



Gudavikar Visheshank

# आरोग्यमंदिर पत्रिका

AROGYAMANDIR PATRIKA

## Editorial

It is a well known fact that not only Dhatus but Malas are also important for the purpose of Shareer Dharana. Out of the various malas that get formed in the body, if there is one which can help in the Dharan process, then it is the only mala that has a solid consistency that is Pureesha.



In specific condition of Rajayakshma, one of the Ashtoumahagada, Pureesha performs the function of Dharan which is the actual function of Dhatu. The part or the natural outlet of the body through which Pureesha is let out of the body is the natural Bahirmukha Srotas, Guda. Through this Arogyamandir Patrika, it is an attempt to bring to our patrons the collected information on Guda Vikar, a comparatively neglected topic though extremely important.

Though various mechanisms are at work to cleanse the body of the unwanted substance usually termed "Mala", the only mechanism which offers "Shouchanand" is, the perfect action of Malavaha Srotas.

All the important information on this is being offered through this Arogya Mandir Patrika - Gudavikar Visheshank. Hope that "Arogyamandir Patrika - Guda Vikar Visheshank" fulfills your expectations.

Thanking You,  
Yours sincerely,  
Vd. Shailesh Nadkarni

## Vishayapravesh

July 2009

**P**ureesha' is one of the 3 malas that are excreted out of the body. The Srotas which helps in excretion of Pureesha is known as 'Pureeshavaha Srotas'.

During the process of digestion the food is converted into Ahararasa. This Ahararasa gets divided into Sarabhaga (Nutrient portion) and Kittabhaga (waste portion) in Pakvashaya. The Kitta mainly consists of wastes or undigested material. After performing physiological functions, the Kitta produces stools or Pureesha which is excreted out of body through 'Adhoguda' (Anal region).

The Moolasthanana or origin of Pureeshavaha Srotas are Pakvashaya and Sthoolaguda.

Generally the term 'Guda' is associated with Malotsarjan i.e. process of defecation, but according to Ayurved 'Guda' is widely explained.

In this Sthoolaguda. (Rectum) and Adharguda (Anal Canal) are considered as 'Guda'.

In today's modern and sedentary lifestyle many times natural urges are suppressed for longer duration. 'Malavega' or (urge to defecation) is one of them. This develops Malavashtambha (constipation) which is the root cause of many Gudagata Vikara.

Gudagata Vikara (Anorectal Disorders) includes many disorders, but Arsha (Piles), Bhagandar (Fistula in-ano), Parikartika (Fissure) and Gudabhransha (Prolapse of Rectum) are mainly important. Nowadays these disorders are becoming part of modernlifestyle, 99% of the patients are suffering from Malavashtambha and related other disorders.

In this issue of Arogya Mandir Patrika, we are going to discuss this important but neglected disorder.

## Pureeshavaha Srotas

### Moolasthanana

पुरीषवहे द्वे, तयोर्मूलं पक्वशयो गुदं च ।

तत्र विद्धस्य आनाहो दुर्गधता ग्रथितान्त्रता च । सु.शा. १०

Origin or Moolasthanana of Pureeshavaha Srotas are Pakvashaya (Small intestine), Sthoolantra (Large intestine) and Guda (Rectum).

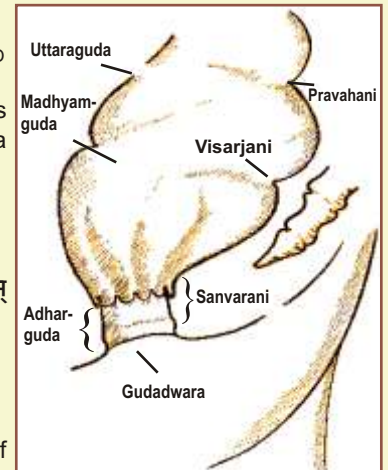
### Guda

गोदते खेलति चलति वा अपानवायुः अनेन इति गुदम्  
दशप्राणायतनेषु एकम् । च.सू. २९.३

बहिर्मुखस्रोतसां एकम् । सु.शा. ५/१०

'Guda' is the organ which helps in excretion of Mala (waste products) and Vata (flatus) through 'Adhomarga'. It is one of the Dashapranayatana i.e. Ten basic sites.

This is Bahirmukha Srotas and Sadyapranahar Marma means when it is affected it causes death.



## Pureeshavaha Srotas - Guda Shareer

एतत् रक्तश्लेष्म प्रसादात् जायते । सु.शा. ४/२६-२७

It is produced from Sarabhaga i.e. nutrient part of Rakta and Kapha. It is situated in Gudasthi Vivar i.e. Pelvic Region in the body. Basti (Bladder), Bastishira, Shishna (Penis), Guda (anal canal) are the five organs situated in it. External or part of Guda is 4 1/2 Anguli Pramana associated with Sthoolantra (Large intestine). Guda is divided in two parts

उत्तरगुदमधरगुदमित्यस्य द्वौ भागौ । च.शा. ७-१०

Uttara or Upper Guda is called as Sthoolaguda (Rectum) Adhara Guda is lower part (Anal Canal).

