



Review Article

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A REVIEW OF GUDA VIDRADHI (ANAL ABSCESS) TREAT WITH BHEDANA KARMA AND KARANJADI GHRITA

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Received on: 03/05/17 Accepted on: 07/06/17

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DOI: 10.7897/2277-4343.083165

ABSTRACT

The phenomenon of formation of wound as a result of inflammation and abscess, it's repair and treatment by means of Shashti upakrama or Saptokrama is the fundamental major contribution of Acharya Sushruta. An ano-rectal abscess originates from an infection arising in the crypto-glandular epithelium lining of the anal canal spreading into adjacent spaces and resulting in fistulas in ~40% of cases. The classic locations of anorectal abscesses, listed in order of decreasing frequency are as follows: perianal (60%), ischiorectal (20%), intersphincteric (5%), supraleator (4%), and submucosal (1%). The treatment of Guda vidradhi (Anal abscess) is early, adequate & dependent drainage. Hence Sushruta has indicated Bhedana Karma along with local application of Karanjadi Ghrita to promote early healing and prevention from other infections due to its anti-inflammatory and anti-bacterial property. This paper will be based on a case study of anal abscess with the above mentioned line of treatment.

Keywords: Guda Vidradhi, Anal abscess, Bhedana karma, Karanjadi Ghrita**INTRODUCTION**

Acharya Sushruta has described Guda vidradhi (Anal abscess)¹ under antarvidradhi². Vidradhi³ remains as a localized painful condition, with all the features of Vrana shotha (inflammation)⁴ with severe pain, tendency of early suppuration. Guda vidradhi is co-related with anal abscess on the basis of symptom. The origin of anal abscess mostly by an infection or blockage at an anal gland and many times⁵, resulting from blood born infection or low immunity resistance⁶. A perianal abscess is an infection in a mucous-secreting gland in the anal canal around anus. An ano-rectal abscess originates from an infection arising in the crypto-glandular epithelium lining of the anal canal (in 80-90%)⁷ spreading into adjacent spaces and resulting in fistulas in 40% of cases. The most cardinal feature of Guda vidradhi (Anal abscess) according to Ayurveda as well as modern medical science is severe pain at anal region and patient has unable to pass flatus and stool because he afraid from defecation due to unaffordable severe pain. Ayurveda as well as modern science described same line of treatment in the presence of pus. Acharya Sushruta mentioned that Bhedan Karma⁸ should be done at the most prominent part for evacuation of dosha. Acharya Sushruta has given much importance to this multidisciplinary

management for the all sorts of surgical wounds. However, Acharya Sushruta has specifically mentioned tikta ras, shodhaka, ropaka durgs in the management of drained open infected cavity As "karanjadi ghrita"⁹. the Bhedan Karma (incision & drainage) and application of Karanjadi Ghrita in the stage of Guda vidradhi (Anal abscess) may to be a new break through for the resolution of process of abscess formation.

Definition

Acharya Charaka described that due to very early or acute suppuration by vitiated blood in abundance, it is called Vidradhi¹⁰.

Abscess means localized collection of pus (dead and dying neutrophils with proteinous exudate)¹¹. When abscess around lower rectum and anal canal are known as anorectal abscess.¹²

Nidana (Cause)

Description of aharaja nidana about Guda Vidradhi/ Antar Vidradhi(abscess in internal part of body) by Vrihatrayi has enlisted in the table...

Table 1a: Aaharaj nidan (factor) for Guda vidradhi (Anal abscess)

S.N.	Aaharaja Nidan	CH. Samhita ¹³	SU. Samhita ¹⁴	Aastanga Hridaya ¹⁵
1	Sita/parusit ahara	+	-	+
2	Vidahi	+	+	+
3	Usna	+	-	+
4	Ruksha	+	-	+
5	Suska	+	+	+
6	Ati bhojan	+	-	-

Viharaj Nidan

Table 1b: Viharaj nidan(factor) for Guda vidradhi (Anal abscess)

S.N.	Viharaj Nidana	CH. Samhita	SU. Samhita	Aastanga Hridaya
1	Vega vidharana	+	+	-
2	Shrama	+	-	-
3	Anuchita vyayama	+	+	+
4	Anuchit nidra asana	+	-	+
5	Bhar vahan	+	-	-
6	Addhwa	+	-	-
7	Ati maithuna	+	+	-

Aagantuja Nidan

Sometimes foreign materials like piece of wood, bamboo or glass etc. enter the body and if they not extracted from body they cause vitiation of blood and suppuration in muscles and produced abscess¹⁶.

