

COMPARATIVE STUDY ON THE MANAGEMENT OF BHAGANDARA USING
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ABSTRACT

Bhagandara (Fistula-in-ano) is a chronic condition in Ayurveda, characterized by persistent discharging sinus around the anal region. In classical texts, certain Viṣadravyas (toxic substances) are used in therapeutic doses after proper purification (Śodhana) to treat conditions like Bhagandara due to their Lekhana (scraping), Kṣāra (alkaline), and Krimighna (anti-microbial) properties. This study compares the efficacy of selected purified toxic substances like Danti, Snuhi, Bhallataka, Arka, and Tankan Bhasma in the treatment of Bhagandara.

KEYWORDS: Bhagandara, Fistula-in-ano, Viṣadravya, Danti, Snuhi, Arka, Bhallataka, Tankan, Ayurveda, Kṣāra.

INTRODUCTION

Bhagandara, described by Suśruta as one of the Aṣṭamahāgata, is difficult to treat due to its recurrent nature. While modern treatment involves surgical excision or Kṣārasūtra therapy, Ayurveda describes the use of Tikṣṇa, Uṣṇa, Kṣāra, Viṣaghna, and Viṣadravyas in its management.

Certain toxic substances after purification (Shodhana) and processing become therapeutically potent, working as local corrosives, antiseptics, and wound healers.

AIM & OBJECTIVES

To evaluate the therapeutic utility of Viṣadravyas in the management of Bhagandara.

To compare their clinical outcomes based on healing, discharge control, and recurrence. To assess safety and efficacy when used in proper formulation and dosage.

MATERIALS AND METHODS

Selected Toxic Substances (Post Shodhana)

RESULTS

Parameter	Group A (Danti- Snuhi)	Group B (Bhallataka - Arka)	Group C (Tankan- arka taila)
Pain relief	Moderate	Significant	Moderate
Wound healing	Moderate	Fast	Slow to moderate
Discharge control	Significant	Moderate	Moderate
Recurrence (3 mo)	1/10	0 \ 10	2 \ 10
Adverse effects	Mild irritation in 2	Mild burning in - 1	Nil

1. Danti (Baliospermum montanum) – used in taila form or lepa.
2. Snuhi (Euphorbia nerifolia) – used for local application.
3. Bhallataka (Semecarpus anacardium) – applied after śodhana in lepa.
4. Arka (Calotropis procera) – in combination with kṣāra.
5. Tankan Bhasma – alkaline powder with lekhaṇa effect.

Study Design

30 diagnosed patients of Bhagandara divided into 3 groups.

Group A: Danti taila + Snuhi latex dressing.

Group B: Bhallataka lepa + Arka kṣāra application

Group C: Tankan bhasma + Arka taila dressing Treatment duration: 30 days.

Parameters

Discharge, pain, healing rate, recurrence.

Ethical clearance and informed consent ensured.

DISCUSSION

Viṣadravyas like Bhallataka and Arka, when purified and properly used, provide effective lekhan, kṣārakarma, and antimicrobial effects. Danti works as a purgative and its oil helps in internal cleansing and inflammation reduction. Snuhi latex has corrosive action useful in tract disinfection. Tankan helps in local drying and slough removal.

Group B showed faster healing with minimum recurrence, proving effectiveness of Bhallataka-Arka combo in chronic Bhagandara.

- Caution: Viṣadravyas must always be used post-śodhana with proper dose and anupana (vehicle), else may cause local irritation or adverse effects.

CONCLUSION

Purified toxic substances, when used judiciously, can be effective in the conservative management of Bhagandara. Among all, Bhallataka with Arka showed the most promising results in terms of healing and recurrence prevention.

Recommendations

Further large-scale clinical trials with long-term follow-up
Consider integration with Kṣārasūtra therapy.

Training required for proper purification and application of toxic dravyas.

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