi Modaka* were analyzed on both classical and modern parameters to understand their therapeutic relevance in hemorrhoids. **Results:** The formulation mainly contains *Maricha* and other synergistic herbs possessing *Katu Rasa, Ushna Virya, and Laghu-Tikshna Guna*. These attributes help in correcting *Agnimandya*, reducing *Kapha* accumulation, relieving constipation, and improving anorectal circulation. Modern pharmacological studies indicate anti-inflammatory, antioxidant, carminative, digestive stimulant, and mild laxative properties of the ingredients, which collectively contribute to reduction of swelling, bleeding, pain, and recurrence of hemorrhoids. **Conclusion:** *Marichadi Modaka* acts at the level of *Agni, Dosha*, and anorectal tissue metabolism. By improving digestion, correcting bowel habits, and reducing inflammation, it offers a rational Ayurvedic approach in the management of *Arsha*. The formulation shows strong classical backing and promising pharmacological potential, warranting further clinical validation.

Keywords: *Arsha, Marichadi Modaka, Agnimandya, Deepana-Pachana, Hemorrhoids, Polyherbal Formulation*

INTRODUCTION

*Arsha*¹ is one of the most commonly described anorectal disorders in Ayurveda and has been elaborately explained in classical texts under the domain of *Gudagata Vyadhi*.² The term *Arsha* is derived from the root "Hr" which implies something that troubles or afflicts like an enemy. It is considered a disease that torments the patient physically as well as mentally due to pain, bleeding, discomfort, and difficulty during defecation. Acharyas have described it as a *Tridoshaja Vyadhi*³ with predominance of *Vata* and *Pitta*, and its origin is closely linked with impaired digestive fire or *Agnimandya*.⁴ When digestion becomes weak, improper metabolism leads to vitiation of *Dosha*, which ultimately localize in the *Guda Pradesh* and produce pathological growths.

In the present era, sedentary lifestyle, irregular diet, excessive intake of spicy and junk food, prolonged sitting, and chronic constipation have significantly increased the incidence of hemorrhoids. These factors disturb *Agni* and promote the formation of *Ama*, resulting in

obstruction of *Srotasa*⁵ and derangement of normal bowel movement. Repeated straining during defecation aggravates *Vata Dosha*, while intake of hot, pungent, and irritant foods vitiates *Pitta*, leading to bleeding and inflammation. Thus, the Ayurvedic concept of *Arsha* shows strong clinical similarity with internal and external hemorrhoids described in modern medicine.

Ayurveda advocates a comprehensive approach in the management of *Arsha*, including *Nidana Parivarjana*,⁶ correction of *Agni*, *Shodhana Chikitsa*,⁷ and use of specific *Arshoghna Dravya*.⁸ Among various classical formulations, *Marichadi Modaka*⁹ is mentioned as an effective preparation for the management of this condition. The formulation predominantly contains *Maricha* along with other synergistic ingredients that possess *Deepana*, *Pachana*, *Vatanulomana*, and *Shothahara* properties. By correcting digestive impairment and relieving constipation, it addresses the root cause rather than only managing symptoms.

From a pharmacological perspective, the ingredients of *Marichadi Modaka*¹⁰ exhibit anti-inflammatory, digestive stimulant, carminative, antioxidant, and mild laxative actions. These properties help in reducing anorectal swelling, controlling bleeding, improving bowel habits, and preventing recurrence. Therefore, a literary and pharmacological review of *Marichadi Modaka* becomes important to understand its classical basis and probable mechanism of action in the management of *Arsha*.

AIM AND OBJECTIVES

Aim:

To critically analyze the literary references and pharmacological profile of *Marichadi Modaka* in the management of *Arsha*.

Objectives:

1. To review classical textual references of *Marichadi Modaka*.
2. To analyze its ingredients in terms of *Rasa*, *Guna*, *Virya*, *Vipaka*, and *Prabhava*.
3. To evaluate its pharmacological actions from modern scientific perspective.
4. To understand its probable mode of action in *Arsha*.

