

MANAGEMENT OF PAIN IN ANORECTAL DISORDERS – AN AYURVEDIC REVIEW

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ABSTRACT

Pain is common complaint of many diseases. Anal pain can occur before, during, or after defecation. It can range from a mild to severe. Anal pain has many causes, most of them are common and treatable. Anorectal emergencies presenting with alarming symptoms such as acute anal pain require an immediate management. In these diseases pain management is a priority. As pain relieves evacuation of stool becomes easier and prevents further complication. This article highlights the management of common anorectal emergency due to pain in anorectal disorder like thrombosed external hemorrhoids, thrombosed or strangulated internal hemorrhoid, bleeding hemorrhoid,

bleeding anorectal varices, anal fissure, irreducible or strangulated rectal prolapse, anorectal abscess. Sushruta and other acharya described various types of treatment for anorectal disease such as haemorrhoids, fistula in ano, fissure in ano such as lepa, awagahan swedana, jalauka awacharana, gudavarti, dhupana karma.

KEYWORD: Pain, Anorectal disease, Lepa, Awagahan swedana, Jalauka, Guda varti, Dhupana.

INTRODUCTION

The terminal part of large intestine and moola of pureeshavahastrotas is known as guda. It is one of the bahirmukh strotas and also considered as one of the karmendriyan. Charaka has mentioned guda as one of the koshtangas. Embryologically it is derived from matrujabhava.

Total length of guda is 4½ angula. There are 3 vallies situated inside the guda placed one above the other at a distance of 1½ angula from each other and are named as Pravahini, Visarjini and Samvarni. Pureeshdhara Kala is related to guda and it is moola of pureeshvahasrotas and also sadhyopranhara marma. The diseases which develop at guda region are Arsha, Bhagandara, Gudavidradhi, Sannirudh guda, Gudabhransha. Anal pain can occur before, during, or after defacation. It can range from a mild ache that can get worse over time to pain that is bad enough to restrict daily activities. Common causes of anal pain are thrombosed external haemorrhoid, anal fissure, anal abscess and fistula, fungal Infection or sexually transmitted diseases, anal cancer.

In ayurveda number of treatments modalities are described by acharyas which reduce pain of anorectal diseases. As pain and discomfort are most annoying experience which troubles patient like enemy. Guda is described as pranahar marma, hence pain at guda region is cause for restrict daily activity. Hence while dealing with ano-rectal diseases, it is necessary for the proctologist to follow some safeguards and taking into consideration the pernicious and fateful nature of these conditions and use therapies like Lepa, Awagaha Sweda, Jalauka, and Suppositories (Varti) insertion. These treatment modalities are still relevant, important and effective in today's era.

AIM

1. To review literature regarding anal region Pain management therapies prescribed in ancient texts.

OBJECTIVE

1. To explore literary review of various local methods of pain management for pain in anorectal disorders.

MATERIAL AND METHOD

1. Present literary review has been carried out in following heads Standard operating procedure prescribed in ayurvedic textbooks.
2. Critical review of recent researches with respect to clinical trials carried out for pain management in Anorectal diseases.

Lepa

The medication that are in the form of a paste and used for external application is called as lepa. Types of Lepa – According to Sushruta - Pralepa, Pradeha, Alepa According to Sharangadhara - Doshagna, Vishaghna, Varnya.

General action of lepa

Vranaropaka, Vranashodhaka, Dahashamaka, Kanduhara, Shothahara, Shoolahara and Stambhak.

Rules of application of lepa

Lepa should always be applied in the opposite direction of the hair follicles. The dravya of lepa get absorbed through hair roots, sweat glands and capillaries. While applying the lepa, sneha should to be added. Their quantity should be decided as per the dosha vitiated. The lepa should not be left in situ after drying. It must be removed as it dries up. Because lepas in wet state help to cure the disease and on drying, they lose their potency and causes the irritation of the skin. Lepa should be prepared and used fresh. Lepa should be applied only once and should not be applied over the previous one.

Standard operating procedure of lepa

Examination - In case of Arsha proctoscopy is done to diagnose 1st and 2nd degree hemorrhoids and for better convenience of lepa application.

Position - lithotomy position for application of lepa in Anorectal Diseases.

Application - Clean and dry site with aseptic precaution.

Lepa should be prepare and apply according to rule as explained above.

Lepa application according to dosha

1. Vata dosha - Snigdha, Amla, Lavan guna dravyas with luke warm water.
2. Pitta dosha - Sheeta, Alpsneha with milk and ghrit.
3. Kapha dosha - Ushna virya drayas lepa.

