

SCOPE OF AYURVEDA IN ANORECTAL DISORDERS W.S.R. TO CLINICAL UTILITY
OF SHALYA CHIKITSA

Dr. Sandeep Aheer*

Assistant Professor, Saraswati Ayurved Hospital and Medical College, Mohali-Chandigarh, Punjab, India.



*Corresponding Author: Dr. Sandeep Aheer

Assistant Professor, Saraswati Ayurved Hospital and Medical College, Mohali-Chandigarh, Punjab, India.

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ABSTRACT

Gudagata Vikara or anorectal disorders encompass ailments affecting the anus or rectum part of body. Arsha (hemorrhoids), Parikartika (fissure-in-ano), Guda Kandu (pruritus ani) and Bhagandara (fistula-in-ano) are major conditions of this category. However hemorrhoids and fistula-in-ano are the most prevalent anorectal conditions, affecting individuals of different age groups. The root cause of these disorders includes Apathya Ahara and Vihara, which results vitiation of Doshas, subsequently Mandagni causes vitiation of Apanavayu and stagnation of Mala, these altogether contributes for the development of anorectal disorders. The Ayurveda Shalya Chikitsa provides several regimens to relieve these disorders. Shastra karma, Vruna chikitsa, Anushastragara and Kshara Sutra, etc. gives unique advantages when utilizes for treating anorectal diseases. This review focuses on clinical perspective of anorectal diseases and their management through Ayurveda Shalya Chikitsa. This article described pathological consideration and treatment options for Arsha, Bhagandar, Parikartika and Gudabhramsha, etc.

KEYWORDS: Ayurveda, Shalya, Chikitsa, Arsha, Bhagandar, Parikartika.

INTRODUCTION

Ayurveda primarily aims to maintain the health by preventing disease and treating them if persisted. The current trend of modern living put lot of health burden to the society which reflected as deteriorated state of health. Physical stress, junk food, mental stress and disturbed sleep pattern leads many adverse effects and ano-rectal disorders are some of them. Sedentary lifestyles, prolonged sitting at work and inadequate sleep, etc. exacerbate anorectal health issues. The disturbed balance of *Vata*, *Pitta* and *Kapha Doshas* cause impairment in digestive process which brings state of *Mandagni* that further worsen progress of ano-rectal disorders. Additionally *Pradanyaparadha* can also contribute to anorectal disorders. The inclination towards unhealthy diets and lifestyles becomes a significant cause of anorectal diseases.^[1-4]

Ayurveda places significant importance on surgical interventions for addressing illnesses. Ayurveda branch of surgical intervention described as *Shalya Tantra* offers many therapeutic modalities for treating disease which requiring surgical interventions. *Shalya Tantra* branch is dedicated to surgical and para-surgical methods of disease management. *Shalya Tantra* enumerates different modalities for treating pathological conditions like abscesses, cysts, hemorrhoids, urinary retention, bladder

stones and wounds, etc. Some unique approaches of *Shalya Tantra* are as follows.^[4-7]

- ✓ *Shastra karma*
- ✓ *Guda roga chikitsa*
- ✓ *Vruna chikitsa*
- ✓ *Anushastragara*
- ✓ *Bhagna chikitsa*

This branch is considered useful for tumors, fractures, intestinal obstructions and external injuries, etc. *Shalya Tantra* can also be employed in managing various health conditions as depicted in **Figure 1**.

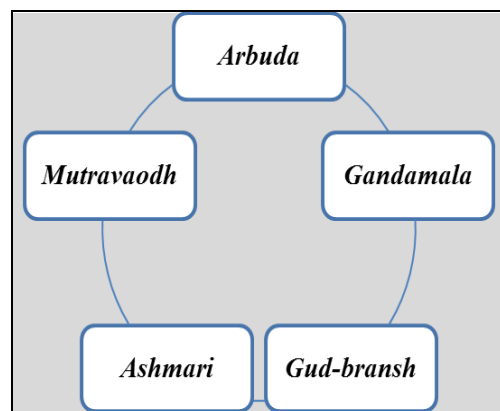


Figure 1: Common therapeutic indication of *Shalya Tantra*.