उत्तरगुदम् यत्र पुरीषमवतिष्ठते ।

In Uttara Guda Pureesha or faecal matter is retained for some time.

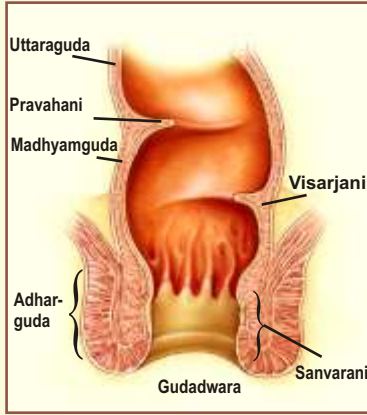
अधरगुदस्थानं - येन पुरीषं निष्कामति । च.शा. ७-१० चक्र

Adhara Guda excretes stools or faecal matter out of body. Anatomically Rectum retains faecal matter for certain time hence it is called as Uttara Guda.

And Gudanalika (Anal Canal) and Gudadwara (Anus) is called as Adhara Guda.

Anatomically Guda is 4 1/2 Anguli in length. It consists of Gudadwara / Gudoshtha - Anus

Guda Nalika - Anal Canal  
Malashaya - Rectum



तत्रस्थूलान्त्र प्रतिबद्धमर्ध पञ्चांगुलं गुदमाहुः ।

तस्मिन् वलयास्तिस्त्रोऽध्यर्द्धाङ्गुलान्तरसम्भृताः ।

प्रवाहणी विसर्जनी संवरणी चेति । सु.नि. २/५

The last part of Bruhadantra i.e. Large intestine is known as Guda. It consists of three Vali i.e. Sphincters.

**1. Pravahani - प्रवाहयति इति प्रवाहणी ।**

The one which when loosens, releases stools. It is 1 1/2 Angul in length.

**2. Visarjani - विसृजति इति विसर्जनी ।**

This dilates the anal canal (Gudanalika) and excretes stools. It's length is 1 1/2 Angul.

**3. Sanvarani - संवृणोति इति संवरणी ।**

The part of Gudanalika i.e. Anal canal which constricts and controls the stools till the time of excretion is called as Sanvarani. It is one Angul in length.

Sushrutacharya describes these 3 Valis as they are 4 Angul in length and 1 Angul in width situated on one another like Shankhavarta i.e. Conch shell. Their colour is blackish red similar as elephant palate / head.

Arsha is produced in the Sira (veins) of these Valis.

**Gudadwara -**

The opening in the lower part of Adharaguda is called as Gudadwara or Payudwara.

**Kala -**

कलाः खल्वाणि सप्त भवन्ति धात्वाशयान्तर मर्यादा । सु.शा. ४/५

The part which is covered with Snayu and Jarayu which is consisting of Kapha is called Kala. There are seven Kalas. Out of these first is known as Mansadharakala and fifth is known as Pureeshadhara kala, which is of importance in Gudagata Vikara.

**Mansadhara Kala**

तासां प्रथमा मांसधरा नाम,

यस्यां मांसगताना सिरास्नायुधमनी स्रोतसां प्रताना भवन्ति । सु.शा. ४/८

The first Mansadhara Kala contains Sira, Snayu, Dhamani and Srotas.

**Pureeshadhara Kala**

पञ्चमी पुरीषधरा नाम, याऽन्त कोष्ठे मलमभिविभजते पक्वाशयस्था ।

यत्कत्समन्तात् कोष्ठं च तथाऽन्त्राणि समाश्रिता ।

उण्डुकस्थं विभजते मलं मलधरा कला ।

Fifth Kala is Pureeshadhara kala which is situated in Koshtha and in Pakvashaya segregating the Mala.

Maladhara Kala is near Yakrut situated in the Koshtha as well as in the intestines, segregating the Mala in Unduka (caecum). Modern science called this Pureeshadhara Kala as Bruhadantra (Large intestine)

**Causes of Pureeshavaha Srotas Vitiation**

- Malavegadharan (Suppression of natural urge for defecation)
- Excessive intake of food
- Indigestion
- Loss of appetite
- Weakness

**Symptoms of Pureeshavaha Srotas Vitiation**

- Painful, straining defecation
- Less quantity of stools
- Excessive watery motions
- Constipation

**Disorders of Pureeshavaha Srotas Vitiation**

Malavashtambha

**Gudagata Vikara-**

गुदस्थानाश्रितरोगाः अर्शा भगन्दराहिपूतनादयः । सु.नि. १/२०

The disorders in anal region are mainly Arsha (piles), Bhagandar and Ahipootana etc. Arsha is mainly disorder of Mansavaha Srotas and caused due to vitiation of Mansa. Still as per 'व्यपदेशस्तु भूयसा' these diseases mainly occur at anal region and are associated with Pureesha mostly Pureeshavaha Srotas.