Indication of lepa in the pain management of anorectal diseases - parikartika (fissure in ano) – Sharp shooting and cutting type of pain is compared as pranoprodhakari around guda is termed as parikartika. Causing factor is faeces and frequent friction with mucosa keep fissure away from normal healing which induce the spasm of the sphincter muscles.

Chandanadi Lepa - Chandana, Madhuka, Padmmushira, Nilkamala churna mix in Kshira prepare as Lepa and applied on Parikartika. It acts as a good soothing effect. Promotes wound healing due to Vrana Shodhana, Vrana Ropana and reduce pain due to Sothahara and Vedanasthapana propertie.

Arsha (haemorrhoids)- Sushruta has mentiond Arsha is a disease in which vitiated doshas along with Rakta collects in the Pradhan dhamnis and goes towards anal canal and create swelling. A disease which torture patient's vital force (Prana) as enemy is called as Arsha.

Shushkarsha – Pipalyadi Lepa - Pippali, Madan, Bilva, Shatahrya, Madhuk, Vacham, Kustha, Shati, Pushkarakhya, Chitraka, Devdaruchurna mixed in warm water with equal amount of Madhu which is used as base and prepared as Lepa (paste) and applied over stiff and painful Arsha. Reduces pain and itching due to its properties like Sothahara, Shoolahar, Kandughna.^[12]

Raktarsha- Pradeha - Durvaghrita is mixed with Shatdhaut or Sahastradhaut grhita and applied as pradeha on Raktarsha having property Sheeta which reduce pain and bleeding of Arsha by decresing Pitta dosha and Rakta dushti.

Acording to Sushruta when Arsha looks like bluish black colored then avoid Kshar karma. In that condition use Dhanyamla, Dhadimastu and Shukta for Prakshalana then mix Yashtimadhu Churna with Ghrita prepared as Lepa (paste) and apply over Arsha with help of Arsha Yantra (Proctoscope). After application of Lepa remove Arsha Yantra gently. Lepana Karma is always done in 1st and 2nd degree pile mass.

Awgaha sweda (sitz bath)

A Sitz bath (Awagaha Sweda), also called hip bath is a type of bath in which only the hip and buttocks are soaked in water, medicated kwaths, ghrita or taila with help of Tube.

General action of awagaha sweda

Relaxation of the internal anal sphincter muscle is mediated through sensory perianal skin receptors getting stimulated by warm water. Hence decrease in spasm, pain relief due to 'thermo-sphincteric reflex.

Standard operating procudure of sitz bath (awagaha sweda)

Acording to disease condition suitable dravya selected. It should be poured into the tub with temperature preferably 38 - 42 degree Celcius. Tailam should be kept over the head with

suitable Oil and Churna. Abhyanga should be performed around umbilicus to thigh anteriorly with medicated oil according to disease. Patient should be seated comfortably in the tub containing medicated dravyas in such way that his lower part of body submerged above the level of umbilicus. After 10-15 min patient must be told to come out and body should be wiped with towel. Patient is advised to take rest for half to one hour, and then to bath with lukewarm water.

Indication of awagaha sweda in the pain management of anorectal diseases parikartika (fissure in ano) - In Ayurveda text Ayog of Niruha Basti, Atiyog of Anuvasana Basti and Sanshodhan Vyapada are explained as causative factors of Parikartika. In this situation Kashaya, Madhura and Sheeta Awagahan indicated.

Arsha (haemorrhoids) - According to Acharya Charaka in Shushkarsha (vitiation Vata-Kapha) during painful condition Awagaha Sweda of Kol kwatha, warmed Tushodak, Soviraka, Bilwa Kwatha, Takra - dadhimanda, luke warm water is used for awagahan.

In Raktarsha (vitiation of Pitta-Rakta) burning pain and bleeding are common symptoms. In this condition give Awagaha Sweda is used with Kwatha of Madhuka, Mrunala, Padmaka, Chandana, Kusha, Kasha. Ikshuras, Madhuka, Vetasa, mixed with cold milk. Sheet Taila Awagahan.^[20]

Bhagandara (fistula in ano) - According to Sushruta, when Patient is sukumara having complaints of pus discharge and pain indicated for Awagaha sweda. In following steps Sneha applied locally over perianal region then make kwatha of Bhadradarvadi Vataghnadryyas, mix it with warm water and give Awagaha Sweda. It reduces pain by decreasing Vatadosha.

