



## THE MANAGEMENT OF BHAGANDARA WITH PALASHA KSHARA SUTRA PREPARED IN ARKAKSHERA - A CASE REPORT

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### ABSTRACT :

*Bhagandara*[Fistula in ano] is a common anorectal condition prevalent worldwide. *Kshara Karma* is a one of the para surgical procedure in *Ayurveda*. In this case *Palasha KsharaSutra* prepared in *Arkaksheera* is used in *Bhagandara* (Fistula-in-ano). Though, *Apamarga Kshara Sutra* is highly effective in the management of Fistula-in-ano. But pain, irritation, difficulty in preparation has limited its use. Thus, various type of *KsharaSutra* tried with their efficacy in different angle. In this present case effort was made to define the probable mode of action of *Palasha Ksharasutra* prepared in *Arkaksheera* in Fistula-in- ano. This is equally effective with less pain and easy to prepare because easily available and not a seasonal plant. A 43 yr old male patient with complaints of painful swelling with pus discharge in the anal region since 7 days who came to our OPD on 20th March 2016 is diagnosed as Fistula in ano in 4 o clock position has been presented here. The *Palasha ksharasutra* prepared in *arkaksheera* was applied by probing under spinal anesthesia. The *ksharasutra* was changed by weekly interval. The length of thread was measured weekly and noted in the case sheet to assess unit cutting time (UCT). Initial length of the fistula tract was 10cms. The total time period taken for treatment is 77days.The UCT is 7.7dys/cms observed. During treatment patient was attended his job regularly without having any interruption in the quality of life. After 77days patient was free from all signs and symptoms of fistula with normal scar without any complaints.

**Key Words:** *Kshara, Palasha,Arkaksheera, Bhagandara* .

### INTRODUCTION:

Fistula-in-ano is one of the most common ailments pertaining to ano-rectal region. This disease causes discomfort and pain to patient, which creates problems in routine work. In modern medical science, the description of Fistula is available long back from time of Hippocrates 6 B.C. But in Ayurvedic classical texts Fistula-in-Ano has been widely described as name of *Bhagandara* along with treatment, before the time of Hippocrates. There we found *Bhagandara* also treated by *Kshara sutra*<sup>1</sup>. It is a medicated thread, which is prepared by repeated coating of various medicines over the thread. The procedure of applying *Kshara Sutra* is very easy, in most of the cases and it was done under local anaesthesia and only few cases require

spinal anesthesia. Changing of *Kshara sutra* was done by railroad method i.e. the new medicated *Kshara sutra* was tied to the end of the previous *Kshara sutra*, this sutra is cut and pulled out thorough fistulous opening and new one placed in position. The cutting rate of fistulous tract was recorded by measuring the length of *Kshara sutra* on subsequent changing.

**CASE REPORT:** A 43 yr old male presented with complaints of painful swelling with pus discharge in the anal region since 7 days , six month ago patient was asymptomatic, one day he noticed painful swelling in the anal region associated with fever and consulted local physician, took treatment .Swelling got reduced by rupture with pus discharge. A similar episode occurred after two months

and got relieved by same way of treatment. There is no history of DM and HTN, The family history was not suggestive of same complaint to other member. On local Examination there was a painful swelling of two x two cm (2x2) associated with single opening with pus discharge in the left ischio-rectal fossa at four O'clock position. On digital rectal examination there was normal sphincter tonicity. On proctoscopy – no abnormality was detected. (1) The classical *Lakshanas* of *Bhagandara* like *pidaka* of *pakwa* (suppurated) in *Guda* region, *goodamoola*, *ruk*, *jwara* etc were observed as *Susrutha* described. (2) Routine hematology investigations (TC, DC, Hb, ESR, RBS) and urine investigations were within normal limits. As *Susrutha* described *Kshara sutra* is indicated in *Bhagandara* (3) under spinal Anaesthesia, The patient is kept in lithotomy position, and then perianal region was cleaned with antiseptic lotions and draped. Then gloved index finger was gently introduced into the rectum. Then a malleable copper probe was passed through the external opening of fistula. The tip of the probe was forwarded along the path of least resistance and was guided by the finger in rectum to reach in to the lumen of anal canal through the internal opening and its tip was finally directed to come out of anal orifice. The pus filled cavity at the external opening is drained by incision and drainage. Then a suitable length of plain thread was taken and threaded into the eye of probe. There after the probe was pulled out through the anal orifice, to leave the thread behind in the fistulous track. The two ends of the Plain thread were then tied together with a moderate tightness outside the anal canal. This procedure is called primary threading and on second day of post-operative day the *Palasha-kshara sutra* application is done. The *Palasha -kshara sutra* was changed at weekly interval. Before changing of *ksharasutra*, on weekly interval, pus smear was sent for culture in Mac-Conkey's agar medium was

suggestive of growth of organism *E coli*, after one week no growth seen in the swab culture report, like in second week, third week etc, except fourth week swab culture report suggestive of *staphylococcus aureus*, this may be due to contamination from outside as the area known for contamination but patient was asymptomatic by the effect of *kshara sutra*-in-situ. Initial length of the *Fistulous tract* was 10cms. the total cutting of the tract taken 77days. The unit cutting time i.e total days taken to cut through the tract divided by initial length of the tract in centimeter i.e 77 days divided by 10 cm, so *palasha kshara sutra* in this patient took 7.7 days for cutting one centimeter of fistula tract.

#### Discussion on the effect of treatment:

Mode of Action of *Plasha Ksharasutra prepared in Arkaksheera* in *Fistula in Ano: Palasha* and *Arkaksheera* having *ksharana*, *ropana*, *vedanashamaka*, *krimigna* and *tridoshagna* properties in this case by application of *ksharasutra* it does cutting layer by layer and there is continuous drainage of fistulous track which helps in healing. The medicaments which are used to prepare the thread will dissolve the fistulous tissue of the track (Debridement by the *Ksharana* process) and stimulates the healthy granulation tissue for healing. The pain, irritation was reduced by *vedanashamaka* property of *arkaksheera*.

#### CONCLUSION:

There was a reduction of symptoms to pain, irritation, inflammation, burning sensation and local reactions in this case. Availability, Collection problems have been trespassed by the present method. Economical, minimized the problems of preparation and application of *Kshara sutra* therapy. No recurrence of case reported during the last 6 months of follow up.

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**Palasha kshara sutra in situ during treatment of Bhagandara**



**Figure: 1**

**After cut through of Bhagandara by Palasha kshara sutra**



**Figure: 2**



**Figure: 3**



**Figure: 4**