

***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*), *Vrudhdharu* (*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. *Vrudhdharu* 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 *Vrudhdharu* 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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