

A REVIEW ON CAUSES, SYMPTOMS AND MANAGEMENT OF BHAGANDARA
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ABSTRACT

Bhagandara (Fistula-in-ano) is a track that opens deeply in the anal canal or rectum as well as superficially on the skin around the anus. This track usually develops from a Bhagandara Pidika that bursts spontaneously or due to inadequate incision. Anal fistulas can develop with or without symptoms. In the perineal region, there may be pain, discomfort, pus discharge and intermittent swelling. This track typically does not heal due to the presence of unhealthy granulation and faecal contamination, etc. This is a surgical condition and Ayurveda suggested many surgical interventions for curing this pathological conditions. Fistula in ano is a chronic inflammatory response caused by an abnormal communication between the anal canal or rectum and the perianal skin. The most common cause is almost always an anorectal abscess and infection of the anal gland. Interception of fistulous track and application of Ksharsutra, ligation of intersphincteric fistula tract and laser treatment, etc. are some treatments which suggested along with medications and dietary modification.

KEYWORDS: Ayurveda, Bhagandara, Fistula-in-ano, Ashtamaharoga.

INTRODUCTION

Bhagandara is one of the eight difficult to treat *Ashtamaharoga*; this disease is described in detail in Ayurvedic texts along with its causes, types, symptoms, treatments and management. *Bhag* and *Darana* are the two words that make up the word *Bhagandara*; it frequently affects the ano-rectal region, which includes the genitalia. The formation of a *Pidika* acts as a catalyst for the development of *Bhagandara*, which is distinguished by an opening around *Guda Pradesha* along with painful discharge. Ayurveda described several therapeutic options for treating *Bhagandara*, including *Ksharsutra*, *Pathya Ahara-Vihara* and herbal medicines, etc.^[1-4]

According to *Aachaarya Sushruta*, all types of *Bhagandara* are difficult to treat, it also known in modern surgery for its callus nature to cure and its high recurrence rate. In many cases, recurrence occurs after treatment with modern surgical methods such as fistulectomy or fistulotomy. Anatomically an anal fistula is a chronic abnormal communication between the anal canal's epithelialized surface and the perianal skin. An anal fistula is a narrow tunnel with an internal opening in the anal canal and an external opening near the anus in the skin.^[3-6]

A recurrent abscess that ruptured spontaneously or was surgically drained is usually present. Such abscesses are usually caused by an infection of the anal gland. Tuberculosis, lymphogranuloma inguinale and inflammatory bowel disease such as Crohn's or ulcerative colitis can all cause anal fistulas. *Kshara Sootra* is one of the methods of *Kshara karma* and one of the main modalities described in Ayurvedic texts for the treatment of *Bhagandara*.

Bhagandara is the illness that causes *Guda, Bhaga* and *Basti Pradesha* to turn into *Vidaarita*. *Bhagandara* is also known as *Fistula-in-Ano*, which is an inflammatory track formed by an internal opening in the anal canal or rectum and an exterior opening in the peri-anal skin.^[4-6]

Etiology

Etiology can be divided into two categories: *Aharaja* and *Viharaja* factors. *Kashaya-Rasa Sevana, Asthi Yukta Ahara Sevana, Mithyaahara* and *Ruksha Sevana*, etc. are *Aharaja* factors. Excessive sexual activity, forcing to urinate, horseback riding and sitting awkwardly, etc. are comes under the heading of *Viharaja* factors. Other illnesses, such as tuberculosis, actinomycosis, cancer and ulcerative colitis, etc. can also cause fistula pathogenesis.^[6-8]

Types

Fistula can be classified into various categories some of them depicted in **Figure 1**. According to the *Sharangadhara Samhita*, *Sarangdhara* named eight varieties of *Bhagandara* that are similar to *Vagbhata*. *Bhava Mishra* identified five types of *Bhagandara*; these various types of fistula possess different symptoms as mentioned below:

- *Shatponaka Fistula* involve vitiation of *Vata Dosha*, continuous discharge, it has the appearance of a sieve with numerous fistulas.
- *Ustragreva Fistula* possesses *Ushna* and *Durgandhita* smelled, it appeared to be a camel's neck.
- *Parisravi Fistula* is less painful with *Kapha* predominance, continuous and viscous discharge, along with whitish appearance.
- *Shambukavarta Fistula* originated from all three *Doshas* and possesses symptoms of vitiation of all *Doshas*.
- *Unmargi/Agantuj Fistula* involves *Kotha* of *Mamsa* and *Rakta Krimi* infestation, trauma to rectum or pus in anal canal.