Etiology

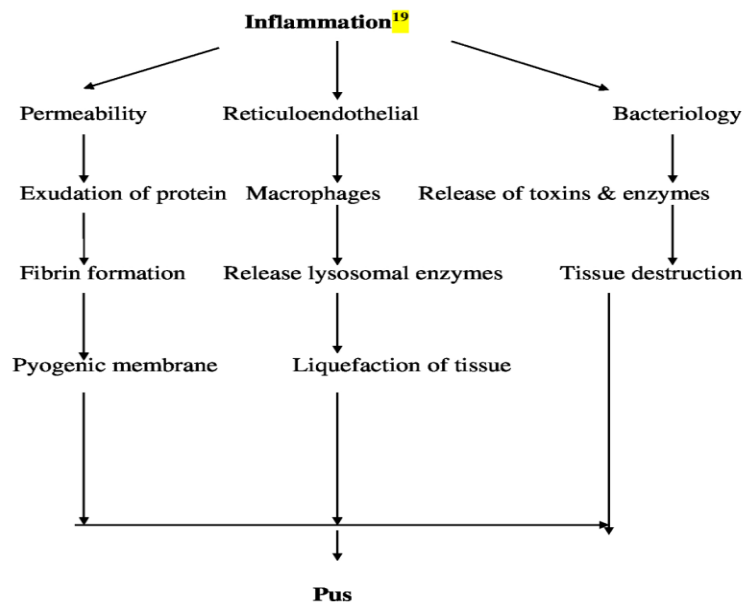
- Physical – Trauma, Heat or cold, Radiation¹⁷
- Chemical – Simple chemical poisons eg. acids
- Organic poisons eg. paraquat
- Infective – Bacteria, Parasites, Viruses
- Immunological - Antigen-antibody Cell mediated

Samprapti (Pathology)

Table 2: Samprapti ghataka of Guda vidradhi (Anal abscess)¹⁸

Dosha	Pitta Pradhana Tridoshaja
Dushya	Twacha, Rakta, Mamsa, Snayu, Kandara,
Dosha Adhistan	Asthi
Agni	Jatharagnijanya, Dhatvagnijanya
Strotas	Rasa, Rakta, Mamsa, Asthi, Purishavaha & Annavaha
Strotodusti	Sanga, Vimargamanam & Atipravritthi
Udbhavastana	Amashaya (Kapha, Pitta), Pakvashaya (Vata)
Adhistan	Guda pradesh
Roga Marga	Bahya and Abhyantara
Vyadhi Swabhav	Ashukari

Pathophysiology



Classification – According to Ayurveda^{20,21}

Bahya Vidradhi (external part of body)

Antar Vidradhi (internal part of body)

- (Guda vidradhi (Anal abscess) has included among antar Vidradhi.)

Classification – According to modern view²²

1. Peri-anal (60%)
2. Ischiorectal (20%)
3. Submucosal (1%)
4. Intersphincteric (5%)
5. Pelvi-rectal (supralelevator) (4%)

Clinical Feature

- Severe throbbing pain²³
- Indurations, itching perianal region²⁴
- Frank evidence of abscess like fluctuation need not be seen and is a late sign.
- High grade fever with chills and rigors.
- Common in diabetic person.
- Per rectal examination is painful and boggy can be appreciated on the side of the lesion.
- If not treated it will be create fistula-in-ano.