**General treatment**

The line of treatment of Pureeshavaha Srotas vitiation mentioned in the text is similar as Atisara. Vatanuloman is an

## Examination in Guda Vikara

important part of the treatment.

In Guda Vikara i.e. Ano-rectal Disorders, it is important to perform local and rectal examination digitally as well as with the help of instruments.

The regular general examination is also important.

### Darshan (Inspection)

- Skin colour of anal region - Redness/ Pallor/ General
- Presence of skin tag and its size, if present
- Blood / bleeding per anus
- Fissures

### Sparshan (Palpation)

While performing rectal examination, digital palpation i.e. inserting the gloved lubricated index finger through the anus one can palpate rectum and evaluate many anorectal disorders.

### Rectal examination

In this the patient is made to lie down on left lateral position while his right knee and hip are in slight flexion up to chest. This Left Lateral or proctologic position is preferred to examine the perineum and rectum properly.



### External region of Anus

Mansankur, Presence of Skin tag / polyp / tumor  
Prolapse of rectum

### Internal Anal region

- Rectal tumors / Enlargement of prostate / Appendicitis
- Estimation of the tonicity of the anal sphincter
- In males examination of prostate gland and in females uterus and ovaries

Following diseases can be diagnosed with the help of Rectal examinations

Cancer / Tumors in the Rectum / Colon

Enlargement of prostate or Benign prostatic hyper trophy

Appendicitis

Haemorrhoids / Piles

Tumors of cervix / uterus or ovaries in Females

For diagnosis of internal piles Sigmoidoscopy is helpful.

Before undergoing Proctoscopy or colonoscopy rectal examination is extremely essential.

### Proctoscopy

Proctoscopy is a common medical procedure in which an instrument Proctoscope or Rectoscope is used to examine the anal cavity, rectum or sigmoid colon.

Proctoscope is a short 10 inch / 25 cm long, straight, rigid, hollow metal tube which usually has a small light bulb mounted at the end. During Proctoscopy, it is lubricated and inserted into the rectum. Then the obturator is removed, allowing an unobstructed view of the interior of the rectal cavity. This procedure is used to examine / inspect for piles or rectal polyps. It might be uncomfortable as the Proctoscope



is inserted further into the rectum. Modern fibre-optic Proctoscopes allow more extensive observation with less discomfort. Besides this the Sigmoidoscope and colonoscope may be used to visualize more proximal parts of the bowels.

### Other Instruments

- Rectal dilator
- Rectal speculum
- Syringe and irrigator

### Sigmoidoscopy

The large intestine can be examined with the procedure called Sigmoidoscopy.

In the Sigmoidoscope a flexible tube connected to a fibreoptic camera is used. Sigmoidoscopy is



the best method to diagnose Colon cancer. Also it helps to

### Is it not essential to think ?

In Arsha (Piles) as well as all the other Gudagata Vikar (Anorectal disorders) use of Malahar (an ointment) as an external as well as partial internal application is advised alongwith internal medication. While applying this Malahar (ointment) it is appropriate to apply with the index finger of the hand known as 'Tarjani'.

यन्त्रशतमेकोत्तरम्, अत्र हस्तमेव प्रधानतमं यन्त्राणाम् अवगच्छ । सु.सू.७/३

Though over a hundred of instruments have been described in our science, Hasta i.e. hand (or part there of) is the Best of all instruments.

It is a trend set mostly by the companies manufacturing modern medicine to provide with some sort of instrument (यन्त्र), made either of hard plastic or some other hard material to apply this ointment to the afflicted part and is popularly known as the "Applicator".

For a culture where Gudaprakshalan (cleaning of the anal region with water) itself is unknown and therefore unexpected and where usage of tissue paper for cleaning the anal region post void is the order of the day, use of hand or fingers of the hand for application of ointment can be something that is not accepted by the psyche.

However, in conditions where the Gudapradesh (the anal region) itself has become over sensitive due to the disease, is it not appropriate to use hand - the best instrument available?

However well made the applicator plastic or metal made - may be, will it be as hygienic as the clean hand or the finger thereof.

The instrument described as the best are available, the Hastanguli or the finger has the capacity to be twisted, folded as also to judge the pressure applied to the affected part which cannot be expected from an applicator- be it of metal or of plastic.