Additionally *Shalya Tantra* offers different modalities to treat Ano-rectal disorders, including hemorrhoids, abscesses and fissures, etc. Surgical procedures such as excision, incision, scraping, bandaging and suturing, etc. are utilized to manage ano-rectal problems. These procedures prevent excessive discharge and promote healing in ano-rectal problems. The *Kshara* cauterizes tissues by virtue of their *Ksharana guna*, offer bactericidal action, preventing further infection and enhancing natural healing process. Pre-operative, intra-operative and post-operative surgical procedures of *Shalya Tantra* utilizes for optimal therapeutic benefits of surgical procedures in ano-rectal problems. *Shastra* and *Yantras* are employed for surgical interventions along with sutures and bandages for early healing and recovery.^[6-8]

Ano-rectal Disorders

Ano-rectal issues commonly stem from factors like incorrect posture, sedentary lifestyle, and improper diet, etc. Recognizable symptoms of Ano-rectal issues are as follows.

- ✓ Painful defecation
- ✓ Rectal bleeding
- ✓ Discomfort while sitting
- ✓ Constipation and protrusion of pile masses
- ✓ Mucus discharge
- ✓ Burning sensations and itching, etc.

Ano-rectal problems often involve a derangement of the *Vata Dosh*, which tends to localize in the *Guda vali* and subsequently affects *Twak*, *Meda* and *Rakta*, etc. These disorders are known as *Gudagata Vikara* in Ayurveda which encompasses various ailments affecting the anus and/or rectum parts. *Arsha*, *Bhagandara*, *Parikartika* and *Guda Kandu*, etc. are major pathological conditions comes under the heading of *Gudagata Vikara*. Hemorrhoids and fistula-in-ano are the most prevalent ano-rectal conditions amongst the other ano-rectal disorders.^[7-9] Common *Samprapti* of *Gudaroga* is depicted in **Figure 2**.

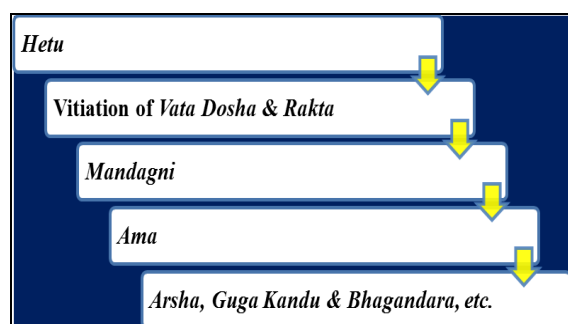


Figure 2: Pathological events associated with Ano-rectal disorders.

ADVANTAGES OF SHALYA CHIKITSA IN ANO-RECTAL DISORDERS

- ❖ Materials of surgery possess coagulating properties thus prevent bleeding during procedures.

- ❖ Sutra ligation causes mechanical strangulation of blood vessels and causes necrosis of pile masses for subsequent removal.
- ❖ Anti-bacterial and anti-inflammatory properties of surgical materials give relief from infection and impart wound healing properties.
- ❖ Chemical cauterization removes unhealthy tissue, facilitating drainage and promoting recovery process.
- ❖ Ayurveda surgery facilitates debridement of unhealthy tissue.
- ❖ Allowing patients to resume routine daily after post-operative regimens and minimizing complication & chances of reoccurrence, etc.

MANAGEMENT OF ARSHA

Arsha is classified as *Ashtamahagad Vyadhi*, difficult-to-cure and occurs in *Guda*, correlated with Haemorrhoids according to modern science. *Arsha* can be caused by various factors like consumption of cereals, flour-based preparations, germinated or fresh awned cereals, meat consumption, and beverages like vinegars, heavy water, dairy products and consuming heavy, sweet, uncooked and spicy food. *Viharaja* causes include avoiding bowel movements, lack of physical exercise, indulgence in improper sexual activity, excessive sitting, irregular sleep patterns, daytime sleep and squatting position, etc. *Kshar karma*, *Agni karma* and *Shastra karma*, etc., can be used for treating *Arsha Roga*.^[9-11]

Kshar karma: *Kshar karma* involves minimal intervention and performs actions like cutting and scraping, also balancing the involved *Doshas*. It serves as a safer surgical procedure particularly for soft and deep-seated *Arsha*. This technique gradually removes piles using mechanical and chemical actions. Cotton thread coated with latex from *Snuhi* and *Haridra* powder mainly used for managing *Arsha*.

Agni Karma: *Agni karma* employs heat cautery and freezing to eliminate diseased tissues, especially in cases of *Vataja* and *Kaphaja Arsha*. It is not recommended for *Raktaja* and *Pittaja Arsha*.

