



A CONCEPTUAL STUDY ON THE ROLE OF *KSHARA DASHAKA KSHARASUTRA* IN TREATMENT OF *BHAGANDARA* WITH SPECIAL REFERENCE TO FISTULA IN ANO

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ABSTRACT

Bhagandara is one of the *Ashtamahagadha*. *Bhagandara* causes a tear in the region of *bhaga* (perineum), *guda* (rectum) and *basti* (pelvis). Those which do not burst open are called *pidaka* (*Bhagandara pidaka*). While the one which burst open are *Bhagandara*. *Bhagandara* can be correlated to fistula in ano. A fistula is an abnormal connection between two epithelial lined surfaces. The incidence of a fistula-in-ano developing from an anal abscess ranges from 26% to 38%. One study showed that the prevalence of fistula-in-ano is 8.6 cases per 100,000 population. In men, the prevalence is 12.3 cases per 100,000 population, and in women, it is 5.6 cases per 100,000 population. The male-to-female ratio is 1.8:1. The mean patient age is 38.3 years. *Kshara Sutra* therapy is a minimal invasive Ayurvedic Parasurgical procedure and time-tested Ayurvedic technique in the management of Anal Fistula. It is a safe, sure and cost effective method of treatment for fistula-in ano. The present study aims to explore the effect of *Kshara Dashaka Ksharasutra* in the management of *Bhagandara*.

KEYWORDS: *Kshara Dashaka Ksharasutra, Bhagandara, Raja Nighantu, Sushruta Samhita.*

INTRODUCTION

The word *Bhagandara* is combination of two words i.e., *bhaga* and *dharana*. *Bhaga* means all the structures around the *Guda* (ano-rectal region) including *Yoni* (in case of females *Basti* (urinary bladder)). Word *dharana* means tear of the surface. Acharya *Sushruta* described '*Bhagandara*' as one of the *Mahagadas* due to its grave nature.^[1] Due to indulgence in *Apathya ahara* and *vihara vata dosha* gets *dushita* and gets localized in the area around the anus, with in 1 to 2 *angulas*. Later it vitiates *mamsa* and *raktha dhatus*, after getting combined with other 2 doshas and produces features as per predominance of doshas. If this condition is untreated, leads to suppuration. Even after suppuration if *Apathya sevana* is continued produces *Bhagandara*. *Bhagandara* produces lakshanas like *pitika*, *toda*, *raga*, *visrava* etc. *Bhagandara* can be correlated to fistula in ano in contemporary science. The term fistula is derived from the Latin word meaning "of reed, pipe, or flute." The treatment of Fistula in Ano has evolved over a period with various modifications in its surgical management starting from simple fistulotomy to advanced treatments like Video Assisted Anal Fistula Treatment (VAAFT), Endorectal advancement flap, Fibrin plug, Ligation of ITERSphinctric Fistula Tract (LIFT). Ayurveda advocates

application of *Ksharasutra* in *Nadi vrana Chikitsa*.^[2] *Ksharasutra* has been used and researched by various Ayurveda proctologists, and is standardized over the years. *Apamarga Ksharasutra* is been widely used in its management. However, many *Ksharasutras* have been prepared by different *Kshariya Dravyas* for the effective management in *Bhagandara*. *Kshara Dashaka* is a group of ten alkali producing drugs mentioned in *Rasatarangini* and *Raja Nighantu*.^[4] The text says:

शिशुमूलकपलाशचुक्रिकाचित्रकार्दकसनिम्बसम्भवे |
इक्षुशैखरिकमोचकोद्भवैः क्षारपूर्वदशकं प्रकीर्तितम् ||
Raja nighantu.22/57

The effect of individual drugs mentioned in the above reference in treating *bhagandara* are observed, but the combined effect which is enhanced by virtue of combination has not been explored. Hence the study if produces intended results will be a golden opportunity for Ayurveda surgeons community to have a *kshara* that can be produced with ample raw materials at hand. This study is intended to find whether *Kshara Dashaka Kshara Sutra* is parallel to *Apamarga Kshara Sutra*.

Disease Review**Samprapti Ghataka**

Samprapti Ghataka's	Charaka	Sushruta^[6]	Vagbhata^[5]
Nidana	Krimi bhakshana, Asthikshanana, Pravahana, Horseriding	Mithya ahara & vihara	Riding elephant/horse, Squatting posture
Dosha	Vata	Tridosha	Vata, Pitta
Dushya	Mamsa, Rakta	Mamsa, Rakta	Mamsa, Rakta
Agni	Manda	Manda	Manda
Ama	Sama	Sama	Sama
Udbhava Sthana	Sarvadaihika	Sarvadaihika	Sarvadaihika
Vyaktasthana	Bhaga pradesha	Bhaga pradesha	Bhaga pradesha
Roopa	Pitika	Pitika	Pitika