Is it not essential for us - the Health Care Providers of our motherland - to stop aping the west, the western culture and practices blindly and to pursue the correct way to promote and popularise? Is it not essential for us to think what is best for our culture, environment and Health rather than copying the incorrect practices followed by other pathies? Is it not essential for us to remain close to our scientific approach? Is it not necessary for us to think on these points?

## Arsha

investigate causes such as bleeding, Abdominal pain, Diarrhoea.

अरिवत् प्राणान् शृणाति, हिनस्तीत्यर्थः। मा.नि.अर्श

अरिवत् प्राणिनो मांसकीलका विशसन्ति यत् ।

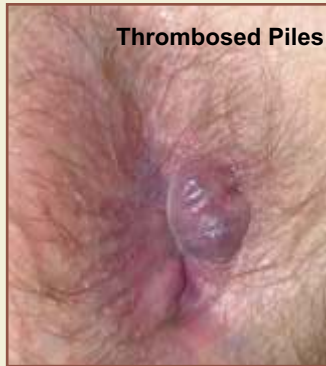
अर्शासि तस्मादुच्यन्ते । अ.ह.नि.७/१

Arsha which kills like the enemy is one of the eight Mahagada. Arsha develops in Adharaguda, the distal end of Mahasrotas from where defecation takes place.

गुदवलिजानां त्वर्शासीति संज्ञा तन्त्रेऽस्मिन् ।

सर्वेषां चार्शसामधिष्ठानं - मेदो मांसं त्वक् च । च.चि. १४/६

Arsha are produced in Gudatrivali and Guduoshtha situated in Adharaguda. According to many Acharya Arsha has wide spectrum i.e. they are also produced in Nose, Mouth Palate, Ears, Skin, Vagina and Penis. Arsha is site of Mansa or Adhimansa. Generally Arsharoga is understood by production of skin tag or rectal polyp.



Thrombosed Piles

In Arsha there is vitiation of Twacha, Mansa and Meda. It has Mansankur or external tags, which are situated on Gudoshtha i.e. Anal region externally. In many patients they may develop in Pratham Vali (Anal sphincter), Dviteeya Vali or Truteeya Vali.

### Causes of Arsha

Suppression of Natural urges such as Mala (stool), Mootra (urine) and Adhovata (flatus) i.e. Vayu coming out of anus

Excessive sexual indulgence

Excessive travelling in fast vehicles

Continuously sitting on hard, uneven surface.

Irritation of Anal canal due to Bastineta, or stone etc.

Frequent straining

Vaigunya in Anal region

Abortion or miscarriage in females

According to modern science Arsha i.e. Piles develop due to inflammation of anorectal veins.

### Common symptoms of Arsha

- Agnimandya
- Atopa
- Painful passage of flatus
- Redness and inflammation of anal region
- Pain, pricking pain in anus
- Development of external tag
- Bleeding per anus

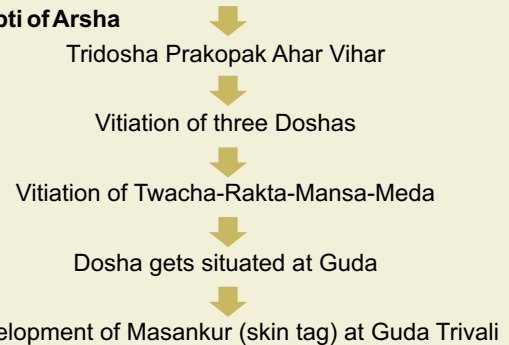
Other symptoms mentioned by modern science -

Bleeding with stools

Pain during defecation, which stays even after defecation

Constipation

### Samprapti of Arsha



Arsha Roga

### General Treatment of all types of Arsha

यद वायोरानुलोम्याय यदग्निबलवृद्धये ।

अन्नपानौषधद्रव्यं तत् सेव्यं नित्यमर्शसैः ।

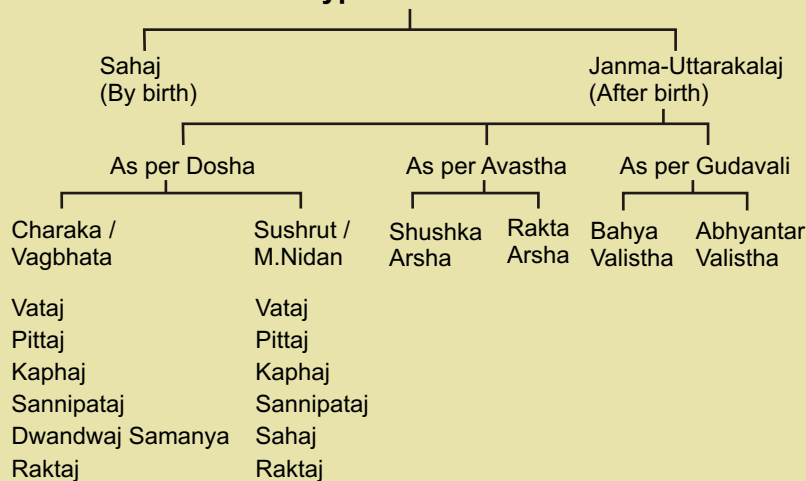
यदतो विपरीतं स्यान्निदाने यच्च दर्शितम् ।

