

A Clinical Trial to Study The Effect of Saptanga Guggulu in Bhagandara : A Single Case Study

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Abstract: *An anal fistula is an abnormal tract that connects the anal canal or rectum to the perianal skin, often resulting from an untreated anorectal abscess or infection. This condition can lead to recurrent symptoms such as pain, swelling, and discharge, and in some cases, systemic signs like fever. The pathogenesis of anal fistulas is typically associated with the blockage of anal glands, leading to the formation of a fistulous tract. Management of anal fistulas focuses on closing the internal opening, draining infection or necrotic tissue, and eradicating the fistula tract, with a key emphasis on preserving anal sphincter function to avoid incontinence. Surgical options for treatment depend on the complexity of the fistula and may include procedures such as fistulotomy, seton placement, advancement flaps, or the use of biological agents like fibrin glue and plugs. Effective treatment aims to resolve the condition while minimizing long-term complications. To avoid long stay and complications during surgery we did trial of oral medication mentioned in samhita for bhagandar and we get good result in 28yrs/male patient had fistula in ano we gave him saptangaguggulu for 45 days and we get result.*

Keywords: Bhagandara, Fistula in ano ,guggulu

I. INTRODUCTION

Fistula in ano is a common yet often debilitating condition that affects the perianal region, leading to discomfort, recurrent infections, and potential long-term complications. It refers to an abnormal channel or tract that forms between the anal canal or rectum and the skin around the anus. The condition typically develops as a complication of anorectal abscesses, where the infection fails to resolve, resulting in the formation of a fistulous tract. Fistulas may vary in complexity, ranging from simple to complex configurations that involve surrounding tissues and may threaten the function of the anal sphincter. Although fistula in ano is not typically life-threatening, it can significantly affect an individual's quality of life, causing persistent pain, drainage, and social stigma. Left untreated, it can lead to chronic infections, abscess formation, and incontinence. To avoid stay in hospital and surgical procedure for the management of fistula in ano we tried the drug saptangaguggulu in the management of bhagandara fistula in ano orally as mentioned in Bhaishajyaratnawali.

Patient Details: Age- 28 Years, Sex-Male, Occupation-IT Engineer, Marital Status-Married, Religion- Hindu

PradhanaVedana(Chief Complaints):

28 years / Male Patient came with complaining of itching, sticky discharge , small swelling and inflammation at perianal region since 2 months

VedanaVrutanta (History of Present Illness): Patient is IT Engineer had continue sitting work history , Then patient started to suffer from itching over anal region and inflammation he took antihistamine and painkiller symptoms partially disappeared but after some days occurs again with pain and discharge at anal region since 2month so came for further management.



Material and method:

Samanya Parikshan

BP- 130/80 mmHg	Temperature- Afebrile
Pulse Rate- 76/min	CVS- S1S2 normal
Height- 172cm	RS- AEBE clear
Weight-74 kg	CNS- conscious, oriented

Ashtavidha Parikshan

Nadi- kaphaj	Shabda-Spashta
Mutra-samyak	Sparsh- Anushna
Mala-Kathin Mala	Druk-Prakrut
Jivha-Sama	Akruti- Madhyam

Intervention- treatment given

Sr. No.	Medicine	Dose	Duration
1	SaptangaGuggulu	2 TDS with lukewarm water	45 days

Observation

Subjective criteria:

Criteria	1 st	15th	30th	45th
Pain	Grade 2	Grade 2	Grade 1	Grade 0
Itching	Grade 2	Grade 2	Grade 1	Grade 0
Discharge	Grade 3	Grade 2	Grade 0	Grade 0

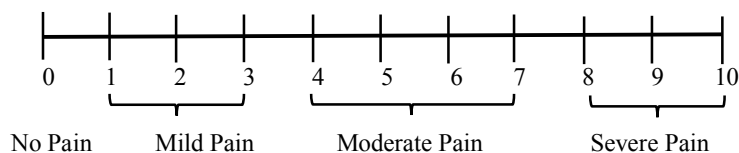
Objective criteria:

Investigation	Before treatment	After treatment
MRI Fistulogram	Intersphincteric 12mm length fluid filler track with external opening at 4 O'clock and internal opening at 6 O'clock	2mm track with no fluid collection no external opening no internal opening present

For Subjective Criteria:-

1) Pain(shoola):- VAS (Visual Analog Scale)

0-10 VAS (Visual AnalogScale)



Symptoms	Grade	Severity
No pain	0	None
1 – 3 in VAS	1	Mild



>3 – 7 in VAS	2	Moderate
>7 – 10 in VAS	3	Severe

2) Itching:-

Symptom	Grade	Severity
No Itching	0	No
Negligible Itching with 10-12 hrs gap	1	Mild
Occasional Itching with 4-6 hours gap	2	Moderate
Frequent Itching with 2-3 hours gap	3	Severe

