

A Pilot Study on *Udumbara Ksheera* Based *Kshara Sutra* with Partial Fistulectomy in *Bhagandra* (fistula - in ano)

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Abstract

In Ayurveda, *Bhagandara* (Fistula-in-ano) is considered under the heading of *Ashtamahagada* (eight major diseases) due to its notorious nature. *Ksharasutra* is a medicated thread, indicated in ano-rectal diseases, particularly for management of *Bhagandara* (Fistula-in-ano). Now a days in some researchers different *Ksharasutra* are being tried like *Guggulu* based, *Snuhi Ksheera*, *Shallaki Ksheera* based etc. In this study *Udumbara Ksheera* based *Ksharasutra* was tried in the management of *Bhagandara*. It was prepared with *Udumbara Ksheera* (*Ficus racemose*), Apamarga Kshara (Ash of *Achyranthus aspera* Linn) and Turmeric powder (*Curcuma longa* Linn) as per the guideline of Ayurveda Pharmacopeia. Here Guggul is replaced with *Udumbara Ksheera*. In this pilot study 10 patients of *Bhagandara* were selected from Shalya Clinic and treated with Partial Fistulectomy followed by *Udumbara Ksheera* based *Ksharasutra* application in remaining part of the tract under local anesthesia. From next day, sitz bath with *Panchawalkala Kwatha*, dressing with *Rogan-e-kash* and per rectal instillation of 10 ml *Sarvavishadi* Oil was done daily. *Ksharasutra* was changed with a new one by rail-road technique on weekly interval and the length of thread as well as the condition of wound was noted to assess the unit cutting time (UCT) and healing till the complete healing of fistulous tract was achieved. After 5 days of the procedure, healthy granulated wound was seen. Average UCT of fistulous tract was 7.51 days/cm. Complete cutting and healing of fistulous tract was occurred within one and half month in 5 patients. In 2 patients time required for complete healing was 2 months while in 3 patients it was 4 months. Management of a long fistulous track by *Ksharasutra* is very tedious job. In this study fistulous tract was partially excised and that's why there is early healing of fistulous tract was occurred as compare to *Ksharasutra* application without doing partial Fistulectomy *Udumbara Ksheera* based *Ksharasutra* have shown less burning pain and compare to *Snuhi* based *Ksharasutra* due to anti-inflammatory and less irritant property of *Udumbara Ksheera*. The positive finding in this study is the time required for complete healing was less as compared to *Snuhi* based *Ksharasutra*.

The cutting and healing of fistulous tract and healing of post partial fistulectomy wound was taken placed simultaneously. This pilot study demonstrated the utility of Partial Fistulectomy and *Udumbara Ksheera* based *Ksharasutra* in management of *Bhagandara* in which have a lesser amount of pain and less time is required to heal fistulous tract completely.

Keywords: *Udumbara Ksheera, Bhagandara, Partial Fistulectomy.*