Post-operative pain management of anorectal diseases- After surgery of Anorectal Diseases Pain is major concern hence to reduce pain Awagaha sweda of Anutaila indicated.

Jalaukavacharana

It is type of Raktamokshana with help of Jalauka, there is two types of jalauka Savisha and Nirvisha. Nirvisha Jalauka should be used for Raktmokshana.

General action of jalaukavacharan

Saliva of Jalauka contains enzymes like Hirudin and Hyluronidase, having analgesic, thrombolytic, Antimicrobial and Mucolytic property. According to Sushruta Nirvisha Jalauka

stay in cold and Fresh water hence she has property to decrease pitta Pradhan tridoshas and raktadushti.

Standard operating procedure of jalaukavacharan (Leech application)

Patient must be lying in left or Right lateral position according to site of leech application. Dry the site of leech application by rubbing soil slowly. Then Saraso and Haldi apply over body of Jalauka (Leech) and keep Jalauka in water for minimal time to achieve Vigat glani avastha. Apply drops of milk or blood over site or do Prachan Karma then apply Jalauka (Leech).

Sign of jalauka(Leech) bite-Mouth of Jalauka (Leech) looks like Horseshou shape and get shoulder on upward direction means Jalauka (Leech) Started to suck blood, then cover the Jalauka (Leech) with Soft, shiney, white and wet cloth without covering Head.

Sign to remove jalauka- Patient feels pricking pin like pain and Mild Itching Sensation, which means Jalauka (Leech) sucking shudha rakta.

To Remove Jalauka apply Saindhava lavan churna on mouth of Jalauka. Then apply Haldi or Shatdhauta Ghrita and Pattbandhan with Kashay, Madhur, Sheeta lepa on bite site to avoid more blood loss. Then Squeeze Jalauka (Leech) in Anulom direction with Thumb of both Hand. After samyak vamaana keep Jalauka in Fresh Water. Patient Advised to take rest.

Indication of jalaukavacharan in anorectal diseases - gudvidhradhi (perianal abscess)-

Type of Antarvidhradhi of Guda sthana, in which obstruction of Vatadosha with increased raktadushti and having pain like Scorpion bite over perianal region.

In Guda vidhradhi severity of pain is more hence Jalaukavacharan is indicated. If induration present apply sheet kashaya over Guda vidhradhi (perianal Abscess), clean it with Sechana of Jivaniya ghrita then apply Jalauka.^[25]

Arsha (haemorrhoids)- According to Charaka if pain is not decreased by use of Sheetosna Treatment then it is due to raktadushti. Hence to relieve the pain of Arsha, Jalaukavacharan (leech application therapy) is indicated.

Guda varti (rectal suppositories)

Suppositories are special shaped solid dosage form of a medicament for insertion into the

body cavities other than mouth. They may be inserted into rectum, vagina. These products are so formulated that after insertion, they will either melt or dissolve into the cavity fluids to release the medicament and exert their drug effects. Suppositories vary in shapes, sizes and weights

Guda varti-general method of preparation

The preparation of Guda varti is same that of varti. Usually, two methods are employed here,

1. Paka method

Jaggery / sugar along with water boiled together over a mild fire until paka of 2 to 3 thread consistency. Later the fine powder of medicinal drugs are added little by little and stirred well to attain a homogenous mixture and desired sized varti are prepared.

2. Bhavana method

Fine powder of the medicinal drugs are mixed together and triturated along with the liquid media mentioned in the preparation. Later desired sized Varti are prepared.

General mode of administration

Patient is asked to lie down in left lateral position. At anal verge ghrita is applied and the Varti immersed in ghrita, and varti is slowly administered into the rectum. The patient is allowed to be in supine position until the urge of defecation begins. The drug may start its action within 30 minutes of administration. Generally, rectal suppositories are used to produce local action at the site of application but many of them are used to produce systemic actions. Drugs such as analgesic, astringents, hormones, antibiotics, steroids are used. Drug absorption through rectal route is different from that of oral administration. In rectal absorption of drug, portal circulation is bypassed giving an advantage of preventing the biotransformation of drugs in the liver. The lower haemorrhoidal veins surrounding the colon receive the absorbed drugs and initiate its circulation throughout the body bypassing the liver.

Lymphatic circulation also assists drug absorption rectally. The pH of the rectal fluids is 7 to 8 and has no buffering capacity. Thus the form of administered drug is not changed chemically in the rectal environment.

