

## AYURVEDIC MANAGEMENT OF PERIANAL ABSCESS FOLLOWING INCISION AND DRAINAGE: A CLINICAL APPROACH

**Dr. Gaurav Sharma<sup>\*1</sup>, Dr. Rajesh Kumar Gupta<sup>2</sup>, Dr. Ankit Redu<sup>3</sup>**

<sup>1</sup>PG Scholar, PG Department of Shalya Tantra, Post Graduate Institute of Ayurveda, Dr S. R. Rajasthan Ayurved University, Jodhpur, Rajasthan, India.

<sup>2</sup>HOD & Professor, PG Department of Shalya Tantra, Post Graduate Institute of Ayurveda, Dr S. R. Rajasthan Ayurved University, Jodhpur, Rajasthan, India.

<sup>3</sup>PG Scholar, PG Department of Shalya Tantra, Post Graduate Institute of Ayurveda, Dr S. R. Rajasthan Ayurved University, Jodhpur, Rajasthan, India.

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### \*Corresponding Author

**Dr. Gaurav Sharma**

PG Scholar, PG Department of Shalya Tantra, Post Graduate Institute of Ayurveda, Dr S. R. Rajasthan Ayurved University, Jodhpur, Rajasthan, India.



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### ABSTRACT

Perianal abscess is an acute suppurative condition of the anorectal region resulting from infection of the anal crypt glands, leading to localized pus collection, severe pain, swelling, and systemic symptoms such as fever. Incision and drainage (I&D) is the standard and definitive management in modern surgery to evacuate pus and prevent the spread of infection. However, recurrence and progression to fistula-in-ano remain significant concerns. Ayurveda describes a similar condition under *Gudavidradhi*, a type of *Vidradhi* (abscess) caused predominantly by vitiation of Pitta and Kapha dosha along with Rakta dushti and Agnimandya. Post-operative Ayurvedic management aims to promote wound healing, reduce inflammation, purify blood, improve digestion, and prevent recurrence. This article discusses an integrative approach using Triphala Guggulu, Saptavishtthi Guggulu, Arogyavardhini Vati, and Gomutra Prakshalana following surgical incision and

drainage. The combined approach seeks to enhance tissue repair, minimize complications, and reduce the likelihood of fistula formation. Integrating Ayurvedic principles with surgical intervention may provide a comprehensive strategy for improved patient outcomes in perianal abscess management.

**KEYWORDS:** Perianal Abscess, Gudavidradhi, Incision And Drainage, Integrative Medicine, Wound Healing.

## INTRODUCTION

Perianal abscess is a common anorectal emergency characterized by the accumulation of pus in the perianal region due to obstruction and infection of the anal glands. Patients typically present with severe throbbing pain, swelling, tenderness, redness, and difficulty in sitting or defecation. If not treated promptly, the infection may extend into deeper perianal spaces or evolve into fistula-in-ano, a chronic and recurrent condition. The gold standard treatment in contemporary medicine is prompt incision and drainage (I&D), which effectively relieves pressure and removes purulent material. Despite adequate surgical drainage, recurrence rates remain considerable, highlighting the need for supportive therapeutic measures.

In Ayurveda, perianal abscess can be correlated with *Gudavidradhi*, described as a localized inflammatory swelling resulting from the vitiation of Pitta and Kapha dosha, often associated with Rakta dushti and impaired digestive fire (*Agnimandya*). Classical texts emphasize both surgical intervention (*Shastra Karma*) and internal medication for comprehensive management of abscess conditions. Post-operative care focuses on wound cleansing, reduction of inflammation, and restoration of systemic balance.

An integrative management strategy combining incision and drainage with Ayurvedic medicines such as Triphala Guggulu, Saptavishthi Guggulu, Arogyavardhini Vati, and Gomutra Prakshalana may enhance wound healing and reduce complications. This approach aims not only to address the local pathology but also to correct underlying systemic factors contributing to recurrence.

