

## **ASSESSMENT OF HARIDRA DHUPAN IN FISTULECTOMY WOUND MANAGEMENT**

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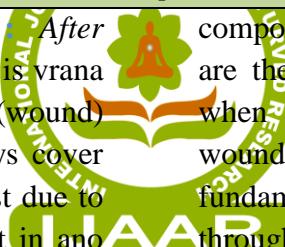
### **ABSTRACT :**

Management of fistulectomy wound is challenge for surgeon. Due to moist anal region, continuous post-operative discharge from wound and daily bowel movement, the wound gets recurrently soiled and infected. Ultimately results into delayed and impaired wound healing. *Dhupan kriya* describe in *Sushrut Smahita* which act as analgesic and fumiside. With *haridra dhupan* we try to improve it and make it as antiseptic material even. In my services I treat many such cases, but this time I make scientific plan and carried out this project. To improvise the prognosis in terms of wound management, we decided to take up a clinical trial of 30 patients who have undergone partial fistulectomy with *ksharsutra*, fistulotomy or complete fistulectomy and were included in the study 'Assessment of *Haridra Dhupan* in fistulectomy wound management.

**Key words:** fistulectomy Wound, *Haridra Dhupan*

**NEED OF THIS PROJECT :** After patient undergo fistulectomy there is *vrana* (wound) at that place. This *vrana* (wound) is so painful and this place always cover up with dress so it get infected fast due to moist. Ayurved has best treatment in ano rectal diseases. *Ksharsutra* and many treatment give best result in ano rectal disease. so people have lot hopes from Ayurveda for such problems. *Dhupan kriya* describe in *Sushrut Smahita* at chikitsa stan while describe different types of upakarmas in *vrana* (wound). *Dhupan* act as analgesic and fumiside. With *haridra dhupan* we try to improve it and make it as antiseptic material even. In my services I treat many such cases. This time by keeping all this in mind, I make scientific plan and carried out this project.

**INTRODUCTION:** *Acharya sushrut* may not have propagated the concept of micro-organisms but has clearly mentioned the treatment of *vrana* stages, complications & its treatment<sup>1</sup>. Time tested, safe



compounds explained in ayurvedic texts are the highlights of *Ayurvedic* medicine when it comes to wound healing. The wounds and their managements are fundamental in elective surgery<sup>2</sup>. It is through wound that access is obtained to deal with underlying pathology. So without that there is almost no surgery. Surgeon's task is to minimise the adverse effect of wound, remove or repair damaged structures and harness the process of wound healing to restore function. There are approximately 110 million surgical incisions per year. *Acharya Sushruta* has stated after the surgical procedure in *bhagandara vyadhi* irrespective of the type explained, *krumighna upaya*<sup>3</sup> should be followed for good healing of wound. Taking the above points into consideration a study was taken up to assess the clinical efficacy of *haridra dhupan* in fistulectomy wound management.

## AIM :

- Assessment Of *Haridra Dhupan* in Fistulectomy Wound Management

## OBJECTIVES :

- To study the Fistulectomy and its wound.*
- To study procedure of Haridra Dhupan.*
- To find Ayurvedic solution on Fistulectomy and its wound.*

## MATERIALS AND METHOD

### MATERIALS :

*Haridra Choorna*<sup>4</sup>, *dhupan yantra*, cow dung cakes.

### METHOD :

- Center of Study :** Seth Sakharam Nemchand Jain Ayurved Rugnalaya Solapur.
- Schedule:** Once in a day after hot sitz's bath (Sitz's bath With *Haridra choorna + kanshi* for 15-20 min.)
- Duration:** 1 month
- Follow Up:** After every week for one month
- Sampling:** Simple randomized
- Type of Study:** Open prospective Study.
- Source of data:** A total **30 patients** will be selected from OPD of S.S.N.J. Ayurved Rugnalaya, Solapur.

### Procedure of Haridardi Dhupan<sup>5</sup> :

- A chair having hole in the middle is used for this procedure.
- Patient is asked to sit on this chair after voiding the urine.
- The *Dhupan dravya (Haridra Kanda)* lit in *dhupan* apparatus which is placed just below the chair.

- The smoke coming from the *dhupan yantra* must reach upto anal region for expected fumigation.
- During this procedure care should be taken because the rises temperature may be danger of burn of anal part from fumes of the smoke.

### Selection criteria:

#### Inclusion Criteria :

- Patient's undergone partial fistulectomy with *ksharsutra*, fistulotomy or complete fistulectomy.
- Age group - patients between 18yrs - 70yrs.
- Patients of either sex will be included.

#### Exclusion Criteria :

- Patient's undergone surgery for fistula-in-ano other than partial fistulectomy with *ksharsutra*, fistulotomy or complete fistulectomy.
- Patients suffering from systemic diseases like D.M., Hepatitis B, Tuberculosis, Immune-compromised disease.



### CRITERIA OF DIAGNOSIS :

- Pain.
- Discharge.
- Tenderness.
- Itching.
- Wound Size

### CRITERIA FOR ASSESSMENT:

Symptoms were graded on 4 point scale (0-3) & gradation was entered in the specially prepared Pro forma (CRF) on every visit.