Different type of varti are used for various anorectal disease for pain management Arsha – Haridradi varti, tumbi-beejadi varti, arshogna varti.

Dhupana karma

Dhupana karma is the use of medicated fumes. It is used in the management of many diseases and for sterilization also. Use of Dhupan karma in the management of Bahya Arsha (external haemorrhoids).

Drugs used for dhupana karma in external haemorrhoids: acharya charaka

1. Human hairs, snake slough, cats skin root of arka, shami leaves.
2. Tumberu, Vidanga, Devadaru and Ghrita.
3. Brahati, Ashwagandha, Pippali, Surasa and Ghrita.
4. Dung of Goat, Saktu and Ghrita.
5. Dung of Elephant, Srjarasa and Ghrita.
6. Bhallataka, Hingu, Gavedhuka.

Ashtanga hridaya: Arka, Shami, Humans hairs, Sarpanirmoka, Cat skin, Ashwagandha, Tulsi, Bruhati, Pippali, with Ghrita.

Mode of action

In external haemorrhoids pain is mainly due to pravarudha vata and kapha dosha. In external piles pain pathology is the combination of dilatation of plexus, thrombosis and inflammation. Drug used for dhupana karma has properties of vedana shamka and vata kaphahara. As dhupana is the types of Swedana, ushna guna promotes quick perfusion of blood in the dilated veins by removal of waste metabolites locally. Hingu due to its laghu, tikshana and ushna guna is vata - kaphahara sulhara, shothahara relieve the pain. Bhallataka also have analgesics and anti-inflammatory properties.

DISCUSSION

In Ayurveda various local therapies explained for management of pain in anorectal diseases. These are most effective therapies like Lepa, Awagaha sweda, Jalaukavcharan, Gud- varti, and Dhoopana karma. Which can be used according to Severity of pain. In anorectal diseases recurrence is more common for such situation local therapies of pain management is useful.

In Parikartika and Arsha application of lepa (paste) acts by absorbing lepa slowly through capillaries sustained action for long period by decreasing pain and spasm of anorectal condition.

Sushruta has mentioned last option of management in anorectal diseases is surgery, hence use of awagaha sweda is valuable and effective in preoperative and postoperative pain management.

Probably action of awagaha sweda is relaxation of anal sphincter muscles by stimulation of warm water. It decreases pain and cleans parikartika and postoperative anorectal wound hence helpful in healing and avoid secondary infection.

Jalaukavacharan is most important and useful local therapy in anorectal diseases which are induced due to raktadushti vitiated with tridoshas. Jalauka (leech) sucks dushit rakta hence decreasing pain and swelling, probably due to the action of hirudin and Hyaluronidase (enzyme present in saliva of Jalauka). it improves not only the blood circulation also reduces swelling and increase local immunity, due to analgesic, antimicrobial and mucolytic action of Jalauka (leech).

Rectal drug administration could represent a convenient, alternative route of drug administration. They are in an acceptable form, safe and easier for administration with a higher rate of bioavailability, and less wastage, can target delivery to system with a lower dose and reduce systemic toxicity. Therefore recent advances can be utilized for moulding varti into the suppository and enhancing the therapeutic efficacy of the formulation. Hence role of local treatment therapies are found to be very effective for management pain in anorectal diseases.

CONCLUSION AND RESULT

In Anorectal diseases Pain is common and sever symptom. Choice of treatment is very important to avoid complication and relieve pain. Commonly pain is occurred due to inflammation of local area means sanchay of dosha over local part of anal region. Hence choice of local therapies for management of pain is relevant. Looking towards treatment option described by Ayurveda as well as modern science, it can be concluded that many of the principles for pain management of anorectal diseases like in Parikartika, Arsha, Gudvidhradi and Bhagandara are same like lepa karma over Parikartika and Arsha uses of Awagaha Sweda is effective alongwith anorectal diseases.

Jalaukavacharan (leech application) is a most effective local therapy explained for management of pain in arsha and Gudvidhradi. Gud vrati is usful in haemorrhoids, fissure in

ano, proctitis, and other local disorder. Various methods explained by acharyas are still found very effective in pain management according to anorectal disease condition. These all treatment modalities of pain management from ayurveda are established by its role on pain management with some research and advancement.



Fig. Showing lepa application over 2nd degree haemorrhoids.



Fig. Showing awagaha swedana.



Fig. Showing jalaukaawcharana.



Fig. Showing gudavartii.

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