3) Discharge Scale:-

Symptoms	Grade	Severity
No Discharge	0	None
Mild discharge; wets 1 gauze pad/day.	1	Mild
Moderate discharge; wets 2 gauze pad/day.	2	Moderate
Profuse discharge; wets >2 gauze pad/day.	3	Severe

Sr. No	द्रव्य	रस	वीर्य	विपाक	गुण	कर्म
1.	आमलकी ^[19] (Embelica officinalis)	पंचरस (लवण रहित)	शीत	मधुर	गुरु, रुक्ष, शीत	दाहशामक, स्तंभन, शोणितस्थापन
2.	हरितकी ^[20] (Terminalia chebula)	पंचरस (लवण रहित)	उष्ण	मधुर	लघु, रुक्ष	शोथहर, व्रणशोधक, व्रणरोपण, वेदनास्थापन
3.	बिभीतक ^[21] (Terminalia bellirica)	कषाय	उष्ण	मधुर	गुरु, रुक्ष	वेदनास्थापन, शोथहर
4.	शुण्ठी ^[22] (Zingiber officinale)	कटु	उष्ण	मधुर	लघु, स्निग्ध	शोथहर, वेदनास्थापन, रक्तशोधक, ज्वरघ्न
5.	मरिच ^[23] (Piper nigrum)	कटु	उष्ण	कटु	लघु, तीक्ष्ण	शूलप्रशमन, लेखन, कृमीघ्न
6.	पिप्पली ^[24] (Piper longum)	कटु	अनुष्ण शीत	मधुर	लघु, स्निग्ध, तीक्ष्ण	जन्तुघ्न, रक्तशोधक, शूलप्रशमन
7.	गुग्गुलु ^[25] (Commiphora mukul)	तिक्त, कटु	उष्ण	कटु	स्निग्ध, पिच्छिल	शोथहर, वेदनास्थापन, व्रणशोधक, व्रणरोपण, जन्तुघ्न



Mode Of Action:

आमलकी-

Chemical components:-Vit C, Ellagic Acid, PhyllembicAcid,Tannins etc.

Properties:- Antioxidant, Antiinflammatory

हरितकी-

Chemical components:- Ethyl linoleate, Chebulagic acid, Ellagic acid, Chebulinic acid, chebulic acid, gallic acid

Properties:-Anti-inflammatory, Anti-oxidant, antineoplastic

बिभीतक-

Chemical components:- Gallic Acid, Chebulinic acid, chebulagic acid

Properties:- Anti oxidant, anti-inflammatory, antiproliferation

शुण्ठी-

Chemical components:-Recinoleic acid, oleic acid, liloleicacid,stearic acid

Properties:- skin protectant, antioxidant

मरिच-

Chemical components:- volatile oil, alkaloid spiperine, diterpenoid, triterpenoid

Properties:-antioxidant, anti-inflammatory, inhibits bacterial growth, antifungal

पिप्पली-

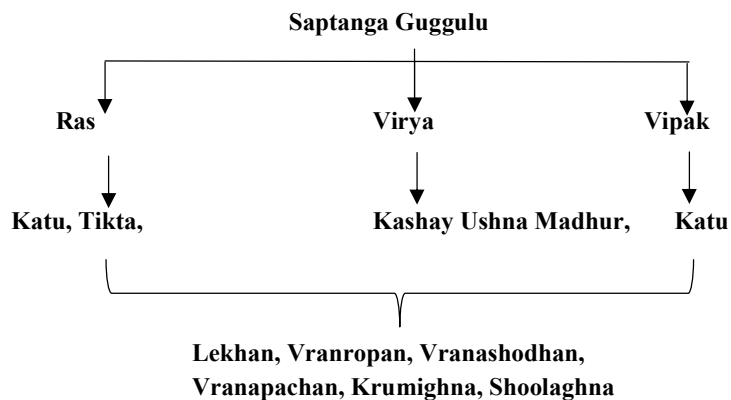
Chemical components:- volatile oil, starch, protein, saponins,ligans, piperlogumine

Properties:- reduces redness, anti-inflammatory, anti-oxidant

गुग्गुल -

Chemical components:-diterpenoid, triterpenoid, steroid, aliphatic esters, ferulates, ligans

Properties:- anti-inflammatory, reduces redness, antioxidant, antiviral, anti-inflammatory.



Results

With oral ayurvedic formulation Saptangaguggulu45 days after treatments patient felt complete relief from previous problems .

Conclusion

This study shows successful management of bhagandara withsaptangaguggulu.



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