Sr.no	Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
1	Pain	No pain	Mild pain (Relief having hot sitz bath.)	Moderate pain. (Relief having analgesics)	More severe pain. (Disturbing daily routine and

					sleep.)
2	Discharge	Absent	Spotting	One or two layer of gauze wet.	Dressing changed more than once
3	Tenderness	No tenderness	Tenderness on deep Palpation	Tenderness on moderate pressure	Tenderness even on touch
4	Itching	No	Mild (Occasionally On defecation)	Moderate (Every day intermittently)	Severe Whole day/ night (disturbing sleep)
5	Wound Size	0 – 4 cm	4 – 8 cm	8 to 10 cm	>10 cm

#### OBSERVATIONS :

##### 1. Pain

GRADE	FOLLOW UP				
	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4th	5 <sup>th</sup>
GRADE-0	0	0	3	24	25
GRADE-1	1	20	25	5	1
GRADE-2	3	1	1	0	0
GRADE-3	26	5	0	0	4

##### 2. Discharge

GRADE	FOLLOW UP				
	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4th	5 <sup>th</sup>
GRADE-0	0	0	0	0	8
GRADE-1	0	0	30	30	22
GRADE-2	0	25	0	0	0
GRADE-3	30	5	0	0	0

##### 3. Tenderness

GRADE	FOLLOW UP				
	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4th	5 <sup>th</sup>
GRADE-0	0	0	0	0	5
GRADE-1	0	30	30	30	25
GRADE-2	25	0	0	0	0
GRADE-3	5	0	0	0	0

##### 4. Itching

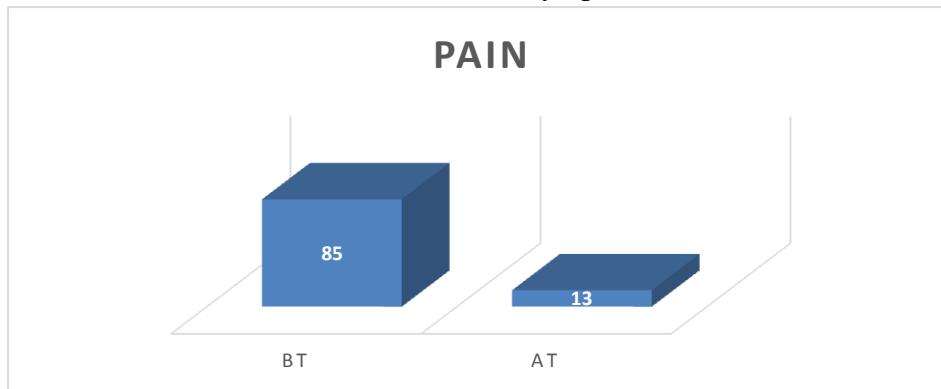
GRADE	FOLLOW UP				
	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4th	5 <sup>th</sup>
GRADE-0	0	5	20	27	28
GRADE-1	4	10	5	2	2

<b>GRADE-2</b>	21	15	5	1	0
<b>GRADE-3</b>	5	0	0	0	0

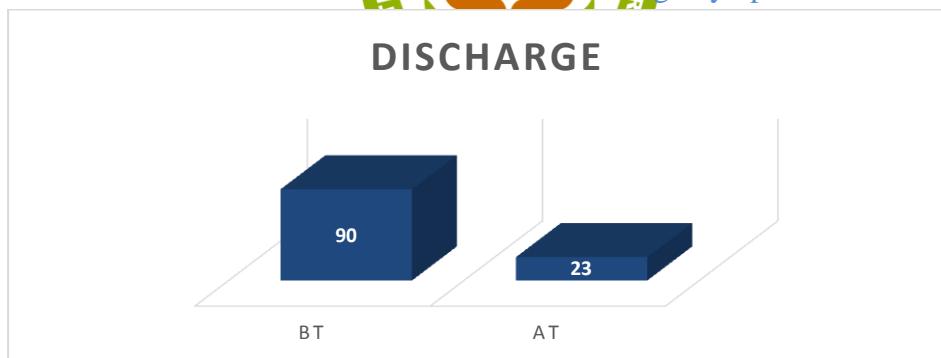
### 5. Wound size

<b>GRADE</b>	<b>FOLLOW UP</b>				
	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>
<b>GRADE-0</b>	5	5	5	8	20
<b>GRADE-1</b>	3	3	3	20	8
<b>GRADE-2</b>	20	20	20	2	2
<b>GRADE-3</b>	2	2	2	0	0

Overall Result Of 30 Patient Related With Pain Symptom.