गुदजाभिपरीतेन तत् सेव्यं न कदाचन ।

च.चि. १४/२४७-२४८

- Nidan Parivarjan - Avoid Ahar - Vihar which produces Arsha
- Pureesha, Vayu, Pitta, Kapha Anuloman
- Vatanuloman

### Types of Arsha



### Pravala Pishti

- Sheeta, Soumya and Dahashamak Pishti of Pravala prepared by titrating with Gulabjala
- Effective in Rakarsha by reducing Vidagdha Pitta and with Raktaprasadhan



### Triphala Choorna

- Excellent Mruduvirechak, Agnideepak Kalpa
- Helpful in reducing constipation thereby breaks the Samprapti of Arsha and other Gudagata Vikara

Treatment of Arsha has been described in four ways

चतुर्विधोऽर्शां साधनोपायः ।

तद्यथा - भेषजं, क्षारोऽग्निः शस्त्रमिती । सु.चि.६/३

- 1) Aushadhi
- 2) Shastrakarma
- 3) Ksharakarma
- 4) Agnikarma

Sushrutacharya has mentioned above four ways in the treatment of Arsha. Whereas Acharya Charaka emphasizes that the rest three i.e. Shastra, Kshara and Agnikarma are to be used by physician who is knowledgeable and Drushtakarma i.e. has practiced these skills or conversant with them only. Otherwise it may develop many complications or also re-occurrence of Arsha.



#### Myrolax Forte

- Kalpa with strong purgative action
- Useful in chronic constipation and associated problems like acidity, indigestion
- Useful in Kamala, Udar Vyadhi with Virechan action
- Useful in Kamala, Udar Vyadhi with



#### Bolabaddha Rasa

- Rasakalpa with excellent Raktastambhak Dravya like 'Bola' and 'Mocharasa'
- Controls anorectal bleeding in Raktarsha (bleeding Piles) with Vranaropak action
- Useful in Raktarsha, Raktapradar, Shwetapradar, Raktapitta, Prameha Raktarsha - Bolabaddha Rasa + Pravala Pishti Vati + Sheetasudha Raktapradar - Bolabaddha Rasa + Pushyanuga

For the therapeutic purpose and according to Chikitsa and Asvastha, Arsha is said of 2 types

#### Shushkarsha

##### Bahya (External)

- Bahya (External) Application
- Abhyanga - Siddha Taila
- Swedan - Pinda Sweda
- Dhoopan
- Avagahan - Bilvapatra Kwath / Gomootra
- Pralepa, Upanaha, Vartidharan
- Pichoodharan - Kaseesadi Taila

##### Abhyantar (Internal)

- Deepan, Pachan, Vatanuloman Aushadhi
- Aushadhisiddha Ghruta
- Takra Prayog - Takrarishta and Chitrak - Excellent Arshoghna
- Shushkarsha - Bhallatak is excellent (Vagbhata)
- Sooran - Arshari
- Koshtashuddhi - Bhaskar Lavan Choorna, Triphala Choorna, Hingwashtak Choorna
- Arishta & Siddhoushadhi-Abhayarishta, Arshakuthar Rasa
- If not cured with these medicines, use of Kshara, Shastra Karma or Agnikarma is advised

#### Ardrarsha ( Raktarsha)

##### Bahya (External)

- Use of Kwath, Kalka, Sneha for Raktastambhan
- Dahashaman - Shatadhouta Ghruta / Jatyadi Ghruta (Local application)
- Dhoopan - Rala Choorna + Mustard Oil
- Parisechan - Kwath of Vata, Pippal, Udumbar, Badripatra, Dhataki Pushpa, Arjuntwak, Nimbatwak
- Avagahan - Kwath of Raktastambhak and Sheeta 'Dravya'
- Trunapanchamoola Kwath, Yashti, Chandan etc.

##### Abhyantar (Internal)

- Raktashodhak - Raktastambhak Aushadha and Ahara
- Agnideepan, Doshapachan, use of TiktaDravya
- Use of Kutaj is beneficial in Sravi Arsha
- Picchabasti - Mocharasa
- Bolabaddha Rasa
- Kutajarishta

#### Piccha Basti -

Basti which is prepared with Picchayukta Dravya i.e. slimy substance, is known as Piccha Basti. This Basti controls slimy, mucoid discharge and bleeding. This is Sangrahi Basti.

