MANAGEMENT OF ANORECTAL DISEASES W.S.R. FISTULA-IN-ANO (BHAGANDARA): A REVIEW BASED ON AYURVEDA

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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 Mahagadada 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 Ashita Mahagadadas.1-5 Shalya Tantra offers different therapeutic measures for the management of Anorectal disorder; Bhagandara (Fistula in ano) such as: Ghrita, 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.6-9

Figure 1: Benefits of ayurveda therapies in Anorectal disorder Bhagandara (Fistula in ano).

Jatyadi Ghrita & Yasthimadhu Ghrita Pichu in Fissure-In-Ano

Ghrita 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, Lekhana & Vrana ropana. The Parikarika is a 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 Jatvadi Ghrita and Yasthimadhu Ghrita in Parikarika. The Pichu (gauze soaked in the Jatyadi ghrita/Yasthimadhu 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.[1]

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, lekhana, sodhana and ropana properties. 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 procedures

Tail Daha in Bhagandara
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, Vrashodhan 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 PainAssociated 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 Shireesa) 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.

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 fibroed and recurrent cases of fistula. Snuhi Ksheera reduce the labor and time consumption, it offer Shodhana as well as Ropana properties along with Kata, 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.[10]

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 Vednasthapan etc., thus helps in healing & relief pain. It does not exert adverse effects such as; pain, irritation and burning sensation.[12]

REFERENCES