

A CASE STUDY: EFFECT OF GUGGULU-TANKAN KSHAR SUTRA IN THE MANAGEMENT OF FISTULA IN ANO

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ABSTRACT

Ayurveda is “The Science of Life.” Ayurveda places great emphasis on prevention and encourages the maintenance of health through diet, lifestyle and the use of herbs. Shalyatantra is one of the unique branches of Ashtang Ayurveda. It includes techniques for treating illnesses through surgery, as well as methods for preventing and diagnosing surgical problems. Now a days ano-rectal disorders are continuously increasing due to habituation of sedentary or with very little to no exercise lifestyle. Among these Bhagandara (Fistula-in-ano) is a common & most notorious disease occurring in the anorectal region. Maharshi Sushruta has included it under Ashta-mahagada. There are various treatments for Bhagandara in modern science. However, so far no single treatment has been proven to be a complete

cure for Bhagandara. Not only complete cure, but post-operative complications like sepsis, fecal incontinence, high recurrence rate are matter of great concern. The treatment of fistula-in-ano by Ksharasutra^[4] therapy has become a big revolution in the field of surgery, and without any complications. The present study was under taken to assess the role of Guggulu-Tankana Kshar Sutra in the management of Bhagandara (Fistula-in-ano). A male patient who came to Shalya OPD of Gopabandhu Ayurveda Mahavidyala & Hospital with chief complaints of pain, pus and blood discharge from pustules in the perianal region along with itching for the past 6 months was advised for Kshar sutra therapy. Patient agreed to undergo Kshar Sutratherapy for management of Bhagandara.

INTRODUCTION

Bhagandara can be co-related with Fistula-in-ano according to signs and symptoms as described in modern science. A chronic abnormal communication between anal canal and rectum with exterior perianal skin is called as Fistula-in-ano.^[5] Due to sedentary life style of the patient, constipation is common in such people. Therefore constipation and other aggravating factors, gradually block the ducts of anal glands, if the outlet of these glands becomes blocked, an abscess can form which can eventually extend to the skin surface and ultimately lead to Fistula-in-ano. The patients with this disease have pain, passes pus from perianal region or anus and which creates discomfort in their day-to-day life.

The two renowned surgical methods for treating anal fistulas are fistulotomy and fistulectomy. However, both of these procedures have serious side effects include incontinence brought on by sphincter muscle injury, rectal prolapse, fecal soiling, delayed wound healing, and a high probability of recurrence. Kshara Sutra treatment in Ayurveda is explored to address such issues.

Ksharasutras have been used in Bhagandar treatment for a long time. It was mentioned by Maharshi Susrutha & Chakradatta in their ancient text books. Because of its cutting and healing properties, it is more effective in Bhagandhar treatment. In Sushruta Samhita, there is detailed description of Kshara & in Chikitsa Sthana indicated the use of Kshara sutra in Bhagandara.^[6] The traditional Apamarga Ksharasutra is prepared with Snuhi latex, Haridra powder and Apamarga Kshara. It is a well-proven procedure to treat fistula-in-ano. With these many benefits, it some times causes inconveniences like pain, burning and itching, etc. The essential components are Snuhi latex & Apamarga Kshara. The limited availability of Apamarga plant. Snuhi latex is difficult during collection, requires a specific season, time and additional labor. Other problem is that Snuhi latex cannot be preserved for a long duration. All these factors collectively make it feel a need of new Kshar Sutra which is having less adverse effects without compromising the efficacy of Kshar.

According to Maharshi Sushrut Guggulu is indicated in DustaVrana, Nadivrana, Bhagandara, Gulma, Sotha, etc,^[7] which shows that Guggulu has antiseptic, anti-inflammatory and wound-healing properties. Also referring to other Ayurvedic text books Shodit Tankana Kshara nullifies the bad effect of vitiated Vata-Kapha Dosha, also helpful in cleaning & healing of the wound.^[8] Shodit Guggulu & Shodit Tankana is available throughout the year. Guggulu

Niryas, having binding property, can obtain and preserve easily than Snuhi Latex. All these properties can increase the therapeutic effect of Guggulu-Tankana Kshara sutra.

Therefore, in this study an effort was made to analyse the effect of Guggul-TanKana Kshara sutra in the management of Bhagandara. Kshara sutra procedure is economically affordable, simple to carryout, with less adverse effects & necessitates less hospitalization.

Preparation of Guggulu based Kaharasutra

The ingredients of Guggulu based Kshara sutra are Barbour thread no. 20, Shodit Guggulu (Shodhana done in Triphala Kwath), Shodit Tankana^[9] Kshara and turmeric powder. After being taken and auto claved, the linen barber thread no.20 was put on the hanger. The first 11 coats were done with plain Guggulu, next 7 coats were done with Guggulu and Tankana kshara. Finally, three coats of Guggulu and Turmeric were applied. The hangers were stored in the Kshara sutra cabinet for drying and sterilizing after each coating. The Guggulu-based Kshara sutra received a total of 21 coatings, and it was maintained in an air tight glass tube.

