

**EFFICACY OF *GUGGULU-ARKA KSHAR SUTRA* IN THE
MANAGEMENT OF *BHAGANDARA* (TRANS-SPHINCTERIC FISTULA
IN ANO): A CASE STUDY**

Manisha Yadav*¹ and Dr. Ajay Kumar Gupta²

¹M.S.(Ay)Final Year Scholar, P.G. Department of Shalya Tantra, Rishikul Campus,
Uttarakhand Ayurved University, Haridwar.

²Professor, P.G. Department of Shalya Tantra, Rishikul Campus, Uttarakhand Ayurved
University, Haridwar.

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***Corresponding Author**

Manisha Yadav

M.S.(Ay) Final Year
Scholar, P.G. Department of
Shalya Tantra, Rishikul
Campus, Uttarakhand
Ayurved University,
Haridwar.

ABSTRACT

Kshar-sutra is a medicated thread used in ano rectal disorders particularly in the management of *Bhagandara* in *Ayurvedic* system of medicine. Now-a-days number of people are suffering from ano-rectal disorders because of their sedentary life style and consuming non-vegetarian diet, spicy & oily food, junk food, etc. *Bhagandara* is a common ano rectal problem in the population worldwide & its prevalence is second highest after *Arsha* (haemorrhoids). Although a number of surgical techniques are available to treat Fistula in ano but no one is ideal for the treatment of this disease because recurrence & incontinence are the major complications after surgical treatment of Fistula in ano. *Kshar Sutra* management is a unique parasurgical procedure which is economical, easily available and complication free.

Knowing all these factors, the present study was undertaken to assess the role of *Guggulu-Arka-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-Arka-Kshar Sutra* therapy for management of her *Bhagandara* (Fistula-in-ano).

KEYWORDS: *Kshar-sutra, Bhagandar, Guggulu-Arka-Kshar.*

INTRODUCTION

In *Ayurveda*, *Bhagandara* is considered under the heading of *Ashtamahagada* due to its notorious nature. In modern science, due to the resemblance of its signs & symptoms, it can be co-related with Fistula-in-ano. Fistula is a communicating pathway between two epithelized surfaces, in case of anal Fistula it connects the anorectal region to the skin, the internal opening located in the anal canal & the external opening is in the perianal skin. Anal Fistula is almost always a consequence of an anorectal abscess that was drained. While the abscess report the acute phase of the disease and Fistula-in-ano represent the chronic phase. The cause of perianal abscess is mostly derived from an infection in the anal gland due to constipation or due to unhygienic condition of the anal region. Such person passes continuous or on/off pus from perianal region or anus.

However, many other conditions may also cause abscess & Fistula-in-ano such as inflammatory bowel disease, fungal infection, mycobacterial infection & neoplasm. Fistula-in-ano presenting higher sphincteric involvement, called complex Fistula, report a challenge to the surgeon. Most of the patients with anal Fistula treated surgically, still present with high rates of recurrence. Considering the above problem there is a need to find out such a drug/management which is easily available and also effective. So, the aim of present case study was to understand the efficacy of *Guggulu-Arka Kshar Sutra* in the management of *Bhagandara* (Fistula-in-ano) *Arka Kshara* possesses *Lekhan* (scrapping), *Ksharana* (disintegration), *Stambhan* (sclerosing), *Shodhana* (sterilization) as well as *Ropana* (healing) properties.

CASE REPORT

In the present case study, a 20 years aged female patient of *Bhagandara* (Fistula-in-ano) came to OPD of P.G. Department of *Shalya Tantra*, with Registration no.S-3822/18130 Rishikul Campus, Uttarakhand Ayurved University, Haridwar with the chief complaints of having intermittent perianal pain along with pus discharge from an opening near the anus and constipation since 6 months.