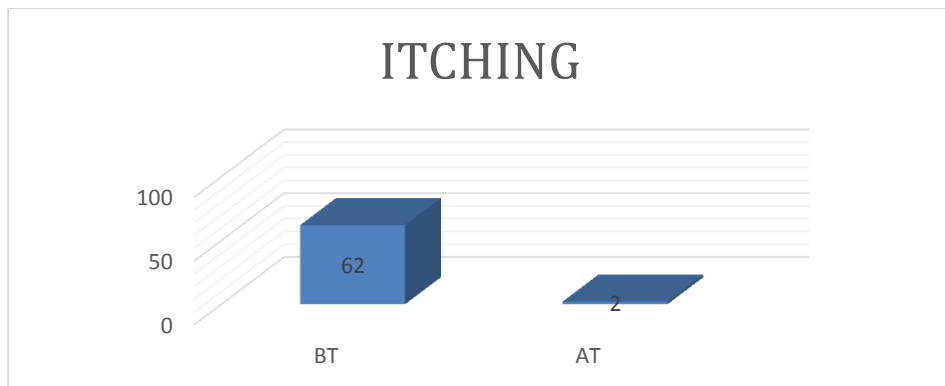
Overall Result Of 30 Patient Related With Discharge Symptom.



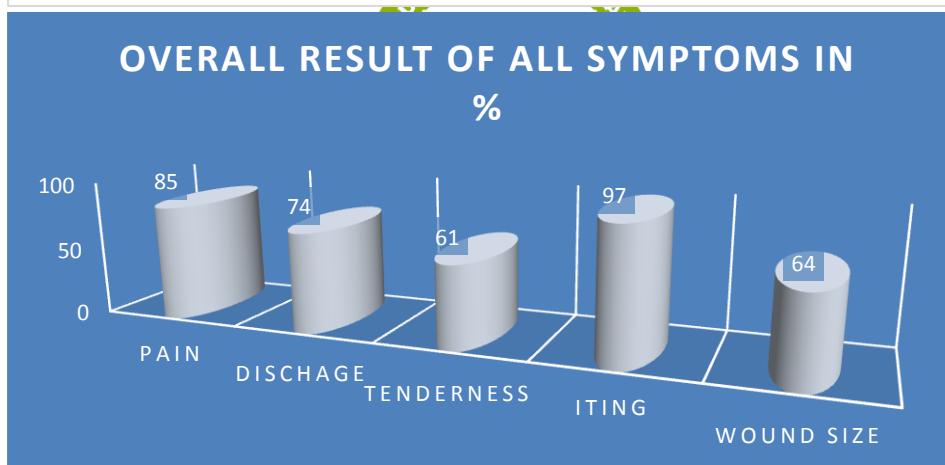
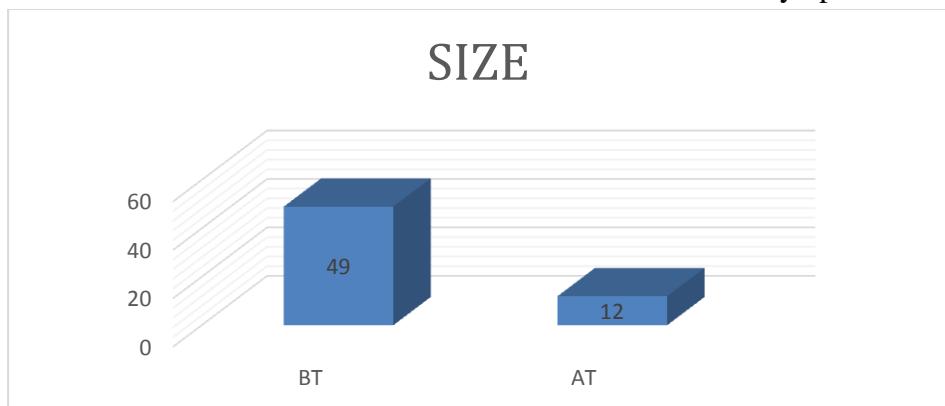
Overall Result Of 30 Patient Related With Tenderness Symptom.



Overall Result Of 30 Patient Related With Itching Symptom.



Overall Result Of 30 Patient Related With Size Of Wound Symptom.



After applying Paired' test, it was observed that there were significant changes in the parameters namely pain, tenderness, discharge, itching and wound size.

#### DISCUSSION:

- According to Ayurveda literature fistula is mention as *bhangandra*. *Karshy* (emaciation), weakness of the body following fever, dysentery, Anemia, Suppression of natural Vega, miscarriage, constant local injury, faulty dietary habit, obesity are cause of *bhangandra*<sup>6</sup>.

- Haridra* (*curcuma longa*) is anti-inflammatory, antiseptic and antibacterial having wound healing activity which prevent infection and facilities tissue growth thereby promoting healing<sup>7</sup>.

- Shshrutacharya* mention the *Dhupan* uprma in *vrana chikitsa Adhya* in *chikitsa Stan*. When vata Dosha is dominant and *vrana* has severe pain & oozing than *dhupan* is best *chikitsa* on that<sup>8</sup>.

- Pain is symptoms arises due to vata Dosha. *Dhupan* having warm heat which

reduced *shita guna* of vata and give relief from pain.

**RESULTS:** There were significant changes fistulectomy wound after *haridra dhupan*

**CONCUSSION :** From this study it is conclude that *haridra dhupan* karma give significant changes in the parameters namely pain, tenderness, and discharge, itching and wound size. Hence, we conclude that *haridra dhupan* is highly efficacious in fistulectomy wound management.

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Declared