

**EVALUATION OF THE EFFICACY OF *APAMARGA KSHARA*
INFILTRATION IN THE MANAGEMENT OF *BHAGANDARA*
W.S.R TO LOW ANAL FISTULA**



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ABSTRACT

Objectives: In regards of Anorectal and Perineal Surgery, *Aachaarya* has expounded much, with an approach of emphasise both surgical and Para surgical measures. But because of its tedious nature of healing *Bhagandara* is considered difficult to be cured also it is found to be one amongst the *Ashta Mahagada*, where *Aachaarya* has explained the limitation of the treatment by considering it as *Duschikitsya Vyadhi*. *Ksharsutra* management is widely levelled procedure for *Bhagandara* and a number of research studies have been conducted on the same. But most of the times it was noted that the repeated thread changing and prolong duration of the treatment were inconvenient for the patients. Also there are many postoperative complications noted along with increasing number of recurrent cases after surgical management of fistula. *Kshara karma* is consider as the superior of all, as it does the functions of *Chedana*, *Bhedana*, *Lekhana*, *Darana karmas* simultaneously without the help of *Shastra*. An approach was done to avoid surgery, and see the effect of *Kshara* through minimal invasive procedure of infiltration. Hence this study was proposed to evaluate the effect of *Kshara Karma* in *Bhagandara* by infiltration of *Apamarg Kshara*.

Materials and methods: This study was conducted at Panul Institute Of Ayurveda And Hospitals. Total 33 patients were enrolled for the study. 3 patients were excluded from the study. 30 Patients fulfilling the inclusion & exclusion criteria from OPD and IPD of *ShalyaTantra* from Parul Ayurveda Hospital, Khemdas Ayurveda Hospital, as well as from special surgical diagnostic camp and Parul Sevashram Hospital were registered for the study. The assessment was done on subjective criteria like pain and objective criteria as discharge, Unit Healing Time (UHT). On every 7th day till complete healing of the track.

Results: Assessment of Pain, Discharge, and length of track showed 100% improvement in both pain and discharge. With the mean healing time of 6.157days/cm.

Conclusion: *Apamarga Kshara* infiltration has act equivalent to *Pratisaraneeya Kshara Karma* by *Shodhana* and *Ropana* resulting to complete cure of *Bhagandara*.

Keywords: *Bhagandara*, *Fistula-in-ano*, *Apamarga Pratisaraneeya Kshar*, *Kshara* infiltration.