Shastra karma: *Shastra karma* is recommended for large and discharging stages of *Arsha Roga*. *Chedana Karma* of *Arsha* is carried out using *Karapatra shastra*, *Mandalagra shastra*, *Nakhashstra shastra*, *Ardhadhara shastra* and *Mudrika shastra*, etc. Excision may also perform subsequently. *Kavalika* followed by *Gophana Bandha* is suggested as ligation procedure.

MANAGEMENT OF BHAGANDAR (FISTULA-IN-ANO)

Bhagandara is also considered as *Ashtamahagada* which causes discontinuity in *Bhaga* and *Guda*. This can be correlates with *Fistula-in-Ano* involving abnormal connectivity between the anal canal and rectum along with perianal skin. *Bhagandara* may arise due to the consumption of improper diets and lifestyle habits.

Ayurveda suggested various approaches for the management of *Bhagandara* which are as follows.

- ✓ **Surgical Management:** *Eshana* employed for probing purpose, *Chedana* & *Patana* along with *Marga Vishodana* for cleaning fistulous track. *Dahana* recommended superficially as cauterization therapy followed by post-operative management & *Ksharasutra* therapy. *Ksharasutra* suggested initially also when major surgery not required. *Ksharakarma* can be done using *Vartee* & *Pichu*, it aids in wound management and mainly performed with the help of a thread.
- ✓ **Rakatamokshana:** *Jaloukavachrana* prevents suppuration of *Bhagandara Pidaka*, reduces infection and minimizes inflammation.

MANAGEMENT OF *PARIKARTIKA* (FISSURE-IN-ANO)

Parikartika describes as cutting and tearing pain around the anal region. It refers to a longitudinal tear in the lower anal canal, causing pain and severe discomfort. *Parikartika* is attributed to *Apathy Sevan*.

- ✓ **Operative procedures for *Parikartika*:** Lateral internal sphincterotomy can be done using both open as well as closed techniques. Lord's dilation can be performed as blunt sphincterotomy technique. Fissurectomy and local advancement flap added in modern technique of *Parikartika* treatment.

MANAGEMENT OF *GUDABHRAMSHA*

Gudabhramsha is a condition belongs from *Kshudraroga*, straining and diarrhea may lead to *Gudabhramsha* (rectal prolapsed). *Gudabhramsha* may result from consumption of *Ruksha Dravya*, *Durbalata* also increase susceptibility towards the *Gudabhramsha*.

- ✓ **Surgery** can be carried out through perineal or abdominal approaches. Fixation operations, wells operation, rectal sling operation and rectopexy operation, etc. are also recommended. Teflon bands are utilized to secure the rectum at the place. Resection of the rectum can be done by excising the prolapsed rectum, followed by constructing a colo-anal anastomosis. Operation utilizes silver or stainless steel wire in an encircling procedure to provide mechanical support.
- ✓ ***Kshara karma*** circumferentially on the rectal mucosa can be done using *Apamarga Kshara* or *Ksharasutra* techniques.^[10-12]

PRECAUTION DURING AYURVEDIC SURGERY

- *Marma* points must be taken in consideration to prevent complications.
- Selection of appropriate instruments and procedures is prerequisite.
- Post-operative precautions must be followed strictly to prevent complications.
- Elderly and pediatric patients must be treated with great care.

- Anesthesia dosage and control are important to bring optimal anesthetic stage for performing surgery.
- Arrangement of equipments and materials before surgery is essential to perform hassle free surgery.

CONCLUSION

Surgical interventions play crucial role in managing ano-rectal diseases. Knowledge of the disease, patient's age and wound location, etc. are major factors which affects success of surgical interventions in ano-rectal diseases. The expertise of the surgeon and supportive staff is prerequisite. *Shalya Chikitsa* is considered helpful in managing ano-rectal disorders such as; fissures, abscesses, fistulas and hemorrhoids, etc. *Kshara karma*, *Agni karma* and *Shashtra Karma*, etc. are major approaches which can be utilized for the treatment of ano-rectal disorders. *Shalya Chikitsa* in ano-rectal disorders provides therapeutic benefits by reducing pain, alleviating burning and controlling discharge, etc. Surgical intervention lowers the risk of infection and induces cauterization, leading to complete healing. The *Stambhana*, *Shodhana* and *Ropana* properties of Ayurveda procedures provides relief from symptoms of ano-rectal conditions.

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