Investigation

Hematological examination

Urine analysis - Routine

- Microscopic

Specific investigation²⁵

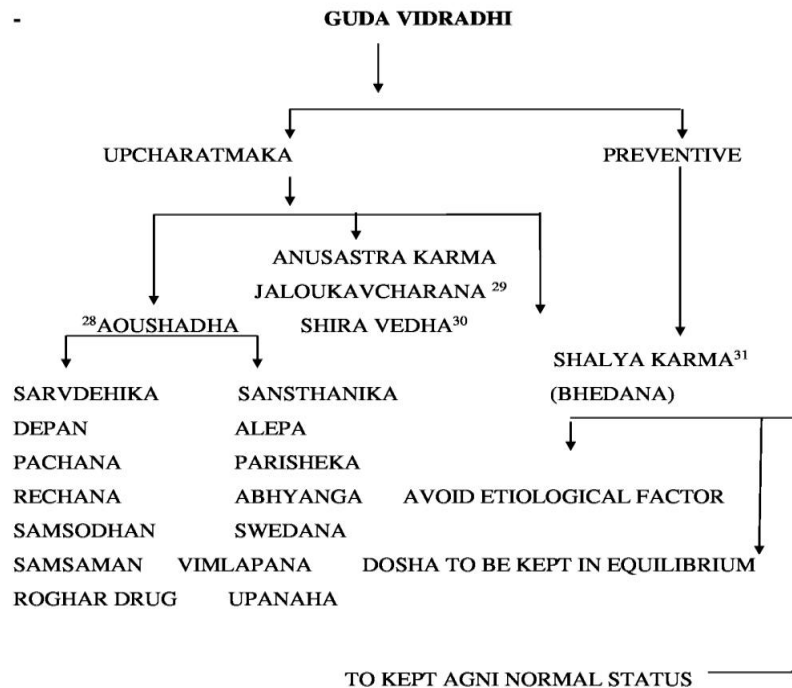
- Pus cultures test
- Radiological investigation
- Computed tomography (CT), Magnetic resonance imaging (MRI)
- Trans rectal Ultra sonography (TRUS)

Differential Diagnosis

- Inflammatory bowel disease²⁶
- Infected hemorrhoids
- Fissure- in- ano
- Fistula- in- ano
- Acute proctitis
- Abscess of cowper’s gland or bartholin’s gland²⁷

Management

Principles of treatment of Guda Vidradhi (anal abscess)-



Bhedana karma (Incision & Drainage)

Acharya Sushruta has described oblique and curved incision according to the place³². Curved incision has two types half moon faced (semi-circular) and full moon faced incision (circular). In the case of ano-rectal region half moon faced

(semi-circular) incision should be applied³³. Bhedana karma has always performing to the pattern of hair.

Dressing with Karanjadi Ghrita in the wound of Guda vidradhi (Anal abscess) is an ambulatory type of treatment which gives quick action.