Drug Review

Drugs	Rasa	Guna	Veerya	Vipaka	Karma
Shigru	Katu, tikta	Laghu, rooksha, tikshna	Ushna	Katu	Tridoshahara
Moolaka	Katu, tikta	Laghu, tikshna	Ushna	Katu	Tridoshahara
Palasha	Tikta, Kashaya, Katu	Laghu, snigdha	Ushna	Katu	Vatakapha Shamaka
Chukrika	Amla, madhura	Laghu	Ushna	Amla	Vata shamaka
Chitraka	Katu	Tikshna	Ushna	Katu	Vatakapha shamaka
Ardraka	Katu, tikta, madhura	Rooksha, tikshna	Ushna	Madhura	Vatakapha shamaka
Nimba	Tikta, kahaya	Laghu, rooksha	Seeta	Katu	Pittakapha shamaka
Ikshu	Madhura	Guru	Seeta	Madhura	Vatapitta Shamaka
Apamarga	Tikta, katu	Sara, tikshna	Ushna	Katu	Kaphavata shamaka
Kadali Moola	Madhura, kashaya	Guru, snigdha	Seeta	Madhura	Kaphapitta shamaka

Ksharadashaka Ksharasutra Preparation

All ten kshara dravyas are taken in equal quantity and are burnt together.

One drona of ash is taken and mixed with 6 drona of water^[7] is added to it and kept for 12 hours undisturbed.

Preparation of Ksharadashaka kshara done as per established methods.

20 number barber thread taken, applied with 7 coats of Snuhi ksheera.

After proper drying 11 coats of Kshara dashaka kshara is applied.

Finally 3 coats of haridra is applied.

After proper drying and uniform thickness, ksharadashaka ksharasutra is obtained.

Management Of Bhagandara**Procedure of Ksharasutra application****Purvakarma**

- Patient is given *Laghu snigdha ahara* and 10 g of *Triphala choorna* as laxative at bed time.
- Inj. Xylocaine 2% test dose is given intradermally.
- Inj. TT 0.5 ml/IM is given,
- BP enema is given.

Pradhana karma

Patient is placed in lithotomy position. Under all aseptic precautions, part prepared followed by painting and draping of the part. A suitable malleable probe is forwarded along the path of least resistance and guided by the finger with lubrication in the anal canal to reach into its lumen. Then the tip is finally directed to come out of the anal orifice through the internal opening in the anal canal. A suitable length of plain thread is taken and threaded in the eye of the probe. Thereafter the probe is pulled out through the anal orifice, to leave the thread behind in the fistulous tract. The two ends of the plain thread then be tied together with a moderate tightness outside the anal canal. This procedure is called primary threading. On the 7th day, primary thread is replaced by using *Kshara Dashaka Ksharasutra sutra* by adopting rail-road method.

Pashchath karma

Sitz bath with warm *Panchavalkala kwatha*^[8] twice daily is advised and *Triphala Choorna*^[9] 10g with warm water at bed time are prescribed. Later on every subsequent 7th day, new *Kshara Dashaka Ksharasutra* is changed until the fibrous tract is completely cut and healed.

DISCUSSION

Probable Mode Of Action Of Kshara Dashaka Ksharasutra: *Ksharadashaka* contains 10 drugs producing *kshara* and varying *doshahara* properties. *Shigru*, *Moolaka*, *Palasha*, *Chukrika*, *Chitraka*, *Ardraka* and *Apamarga* have *ushna guna*, *katu rasa pradhana* and predominantly either *tridoshahara* or *vatakaphahara* in nature. *Nimba*, *Ikshu* and *Kadali moola* have

sheetaveerya, *madhura rasa* and predominantly *kapha pittahara* in nature. *Ksharadashaka* applied on the thread allows chemical curettage of the fibroses and unhealthy granulation tissue. The presence of proteolytic enzymes is capable for its corrosive, caustic, anti-microbial and bactericidal properties. *Haridra* causes vasodilation when applied on the mucous membrane, possess anti-inflammatory, analgesic effect. It also has *Kushthghna*^[10] and *Vranashodhaka-ropaka* properties which contribute to proper cutting and healing of the tract. *Kshara* sutra not only cuts the tissue, but also does continuous drainage of the wound, which enables to lay the track open.

CONCLUSION

The study is intended to explore the efficacy of *Ksharadashaka ksharasutra* due to the following reasons

1. Drugs constituting *Kshara Dashaka* are abundantly available everywhere.
2. Collection of *Kshara Dashaka* can be done in all seasons.
3. Apart from yielding *Kshara*, drugs constituting *Kshara Dashaka* have excellent wound healing property.
4. Apart from yielding *Kshara*, drugs constituting *Kshara Dashaka* have *Tridoshahara* property.

Hence, *Kshara Dashaka Kshara Sutra* can be at par with *Apamarga Kshara Sutra* and has been taken up for study.

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