



Bhagandara in view of ayurveda - a literary review

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ABSTRACT

One of the frequent conditions affecting the anorectal region is bhagandara. The father of surgery, Acharya Sushruta, described this condition as one of the Ashtamahagadaj¹ in ancient Ayurvedic literature. It initially appears as pidika near guda, and when burst known as Bhagandara.

It is termed as a fistula in ano in modern science. Several Samhitas have descriptions of Bhagandara; however they are split in different Sthana like Nidana, Cikitsa, etc.

In order to highlight the concepts of Bhagandara in ancient times according to various Acharya of Ayurveda, an attempt has been made in this review. The different headings below include historical review, definition, aetiology, pathogenesis (Samprapti), Purvarupa, Rupa, classification, and management of Bhagandara.

Keywords: Bhagandara, Ayurveda, nidana, samprapti, Purvarupa, Rupa

INTRODUCTION

The "Science of Life," Ayurveda, touches every aspect of life. In spite of treating diseases, it also helps keep healthy people healthy. From Sushruta, eight terrible diseases are mentioned in Ashtamahagada: Vatavyadhi, Pameha, Kuta, Arsa, Bhagandara, Ashamari, Mudha Garbha, and Udara Roga.

HISTORICAL REVIEW

VEDIC KALA:

History regarding Bhagandara as such is not found in Vedas but reference regarding anorectal disorders is available. There is reference in Atharvaved which describe name "Durum" for the disease of ano-rectum⁴.

PURANA KALA:

In 18 Puranas only Garudapurana have found some references of the Bhagandara⁵. Use of Guggulu, Vyosha and Triphala prepared with ghee mention in this disease.

SAMHITA KALA:

Ayurveda achieved the peak of its understanding of the Bhagandara diseases, as they are expressed in classical description, at Samhitakala. Bhagandara was shortly described by Acharya Charka. He has described the Kshar Sutra ligation to cure Bhagandara.

Sushruta, the founder of Indian surgery, provided the oldest description of Bhagandara in 1000 B.C.; prior to Sushruta, there is little information about this disease in ayurvedic literature.

The Chedana karma has been referred to as the primary treatment in the management of bhagandara by Acarya Susruta⁷.

Vagbhata also gave an overview of this disease and made a number of improvements in its care⁸.

DEFINITION OF BHAGANDARA:

The words "Bhag" and "Darana," which are respectively derived from the roots "Bhag" and "Dri," are combined to form the word "Bhagandara"⁹.

Bhaga' is a word that refers to all the structures around the anorectal region, including the vagina in the case of females and the basti in the case of males (urinary bladder).

DEFINITION:

Bhagandara, in which Bhaga, Guda, and Basti Pradesa get Vidadarita .

Pidaka, known as Apakvaavastha, which is leads to Bhagandara in Pakvaavastha.

(Su.Ni.4/4)

Its location is within two Angula circumference of anal opening. (Su.Ni.4/12)

AETIOLOGY OF BHAGANDARA:

Two categories can be made out that caused Bhagandara.

A) Causes that are general

B) Causes that are specific

Charaka:

Kṛmi, Tṛṇa, Asthisalya, Ingestion of foreign bodies, Ativyavaya, Pravahana, Asvapṛstagamana¹⁰.

Sushruta:

did not discuss the etiological factors but, he gave various ideas separately while treating different types of bhagandara.

Vagbhata:

Hastiprastagamana, Asvaprastagamana, Katinasana, Utkutasana, all Nidana of Arsas¹¹.

Madhava Nidana:

Other Vata prakopa karanas , Kashayrasa, Ruksa Guna¹²

Bhavaprakasa: obesity is one of the cause¹³

SPECIFIC CAUSES:

In a certain sort of Bhagandara, a specific aetiology is what causes the corresponding dosha to occur.

SAMPRAPTĪ (PATHOGENESIS):

Pathogenesis of any disease is thoroughly understood in accordance with the "shatkriyakalas of Ayurveda.

1. Sachaya (stage of accumulation)
2. Prakopa (stage of provocation)
3. Prasara (stage of propagation)
4. Sthanasamsraya (stage of localisation]
5. Rupa or Vyakti (stage of manifestation)
6. Bheda (stage 1 of problems) The track becomes more vitiated as it descends, communicating with the deeper dhatu and asaya to release flatus, faeces through the external orifice.

PURVARUPA:

The disease's most common symptoms include pain at and above the kati, itching around the anus, and sotha and daha.¹⁴

Anal and perianal pain, itching, and burning feeling after defaecation¹⁵

RUPA:

The one symptom of Bhagandara that is most frequently present is a discharging Vrana with a history of a Pidaka.

Creating the category of Bhagandara.

There are two methods.

1. In accordance with Dosha
2. In view of the opening

CLASSIFICATION OF BHAGANDARA IN AYURVEDA ACCORDING TO DOṢHA^{16, 17, 18,19,20,21} (TABLE NO.1)

SUSHRUTA AND VAGBHATA CLASSIFIED IT INTO TWO FORM DEPENDING ON OPENING.^{22, 23}

1. Arvachna :(Antarmukh),

In this case, the abscess is exterior and track opening is internal rather than external (Blind internal).

2. Prachina (Bahirmukhi):

This has an internal cavity or abscess and a track that opens to the exterior without an internal opening (Blind external).

TYPES OF BHAGANDARA**1. Vataja Bhagandara's -Sataponaka:**^{24,25}

Vata Dosa is the dominant force in this kind of Bhagandara. in 1 or 2 Angula of Guda Pradesa, Prakupita Vayu localises and creates a Pidaka by vitiating Mamsa and Rakta. If the Pidaka is left untreated, pus will form, leading to a Bhagandara with several openings. Pain has a variety of characteristics, including cutting, tearing, and pricking.

