



## Case study of Panchvalkala Kwath for Sitz Bath & Abhayarishta, Kumaryasav & Kshar sutra Application in management of Bhagandar w.s.r to Fistula- in- Ano

Authors

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### Abstract

*Fistula in Ano is a chronic inflammatory condition having a tubular structure with opening in the Anorectal canal at one end and surface of perineum or perianal skin on the other end. Any opening in perianal area with chronic pus discharge indicates fistulous tract. Prolong sitting, unhygienic condition, obesity, repeated irritation due to hair may increase the risk of occurrence. In Ayurveda it is correlated with Bhagandar and Acharya Sushruta mentioned five types of Bhagandar. He had explained Shastra karma along with Kshar karma and Bhesaja chikitsa for treatment. Here a case of fistula in Ano in a 21 years male patient was examined in Shalya OPD and treated with Ksharsutra, considering it as an ideal procedure in treatment of Bhagandar as it cuts and cures the unhealthy tissue present inside the fistulous tract. An Anal fistula can heal more quickly after taking a sitz bath. The warm water helps ease pain and suffering while also reducing inflammation. Moreover, it can aid in maintaining cleanliness in the affected area, lowering the chance of infection. Abhayarishta and Kumaryasav can be used as a laxative to help manage constipation.*

**Keywords:** Bhagandar, Fistula-in-Ano, Kshar Sutra, Abhayarishta.

### Introduction

Bhagandar has been described by Acharya Sushruta as one among Ashtamahagad<sup>1</sup> (eight major diseases) which is difficult to cure. This disease has been described in Ayurvedic texts in great detail. The etiopathogenesis, symptoms, types, preventive measures and curative aspects have been mentioned in detail. In kshar-sutra therapy the cutting and healing of fistulous track takes simultaneously. In some cases, it has been

observed that the healing status of track was not satisfactory. In that situation the cutting of track further delayed and it takes more time to completion the treatment of Fistula-in-ano with Kshar-sutra.

Panchvalkala kwath (sitz bath)-Panchavalkala decoction 100 ml diluted in warm water used for sitz bath. It has Shodhana (cleaning) and Ropan (healing) properties also maintain local hygiene<sup>2</sup>. Pain relieved due to Guru Guna that has Vatahara

property so decreased pain. Panchavalkala has Kashaya rasa (astringent) predominant which have Stambhana property (arresting) and Grahi (to hold) so it helpful to reduce the wound discharges<sup>3</sup>.

Abhayarishta can induce peristaltic movement in the intestine and allow easy defecation. It also can soften the stool to reduce pain during defecation. Kumaryasav is useful in health problems such as loss of Appetite, Abdominal pain etc. It is also beneficial for constipation. It improves digestion and relieves constipation.

### Case Report

A 21 years old male patient came to OPD at Government Ayurvedic College & Hospital, Patna on 27 Aug 2022 presented with complaints of pus discharge through perianal region associated with pain & itching since last 2 months. There was no previous history any other significant medical illness. Patient had no history of Diabetes Mellitus, Hypertension or Thyroid disorders. He was not under any medication for any ailments.

**Family History:** No relevant history

**Personal History:**

**Bowel:** Constipated

**Appetite:** Good

**Micturition:** 7-9 times/day, 1 times/night

**Sleep:** Normal

**Water intake:** 2½-3 L/24 hours

**Physical Examination:** Patient was well built.

**B.P:** 120/70 mm of Hg

**P.R:** 74 bpm

**Height:** 156 cm

**Weight:** 65 kg

**Systemic Examination:**

**CVS:** S1, S2 heard, No added sounds

**CNS:** NAD

**RS:** NAD

**GIT:** No scars, soft, no organomegaly

**Tenderness:** present at right perianal region

**Specific Examination:**

**Inspection:** Boils present at right perianal region.

**Palpation:** Tenderness: Present at right perianal region.

**Investigation:**

Routine blood was normal, HIV HCV & HBsAg was non-reactive

Urine routine was normal, Cast & Crystals was not present.

X-ray Fistulogram was suggestive of:

A Fistulous tract measuring 4.32 cm visualized in right perianal soft tissue extending antero-superiorly.

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DATE: 1-SEP-22


PATIENT'S NAME :  
AGE / SEX : 21 Yrs. M  
REF BY : Dr. SI  
INVESTIGATION : X-ray.

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**Fistulogram**

- 20 cc of contrast was injected through the external opening of sinus in right perianal region.
- A fistulous tract measuring 4.32 cm visualized in right perianal soft tissue extending antero-superiorly with no free communication with anal canal. Lower rectum is not opacified. No obvious communication with bowel loops /pelvic organs noted.

Please correlate clinically and with other relevant investigation.

  
**RADIOLOGIST**  
DR. BRAJESH KUMAR  
DMRD(CMC), DNB(TMH)  
Ex-SR GTB DELHI  
HIMS & IIMS(LUCKNOW)

**Clinical Diagnosis:** Bhagandar (Fistula-in-Ano)

**Management:** Kshar Sutra & Conservative management done

**Panchvalkala Kwath:** for Hot Sitz bath twice in a day.

**Abhayarishta & Kumaryasav:** both taken 15 ml individually with 30 ml of water, twice in a day, after meal.

**Kshar Sutra:** Kshar sutra made with the help of Apamarg Kshar, Gugglu, Haridra and changes weekly.

Pathya and apanya advised to the patient.

### Results

Patient was reviewed 28 days later. A fistulous tract measuring 4.32 cm visualized in right perianal soft tissue extending antero-superiorly is completely cured.

### Discussion

The treatment of fistula in ano with above ayurvedic drugs is found satisfactory

In this case we have used both external and internal medications. Ksharsutra in ano-rectal disorders has shown good result. The ingredients of Apamarg kshar sutra are Gugglu, Apamarg kshar and Haridra powder. In wound management Triphala and Gugglu indicated as best medicine<sup>4</sup>. Gugglu also indicated as Medoa nilharanam<sup>5</sup>. kshar has properties of chhedana, bhedana, lekhan and tridoshaghna<sup>6</sup>. Kshar has also properties of Sodhana, Ropan and Soshan<sup>7</sup>. Apamarg kshar on Ksharsutra cauterize the soft tissue. Haridra has the properties like Rakta shodhana, Twak doshahara, shothahara, vatahara, vishagna<sup>8</sup> and it is useful. The action of turmeric powder has the effect of bactericidal action with healing properties. Ksharsutra has got validation in the modern books also and is successful proven method for treating fistula in ano and other anorectal disorders. Abhayarishta and Kumaryasav can be used as a laxative to help manage constipation. Panchavalkala decoction

used for sitz bath. It has Shodhana (cleaning) and Ropan (healing) properties.

### Conclusion

Fistula in ano is an important commonest disease due to crypto glandular infection and has a complication of ano rectal abscess. All the cases of fistula in ano should undergo Ksharsutra, as it is associated with less chances of incontinence, has significantly less incidence of post operative complication.

Ksharsutra therapy very cost-effective treatment with no complications. Ksharsutra is very effective with minimum invasive surgical modality for management of bhagandar.

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