In treatment of patient with Arsha, use of Hriberadi Ghruta and Sunisshanak Ghruta along with dietary food or milk is advisable. (Cha - Chi 14) Take Jau, Kusha, Kasha, Shalmali flowers, new leaves of Vata - Udumbar - Peepal each 100 gms, in quantity boil in 1 lit of milk and 3 lit of water till only milk remains. After straining through cloth add Mocharasa and fine powder of Manjishtha, Raktachandan, Kamalgatta, Priyangu,



Mocharasa

Inrayava, Kamal Keshar 10 gms each. Add ghee, honey and sugar in appropriate quantity and give basti. This Picchabasti is helpful in Pravahika, Gudabhransha, Raktasrava and Jwara (A.H.Chi. 8/125-129) Only Mocharasa (Dried Niryas of Shalmali) boiled in milk and used for Basti. This Basti is known as Piccha Basti and is most beneficial.

विशेषतो विट्पथसम्प्रवृत्ते पयोमतं मोचरसेन सिद्धम् । च.चि.४/८६

#### Arshoghna Dhoopa -

अर्कमूलं शमीपत्रं नृकेशाः सर्पकन्चुकम् ।

मार्जारचर्म सर्पिश्च धूपनं हितमर्शासाम् । अष्टांग हृदय चि. ८/१८

#### Dhoopan Prayoga -

Bark of Arka (Madar) roots, leaves of Shami, hair of human, skin of snake and skin of Cat are mixed with ghee and then used for Dhoopan it is helpful in symptoms of Arsha Vyadhi.

	Vataj	Pittaj	Kaphaj	Tridoshaj
<b>General</b>	Pain In Shira, Parshwa, Ansa, Kati, Uru, Vankshan Malavashambha Aruchi, Belching Vishamagni Twacha, Nakha, Mootra, Netra-Blackish	Daha, Jwar, Trushna, Aruchi, Moorcha Twacha, Nakha, Mootra, Mukha Greenish Yellow	Spasm in Vankshan Pain in Anal region, Bladder and Umbilical region Shwasa, Kasa, Peenasa Heaviness in head Agnimandya, Amaj Roga Twacha-Nakha, Mukha, Mootra, Mala- Pandurvarni	Symptoms of all 3 Doshas which are vitiated
<b>Stools</b>	Less, frothy, slimy, binded stools Painful, straining during defecation	Liquid, warm Blackish, yellow, reddish Stools with mucus	Straining during defecation with stools similar to Vasa / Kapha (mucus)	Symptoms of all 3 Doshas
<b>Treatment</b>	Snehan, Swedan Vaman, Virechan, basti as per requirement	Virechan	Vaman Use of Ardrak-Kulthi	Tridosha Shamak Aushadhisiddha Ajaksheer (Su.Chi 6/16)
	Dwandawaj	Sahaj	Raktarsha	
<b>General</b>	Symptoms of 2 Doshas which are Predominant	Thin Having less diet Weak semen Weak voice Mandagni Affected by Nasa, Shira, Netra, Karna Roga Abdominal discomfort	Pandu, Peeta, Mukha Netra General oedema Dyspnoea Palpitation Giddiness Restlessness Mental fatigue Lack of enthusiasm	
<b>Stools</b>	Symptoms of two Doshas which are predominant		Hot, reddish, thick, hard stools Bleeding before and after defecation	
<b>Treatment</b>	Treat as per Dosha predominance		Sanshaman Raktastambhan Application of ointment Avagaha Parisechan	



#### Arsha Hita Tablets

- Excellent in relieving pain and burning sensation caused in Arsha i.e. Piles
  - Reduces itching and bleeding in Arsha.
  - Excellent Shoolaghna, Shothaghna and Vranaropak action in Arsha
- Arsha - Arsha Hita Tab + Arogyavardhani  
Use with Arsha Hita Ointment externally



#### Abhayarishta

- Deepak, Pachak, Srotorodhanashak and Anulomak Arishta
- Useful in reducing pain and inflammation in Piles
- Relieves constipation and helps in proper digestion



#### Myrolax Lite

- An effective Anulomak (Laxative)
- Relieves constipation and normalizes bowel movement
- Useful in Arsha, Parikartika, Bhagandar

Arsha - Myrolax Lite + Arsha Hita Tab  
Malavarodha - Myrolax Lite + Lukewarm Water



#### Arsha Hita Ointment

- Vedanashamak, Vranashodhak, Raktastambhak
- Reduces the pricking pain in piles and increases stretchability of anal canal with local application
- Helps in healing of the piles with Vranaropak action