CASE HISTORY

A 37 years old male patient of Pitta vataj Prakriti consulted at out patient department of Shalya Tantra, Gopabandhu Ayurveda Mahavidyalay, Puri with complaints of pain, perianal pus discharge from pustules, itching, intermittent bleeding and swelling in anterior to anal canal. These symptoms had since last 2 month with compromising his quality of life during his daily schedule. Patient is a shopkeeper; had habit to consume spicy foods. Patient also had complaints of constipation.

History of present illness

The patient was asymptomatic before 6 months. 6 months ago, he noticed mild swelling below the scrotum, anteriorly right side of anal canal, which gradually became painful so he consulted allopathic doctor at PHC nearer to his residing place, from where he was given some antibiotics, NSAIDs, ointment for local application. After taking those medicines he felt better. Two months ago, pustules developed over the perianal region with pus and blood discharge along with itching. He consulted allopathic doctor who confirmed it as fistula-in-ano. But he didn't take any medicine. Thus, came to Gopabandhu Ayurveda Mahavidyalay & Hospital for better management through Ayurveda.

History of Past Illness

No previous H/O any other severe illness.

Family History

No relevant family history found.

Treatment History

1. TabMahacefplus1tabB.DA/F
2. TabZerodol-P1tabB.DA/F
3. Oint. Mupirocin ForL/A
4. SypTotalaxNF20mlHS

Surgical History

NoH/Oanysurgery.

Family History

All family members are healthy and have no H/O any other severe illness.

Personal History

Bowel: constipated

Diet: mixed

Appetite: good

Addictions: Nil

Micturition: 5-7/day

Maritalstatus: married

Sleep: sound

General examination

Generalcondition-Average

Bp-130/76mmhg

Pulse-78/min

Height-154cm

Weight-58kg

Temp.-97.4F

Respiratoryrate-14/min

Tongue-Uncoated

Pallor/Icterus/Clubbing/Edema/Lymphadenopathy–Absent

Investigations

Hb–14gm%

BT–1min10sec

CT–4min02sec

TotalWBC–8000Cells/CMM

DifferentialCount

Neutrophil–63%

Lymphocytes–32%

Eosinophils–06%

Monocytes–02%

RBS–129.0mg/dL

HBSAG-Negative

VDRL–Nonreactive

ESR–30mm/hr

HIV1&11-Negative

Diagnosis

On the basis of clinical presentation, patient was diagnosed a case of Bhagandara (Fistula-in ano). External opening was present at 11 o'clock and internal opening also at 11 o'clock position into the anal canal. Diagnosis was made on the basis of Ayurvedic and modern texts.

Pre-operative

Written informed consent was obtained for the procedure as well as for the publication of this case in the Journal. 2 teaspoons of Panchasakhara Churna with luke warm water was taken at bed time. Before the surgery, a proctolysis enema was administered in the early morning. T.T. 0.5 cc IM injection and sensitivity test for xylocaine intra-dermal injection were performed and no allergic reactions were found. The patient was positioned in lithotomy position.

Operative procedure

Operative part was prepared using betadine solution and then with spirit. Injection Xylocaine 2% was diluted with distilled water and injected at the external opening towards the internal opening. Then copper probe was lubricated with Xylocaine gel and inserted through the

external opening towards the internal opening. The tract was ligated with GuggulTankana Ksharasutra. The Ksharasutra thread was tied loosely.

Post-OperativeProcedure

Operated area was cleaned with betadine solution. Then gauze piece dipped in betadine ointment, wound was packed with this gauze and T-bandage applied. The patient was advised to do sitz bath in luke warm water twice daily for 20 minutes.

Diets like green vegetables, fruits were advised. Patient was advised to avoid non-vegetarian, spicy and oily food, Junk foods & alcohol. Panchasakhar Churna 2 tsp with luke warm water at bed time was prescribed for constipation.

Subsequent change of Ksharasutra

The Guggul-Tankana Kshar sutra was changed by rail road technique in every week until the complete cut through of the track.



[Fig.1- Before Procedure]



[Fig.2 - Kshara thread Ligation]



[Fig.3 - After 1 Month]



[Fig.4 - After 2Month]

DISCUSSION

Guggulu-Tankana Kshar Sutra acts as little by little chemical and mechanical cutting action of *Kshar Sutra* with concurrent healing effects on fistulous track. The length of *Ksharasutra* was measured and found decreased with every change which indicating the cutting of tract. *Guggul* is well known for its anti-inflammatory, antibacterial property which helped in wound healing. *Tankana kshara* due to its *ushna*, *Tikshna*, *sara guna* acts as a cutting agent. *Haridra churna* reducing caustic reaction and helps tract healing. *Ksharasutra* has combined effect of these three drugs (*Tankana Kshara*, *Guggulu*, turmeric) and said to be unique drug formulation for cutting as well as healing of fistulous tract. Patient was free from all symptoms of fistula with normal scar and no complications after 4 months.

CONCLUSION

This single case study demonstrated that fistula of Pittaj dominant Prakriti patients can be treated with *Guggulu* based *Ksharasutra* without any adverse effects. *Guggul-Tankana Kshara sutra* therapy is very cost-effective with minimal complications if performed by a skilled surgeon. As it is a single case study so it require to study in more number of patients for concrete conclusion.

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