

**MANAGEMENT OF ANORECTAL DISEASES W.S.R. FISTULA-IN-ANO
(BHAGANDARA): A REVIEW BASED ON AYURVEDA****Dr. Deepanshu Kumar Mishra*¹, Dr. Aakriti Sharma², Dr. Nagendra Thakre³ and Dr. Ranjit Narang⁴**¹Associate Professor, Department of Shalya Tantra, Mai Bhago Ayurvedic Medical College, Shri Muktsar Sahib, Punjab, India.^{2,3}P.G. Scholar, Department of Kaumarbhritya, Rani Dullaiya Smriti Ayurved P.G. College and Hospital, Bhopal, India.⁴Assistant Professor, Department of Kaumarbhritya, Rani Dullaiya Smriti Ayurved P.G. College and Hospital, Bhopal, India.***Corresponding Author: Dr. Deepanshu Kumar Mishra**

Associate Professor, Department of Shalya Tantra, Mai Bhago Ayurvedic Medical College, Shri Muktsar Sahib, Punjab, India.

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ABSTRACT

The anorectal disorders are one of the most painful & pathologically invasive disorders. The prevalence anorectal disorders increases day by day due to the disturbed life style pattern. Fistula-in-ano (*Bhagandara*) is one of the most common ano rectal diseases which dealt with surgical approach. Ayurveda described *Bhagandara* under the *Ashta Mahagada* considering its consequences. The prevalence of Fistula-in-ano in developing countries is more. The formation of a *pidika* leads development of *Bhagandar* characterized by opening around *gud pradesh* along with painful discharge. Ayurveda described various treatment modalities for the management of *Bhagandar* which offers *Vata-pitta shaman*, *jantughna* & *shotha-nashaka* properties. This article described different treatment modalities of *Shalya Tantra* for the management of anorectal disorders W.S.R. to Fistula-in-ano (*Bhagandara*).

KEYWORDS: *Ayurveda, Anorectal Disorders, Shalya Tantra, Fistula-In-Ano, Bhagandara.***INTRODUCTION**

Shalya Tantra is one of the prime branches of ayurveda especially explored by *Sushruta*. *Shalya Tantra* provides various principles and treatment approaches for the management of different diseases which require surgical or parasurgical attention. Anorectal disorders are also well managed by surgical procedure, *Bhagandara* (Fistula in ano) is one of the common Anorectal disorder considered under the *Ashta Mahagadas*.^[1-5] *Shalya Tantra* offers different therapeutic measures for the management of Anorectal disorder; *Bhagandara* (Fistula in ano) such as; *Ghruta*, *Pichu*, *Pratisaraniya Kshara*, *Tail Daha*, *Vedana-Sthapana Mahakashaya Ghanavati*, *Ksheera Sutra* and *Tankan Kshar Sutra*. These therapies offer *Vata-pitta shaman*, *jantughna* & *shotha-nashaka* properties thus helps in the management of Anorectal disorder.^[2-6]

Helps in cutting & curetting of the fistulous track**Removes unhealthy tissue****Promote healing****Relive pain & burning sensation****Removes debris and cleaning the wound****Controls infection (anti-microbicidal action)****Facilitate drainage of pus****Figure 1: Benefits of ayurveda therapies in Anorectal disorder *Bhagandara* (Fistula in ano).*****Jatyadi Ghruta* & *Yasthimadhu Ghruta Pichu* in Fissure-In-Ano**

Ghruta preparations offer significant relief in fissure-in-ano & *Pichu* a unique system of drug delivery having various therapeutic applications in the management of conditions such as; *Siro rogas*, *Karna roga*, *Yoni vyapat*, *Nasa roga* and *Guda rogas*. *Pichu* enhance bio-availability of medicine through the process of cellular

absorption. It also offers *Snehana*, *Lekahana* & *Vrana ropana*. The *Parikartika* is diseased condition arises due to the excessive use of purgatives. The disease characterized by pain, rectum bleeding and burning sensation. Use of local anesthetics, anal dilatation, sphincterotomy and fissurectomy are common practice used for the management of disease. The literature prove efficacy of *Jatyadi Ghrita* and *Yasthimadhu Ghrita* in *Parikartika*. The *Pichu* (gauze soaked in the *Jatyadi ghrita/Yashstimadhu ghrita*) applied at anal canal in lithotomy position of patient. The literature study reveals that warm water sitz bath along with therapy offer better relief. Bandage may also be applied to maintain position of the *Pichu* to acquire desired duration of action.^[7]

