



## CLINICAL APPROACH TO GUDA VIDRADHI AS ABHYANTARA VIDRADHI WSR TO PERIANAL ABSCESES

Dr. Bharat Kumar M.\*<sup>1</sup>, Dr. Vishwanath Sharma<sup>2</sup> and Dr. Shailaja S. V.<sup>3</sup>

<sup>1</sup>P G Scholar, Dept of Shalya Tantra, SKAMCH& R C. Vijayanagar, Bengaluru-560014, Karnataka, India.

<sup>2</sup>Reader, Dept of Shalya Tantra, SKAMCH & R C. Vijayanagar, Bengaluru-560014, Karnataka, India.

<sup>3</sup>Professor, Dept of Shalya Tantra, SKAMCH & R C. Vijayanagar, Bengaluru-560014, Karnataka, India.

**Corresponding Author: Dr. Bharat Kumar M.**

P G Scholar, Dept of Shalya Tantra, SKAMCH& R C. Vijayanagar, Bengaluru-560014, Karnataka, India.

Article Received on 21/06/2020

Article Revised on 11/07/2020

Article Accepted on 31/07/2020

### ABSTRACT

The disease Guda vidradhi is a common condition that disturbs and troubles a person and not let him do his normal routine work. The pain in this condition is uncontrollable and severe due to inflammation and collection of pus. Acharya Charaka and Sushruta, both have opined their observation in this condition. Acharya Charaka opines that, this is the condition where there will be acute suppuration leading to Vidradhi (abscesses)<sup>[1]</sup> and Acharya Sushruta opines that the vitiated doshas in Guda vitiates Twak, Rakta, Mamsa, Meda and Asthi leading to Vidradhi.<sup>[2]</sup> The clinical features of Guda vidradhi can be well correlated to Perianal Abscesses. The procedures like Bhedana and Visravana karma gives good result in the management of guda vidradhi.

**KEYWORDS:** Guda vidradhi, Ano rectal abscesses, Bhedana karma.

### INTRODUCTION

Vidradhi is so called due to very acute suppuration. Acharya Sushruta has explained ten adhithana for antravidradhi among these Guda vidradhi is also included,<sup>[3]</sup> He has also mentioned one important symptom like Vata Nirodha (Retention of urine) which leads to intense pain during defecation.<sup>[4]</sup> Acharya Sushruta has mentioned the shape of vidradhi i.e Gulmaroopi and Valmikavat Sammunata.<sup>[5]</sup>

Abscesses around lower rectum and anal canal are known as Ano rectal abscesses and these abscesses lead to Fistula in ano. Most common causative organism is E coli, other organism include Staphylococcus albus, S aurous, Streptococcus and Psuedomonas.<sup>[6]</sup> In majority of cases (90%) approximately abscesses starts as an infection of anal gland or cutaneous boil extensions.

#### Understanding Guda Vidradhi as Perianal Abscesses

Ano rectal abscesses can be understood under 4 major classifications,<sup>[7]</sup> i.e.

- Perianal Abscesses
- Ischiorectal Abscesses
- Submucous
- Pelvirectal Abscesses

**Perianal Abscess:**<sup>[8]</sup> This usually results due to suppuration of anal gland or suppuration of thrombosed

external pile or other infected perianal condition. It lies in the region of subcutaneous portion of external sphincter.

#### Clinical Features Of Perianal Abscess<sup>[9]</sup>

- Severe Throbbing pain around anal region during defecation which can be understood as **Guda Vatanirodhastu** caused due to Guda Vidradhi.
- Tender, Smooth, Soft Swelling around anal region.
- Pus drainage near the anus.
- Fever.



### Samprapti of Guda Vidradhi

Due to Aharaja and Viharaja nidana there will be prakopa of tridoshas leading to Sthanamsashraya in twak, rakta, mamsa, meda and asthi of Guda pradesha leading to Guda vidradhi.

### Samanya Chikitsa in guda vidradhi in apakwa and pakwawastha:<sup>[10]</sup>

- In **Apakwa avastha**, Varunadi gana oushadhi with Ushakadi gana choorna as kashaya pana.
- Virechana
- Apatarpana (Langhana)
- Aalepa: Lepa prepared from Dashamula or any Vatahara dravyas added with fat, oil and ghee and should be warm to application.
- In **Pakwa Avastha**, Bhedana and Visravana is the best line of treatment which is considered as Incision and Drainage and further management should be done according to **Vrana**. (PAKWAM VA BAHIRUNNADHAM BHITWA VRANAVAT AACHARET).