CONCEPTUAL STUDY

The word *Arsha* is derived from the Sanskrit root “Hr;” which means to afflict or torment. It is so named because it behaves like an internal enemy that continuously troubles the person. The disease causes persistent discomfort, pain, and inconvenience during daily activities, especially defecation. The term itself highlights the distressing nature of the condition and reflects its chronic and troublesome character.

Definition of *Arsha*

Arsha is defined as a pathological growth occurring in the *Guda Pradesh*¹² due to vitiation of *Dosha*, leading to swelling, bleeding, pain, and difficulty in defecation. It primarily involves *Mamsa Dhatu*¹³ and *Rakta Dhatu*,¹⁴ along with disturbance of *Apana Vayu*. Classical texts describe it as a disorder rooted in impaired digestion and metabolic dysfunction. It is not merely a local disease but a systemic manifestation of deranged internal physiology.

Nidana of *Arsha*

The causative factors of *Arsha* mainly include faulty dietary habits, sedentary lifestyle, suppression of natural urges, and chronic constipation. Excessive intake of spicy, sour, salty, dry, and incompatible food weakens *Agni* and leads to the formation of *Ama*. Repeated straining during defecation and prolonged sitting aggravate *Vata Dosha*, while irritant food substances vitiate *Pitta*. These combined factors initiate the pathological process in the anal region.

Samprapti of *Arsha*

The pathogenesis of *Arsha* begins with *Agnimandya*, which leads to improper digestion and production of *Ama*.¹⁵ This results in vitiation of *Tridosha*, especially *Vata* and *Pitta*. The aggravated *Dosha* localizes in the *Guda Pradesh*, causing obstruction of *Apana Vayu* and stagnation in the anorectal channels. Continuous pressure and vascular congestion ultimately produce fleshy projections that characterize the disease.

Dosha Involvement in *Arsha*

Although *Arsha* is considered a *Tridoshaja Vyadhi*,¹⁶ the dominance of specific *Dosha* determines its clinical presentation. *Vataja Arsha* presents with severe pain and dryness, *Pittaja Arsha* with bleeding and burning sensation, and *Kaphaja Arsha*¹⁷ with heaviness and

mucous discharge. In chronic conditions, mixed features may appear. Thus, understanding *Dosha* predominance is essential for proper management.

Classification of *Arsha*

Classical texts classify *Arsha* based on origin, location, and *Dosha* involvement. It may be congenital (*Sahaja*) or acquired, internal or external depending on its position in the anal canal. Further classification includes *Vataja*, *Pittaja*, *Kaphaja*, *Sannipataja*, and *Raktaja* types.¹⁸ This systematic classification helps in determining prognosis and line of treatment.

Lakshana of *Arsha*

The common clinical features of *Arsha* include swelling in the anal region, pain during defecation, bleeding per rectum, itching, irritation, and constipation. In long-standing cases, excessive bleeding may lead to weakness and pallor. The symptoms vary depending on the involved *Dosha*, but difficulty in passing stool remains a prominent feature.

Dushya and Srotas Involvement

The principal tissues affected in *Arsha* are *Mamsa Dhatu*, *Rakta Dhatu*, and *Medo Dhatu*. The disease mainly involves *Purishavaha Srotas* and *Raktavaha Srotas*. Obstruction, stagnation, and local inflammation in these channels contribute to the progression of the disease. Hence, *Arsha* represents both structural and functional derangement.

Upadrava of *Arsha*

If left untreated, *Arsha* may lead to complications such as excessive bleeding, anemia, prolapse, thrombosis, and infection. Chronic suffering can significantly impair quality of life. Persistent irritation may also lead to secondary fissure or ulceration in the anal region.

