

**“EFFECT OF GANGERUKI MALHAR IN THE
MANAGEMENT OF GUDA VIDAR W.S.R. TO FISSURE IN
ANO”**



Dissertation submitted as partial fulfillment for the degree of

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Specialty – Shalya Tantra

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ABSTRACT

TITLE: Effect of *Gangeruki Malahar* in the management of *Guda Vidar* w.s.r. to Fissure in Ano.

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INTRODUCTION:

The surgeon must therefore strive to maintain or to restore his patient's health. In the era of fast food, there is change or irregularity in diet and diet timings and also sedentary life style. All these causes disturb in digestive system which results in too many diseases amongst them ano-rectal disorder constitute an important group.

Acharaya Dalhana has described the term *Guda Vidar* as a condition of *Guda* in which there is cutting pain and tearing pain. Similarly, *Jejjata* and *Todara* have clearly described *Guda Vidar* as a condition which causes cutting pain in ano rectum. The factors responsible for causation of *Guda Vidar* as found in various texts are *Vamana-Virechana-Vyapat*, *Bastikarma Vyapat*, *Atisara*, *Grahani*, *Arsha*, *Udavarta*.

AIM AND OBJECTIVES:

AIM –To evaluate the efficacy of *Gangeruki Malahar* in the management of *Guda Vidar* (Acute Fissure-in-Ano).

OBJECTIVES-To explore the possibilities of *Gangeruki Malahar* for local application as an effective, Safe, economical and simple therapy and short-term treatment for *Guda Vidar* (Acute Fissure-in-Ano).

METHODOLOGY: It is a clinical study conducted on 30th patients, at Parul Ayurveda hospital. The treatment Protocol *Gangeruki Malahar* for local application of *Guda Vidar* (Acute Fissure in ano) in twice daily 7th days. Before and after 7th days treatment, all sine and symptoms heald of fissure Was assessed. Ethical clearance was obtained from institutional ethics Committee

(IEC No: PU/PIA/IECHR/2019/40) and this study is registered in Clinical Trial Registry of India. **(C.T.R.I. No. CTRI/ 2019/08/020690).**

OBSERVATIONS & RESULTS: The Change in the before, after and follow up treatment were assessed by the Non parametric test .in this study 86.7% patients had shows healed fissure. And all symptoms are reduced.13.3% had marked improvement and over all average effect of the therapy 86.7%.

CONCLUSION:

30 patients of *Guda Vidar* (Acute Fissure in Ano) were conducted for the clinical study, through specific observations, following conclusions are drawn.

Gangeruki Malahar was found effective in relieving pain, bleeding, burning sensation, and healing of *Guda Vidar* (Acute Fissure in Ano).

Burning sensation & bleeding can be effectively controlled within 2- 4 days application of *Gangeruki Malahar*.

Gangeruki Malahar helps in relieving the sphincter spasm, also its contact with the lesion was there for longer duration, which helped in healing the fissure quickly.

The therapy was well tolerated and there have been no complication found during the study.

Gangeruki Malahar can be easily prepared, the technique of application is simple and also can be done as an out patient procedure.