



Case Study of *Bhagandara* in Ayurveda With Special Reference to Fistula in Ano

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Abstract

Ayurvedic lifestyle is the need of today's era. Every doctor's top priority is to treat a patient's illness and determine his current state of health. *Bhaganadara* can be correlated with Fistula in Ano, which is considered difficult to treat because of its callus nature and high recurrence rate. '*Bhagandara*' is the name of the disease in which *Bhaga*, *Guda*, and *Basti Pradesha* get *Vidaarita* (become torn). Fistula in Ano's defining characteristic is recurring discharge with one or more exterior openings. *Ayurveda* has mentioned various treatment modalities for *Bhagandara* (Fistula in Ano) which include *Kshara Sutra* treatment, *Bheshaja Chikitsa*, *Shastra Karma*, application of *Lepa*, etc. All treatments help to heal the disease fast. *Jatipatradi lepa* is mentioned in the *Bhaishajaya Ratnawali* for the management of *Bhagandara* (Fistula in Ano). In this case study, *Jatipatradi Lepa* is used in the management of *Bhagandara* (Fistula in Ano).

Keywords: *Bhagandara*, Fistula in Ano, *Guda*, *Jatipatradi Lepa*, *Lepa*

1. Introduction

Ayurveda advises to lead a good life and avoid a bad lifestyle; whereas diagnosis and management of every disease are well proposed in *Ayurveda* science¹. In *Ayurveda*, *Bhagandara* is mentioned under the concept of '*Astamaharogas*'². The *Garuda Purana* contains the first mention of *Bhagandara*. A detailed description is found first in *Sushruta Samhita*. While Acharya Charaka recommended *Ksharasutra* and other treatments for the management of *Bhagandara* (Fistula in Ano) and detailed them in *Shotha chikitsa adhyaya*³.

Bhagandara can be correlated with Fistula in Ano, which is considered difficult to treat because of its callus nature and high recurrence rate. Acharya *Sushruta* has mentioned all types of *Bhagandara* are difficult to treat⁴. '*Bhagandara*' is the name of the disease in which *Bhaga*, *Guda*, and *Basti Pradesha* get *Vidaarita* (become torn). In *Apakva-Avastha*, it is known as '*Pidaka*', which in *Pakva-Avastha* leads to the formation of *Bhagandara* (Fistula in Ano)⁵.

Fistula in Ano is characterised by repeated discharge from boils with one or more exterior openings. According to modern research, the other clinical signs include granulation tissues poking out from the fistula's external entrance (in chronic cases) and an internal opening that feels like a nodule on the anorectal wall. Similar to this, suppuration can cause skin to become sensitive and inflamed while also causing fever⁶.

Ayurveda has mentioned various treatment modalities for *Bhagandara* (Fistula in Ano) which include *Kshara Sutra* treatment, *Bheshaja Chikitsa*, *Shastra Karma*, and application of *Lepa*, etc., all treatments help to heal the disease fast.

The overall prevalence of Fistula in Ano is 2.2% (range 0.3 – 7.6 %) in India based on four community surveys⁷. So, the only hope for the patients of Fistula in Ano is *Bheshaja Chikitsa* from *Ayurveda*. So, for the present study, the *lepa* application has been selected.

Jatipatradi lepa is mentioned in the *Bhaishajaya Ratnawali* for the management of *Bhagandara* (Fistula in Ano). It includes *Jati*, *Vata*, *Guduchi*, *Shunthi*, *Saidhava*,

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and *Takra*. *Vatapatradi lepa* contains *Vata Patra*, *Ishtika Churna*, *Shunthi*, *Guduchi*, and *Punarnava*. This *lepa* is also indicated for the management of *Bhagandara* (Fistula in Ano) in *Yogaratanakara*.

2. Aim and Objectives

2.1 Aim

A case study of *Bhagandara* in *Ayurveda* with special reference (w.s.r.) to *Fistula in Ano*.

2.2 Objectives

To study the effect of *Jatipatradi lepa* in the management of *Bhagandara* w.s.r. to *Fistula in Ano*.

3. Materials and Methods

3.1 Case Report

A 40-year-old male patient visited OPD of *Shalya Tantra* presenting with complaints of pain and swelling in the perianal region, per rectal bleeding with mild pus discharge, and itching at the perianal region from 5 - 6 months.

3.2 Name of the Patient

XYZ, a 40-year-old male.

3.3 Chief Complaints

- Pain and swelling in the perianal region
- Per rectal bleeding mild with pus discharge
- Itching at the perianal region

3.4 History

Diabetes Mellitus (DM) on regular medicine Glycomet GP1.

3.4.1 Family History

No maternal or paternal history.

3.4.2 Treatment and Surgery History

No history.

