



ROLE OF GUGGULU-APAMARGA KSHARASUTRA IN THE MANAGEMENT OF BHAGANDARA (FISTULA IN ANO) – A CASE REPORT

Sreelakshmi S

S MS (Ay), Physician, Vaidyaratnam ayurveda foundation, Thaikkattussery, Thrissur,

Corresponding Author: sreelakshmisnair9645@gmail.com

<https://doi.org/10.46607/iamj4011022023>

(Published Online: February 2023)

Open Access

© International Ayurvedic Medical Journal, India 2023

Article Received: 14/01/2023 - Peer Reviewed: 24/01/2023 - Accepted for Publication: 29/01/2023.



ABSTRACT

Bhagandara (Fistula-in-ano) is explained as one among Ashta Mahagada (eight major diseases) in Sushruta Samhita¹. This disease is recurrent in nature which makes it more difficult to treatment. So, it produces inconvenience in routine life. The concept of *Kshara sutra* has been explained in the context of *Nadivrana* (sinus) by Acharya Sushruta². *Ksharasutra* being a medicated thread prepared as per the standard protocol has been proved as a big revolution in the treatment of fistula-in-ano. *Ksharasutra* plays an important role, and the efficacy has been explained in various studies. Treatment of fistula-in-ano with *Ksharasutra* is a simple parasurgical procedure with low complications and minimal cost. Thus, *Ksharasutra* is very effective with a minimum invasive surgical modality for the management of *Bhagandara* (fistula-in-ano). One diagnosed case of *bhagandara* was taken from the OPD of Vaidyaratnam Ayurveda foundation and was applied with *Guggulu-Apamarga Ksharasutra*.

Keywords: *Bhagandara, Ksharasutra, Guggulu- Apamarga Ksharasutra*

INTRODUCTION

In the present era of the 21st century, anorectal diseases like *Arshas* (piles) and *Bhagandara* (fistula in ano) have become the most common and among them, *Bhagandara* is considered under the Ashta Ma-

hagada (Eight major diseases). It is a chronic illness which is though not fatal but quite discomforting and troublesome to the patient. It often puts a deep impact on the quality of life of the patient. The word *Bha-*

gandara is composed of two words: *bhaga* and *darana*. *Bhaga* means a region around the anus which extends between the anus to the genitalia. *Darana* means to tear or destroy. Therefore, the *Pidika* (abscess) which develops in this region and leads to the *Bhagandara* (fistula), is known as “*Bhagandara Pidika*”³. A disease/sinus that tears or damage the area around the genitalia, urinary bladder, and anus is known as *Bhagandara*. Often, it results after the bursting of *Bhagandara Pidika* or an abscess in this region. The sinus may discharge flatus, faeces, urine, seminal fluid, menstrual fluid, or even worms sometimes. The disease is named *Bhagandara* since it occurs in the rectum, perineum, bladder, and adjoining space (the entire area is called *Bhaga*). The pustules which appear in this region are called *Pidika* in their non suppurative stage while they are called *bhagandara* in their suppurative stage⁴. *Acharya Sushruta* described *Bhesaja Chikitsa*, *Kshara Karma*, *Agni Karma*, and *Shastra Karma Chikitsa* for ano-rectal diseases⁴. *Bhagandara* is a *Chedy*(excision) *vyadhi*. *Kshara karma* has become a very useful and recently modified method of treatment for selected anorectal diseases mainly in *Bhagandara*. The *Ksharasutra* is a para-surgical measure capable to perform excision slowly by virtue of its mechanical pressure and chemical action in *bhagandara*. Complete and detail descriptions about *kshara sutra* preparation are not available in *Sushruta samhita*. The present form of *kshara sutra* therapy was initiated department of Shalya Tantra at Banaras Hindu University. It consists of 11 coatings of *Snuhi Ksheera*, 7 coatings of *Apamarga Kshara*, and the last 3 coatings of *Haridra Churna*.

CASE REPORT

In the present case study, a 48-year-old male patient came to our OPD of Shalya Tantra, Vaidyaratnam ayurveda foundation hospital, Thaikkattusery with the chief complaints of pain and pus discharge from the perianal region since last 1 month. The patient had a history of constipation for the past 1 month. He was an auto driver by occupation, who use to have

prolonged sitting for nearly 6 hrs, a daily intake of spicy food, especially a non-vegetarian diet. He also had the habit of smoking and intake of alcohol for 10 yrs. No history of any major illness was found. On examination external opening was present at 12 o'clock at the perianal region approximately 4 cm away from the anal verge. The internal opening was also at 12 o'clock position into the anal canal at the dentate line on digital per rectal examination. Probing also was done to confirm the site of the internal opening of *Bhagandara*. The patient was diagnosed with a case of *Bhagandara* (fistula-in-ano) on the basis of clinical presentation.

Laboratory investigations – HIV, HCV, VDRL- non-reactive RBS, LFT, RFT, CT, BT -normal.