Chikitsa Siddhanta of *Arsha*

The fundamental principle of management is correction of *Agni* and normalization of bowel habits. Treatment includes *Nidana Parivarjana*,¹⁹ *Deepana-Pachana*,²⁰ *Vatanulomana*,²¹ and use of *Arshoghna Dravya*.²² In advanced cases, *Shodhana Chikitsa*²³ or surgical intervention may be indicated. The aim is not only removal of the growth but prevention of recurrence by correcting the underlying pathology.

DRUG REVIEW

MARICHADI MODAKA

*Marichadi Modaka*²⁴ is a classical Ayurvedic polyherbal formulation indicated mainly in the management of *Arsha*. The formulation is prepared in *Modaka* form, which improves palatability and patient compliance. It primarily acts on disturbed *Agni*, corrects bowel irregularity, and reduces anorectal swelling. The combination of pungent and digestive herbs with jaggery provides both therapeutic potency and binding support, making it effective in chronic anorectal disorders.

Ingredient Profile of *Marichadi Modaka*

Marich (Piper nigrum)²⁵

Marich is the chief ingredient of the formulation. It possesses *Katu Rasa*, *Laghu* and *Tikshna Guna*, *Ushna Veerya*, and *Katu Vipaka*. It is well known for its *Deepana* and *Bhedana* properties. By stimulating digestive fire, it corrects *Agnimandya* and prevents formation of *Ama*. Its *Kapha-Vatahara* action helps relieve constipation and reduces stagnation in the anorectal region. Modern pharmacology supports its carminative, digestive stimulant, and anti-inflammatory properties.

Sontha (Zingiber officinale)²⁶

Sontha, the dried rhizome of ginger, is rich in *Katu Rasa*, *Guru*, *Ruksha*, and *Tikshana Guna*, with *Ushna Veerya* and *Madhura Vipaka*. It acts as a powerful *Deepana* and *Pachana Dravya*. It enhances enzymatic activity, improves digestion, and prevents accumulation of undigested material in the gut. Its *Pramathi* property helps clear channel obstruction. Pharmacologically, it shows anti-inflammatory, antioxidant, and mild laxative effects that support its role in reducing anorectal inflammation.

Chitrak (Plumbago zeylanicum)²⁷

Chitrak is known for its strong digestive and metabolic enhancing action. It has *Katu Rasa*, *Laghu*, *Ruksha*, and *Tikshana Guna*, with *Ushna Veerya* and *Katu Vipaka*. It is especially useful in conditions associated with chronic digestive weakness. Its *Vata-Kaphahara* and *Deepana-Pachana* properties help restore normal bowel movement and reduce heaviness. Modern

studies show its antimicrobial and anti-inflammatory effects, which may contribute to reducing local irritation.

Suranakanda (Amorphophallus campanulatus)²⁸

Suranakanda is traditionally considered beneficial in *Arsha*. It possesses *Katu-Kashaya Rasa*, *Laghu*, *Ruksha*, and *Tikshna Guna*, with *Ushna Veerya* and *Katu Vipaka*. It acts as *Vatahara* and improves digestive capacity. It helps in reducing swelling and supports bowel evacuation without excessive strain. From a modern perspective, it has anti-inflammatory and fiber-rich properties, which improve stool consistency and ease defecation.

Jaggery (Saccharum officinarum)²⁹

Jaggery acts as the base material in *Modaka* preparation. It possesses *Madhura Rasa*, *Guru* and *Snigdha Guna*, *Sheeta Veerya*, and *Madhura Vipaka*. It provides mild laxative action, reduces fatigue, and balances the pungent potency of other ingredients. It also helps in binding the powdered drugs into a stable form. Its nourishing nature prevents excessive dryness caused by strong digestive herbs.