7. Rju – Vata-Kaphaja:³⁶

The pidaka is created by vitiated vata and kapha, and it later suppurates and forms a straight track in the anal region.

Fistulas emerging from the anterior half of the anal canal are typically straight in character.

8. Arso Bhagandara-Kapha pittaja:³⁷

It is a result of vitiated kapha and pitta reaching the base of an already existing pile and producing sophia, which causes burning and itching.

This swollen area immediately suppurates and discharges continually.

The track can be found near the bottom of arsa and mixed

2. Pittaja Bhagandara, : Ushtragriva^{26,27}

Prakupita Pitta is transported to the anorectal area by Prakupita Vata, which results in a red, thin, and little elevated pidaka.

Pidaka's red colour, thin texture, elevated look like a camel's neck, and connection to a burning sensation are its distinguishing features.

3. Kaphaja Bhagandara Parisravi: -^{28,29}

Due to the wound's tendency to discharge continuously, the term "Parisravi 1" has been used. The contaminated "Kapha" was brought down by the "Vayu" and lodged in the rectum. It causes the development of white, rough, pidaka.

Pidaka has the following characteristics: it is white in colour, firm in substance, deeply rooted indurated, and associated with an itching sensati.

4. Sannipataja Bhagandara - Sambukavarta –^{30,31}:

The word Sambukavarta literally translates to "ridges of a conchshell," suggesting that the track's curving and deeper portions resemble sankha ridges.

This kind of Bhagandara is caused by Prakupita Vayu carrying Prakupita Pitta and Prakupita Kapha to the anorectal area.

Due to the domination of all three Dosh, it displays all of their symptoms.

5. Unmargi – Agantuja Bhagandara^{32,33,34}:

the person who is observed eating Mamsa somehow consumes a piece of bone along with the meat, which finally results in an ulcer or other harm to the anus. Here, Kotha of Mansa develops, accumulating pus and blood, and at Lastly, Krimi grows. This Process destroys the tissues, resulting in the Bhagandara.

6. Pariksepi Vata pittaja:³⁵

It comes from pitta and Vata that are vitiated. It appears as tamra Pidaka and causes burning and pain in the perianal region. The track goes around the rectum or anus and is bent in shape.

Sadhyasadyata (prognosis)

Bhagandara was described by Acharya Sushruta in the Ashtamahagada, demonstrating how challenging it is to treat³⁸.

The "Sambukavarta or Tridosaja" and "Unmargi" or traumatic types, in Sushruta's opinion, are considered incurable, whereas the other varieties are treatable.

Any Bhagandara that allows the discharge of flatus, faeces, urine, worms, or semen is fatal and incurable.

According to Vagbhata, the fistulae that extend up to and connect with Pravahai and Sevani, respectively, as well as the "Sannipataja" and "Kataja" kinds, are incurable while the other six are difficult to treat^{39,40}.

BHAGANDARA'S MANAGEMENT CAN BE SPLIT INTO THE FOLLOWING GROUPS.

I. Preventive measures

1. Nidana parivarjana:
2. Prevention of suppuration of pidaka (Boil):

II. Curative measures

1. Surgical methods
2. Para surgical methods
3. Medical treatment.

I. Preventive measures:

1. Nidana parivarjana:

The etiological factors of Bhagandara must be avoided.

2. Prevention of suppuration of piḍaka :

Vagbhata advised the measures like dehasodhana, raktamokṣana and pariṣeka Durig the stage of piḍaka to avoid suppuration⁴¹. Susruta has mentioned eleven measures Of ṣaṣṭi upakramas in vraṇa cikitsa for the treatment of Bhagandara⁴².

II. Curative measures.**1. Medical management:**

It is advocated in both Bhagandara piḍaka stage and after surgical excision of the track. The aim of medical treatment in piḍaka stage is to prevent the disease and its symptoms.

2. Surgical management:

Main treatment of Bhagandara is Chedana karma (excision of entire tract) after probing⁴³ it The modern procedure of fistulectomy can be compared to it. The use of Kṣhar Sutra in the management of Bhagandara is mentioned in Susruta Samhita (Su.Chi.17 /29-32).

Charaka also mentioned use of Kṣharsutra in Bhagandara (Ch.Chi.12)

TABLE NO: 1

Bhagandra	Doṣa	Su.sa (5)	A.S (8)	A.H (8)	C.Sa (-)	M.N (5)	Sa.Sa (8)	B.P (5)	Y.R (5)
Sataponaka	Vata	+	+	+	-	+			+
Uṣtragriva	Pitta	+	+	+	-	+			+
Parisravi	Kapha	+	+	+	-	+			+
Sambukavarta	Tridoṣaja	+	+	+	-	+			+
Unmargi	Agantuja	+	+	+	-	+	+	+	+
Parikṣepi	Vatapitta	-	+	+	-	-	+	-	-
Rju	Vatakapha	-	+	+	-	-	+	-	-
Arso	Kaphapitta	-	+	+	-	-	+	-	-

INCISION TYPES IN BHAGANDARA:**TABLE NO:2**

Sl.no	Type of incision	Shape describe in Ayurvedic texts	
1	Langalaka	'T'shaped incision with two arms extending on either side	
2	Ardha Langalaka	a comparable incision with a 'L'-shaped arm	
3	Sarvatobhadra	all four sides of the anal canal have been cut	
4	Gotirthaka	Incision resembling the shape of cow's khura	

TABLE NO:3

Sl .no	Type of incision	description
1	Kharjura patra	Incision with branches in the form of a date palm leaf
2	Candrardha	Semi lunar incision
3	Candracakram	Circular like full moon
4	Suci mukha	Pin pointed or inverted cone like incision towards the anal margin
5	Avanṅmukha	Same incision in opposite directions

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