## Differential diagnosis - Gudagata Raktasrava

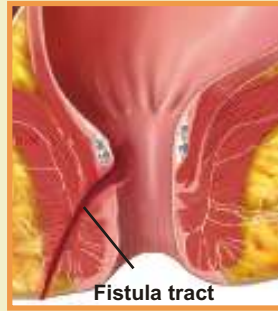
Rakarsha	Raktisara	Raktapitta	Parikartika
<ul style="list-style-type: none"> <li>History of Piles</li> <li>Presence of external skin tag while doing Digital Rectal examination</li> <li>Bleeding through anus before and after defecation</li> <li>Pain in anal region at the time of defecation</li> <li>Hard, binding stools</li> </ul>	<ul style="list-style-type: none"> <li>No history of Piles</li> <li>Skin tag absent</li> <li>Stools are mixed with blood</li> <li>Generally no pain in anal region</li> <li>Loose watery stools</li> </ul>	<ul style="list-style-type: none"> <li>No history of Piles</li> <li>Skin tag absent</li> <li>Bleeding anytime without defecation</li> <li>No pain</li> <li>No relation of constipation</li> </ul>	<ul style="list-style-type: none"> <li>No history of Piles</li> <li>Skin tag absent</li> <li>Bleeding along with stools during defecation.</li> <li>Pricking pain at the time of defecation</li> <li>Hard stools</li> </ul>

## Bhagandar

भगवद् दारयन्तीति भगन्दराः तेषाम् ।  
भगं परिसमन्ताच्च गुदं बस्ति तथैव च ।  
भगवत् दारयेत् तस्मात् ज्ञेयो भगन्दरः ।  
भा.प्र.म.ख.

ते तु भगगुदबस्तिप्रदेशदारणात् च  
भगन्दरा इति उच्यन्ते ।

अपक्वाः पिडकाः पक्वास्तु भगन्दराः ।  
सु.नि ४/४



Fistula tract

The abscess which when becomes Pakva (bursts out or opens) and destroys Bhaga, Guda and Basti is called as Bhagandar.

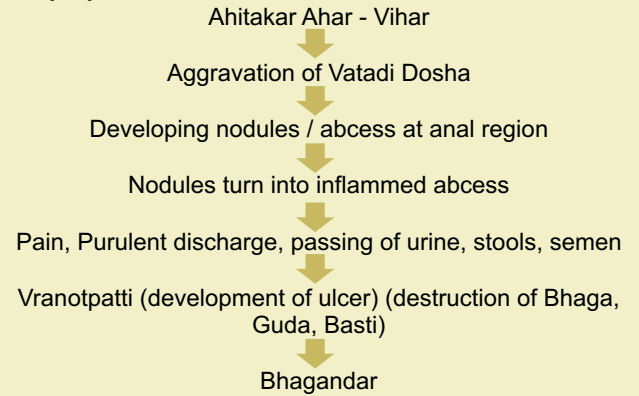
गुदस्य द्वयङ्गुले क्षेत्रे पार्श्वतः पिडकार्तिकृत् ।  
भिन्ना भगन्दरो ज्ञेयः । मा.नि.

A ruptured abscess at the posterior or lateral side of Anus is called as Bhagandar. Modern science called it as Fistula in-ano. It is a sinus or tunnel which develops at anus and near rectum creating an inflammation. This tract has one opening on the exterior skin near anus and another opening is in the rectum or near it.

### Causes -

- Excessive exercise
- Excessive sexual activity
- Sitting on horse or elephant or similar vehicle for longer duration
- Diet heavy and Ahitakar Ahar - Vihar
- Neglecting inflamed swelling

### Samprapti -



### Poorvarupa

Pain, itching, burning or inflammation at Anal region as well as lower back



### Arogyavardhani

- Kalpa which acts as Kledanashak and does Lekhan of Vikrut Mansa
- Reduces inflammation in Piles and acts as Malashodhak

Arsha - Arogyavardhani + Arsha Hita Tab + Triphala Choorna

Bhagandar - Arogyavardhani + Triphala Guggul + Abhayarishta

### Types

Sushrutacharya has described 5 types of Bhagandar. Vatik, Paittik, Shleshmik, Sannipatik, Shalyaja

Vatik Shataponak	Paittik Ushtragreeva	Shleshmik Parisravi	Sannipatik Shambukavarta	Shalyaja Unmargi
<ul style="list-style-type: none"> <li>Red coloured abscess</li> <li>Pain in anal region</li> <li>Many Ulcers bursts developing sinus</li> <li>Continuous clean, Frothy discharge</li> </ul>	<ul style="list-style-type: none"> <li>Red colour Abscess like neck of camel</li> <li>Burning sensation foul smelling purulent discharge</li> </ul>	<ul style="list-style-type: none"> <li>White coloured firm, hard slight painful abscess</li> <li>Itching</li> <li>Continuous thick discharge</li> </ul>	<ul style="list-style-type: none"> <li>Abscess like toe</li> <li>Pricking pain in anal region</li> <li>Burning</li> <li>Itching</li> </ul>	<ul style="list-style-type: none"> <li>Developed due to nail bite</li> <li>Infectious</li> <li>Infected due to germs in ulcers causing many sinus</li> <li>Purulent discharge with blood</li> </ul>

## Bhagandar Types

Other than this in Sushruta Chikitsasthana, two types of Bhagandar are described.