### Pathya and Apathya In Guda Vidradhi

#### Pathya

Shigru, Karavellaka, Punarnava, Chitraka, Patola, Kadali, Raktashali, Taila, Ghrita, Mamsarasa and Water boiled and cooled with Chandana.

#### Apathya

Dadhi, Matsya, Divaswapna.

### Some of the medicines which can be given orally in guda vidradhi:<sup>[11]</sup>

- Kwatha prepared from Punarnava, Devadaru, Shunti, Dashamula and Haritaki with Shuddha Guggulu or Eranda taila internally.
- Shobhanjana kwatha
- Shigru swarasa should be given orally
- Punarnavadi Kwatha
- Varunadi kwatha
- Pathamula choorna.

### DISCUSSION

Guda vidradhi which is one among abhyantara vidradhi is darunataro roga which needs an early diagnosis and

early management. Even though Guda vidradhi is one among abhyanthara vidradhi, it can be managed with bahyachikitsa along with internal medication. Immunity is highly related with the onset of antarvidradhi in relation with abscess. So balyakara ahara, balya vihara and rasayana aushadhas can be advised to the patients to get complete relief from such conditions and also to prevent the reoccurrence. Acharya Susruta practised Rakta mokshana and bhedana karma in antarvidradhi as emergency management in order to save the life of the patient which highlightens the importance of Shalyachikitsa as pradhanatama,

### CONCLUSION

Guda vidradhi has more prevalence compared to other types of Abhyantara Vidradhi. Guda being one of the Dashapranayatanas, management of Guda Vidradhi is of utmost importance. The features of Guda Vidradhi is similar to that of Anorectal abscess. The principle of management of abscess is homogenous with the Chikitsa of Guda Vidradhi explained in our classics.

### REFERENCES

1. Acharya Charaka: Charakasamhita with Chakrapani Datta commentary, Chaukambha orientalia, reprint edition, Sutra sthana, 17th chapter, verse, 2014; 95: 837-104.
2. Acharya Sushruta: Sushruthasamhita with Nibandhasangraha commentary of Dalhanaacharya and Nyayachandrika of Gayadasa, Chaukambha orientalia, reprint edition, Nidana sthana, 9th chapter, verse, 2014; 4: 824-302.
3. Acharya Sushruta: Sushruthasamhita with Nibandhasangraha commentary of Dalhanaacharya and Nyayachandrika of Gayadasa, Chaukambha orientalia, reprint edition, Nidana sthana, 9th chapter, verse-17, 2014; 824: 303.
4. Acharya Sushruta: Sushruthasamhita with Nibandhasangraha commentary of Dalhanaacharya and Nyayachandrika of Gayadasa, Chaukambha orientalia, reprint edition, Nidana sthana, 9th chapter, verse, 2014; 19: 824-303.
5. Acharya Sushruta: Sushruthasamhita with Nibandhasangraha commentary of Dalhanaacharya and Nyayachandrika of Gayadasa, Chaukambha

- orientalia, reprint edition, Nidana sthana, 9th chapter, 2014; 16: 824-303.
6. Dr.Somen Das: A Concise Textbook of Surgery Published by Dr,Somen Das,8th Edition,45th Chapter, 1358: 1069.
  7. Dr.Somen Das: A Concise Textbook of Surgery Published by Dr,Somen Das,8th Edition,45th Chapter, 1358: 1069.
  8. Dr.Somen Das: A Concise Textbook of Surgery Published by Dr,Somen Das,8th Edition,45th Chapter, 1358: 1070.
  9. Dr.Somen Das: A Concise Textbook of Surgery Published by Dr,Somen Das,8th Edition,45th Chapter, 1358: 1070.
  10. Acharya Sushruta:Sushruthasamhita with Nibandhasangraha commentary of Dalhanaacharya and Nyayachandrika of Gayadasa,Chaukambha orientalia, reprint edition, Chikistha sthana, 16th chapter ,verse-8,9, 2014; 824: 464.