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 – 76 / min

Height- 150 cm

Weight- 55 kg

Temp.- 97.4 F

Respiratory rate-14/min

Tongue- Coated

Pallor/ Icterus / Clubbing / Edema / Lymphadenopathy – Absent

Asthavidha Pariksha

Nadi(Pulse) = 76/Min.

Mala (Stool) = 1-2 times/Day

Mutra(Urine) = 4-5 times/day

Jihva (Tounge) = *lipta*

Shabda(Speech) = Normal.

Sparsha=*Anushana Sheet*

Druka(Eyes) = Normal.

Akruti= *Madhyama*.

Diagnosis

On the basis of clinical presentation and per rectal examination after consent of the patient, she was diagnosed as a case of *Bhagandara* (Fistula-in-ano). External opening was present at 10 'O' clock position in perianal region and internal opening was also present at 10 'O' clock position into the anal canal. Diagnosis was made on the basis of *Ayurvedic* and modern texts.

Treatment: *Guggulu-Arka Kshar sutra ligation*

Patient was kept in lithotomy position on OT table after taking written informed consent. Perianal part was painted with Betadine solution & Sterile cut sheet was draped. Probing was done under local anaesthesia (only application of xylocaine jelly 2%) from external opening at 10 'O' clock position and internal opening was found at 10'O' clock position. *Kshar Sutra* threading was done. From next morning *Avagaha Sweda* (sitz bath) was advised for two times in morning & evening. *Triphala Churna* 5 gm with Lukewarm water once a day (after dinner) was prescribed if patient felt constipated. Patient was also advised to take proper hygiene of local area during 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 AND RESULT

The initial length of the track was 10 cm. which got cut through in 3 months and the fistula track healed completely. After healing of the fistulous 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-Arka Kshar Sutra has the action similar to surgical procedure viz: excision, drainage & scraping of unhealthy tissue of the fistulous tract & promotes the healing process. *Arka (Calotropis procera)* is inherited with the properties of *Katu & Tikta Rasa*, *Guna Ruksha & Teekshna*, *Ushna Virya* and having *Bhedana, Krimighna, Vishaghna, Vranahara, Vatahara & Shophahara* actions. Due to its *Ushna Virya* it possess *Kapha-Vata Shamaka* property as *Vata* is the main cause of pain & *Kapha* is the main cause of discharge. *Krimihara & Puyashoshaka* properties remove debris, discharge & reduces itching. *Tikta Rasa* contains *Shodhana* property which help to clean the wound, ultimately leads to healing process.

Haridra (Curcuma longa) has *Tikta & Katu Rasa, Ruksha & Laghu Guna, Ushna Virya, Katu Vipika & Tridoshar*. The *Kapha & Vata Shamaka* property is responsible for the *Shamana* of *shotha*. *Vranahara & Kanduhara* properties is responsible for quick healing of wound & relieves itching sensation respectively. So its external application relieves inflammation, Swelling, Pain & improves skin complexion.

Guggulu is *Katu & Tikta* in *Rasa, Laghu & Ruksha* in *Guna, Vipaka Katu, Virya Ushna & Tridoshar* property. It is a potent anti-inflammatory herb so helpful in relieving swelling & pain. Due to its *Lekhan* Property wound gets clean & heals quickly.

So, the chemical constituents present in ingredients of *Guggulu-Arka Kshar Sutra* show highly significant effects to relieve the symptoms of *Bhagandara* (Fistula in ano) like swelling, pain, pus discharge, itching, and inflammation.

CONCLUSION

Guggulu-Arka Kshar Sutra proved to be a significant remedy for *Bhagandara* (fistula in ano) & is no doubt a gift to the medical world. It is cost effective therapy, has no complications like recurrence & incontinence as patient may face after taking modern surgical treatment.

Guggulu-Arka Kshar Sutra ligation is a complete cure for *Bhagandara* (Fistula-in-ano). During the study period as well as follow up period of 3 months, there were no complications observed. The fistulous track healed completely in a period of 3 months.

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