1. Paracheen - Bahirmukha - (Blind External)
2. Arvacheen - Antarmukha - (Blind Internal)

### Bahirmukha

This Bhagandar has only one opening on the skin This doesn't have any connections with the rectum

### Antarmukha

Its opening is not on the skin

It opens only internally and in the Rectum. The purulent discharge goes into the Rectum causing pus with stools.

Modern science divides Bhagandar in 3 types

### 1. Dvimukhi or Poorna Bhagandar

Its one opening is inside the rectum. Other is at anus on external skin. This way the tunnel or tract is from skin upto the rectum

This develops due to any abscess and as per the condition of abscess.

### 2. Bahirmukhi or Bahya Andha Bhagandar - Blind External

This Bhagandar has only one opening which opens on skin externally. It doesn't have any connection with Rectum. It closes at Malashaya

### 3. Antarmukhi or Antarik Andha Bhagandar - Blind internal

It doesn't have opening on skin. It opens only in Rectum and the pus produced in it goes into rectum.

### Treatment

All Bhagandar are Krucchrasadhya (Difficult to treat)  
Tridoshaj or kshataj Bhagandar - Asadhya

Apakva Peedaka - treatment from Apatarpan (Langhan) till Virechan

Pakva Peedaka - Snehan - Avagaha Sweda

Bahirmukha - Probing through probe and then surgical removal

Antarmukha - Examine the opening of Bhagandar and then entering the probe and cut it.

Ksharakarma

Agni - Dahan Karma

Lepa - Vranaropak Lepa

Nyagrodhadi Gana Kalka

Shastrakarma

Kalpa - Triphala Guggul, Arogyavardhani

## Ksharasootra

भावितं रजनीचूर्णं स्नुहीक्षीरैः पुनः पुनः ।

बन्धनात्सुदृढं सूत्रं छिनत्त्यर्शो भगन्दरम् । भा.प्र. ण.ख./१४४

A firm Sootra or thread is soaked in the mixture of fine Haldi Choorna and Snuhiksheera and dried. It is again soaked in the same mixture of Haridra and Snuhiksheera, this process of Bhavana is repeated again and again to form Ksharasootra. The Sootra is used for ligation of Piles and to tie the different openings of Fistula together. The Ksharasootra cuts through the Piles and

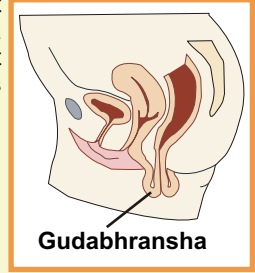


the tract of Fistula thus favours the healing process.

Ksharasootra described in the Arsha-Chikitsa is an effective treatment for Arsha due to which relapse of the disease hardly occurs.

## Gudabhransha (Prolapse of Rectum)

Lean and thin person and patient suffering from Pravahika and Atisara when strains during defecation it causes prolapse of rectum. This disease is called as Gudabhransha It is of two types



### Poorna (Complete)

Occurs in children mainly  
Entire rectum protrudes out

### Apoorna (Incomplete)

Occurs in young people  
Only internal mucous lining of rectum protrudes through the anus

### Treatment

With the help of Snehan and Swedan insert the protruded part inside.

Tie the T bandage of cloth to help in passage of flatus  
Pichoo and Snehan with Mooshaka Taila

## Partikartika

Sharp agonizing cutting pain in the anal region is known as Parikartika or Fissure in ano. Consumption of Teekshna, Ushna, excessively salty and extremely Rooksha medicine by Ksheenabala, Mrudu Koshthi, Mandagni, Rooksha Purusha leads to Pitta and Vata Prokopa resulting in Parikartika. Above mentioned Hetusevan leads to Malavarodha.

Straining during defecation in such condition of Avashtambha leads to severe cutting like pain and formation of Fissure or Parikartika at the anal opening. This leads to Daha in Guda, Nabhi, Medhra, Basti and Shira. Apana Vayu Avarodha, Vitiation of Vata and Aruchi.



## Chikitsa

Restriction of Non-vegetarian and spicy food

Piccha Basti - Madhu, Ghruta Yukta with Mulethi and Kalka of Black sesame

Cold water bath and food with Milk

Anuvasan Basti - Ghruta or Mulethi Siddha oil

Use of Arsha Hita ointment locally promotes early healing and improves tonicity of the skin.

Sitz bath - warm water fomentation to reduce the edema

Laxatives - to soften stools



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