## Etiopathogenesis

### Modern Perspective

- Infection of anal glands
- Blockage of crypts
- Spread of infection into perianal spaces
- Pus accumulation and abscess formation

### Ayurvedic Perspective

- Agnimandya (poor digestion)

- Rakta dushti (vitiating blood)
- Pitta-Kapha prakopa
- Srotorodha (obstruction of channels)

### Clinical Features

- Severe perianal pain
- Tender swelling
- Redness and warmth
- Fever (in some cases)
- Purulent discharge (if ruptured)
- Difficulty in defecation

### Primary Treatment: Incision and Drainage (I&D)

Incision and drainage is mandatory in acute perianal abscess.

### Procedure

- Local or regional anesthesia
- Surgical incision over the most fluctuant area
- Complete drainage of pus
- Irrigation of cavity
- Open wound dressing

I&D relieves pressure, removes pus, and prevents spread of infection.



Before procedure



During procedure



After procedure

### Ayurvedic Post-Operative Management

After adequate surgical drainage, Ayurvedic medicines can be administered to promote healing and prevent recurrence.

### 1. Triphala Guggulu

**Dose:** 1–2 tablets twice daily after meals with warm water.

#### Pharmacological Actions

- Anti-inflammatory
- Antimicrobial
- Wound healing
- Blood purification
- Reduces residual swelling

Triphala Guggulu helps in clearing remaining infection and supports granulation tissue formation.

### 2. Saptavishthi (Saptavinshati) Guggulu

**Dose:** 1–2 tablets twice daily after meals.

#### Actions

- Effective in suppurative disorders
- Reduces chronic inflammation
- Prevents sinus and fistula formation
- Promotes tissue repair

It is particularly beneficial in preventing transformation into fistula-in-ano.

### 3. Arogyavardhini Vati

**Dose:** 1 tablet twice daily after food.

#### Actions

- Deepana-Pachana (improves digestion)
- Liver stimulant
- Blood purifier
- Corrects Pitta imbalance

This medicine addresses the root cause such as metabolic disturbances and prevents recurrence.

### 4. Gomutra Prakshalana (Local Cleansing Therapy)

#### Method

- Purified gomutra diluted with lukewarm sterile water

- Used for local wound washing once or twice daily

### **Benefits**

- Antimicrobial
- Reduces slough
- Enhances wound healing
- Maintains local hygiene

This supports faster wound contraction and healthy granulation.

### **Diet and Lifestyle Recommendations**

#### **Pathya (Recommended)**

- Warm water intake
- Fiber-rich diet
- Green vegetables
- Light, easily digestible food
- Sitz bath with warm water

#### **Apathya (To Avoid)**

- Spicy, oily food
- Junk food
- Constipation
- Alcohol
- Prolonged sitting

### **Follow-Up and Monitoring**

- Daily wound dressing
- Regular bowel movement
- Monitor for persistent discharge
- Review after 7–10 days
- Watch for signs of fistula (persistent opening with discharge)

### **DISCUSSION**

Incision and drainage remains the definitive emergency treatment for perianal abscess. However, recurrence rates and fistula formation remain clinical challenges. Integrating

Ayurvedic medicines post-operatively enhances wound healing, reduces inflammation, purifies blood, and corrects digestive impairment.

Triphala Guggulu and Saptavishthi Guggulu act on infected tissues and reduce suppuration. Arogyavardhini Vati corrects metabolic disturbances. Gomutra Prakshalana supports local wound hygiene and healing.

This integrative approach provides symptomatic relief, reduces complications, and supports complete recovery.

### **CONCLUSION**

Perianal abscess requires urgent surgical management through incision and drainage. Post-operative Ayurvedic support using Triphala Guggulu, Saptavishthi Guggulu, Arogyavardhini Vati, and Gomutra Prakshalana may enhance healing, prevent recurrence, and reduce the risk of fistula formation when administered under medical supervision.

An integrative approach combining surgery and Ayurveda offers a comprehensive and effective management strategy for perianal abscess.