A CASE STUDY: EFFECT OF GUGGULU-APAMARGA KSHAR SUTRA IN THE MANAGEMENT OF VULVO-ANAL FISTULA

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ABSTRACT

In the present era ano-rectal disorders are increasing in number due to adaptation of sedentary lifestyle and other factors. Among these Bhagandara (Fistula-in-ano) is the second1 most common disorder after piles. Bhagandara (Fistula-in-ano) is treated by different modalities in modern science, but till today no single modality has proved to be complete cure for Bhagandara (Fistula-in-ano). Not only complete cure, but serious post-operative complications like recurrent sepsis, feacal incontinence, high recurrence rate are matter of great concern. An appropriate answer for the management is a unique specialized parasurgical procedure viz. Kshar Sutra therapy which is well accepted, WHO approved2 and without any complications. Considering all these factors, the present study was undertaken to assess the role of Guggulu-Apamarga Kshar Sutra in the management of Bhagandara (Fistula-in-ano). One diagnosed case of Bhagandara was taken from the OPD of Rishikul Ayurvedic College & Hospital, Haridwar. Patient agreed to undergo Guggulu-Apamarga Kshar Sutra therapy for management of her Bhagandara (Fistula-in-ano).


INTRODUCTION

Bhagandara can be co-related with Fistula-in-ano according to signs and symptoms, which are described in modern science. Due to sedentary lifestyle of the patient, constipation is very common in such people. So constipation, and other aggravating factors, gradually block the ducts of anal glands, promoting settling of cryptoglandular infection resulting in ano-rectal abscess and ultimately Fistula-in-ano (Bhagandara). Such person passes continuous or on/off pus from peri-anal region or anus.

The aim of this case study was to understand the efficacy of Guggulu-Apamarga Kshar Sutra management in Bhagandara (Fistula-in-ano).

Personal clinical experiences, various research articles and modern texts were studied thoroughly and analyzed for proper understanding of the role of Guggulu-Apamarga Kshar Sutra in the management of Bhagandara. Hence this Kshar Sutra was chosen. Guggulu and Apamarga having property like Vaatakapha shamak, Lekhana, Vrana-ropana, Krimighna, and also anti-inflammatory, antimicrobial, Analgesics, cytotoxic properties.

CASE REPORT

In the present case study, a 45 year aged female patient of Bhagandara (Fistula-in-ano) is came to OPD no.7 of P.G. Department of Shalya Tantra, with Registration no. S-3876/18481 Rishikul Campus, Uttarakhand Ayurved University, Haridwar with chief complaints of continuous pus discharges from anus and vulva with itching around the peri-anal region. Patient had above complaints since last 6 month.

Place of study
P.G.Department of Shalya Tantra, Rishikul campus, Uttarakhand Ayurved University, Haridwar.

History of Past Illness
No previous H/O any other severe illness.

Treatment history
No previous H/O any treatment.

Surgical History
No H/O any surgery.

Family History
All family members are healthy and have no H/O any other severe illness.
Obstetric history
Gynaecological history
History of menstrual cycle: 3-4/28-30
Any surgery: No

General examination
General condition- Average
Bp- 110/70 mmhg
Pulse – 64 / min
Height- 150 cm
Weight- 52 kg
Temp.- 97.4 F
Respiratory rate-14/min
Tongue - Uncoated
Pallor/ Icterus / Clubbing / Edema / Lymphadenopathy – Absent

Asthavidha pariksha
Nadi (Pulse) = 64/Min.
Mala (Stool) = 1-2 times/Day
Mutra (Urine) = 4-6 Times/day
Jhva (Tounge) = Alipta
Shabda (Speech) = Normal.
Sparsha- Anushana Sheet
Druka (Eyes) = Normal.
Akruti = Madhyama.

Diagnosis
On the basis of clinical presentation, patient was diagnosed a case of Bhagandara (Fistula-in-ano). External opening was present at 1 o’ clock near vulva and internal opening also at 1 o’ clock position into the anal canal. Diagnosis was made on the basis of Ayurvedic and modern texts.

Treatment
After due consent of patients, she was planned for Guggulu-Apamarga Kshar Sutra management. Guggulu-Apamarga Kshar Sutra was ligated into the fistulous track under local anaesthesia (only application of xylocaine jelly 2%). Patient was advised to maintain local hygiene by luke warm fomentation and also take care of proper bowel habits and menstrual cycle. Kshar Sutra was changed by Rail-Road technique weekly till complete cutting of the fistulous track. This treatment was single blind and the assessment of the patient was done weekly. The subjective and objective assessments were done on the basis of classical symptoms of the Bhagandara (Fistula-in-ano).

OBSESSION
The initial length of the track was 10 cm. which got cut through in 2 months and 17 days. After cut through of the track patient was followed up for 3 months, weekly. No sign and symptoms of recurrence were observed.

DISCUSSION
Guggulu-Apamarga Kshar Sutra acts by gradual chemical and mechanical cutting action of Kshar Sutra with simultaneous healing effects on fistulous track. Most of the contents of Guggulu-Apamarga Kshar Sutra have Kashaya-Tikta rasa, Katu Vipaka and have Vrana-Shodhana (anti-septic), Vrana-Ropan (wound healing), Krimighna (anti-bacterial) Shothahara (anti-inflammatory) properties.[3,4] The chemical constituents presents in ingredients of Guggulu-Apamarga Kshar Sutra which show highly significant effects in relief of burning Sensation, pain, itching, inflammation and discharge due to following:-

Oleoresin and Flavonoids of Guggulu.

Saponins and Glycosides of Apamarga.

Cureumine, Curumenone, Comphor, Eugeonal, Epprocucumenol of Haridra

CONCLUSION
Kshar Sutra is a globally accepted and WHO,[5] approved therapy, practiced all over India and very cost effective treatment with no complications if performed by a skilled surgeon. Kshar Sutra in ano-rectal disorders has shown miraculous results. Guggulu-Apamarga Kshar Sutra ligation cumulated in complete care of Bhagandara (Fistula-in-ano). During the study period,
no complications were observed. The fistulous track healed completely in 2 months and 17 days.

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