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A SYSTEMIC REVIEW ON BHAGANDARA (FISTULA -IN -ANO) WITH THE MANAGEMENT OF KSHARASUTRA

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Abstract

Acharya Sushruta identified Bhagandara as one of the Ashtamaharoga, a severe and challenging condition to treat. Ayurvedic texts provide a comprehensive account of Bhagandara's etiopathogenesis, symptoms, forms, preventive measures, and treatments. Initially, modern surgical interventions such as fistulotomy and fistulectomy were deemed effective, but issues like incontinence and recurrence led many patients to seek Ayurvedic therapies, particularly the Ksharasutra treatment. This traditional method, rooted in ancient practices, has proven to be an effective and globally recognized solution for managing Bhagandara.

Keywords: Bhagandara, Vibhitaka, Fistula-in-Ano.

Introduction

Fistula-in-Ano, also known as Bhagandara in Ayurveda, is a significant Ano-rectal disorder. Historically, it is second in prevalence only to hemorrhoids. Studies have shown that fistula-in-Ano accounts for a substantial percentage of Ano-rectal conditions globally. The disease causes significant discomfort and challenges for patients, often leading to complications such as recurrences and incontinence.[1]

Bhagandara has been described extensively in Ayurvedic texts, particularly by Acharya Sushruta, who elaborated on its nature, treatment, and management. Modern surgical techniques initially seemed promising but fell short due to their long-term side effects, which led to a resurgence of interest in traditional Ayurvedic methods like Ksharasutra therapy.[2]

Aims and Objectives

1. **Detail and Descriptive Study:** To provide an in-depth exploration of Bhagandara, including its characteristics, history, and treatment methods.

Materials and Methods

The study utilized a range of sources including Ayurvedic texts, contemporary medical literature, and authoritative websites to gather information about Bhagandara and Ksharasutra.

Bhagandara: Historical Review and Classification

Historical Review[3]

1. **Vedas:** The Vedas mention a disease of the Ano-rectal area, though there is no detailed description of Bhagandara.
2. **Puranas:**
 - *Agnipurana:* Recommends treatments including Triphala and Guggulu.
 - *Garudpuran:* Suggests remedies such as Trivrita and Haridra.
3. **Charak Samhita:** Offers a brief overview of the disease's etiology and treatment.

4. **Sushruta Samhita:** Provides the most detailed ancient account of Bhagandara, including comprehensive descriptions of its symptoms and treatments.
5. **Astanga Sangraha & Astanga Hridaya:** Expand on the understanding of Bhagandara, its causes, symptoms, and management strategies.
6. **Madhava Nidan:** Acknowledges five types of Bhagandara similar to those in Sushruta Samhita.
7. **Sharangadhara Samhita & Bhava Prakasha:** Describe multiple forms of Bhagandara, including those based on different dosha imbalances.

Etymology and Definition[4]

- **Etymology:** "Bhagandara" derives from "Bhaga" (the yoni) and "Dara" (bursting), referring to a condition characterized by the formation and rupture of an abscess near the anus.
- **Definition:** Bhagandara is defined as a swelling within two Angula radius of the perianal area, which, when it suppurates and bursts, is termed Bhagandara.[5]

Types of Bhagandara[6]

1. **Vatika Pidika:** Painful, reddish, and throbbing.
2. **Paittika Pidika:** Red, hot, and inflamed.
3. **Kaphaja Pidika:** White, firm, and itchy.
4. **Sannipataja Pidika:** Combination of Tridosha symptoms.
5. **Vatapittaja & Kapha Vataja Pidika:** Mixed dosha symptoms with distinct characteristics.

Classification Based on Ayurvedic Texts [7]

- **Sushruta Samhita:** Five types including Shatponaka and Ushtragreeva.
- **Samgraha and Hridya:** Eight types including Riju and Arsho-Bhagandara.
- **Madhava Nidan:** Five types similar to Sushruta.

- **Sharangadhara Samhita:** Eight types.
- **Bhava Prakasha:** Five types including Vatika and Shleshmika.

Symptoms and Pathogenesis[8]

Purvarupa (Prodromal Symptoms)

- Pressure, itching, and burning sensations in the sacral and pelvic regions.
- Swelling and inflammation around the anus.

Pathogenesis[9]

1. **Sanchyavastha:** Accumulation of Doshas due to improper diet and lifestyle.
2. **Prakopavastha:** Aggravation of Vata, Pitta, and Kapha Doshas.
3. **Prasaravastha:** Doshas spread throughout the body.
4. **Sthan Sansryavastha:** Doshas localize in the Guda region.
5. **Vyaktavastha:** Development of Bhagandara.
6. **Bhedavastha:** Communication with neighboring organs, causing further complications.

Prognosis[10]

Bhagandara is classified as Krichrasadhya (difficult to treat), with specific forms like Tridoshaja and Agantuja being particularly challenging.

Management Strategies[11]

1. **Preventive Measures:** Avoiding causative factors like inappropriate diet and lifestyle.
2. **Surgical Procedures:** Techniques such as Fistulotomy and Fistulectomy have been historically used but are associated with risks like recurrence.
3. **Para-Surgical Methods:** Including Ksharasutra therapy, Raktamokshana, and Agnikarma.

4. **Adjuvant Therapies:** Complementary treatments to enhance healing and prevent complications.

Surgical and Para-Surgical Management[12]

Surgical Management

Acharya Sushruta recommended a structured approach:

1. **Pre-Operative Preparation:** Includes oleation, fomentation, and preparatory therapies.
2. **Surgical Procedures:** Involves identifying the fistulous track and performing excisions or cauterization as necessary.

Para-Surgical Methods [13]

1. **Raktamokshana:** Bloodletting to prevent further disease progression.
2. **Kshara Karma:** Application of Ksharasutra for cauterization and healing.
3. **Agnikarma:** Thermal cauterization for necrotic tissue.

Kshara Sutra Therapy[14]

A well-documented treatment method for Bhagandara involving the use of a medicated thread to manage and heal the fistula.

Agnikarma

Used to burn out necrotic and fibrous tissues to promote healing.

Conclusion

Bhagandara, or **Fistula-in-Ano**, is a complex condition with a deep historical background in Ayurveda. Acharya Sushruta's classical text offers a comprehensive approach to its management, emphasizing the effectiveness of **Kshara Sutra therapy**. This method, which involves using a medicated thread to treat the fistula, remains relevant today due to its minimal invasiveness and high success rate compared to modern surgical techniques. Ayurvedic treatment for Bhagandara combines **dietary changes, lifestyle modifications,**

and **herbal remedies** with the para-surgical intervention of Kshara Sutra. This holistic approach addresses the disease's root causes and symptoms, aiming for long-term relief and prevention of recurrence. Future research should continue to explore and refine these traditional methods, integrating them with modern practices to improve patient outcomes for this challenging condition.

Conflict of interest -Nil

Source of Support -None

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