Nagaradi Modaka in the management of hemorrhoids: rationality from Ayurvedic perspective

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Abstract

Hemorrhoid is a disease, which torments people both physically and mentally, even disturbing their day-to-day activities. According to the WHO, 60 – 65% of the world population suffers from hemorrhoids, regardless of age and sex. Nagaradi Modaka is an oral medicine that can be used in hemorrhoid which has been mentioned in Chakradatta. It is an herbal preparation which contains Shunti (Zingiber officinale), purified Ballathaka (Semecarpus anacardium), Vrudhadaru (Argyreia speciosa) and jaggery (Saccharum officinale). The present study aimed at finding out the rationality of this drug in the management of hemorrhoid by analyzing its properties from Ayurveda perspective. In-depth literature study was carried out in respect of its ingredients and analyzed its relevance in the management of hemorrhoid. Shunti has Katu Rasa, Madura Vipaka, Ushna Veerya and Agni Deepana properties. Purified Bhallataka contains Katu, Thikta, Kasaya and Madura Rasa, Madura Vipaka, Ushna Veerya and Deepana-Pachana properties. Purified Bhallataka and Shunti has also been mentioned as Arshoghna Dravyas in Ayurveda texts. Vruddhadaru has Katu, Tikta and Kasaya Rasa, Sheta Veerya and Vata, Pitta Shamaka properties and jaggery has Madura Rasa, Madura Vipaka and Vata Kapha Nashaka properties. Shunti produces carminative, anti-oxidant and anti-inflammatory actions while anti-oxidant, anti-inflammatory, aphrodisiac, anabolic action of purified Ballathaka can be found. Analgesic and anti-inflammatory actions of Vruddhadaru have also been scientifically proven. Therefore, it can be concluded that the Nagaradi Modaka is effective according to Ayurveda.

Keywords: Hemorrhoid, Nagaradi Modaka, Chakradatta
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