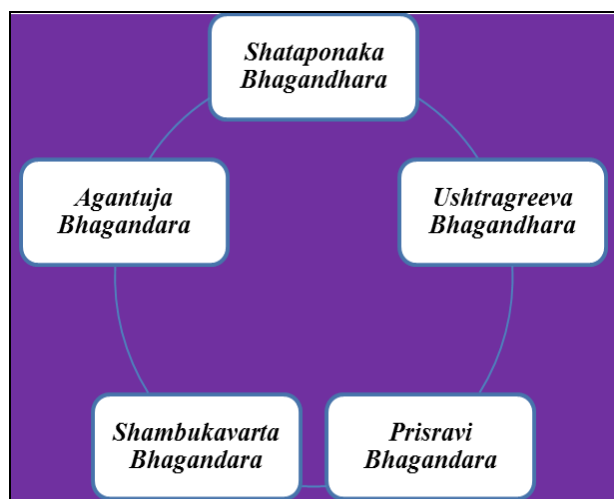


Figure 1: Various types of Bhagandara.

General Symptoms

The most characteristic signs and symptoms of *Bhagandara* are discharging *Vrana* within the two-finger peripheral of the peri-anal region with a history of *Bhagandara Pidika*, which bursts several times and recurs again with pain in anal region.

Samprapti

When an individual uses the specific etiological variables repeatedly, their *Dosha* and *Dushya* become vitiated and worsened at their typical locations as a typical physiological reaction to numerous endogenic and exogenic stimuli. It is known as *Prakopawastha*, after tainting the *Rakta* and *Mamsa* the vitiated toxins lodges in the *Guda* region, the *Dosha* migrates through the body. During the *Vyakta* stage, *Pidika* suppurates and continuously excretes various types of discharge, which is accompanied by pain. The prolong pathology causes

discharge and produces *Darana* of *Vasti* and *Guda*. *Vata* is the dominant *Dosha* in this case, and it is joined by *Pitta* and *Kapha*.^[9-11]

Management of Fistula by Ayurveda Drugs

- ❖ *Narayan rasa*, *Saptanga guggulu*, *Saptavinshako guggulu* and *Navakarshika guggulu*, etc. are medicines which offer systemic and local effects.
- ❖ *Kshara Dravya*-based *Vartee* is used, because of the liquefying feature of *Kshara* the drainage is made easier by the removal of slough.
- ❖ *Haritaki*, *Tila*, *Haridra* and *Triphala Kashaya* is used to relieve pain and inflammation.

Surgical and Parasurgical management

- *Chedana*, *Patana* and *Vranachikitsa*, etc.
- *Jaloukavachrana* is a popular *Raktamokshana* method that can help to alleviates effects of *Rakta* vitiation
- *Agnikarma* acts as a hemostatic measure to prevent recurrence
- *Ksharakarma* is performed locally by applying paste made from *Sutra*; it helps in wound healing by removing waste and debris. *Kshara* has always been used as an adjunct to surgical treatment in *Bhagandara*

Supportive measures

- Avoidance of *Guru*, *Asatmya* and *Virudha Ahara*, etc.
- Avoidance of continuous riding
- Avoidance of suppression of natural urges
- Adjuvant measures include *Avgahan*, *Swedan*, *Parishek*, *Vranashodhan* and *Vranaropan*, etc.
- *Dipana*, *Pachana* and *Shothahara* medicines can be used as an adjuvant for *Bhagandara*
- Fistulotomy can be performed in a very low anal fistula

CONCLUSION

Bhagandara is a *Guda-pradesha* condition that is difficult to treat, all forms of *Bhagandara*, with the exception of *Shambukavarta* and *Unmargi*, are *Krichchhsadhya*. *Aharaja* and *Viharaja* factors mainly involves in disease pathogenesis. *Asthi Yukta Ahara Sevana*, *Mithyaahara*, *Ruksha Sevana* and *Kashaya-Rasa Sevana*, etc. are *Aharaja* factors. Excessive sexual activity, horseback riding, sitting awkwardly, forcing to urinate and avoidance of natural urges, etc. are *Viharaja* factors responsible for *Bhagandara*. Other illnesses, such as tuberculosis, cancer and ulcerative colitis, etc. can also cause fistula. The most characteristic signs and symptoms of *Bhagandara* are continuous and viscous discharge from anal region, pain and difficulty in defecation, etc. Ayurveda offers a variety of therapeutic options for *Bhagandara*, including preventive and therapeutic measures, surgical and parasurgical techniques, etc.

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