Treatment is given - After the due consent of the patient, he was planned for *Apamarga Ksharasutra* management. After the application of xylocaine jelly 2% probing was done and then *Apamarga Ksharasutra* was ligated into the fistulous track. The patient was advised to maintain local hygiene by sitz bath in lukewarm *Triphala Kashaya* and also take care of proper bowel habits. Following internal medicines were given.

Guggulutiktakam kashayam twice daily before food
Guggulupancapala choornam 1 tsp with honey twice daily after food

Kaishora guggulu gulika 1 -0-1 with *Kashaya*
Bruhath triphala choornam 1 tsp with hot waterbed time.

Daily cleaning and dressing with *Jathyadi varti* were done. *Ksharasutra* was changed weekly by the Railroad technique till the complete cutting of the fistulous track.

The initial length of the track was 8cm which got cut through in 28 days. *Kshara sutra* was changed weekly once and at that time it causes burning pain in ano only for one day and got subsided after taking a sitz bath. The unit cutting length of the track was 2 cm per week. No signs and symptoms of recurrence were observed.



Before treatment



Ksharasutra application



After treatment

DISCUSSION

Ksharasutra in ano-rectal disorders has shown miraculous results. The ingredients of the *Guggulu-Apamarga kshara sutra* are *Snuhi ksheera*, *Apamarga Kshara*, and *Haridra Powder* and *Guggulu*. *Snuhi ksheera* and *Guggulu* have *shodhana* as well as *ropana* properties along with *katu, tikta rasa & ushnaviryra* thus improving the process of healing. Its cures infection and inflammation. *Guggulu* also acts as a binding agent and analgesic. *Apamarga kshara* has properties of *kshara* i.e., *Chedana* (excision), *Bhedana* (incision), *Lekhana* (scrapping), and *Tridoshaghna* (alleviating all *dosha*). *Apamarga kshara* on *Ksharasutra* cauterizes the tissue of mass indirectly by its *Ksharana* guna (corrosive properties). *Haridra* powder has the properties like *Rakta Shodhana* (blood purifying), *Twak Doshahara*, *Sothahara* (anti-inflammatory), *Vatahara* (alleviate vata), *Vishaghna* (antimicrobial) and it is useful in *Vrana Ropana* (wound healing)⁵. It provides a bactericidal effect along with healing properties. *Guggulu-Apamarga Kshara Sutra* is having the ability to per-

form chemical and mechanical cutting action with simultaneous healing effects on a fistulous track.

CONCLUSION

- Fistula in ano is a very common clinical condition which requires proper diagnosis and treatment.
- The healing of *Bhagandara* still remains a major problem for the surgeon as well as the patient.
- Both sexes are affected by this disease, but the prevalence is more in males.
- Persons on irregular diets and non-vegetarian food are more prone to this disease.
- The present case study proved *Guggulu-Apamarga Kshara Sutra* application is very effective and easy than surgical procedures.
- *Kshara Sutra* therapy is a very cost-effective treatment with no complications if performed by a skilled surgeon.
- This is a sphincter-saving procedure as well as easy to perform.

REFERENCES

1. Shastri Kaviraj Ambikadatta, Sushruta Samhita, Ayurveda Tatva Sandeepika, Varanasi, Chaukhambha Sanskrit Samsthana, Reprint edition 2010, 163
2. Acharya Sushruta, Susruta Samhita with English translation of text and Dalhana's commentary, Edited by Prof.K.R.Srikantha Murthy, Chowkhambha Orientalia Varanasi, Reprint edition 2012, Volume 2, Published by Krishnadas Academy, Su Ci. 17/29 P168.
3. Acharya Sushruta, Susruta Samhita with English translation of text and Dalhana's commentary, Edited by Prof.K.R.Srikantha Murthy, Chowkhambha Orientalia Varanasi, Reprint edition 2012, Volume 1, Published by Krishnadas Academy, Su Ni. 4/5 P 56.
4. Acharya Sushruta, Susruta Samhita with English translation of text and Dalhana's commentary, Arsho Chikitsa sloka no 3 Edited by Prof.K.R.Srikantha Murthy, Chowkhambha Orientalia Varanasi, Reprint edition 2016, Volume 2, Published by Krishnadas Academy, Su Ci. 6/3 P77.
5. Bhavaprakasha Nighantu of Shri Bhava Mishra commentary by K.C. Chuneekar chaukhambha bharti academy Varanasi edition Arkadi varga, 2015; 501. 4. Indian journal of natural products and recourses Invitro evaluation of the antibacterial activity of crude extracts of *Achyranthes aspera*, 2012; 3(32): 281-284.

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Sreelakshmi. S: Role of Guggulu-Apamarga Ksharasutra in the Management of Bhagandara (Fistula in Ano) – A Case Report. International Ayurvedic Medical Journal {online} 2023 {cited February 2023} Available from: http://www.iamj.in/posts/images/upload/451_454.pdf