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Review Article

Ayurveda and modern management of Fistula: A literary review

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ABSTRACT

Fistula is a *Marmaasrita Vyadhi* which mainly affects *Guda & Basti*, it involve formation of excess tract, painful openings around anal region, discharge & burning sensation, pus formation and bed smell near anal parts. Ayurveda considered this disease amongst one of the *Ashta Mahagada*. The traditional medical science; ayurveda as well as modern medical science described various therapeutic modalities for the management of fistula including surgical and non-surgical interventions. In a view to explore literary contribution in this area present article summarized some important ayurveda and modern approaches used for the treatment of fistula.

Keywords: Ayurveda, Fistula, Bhagandara, Arsha.

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INTRODUCTION

Fistula is disease characterized as presence of external opening around anus also involves excess tissue granulation, discharge of pus, pain, itching and burning sensation. This is a *Madhyama Rogamarga* disease which listed under diseases of *Krichrasadhya Vyadhi*. Herbs like *Daruhaldi*, *Amaltas*, *Triphala*, *Amla* and *Nagkesar*, etc. recommended in Ayurveda for the management of Anorectal diseases including Fistula. As per predominance of particular *Dosha* it mainly differentiated as *Vatika*, *Paittika* and *Kaphaja* fistula.

The major characteristics of fistula as per *Dosha* predominance are as follows:

➤ *Vatika* Predominant *Fistula*:

Tiny openings, profound & frothy discharge pricking type pain.

➤ *Paittika* Predominant *Fistula*:

Red color thin boil, foul smelling discharge, burning sensation and pain.

➤ *Kaphaja* Predominant *Fistula*:

Whitish boil in fistula, sticky and whitish discharge, itching and severe pain.

Ayurveda also described some other pathological conditions which are either similar to fistula or associated with it as mentioned **Figure 1**.

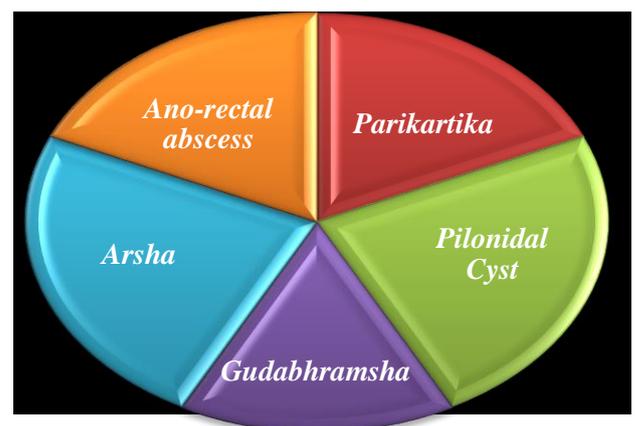


Figure 1: Some other pathological conditions related to fistula.

Following examinations may be recommended for the diagnosis of fistula:

- Examination of Palpation
- Proctoscopy
- Fistulogram
- Trans-rectal Ultrasonography
- MRI mapping of fistula tract

- Endoscopic ultrasound
- Anoscopy; small endoscope to view the anal canal
- Injected dye solution; this help to locate the fistula opening.

AYURVEDA TREATMENT

1. Oral Drugs

➤ *Haritaki Churna:*

2-4 gm at bed time or early morning, *Anupana*; luke warm water.

➤ *Triphala Churna:*

2-4 gm empty stomach, *Anupana*; luke warm water.

➤ *Avipattikara Churna:*

5-10 gm empty stomach, *Anupana*; water.

➤ *Thriphala Guggulu Vati*

500 mg, after meals, *Anupana*; luke warm water.

➤ *Yogaraja Churna*

2-4 gm, at early morning, *Anupana*; *Madhu*.

➤ *Arogyvardhini Vati*

1-2 *Vati*, at bed time or early morning, *Anupana*; luke warm water.

➤ *Arshakuthara Rasa Vati*

1-2 *Vati*, empty stomach, *Anupana*; luke warm water.

➤ *Drakshasava*

20-40 ml *Asava*, after meal, *Anupana*; equal quantity of water.

➤ *Kaishore Guggulu Vati*

2-3 *Vati*, after meal, *Anupana*; luke warm water.

2. Local Therapy

➤ *Ushnodaka Avagaha*

With 100 ml of *Panchavalkala Kwatha* or *Triphala Kwatha*.

3. Other Therapies for Fistula

- *Shodhana* therapy using various modalities of *Panchkarma*.
- *Vrana & Ropana Karma* with appropriate drugs.
- *Shastra Karma*
- *Ksharasutra Chikitsa*, *Ksharasutra* may be prepared using drugs like; *Haridra*, *Snuhiksheera* and *Arkaksheera*, etc.

PATHYA

➤ *Ahara:*

Fruits, *Draksha*, lemon juice, musk melon, salads, fibers, carrot, spinach, green leafy vegetables, *Patola*, *Surana* and high liquid intake.

➤ *Vihara:*

Mild *yoga*, conduction of daily & seasonal regimen, avoidance of continuous biking or sitting pose and one should take proper rest during disease condition.

APATHYA

➤ *Ahara:*

Heavy food stuffs, spicy or sour foods, one should avoid junk foods, alcohol & smoking, yellow gram, raw vegetables, brinjal, potatoes, uncooked food stuffs, excessive fried foods and oily materials.

➤ *Vihara:*

Sedentary activities, continuous standing, sitting on hard seats, horse riding and stretching activities, etc.

Advantage of ayurveda herbs/formulation in Fistula

- Antibacterial and anti-inflammatory properties of herb and formulation offer prolong relief and reduce chances of recurrence. .
- Local application of anti-haematochezia and antiseptic herbs help to control symptoms of anorectal disorders.
- Herbs reduce production of pile mass, controls rectal bleeding and offer relief from pain.
- Soothing effect of natural drugs help to relive itching and burning sensation.
- Ayurveda therapy enhances process of healing and regeneration.
- *Triphala* and other remedy offer relief from constipation a major reason of fistula and haemorrhoids.

MODERN TREATMENT

➤ *Fistulotomy*

➤ *Advancement rectal flap*

➤ *Seton placement*

➤ *Fibrin glue and collagen plug*

➤ *Ligation of the intersphincteric fistula tract*

➤ *Ostomy and stoma.*

➤ *Muscle flap*

Fistulotomy

In this approach the fistula's internal opening cut down, scraped and infected tissue flushes out followed by stitching.

Advancement rectal flap

Removal of fistula's internal opening then a flap is used to cover the repairing process. This procedure reduces area which is to be cut down.

Seton placement

Use of silk or latex string (seton) on fistula to enhance process of healing and draining.

Fibrin glue and collagen plug

This involves clearing the channel then use of stitches to shut internal opening. That after special glue made of fibrous protein applied through the fistula's external opening. Plug of collagen protein may also employ to seal anal fistula tract.

Ligation of the intersphincteric fistula tract

It allows access to the fistula without cutting sphincter muscles. A widening seton placed into the fistula. After few days infected tissue may be removed through open mouth.

Ostomy and stoma

It involves use of temporary opening in abdomen area which allows collection of waste into a bag so that healing of anal area speedup.

Muscle flap

In complicated case of fistula the healthy muscle tissue from the other body parts; thigh and buttock may be used to closes and heal rectal opening.

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