3.5 Ashtavidha Parikshana

Nadi = 76/min,
Mala = *Malavshathambha*,
Mutra = *Samyaka*,

Jivha = *Alpa Sama*,
Shabda = *Spashta*,
Sprasha = *Anushna*,
Druk = *Prakruta*,
Aakruti = *Madhyam*

3.6 General Examination

- Pulse Rate (PR) = 76/min
- Blood Pressure (BP) = 120/70 mm of Hg
- Temp. = 98.6° F
- SpO₂ = 99% RA

3.7 Personal History

Normal sleep, appetite, no addiction.

3.8 Systemic Examination

- Respiratory Rate (RR) = 18/min
- Respiratory System (RS) = Clear, AE = BE
- Cardio Vascular System (CVS) = S₁, S₂, Normal, No murmur
- Central Nervous System (CNS) = Oriented, Conscious
- Per Abdomen (P/A) = No tenderness

3.9 Local Examination at Perianal Region

- External opening at 5 'O' Clock position approximately 4 cm away from the anal verge.
- Mild pus discharge from the external opening
- Bleeding

3.10 Management

There are various treatments available for the management of *Bhagandara* (Fistula in Ano) like *Shamana Chikitsa* and *Ksharasutra Chikitsa*. Here in this study, an attempt is made to treat the *Bhagandara* (Fistula in Ano) with the help of *Lepa Kalpana*. *Jatipatradi lepa* is mentioned in *Bhaishajya Ratnawali* for the management of *Bhagandara* (Fistula in Ano)⁸.

Jatipatradi lepa includes *Jati*, *Vata*, *Guduchi*, *Shunthi*, *Saidhava* and *Takra*. All the ingredients have *Tridoshaghna* properties and *Vranaropana* action. It helps to heal the *Bhagandara* (Fistula in Ano) through its *Vranaropana*, and *Vranashodhana* properties. Also helps to relieve *Raktastrava*, Pus discharge, and *Kandu* by its *Stambhana*, *Shodhana*, *Grahi*, and *Kaphaghna* actions^{9,10}.

The patient was taken in the lithotomy position. The fistulous wound was cleaned with normal saline, the drug was applied as *lepa* over the wound, and the dressing was done. This procedure was continued for 36 days. The changes observed during the treatment are given below.

3.11 Observations

The local examination of the fistula wound is shown in Table 1.

Table 1. Local examination of the fistulous wound

Parametres	Findings
Size	7*3*5cm
Discharge	Purulent, foul-smelling discharge
Edge	Inflamed
Floor	Covered with unhealthy slough tissue
Margins	Irregular
Surrounding area	Edematous
Position	Right perianal region
Bleeding	Absent
Tenderness	Present
Temperature	Present

The effect of *Jatipatradi lepa* on pain and swelling in the perianal region, per rectal bleeding with mild pus discharge and Itching at the perianal region is as follows (Table 2, Figure 1)

Table 2. Showing gradation of parameters before and after treatment

Sl. No.	Symptoms	Before treatment	After treatment
1.	Pain and swelling in the perianal region (VAS Scale)	08	2
2.	Per rectal bleeding with mild pus discharge	++	+
3.	Itching at the perianal region	+++	+

3.12 Gradation of Symptoms

+ = Mild, ++ = Moderate, +++ = Severe

1 - 3 = Mild; 4 - 6 = Moderate; 7 - 10 = Severe

4. Discussion

In this case study observations were done before and after treatment based on symptoms. These are as follows:



Before Treatment



After Treatment

Figure 1. The progress before and after treatment.

- Pain and swelling at the perianal region – *Jati*, *Guduchi*, *Shunthi*, *Saindhava* and *Takra* have *Ushna Tikshna Guna*, and *Tridoshaghna* properties, which help to relieve the pain and swelling present in the Anorectal or perianal region.
- Per rectal bleeding with mild pus discharge – *Vata* and *Jati Saindhava* have *Grahi* and *Stambhana* properties which help to relieve *Raktastrava* and Pus discharge. *Vata* has *Jantughna*, Antibacterial and Antifungal pharmacological actions.
- Itching at the perianal region – *Vata* has *Kaphapitta doshaghna*, *Katu Vipaka*. Most of the drugs have *Tikta*, *Kashaya*, and *Katu Rasa* which help to reduce the local Itching.

5. Conclusion

In this *Bhagandara* (Fistula in Ano) case study all the signs and symptoms like pain and swelling at the perianal region, per rectal bleeding with mild discharge, and Itching at the perianal region are diminished in the 21 days of treatment. In conclusion, *Jatipatradi lepa* shows significant effectiveness in the management of *Bhagandara* w.s.r. to *Fistula in Ano*.

6. Author Contribution

Dr. Deep Prakash - Methodology, Software, Data curation, writing original draft, Review and Editing. Dr. Atul Patil - Conceptualization, Formal analysis, Supervision, Project administration. Dr. Sanjay

Chandrakanth Babar - Validation, Resources, Visualisation.

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