Ayurvedic Properties of *Marichadi Modaka* Ingredients

S. No.	Name	Rasa	Guna	Veerya	Vipaka	Karma
1	<i>Marich</i>	<i>Katu</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatahara, Deepana, Bhedana</i>
2	<i>Sontha</i>	<i>Katu</i>	<i>Guru, Ruksha, Tikshana</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Deepana, Pachana, Pramathi</i>
3	<i>Chitrak</i>	<i>Katu</i>	<i>Laghu, Ruksha, Tikshana</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-Kaphahara, Deepana, Pachana</i>
4	<i>Suranakanda</i>	<i>Katu, Kashaya</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatahara, Jwarahara, Deepana</i>
5	Jaggery	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosahara, Shramahara, Mild laxative</i>

Pharmacodynamic Understanding of the Formulation

The combined action of these ingredients produces strong *Deepana-Pachana* effect, correcting impaired digestion which is the root cause of *Arsha*. The predominance of *Katu Rasa* and *Ushna Veerya* helps in reducing *Kapha* accumulation and regulating *Apana Vayu*. The formulation relieves constipation, decreases anorectal congestion, reduces inflammation, and supports tissue healing.

Probable Mode of Action in *Arsha*

Marichadi Modaka works primarily at three levels. First, it stimulates *Agni* and prevents formation of *Ama*. Second, it normalizes bowel movement and reduces straining during defecation. Third, it reduces local inflammation and congestion in the anal region. By acting on both systemic and local factors, it prevents recurrence and supports long-term management of *Arsha*.

Pharmacological Activity

Marichadi Modaka is a polyherbal formulation primarily indicated in *Arsha*. From a pharmacological point of view, the formulation shows digestive stimulant, anti-inflammatory, antioxidant, carminative, mild laxative, and circulatory-enhancing activities. Since *Arsha* involves anorectal inflammation, venous congestion, constipation, and impaired digestion, the ingredients of this formulation directly target these mechanisms.

Digestive Stimulant³⁰ and Carminative Action³¹

The main ingredients such as *Marich*, *Sontha*, and *Chitrak* are well known for stimulating gastric secretions and enhancing digestive enzyme activity. Piperine from *Marich* increases bioavailability of other drugs and improves gastrointestinal absorption. Gingerols from *Sontha* promote gastric motility and reduce flatulence. Plumbagin from *Chitrak* enhances digestive function and supports metabolic activity. This combined action helps in correcting chronic indigestion and constipation, which are major contributing factors in hemorrhoids.

Anti-inflammatory Activity³²

Inflammation is a key component in hemorrhoidal swelling and pain. Studies show that Piperine, Gingerols, and Plumbagin possess significant anti-inflammatory properties by inhibiting inflammatory mediators like prostaglandins and cytokines. *Suranakanda* also

demonstrates anti-inflammatory action and helps reduce tissue edema. These actions collectively contribute to reduction of swelling, burning sensation, and pain in anorectal tissues.

Antioxidant Properties³³

Oxidative stress plays a role in chronic inflammatory conditions. The ingredients of *Marichadi Modaka* contain phenolic compounds and flavonoids that exhibit antioxidant activity. Ginger and black pepper particularly show free radical scavenging effects. This antioxidant action supports tissue repair and prevents progression of inflammatory damage in the anal mucosa.

Laxative and Bowel Regulating Effect³⁴

Chronic constipation increases straining and worsens hemorrhoids. *Suranakanda* contains dietary fiber that improves stool bulk and softness. Jaggery has mild laxative properties and supports smooth bowel evacuation. By regulating bowel movements and reducing straining, the formulation directly reduces pressure on hemorrhoidal veins.

Bioavailability Enhancement³⁵

Piperine present in *Marich* is a well-established bioenhancer. It increases absorption of various phytochemicals by inhibiting certain metabolic enzymes. This enhances the overall therapeutic effect of the formulation and ensures better systemic response.

Vascular and Circulatory Support³⁶

Hemorrhoids are associated with venous congestion. The warming and circulatory-enhancing nature of pungent herbs improves local blood circulation and reduces venous stasis. Improved circulation helps decrease congestion and promotes healing of anorectal tissues.