Pratisaraniya Kshara after Fistulotomy in Low Anal Fistula

The literature study reveals that fistulotomy along with *Pratisaraniya Kshara* offer beneficial effects in anal fistula since therapy offer; *chedana*, *bhedana*, *lekshana*, *sodhana* and *ropana* properties.^[8] The therapy relief infection through chemical debridement of fistulous tract and also enhances the process of wound healing. *The Ksharasutra therapy possesses following benefits in low anal fistula:*

- Low treatment cost
- Minimal recurrence rate
- Decrease the duration of treatment
- Minimal complication regarding procedurals protocol

Tail Daha in Bhagandar

Taildaha is effective treatment modality for the management of *Bhagandara*. The *Tail Daha* offer *Ushna*, *Tikshna*, *Vyavayi*, *Vataghna*, *Sarann*, *Vikasi* and *Sukshma gunas* which increases access towards the *shrotas* and thus offer effect in each & every affected parts even minute channels. *Sukshma*, *Vyavayi* and *Vikasi gunas* promotes healing. *Ushna*, *Tikshna*, *Vranshodhan* and *Krimighna gunas* help to reduces discharge. *Tail daha* offers its therapeutic effect throughout nerves and blood vessels of affected part in *Bhagandara*. It significantly reduces pain. The harmful fistulous tract is burnt and healing process increases.^[9]

Vedana-Sthapana Mahakashaya Ghanavati for Pain Associated With Anal Canal Surgery

Vedana-Sthapana Mahakashaya is one of the *Mahakashaya* relief pain associated with anal canal surgery. *Vedana-Sthapana Mahakashaya* possesses analgesic properties (*Kadamba* and *Shireesha*) thus reduces pain & also decreases stimulation of *Sanjnavaha nadi* which is responsible for *Vedana*. It relaxes muscle of anal sphincter & pacify *Vatadosha* thus relief *Vedana*.

Vedanasthapana MahaKashaya Ghana Vati consisted of *Dravyas* prepared into *kashaya* and *ghanavati* prepared using drugs such as; *Shala*, *Kadamba*, *Katphala*, *Padmaka*, *Shireesha*, *Ashoka*, *Mocharasa*, *Elavaluka*, *Tumba* and *Vetasa*. *Shaal* pacifies *pitta* which may

vitiating due to *Shalya karma*. *Shaal* also possess properties such as; *shothanashaka*, *jantughna*, *vedana-shamaka* and wound healing effect. *Katphala* pacify vitiating *kapha* due to its *teekshna*, *laghu guna* and *ushna veerya*. It reduces the *vedana* by pacifying *vata* which may obstruct due to *kapha*. *Kadamba* pacifies *pitta* & relieves pain due to its *tikta*, *kashaya rasa*, *sheetaveerya* and *shothanashaka* property. It also offers anti-inflammatory and analgesic properties. *Padmaka* possess *kashaya*, *tikta rasa*, *sheetavirya* and *laghuguna* & thus act as; *vatahara*, *kaphashamaka* and *raktadoshashamaka* therefore reduce pain. *Tumb* reduces pain by inhibiting obstruction of *Vata* while its *katu*, *teekshna* and *ushna* properties offer natural healing effect.^[10]

Snuhi Ksheera Sutra in Bhagandara

Kshara Sutra is one of the important modality of *shalya tantra* offer various therapeutic benefits in *Bhagandara*. The literature study confirms its potency in fibrosed and recurrent cases of fistula. *Snuhi Ksheera* reduce the labor and time consumption, it offer *Shodhana* as well as *Ropana* properties along with *Katu*, *Tikta Rasa* & *Ushna Virya* thus improve process of healing. *Snuhi Ksheera Sutra* cures infection and inflammation. It significantly relief burning sensation as compared to other approaches.^[11]

Papaya-Tankan Kshar Sutra in Bhagandara

The different investigational study also proved efficacy of parasurgical procedure *Kshar Sutra* i.e; *Papaya-Tankan Kshar Sutra* in *Bhagandara*. The therapy significantly relieves pain, burning sensation, itching, discharge and inflammation. The *Papaya-Tankan Kshar Sutra* application in *Bhagandara* may be used effectively with minimal complications. The *Papaya-Tankan Kshar Sutra* therapy possesses properties of *Vrana-Shodhan*, *Vrana-Ropan* and *Vednasthapana* etc., thus helps in healing & relief pain. It does not exert adverse effects such as; pain, irritation and burning sensation.^[12]

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