

A CASE STUDY: EFFECT OF *GUGGULU-APAMARGA KSHAR SUTRA* IN THE
MANAGEMENT OF VULVO-ANAL FISTULAMasooruddin*¹, Dr. Ajay Kumar Gupta², Dr. Pankaj Kumar Sharma³¹M.D. Scholar, Rishikul Campus, Uttarakhand Ayurved University, Haridwar.^{2,3}Professor, Rishikul Campus, Uttarakhand Ayurved University, Haridwar.

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ABSTRACT

In the present era ano-rectal disorders are increasing in number due to adaptation of sedentary life style 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, fecal 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).

KEYWORDS: *Bhagandara*, '*Kshar Sutra therapy*', *Guggulu-Apamarga Kshar*.

INTRODUCTION

Bhagandara can be co-related with Fistula-in-ano according to signs and symptoms, which are described in modern science. Due to sedentary life style of the patient, constipation is a 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 *Vaata-kapha shamak*, *Lekhana*, *Vrana-ropana*, *Krimighna*,^[3] and also anti-inflammatory, antimicrobial, Analgesics, cytotoxic⁴ properties.

CASE REPORT

In the present case study, a 45 year aged female of 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

Jihva (Tounge) = Aalipta

Shabda (Speech) = Normal.

Sparsha- Anushana Sheet

Druka (Eyes) = Normal.

Akrti = 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-Apamrga Kshar Sutra* management. *Guggulu-Apamrga 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).

OBSERVATION

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.



Probing



Primary threading



Kshar Sutra in progress



Cut through

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, Epiprocurcumenol 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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