Karanjadi Ghrita

Table 3: Content & their action of Karanjadi Ghrita

DRUG	Rasa	Veerya	Vipaka	Dosha Karma	Pradhan KARMA
³⁴ KARARANJA	Tikta, Katu, Kashaya	Ushna	Katu	Kapha-vata shamak	Vranasothahara, Raktashodhaka, Twakarogahara,
³⁵ JATI	Tikta, Kashaya,	Ushna	Katu	Tridosha shamak	Vranashodhaka, Vranaropaka, Vednasthapana
³⁶ PATOLA	Tikta	Ushna	Katu	Tridosha shamak	Vedanasthapana, Vranashodhana-ropana, Sothahara ,Krimighna
³⁷ NIMBA	Tikta, Kashaya	Sheeta	Katu	Kaph-Pitta shamak	Vranaropana, Jantughna, Shothaghna, Raktashodhaka
³⁸ HARIDRA	Tikta, Katu	Ushna	Katu	Tridosha shamak	Vranaropana, Vranashodhana, Raktaprashadan, Shothaghna
³⁹ DARU-HARIDRA	Tikta Kashaya	Ushna	Katu	Kapha-pitta shamak	Vedanasthapana, Vranashodhana-ropana, Raktashodhaka,
⁴⁰ MADHUCHHISTA	Madhura Kashaya,	Sheeta	Katu	Pitta shamak	Jantughna, Vranaropakna, Sandhaniya
⁴¹ YASHTI-MADHU	Madhura	Sheeta	Madhura	Vata-pitta shamak	Dahashamaka, Vedanasthapana, Shothahara, Varnya,
⁴² KATUKA	Tikta	Sheeta	Katu	Kapha-Pitta shamak	Shothahara, Dahaprasamana, Lekhana,Shothhara
⁴³ PRİYANGU	Tikta Kashaya Madhura	Sheeta	Madhura	Trido Shashamak	Dahaprashmana, Vedanasthapana Raktashodhaka, Stambhak
⁴⁴ KUSHA	Madhura, Kashaya	Sheeta	Madhura	Tridosha shamak	Dahaprasamana, RaktapittaShamaka, Raktadoshahara,
⁴⁵ JALAVETASA	Kashaya, tikta	Sheeta	Katu	Kapha-Pitta shamak	Vedanasthapana, Dahaprasamana Raktastambhan
⁴⁶ CHANDANA	Tikata, madhura	Sheeta	Katu	Kapha-Pitta shamak	Dahaprashmana, Durgandahara, Twagdoshahara,
⁴⁷ MANJISHTHA	Madhura, tikta, kashaya	Ushna	Katu	Kapha-Pitta shamak	Vranaropana Shothahara, Krimighna
⁴⁸ USHIR	tikta, madhura	Sheeta	Madhur	Vata-pitta shamaka	Dahaprashmana, Raktaprasdana, Raktastambhaka,
⁴⁹ KAMALA	Kashayama dhura, tikta	Sheeta	Madhura	Kapha-pitta shamaka	Dahaprasmana, Stambhana Shonitasthapana
⁵⁰ SARIVA	Tikta, madhura	Sheeta	Madhura	Tridosha shamaka	Raktashodhaka, Shothahara, Dahaprasmana
⁵¹ TRIVRITA	Katu, tikta, kashaya	Ushna	Katu	Pitta-kapha sanshodhana	Shothahara, Bhedana, Rechana
⁵² GO-GHRITA	Madhur	Sheeta	Madhura	Tridosha shamaka	Vranaropaka, Vranashodhak, Vranavedana shamaka

COMPLICATION

- Fistula formation⁵³
- Bacterimia and sepsis
- Fecal incontinence⁵⁴
- Death – Death due to anal abscess is not commonly seen but sometimes infection will spread to whole body by blood and produce septicemia.
- Recurrence of abscess due to improper care.

DISCUSSION

Acharya Sushruta has suggested Bhedana Karma in all kinds of Vidradhi. In the case of Guda vidradhi (Anal abscess) patient suffering with severe pain and become restless due to the pus collection at anal region. In this condition Bhedana Karma must require for the drainage of pus. And give packing with vranashodhaka (drug which have properties to clean a wound), ropak varti (suppositories formed by healing enhancing properties drugs). Most ingredients of Karanjadi Ghrita vrana

shodana (cleaning) and ropana (healing) properties. Maximum contents of this drug were having tikta and kashaya in rasa. Tikta and kashaya rasa promote the granulation of tissue and wound healing by his shodhana and ropana properties. Some of drugs have vedana-sthapana (analgesic) properties & shothahara (reduce inflammation) qualities, daha shamaka (reduce burning sensation) property. Karanjadi Ghrita has stopped bacterial growth and their toxicity by the jantughna (reduce infection) and vishaghna (reduce toxicity) properties of contents.

CONCLUSION

Ayurveda explained Guda vidradhi (Anal abscess) under the classification of antar-Vidradhi, which occurs at Guda pradesh (anal region) and characterized by obstruction of flatus along with all symptoms of Vidradhi (abscess). It's repair and treatment by means of Shashti upakrama (sixty types of treatment) or Sapto-krama (seven types of treatment) is the fundamental major contribution of Acharya Sushruta. The treatment of Guda vidradhi (Anal abscess) is early, adequate & dependent drainage. Hence, Acharya Sushruta has indicated Bhedana Karma along with local application of Karanjadi Ghrita.

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Cite this article as:

Sahu Purnesh et al. A review of Guda vidradhi (anal abscess) treat with Bhedana karma and Karanjadi ghrita. Int. J. Res. Ayurveda Pharm. 2017;8(Suppl 3):33-38 <http://dx.doi.org/10.7897/2277-4343.083165>

Source of support: Nil, Conflict of interest: None Declared

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