Synergistic Pharmacological Action³⁷

The combination of pungent digestive herbs with nourishing jaggery balances potency with safety. While strong *Deepana-Pachana* herbs correct metabolism and reduce inflammation, jaggery prevents excessive irritation and dryness. This synergy makes *Marichadi Modaka* suitable for long-term conservative management of hemorrhoids without causing excessive depletion.

RESULTS AND FINDINGS

- The formulation of *Marichadi Modaka* shows predominance of *Katu Rasa* and *Ushna Veerya*, indicating strong *Deepana-Pachana* potential.
- Majority of ingredients exhibit *Vata-Kaphahara* action, which is beneficial in correcting constipation and anorectal congestion seen in *Arsha*.
- Pharmacological review reveals significant anti-inflammatory activity due to presence of piperine, gingerols, and plumbagin.
- The ingredients demonstrate carminative and digestive stimulant properties, improving gastric motility and reducing *Agnimandya*.
- Mild laxative and stool-softening effect is observed due to *Suranakanda* and jaggery, reducing straining during defecation.
- Antioxidant properties of black pepper and ginger support tissue healing and reduce oxidative stress in chronic inflammation.
- Piperine acts as a bioavailability enhancer, improving absorption and therapeutic efficacy of the formulation.
- The combined action of ingredients addresses both systemic factors (impaired digestion, *Dosha* imbalance) and local pathology (swelling, bleeding, pain).
- Literary review confirms strong classical indication of *Marichadi Modaka* in *Arsha* and related anorectal disorders.
- Overall findings suggest that *Marichadi Modaka* offers a rational and multi-targeted approach for conservative management of *Arsha*.

DISCUSSION

Arsha is primarily a disorder rooted in *Agnimandya* and vitiation of *Apana Vayu*, leading to constipation, straining, and vascular congestion in the *Guda Pradesh*. The conceptual understanding clearly indicates that unless digestive fire is corrected, symptomatic relief alone will not provide long-term benefit. *Marichadi Modaka*, being rich in *Katu Rasa* and *Ushna Veerya*, directly stimulates *Agni* and helps in the digestion of *Ama*. By restoring normal

metabolic function, it prevents further aggravation of *Dosha* and breaks the cycle responsible for disease progression.³⁸

The formulation also addresses the local pathology of hemorrhoids. Ingredients like *Marich*, *Sontha*, and *Chitrak* possess strong *Deepana-Pachana* and anti-inflammatory actions, which reduce swelling and burning sensation. *Suranakanda* contributes to smooth bowel evacuation, thereby decreasing strain on hemorrhoidal veins. Jaggery balances the sharpness of pungent herbs and prevents excessive dryness, ensuring safety in prolonged use. Thus, the formulation acts both at systemic and local levels, which is essential in chronic anorectal conditions.³⁹

From a pharmacological perspective, the presence of piperine, gingerols, and plumbagin supports anti-inflammatory, antioxidant, and digestive stimulant activities. These findings validate the classical indication of *Marichadi Modaka* in *Arsha*. The bioenhancing property of piperine further increases the overall effectiveness of the formulation. Therefore, the combined literary and pharmacological analysis suggests that *Marichadi Modaka* is a logically designed formulation that targets the root cause as well as symptomatic manifestations of *Arsha*, making it suitable for conservative management.⁴⁰

CONCLUSION

On the basis of literary and pharmacological review, *Marichadi Modaka* emerges as a rational and classical formulation for the management of *Arsha*. The predominance of *Katu Rasa*, *Ushna Veerya*, and strong *Deepana-Pachana* action helps in correcting *Agnimandya*, regulating *Apana Vayu*, and preventing constipation, which are the root factors in the development of the disease. Its anti-inflammatory, antioxidant, mild laxative, and bioavailability-enhancing properties further support reduction of swelling, pain, bleeding, and recurrence. Therefore, *Marichadi Modaka* addresses both systemic pathology and local anorectal manifestations, making it a comprehensive and logically justified option in the conservative management of *Arsha*.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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