

EFFECT OF GHONTAPHALADI VARTHI IN THE MANAGEMENT OF PERIANAL SINUS - A CASE REPORT

Sreeparvathy A.G¹, Sivakumar. C. S², Deepa. M. S³

¹PG Scholar, Dept of Salyatantra, Government Ayurveda College, Trivandrum, Trivandrum, India

²MD(Ay) – Guide, Professor, Dept of Salyatantra, Government Ayurveda College, Trivandrum, India

³MS(Ay)PhD, Coguide, Associate Professor, Government Ayurveda College, Trivandrum, India

Corresponding Author: sreeparvathyag@gmail.com

<https://doi.org/10.46607/iamj5809102021>

(Published Online: October 2021)

Open Access

© International Ayurvedic Medical Journal, India 2021

Article Received: 27/09//2021 - Peer Reviewed: 07/10/2021 - Accepted for Publication: 08/10/2021



ABSTRACT

Nadi Vrana is a term used to describe the sinus. Sinus is a blind track lined by granulation tissue from an epithelial surface. It can be treated mainly by *Ksharasutra* therapy and by other methods which include *varti*, *Lepana* etc. In *Susrutha Samhitha Chikitsasthana* first chapter *Dwivarineeya chikitsa*; it is mentioned that the *Vrana Varthi* ¹can be used in *Nadi Vrana* where the wound is having minute opening, deep and going into the *Mamsadhatu* (muscles). In the present case study, a 44-year-old male patient visited the OPD with Grade 1 inter sphincteric sinus in the perianal region and the patient was selected for application of the *Ghontaphaladi Varthi*. Daily application of *Ghontaphaladi Varthi* has shown significant changes in the healing of the track and a decrease in the severity of the associated symptoms like pain and discharge.

Keywords: *Nadi Vrana*, *Ghontaphaladi Varthi*, Sinus

INTRODUCTION

Nadi Vrana is a term used to denote sinus. Sinus is a blind track that connects a cavity lined with granulation tissue, often an abscess cavity, with an epithelial surface. It produces a serous or purulent

discharge and persists until the deep cavity closes. The symptoms include pain, discharge of pus or pus mixed with blood. Here the study is undertaken in the perianal sinus which are the precursors of fistula in

ano. Being the track is lined by epithelium and due to the presence of fibrosis, the collapse of the track is prevented. so if it is left untreated it leads to deeper tissues forming fistula in ano. Even after the tremendous progress in modern surgery, this disease exists as a challenging case. Since the operative treatment has its own limits, it is the need of the time for a better treatment that is more convenient and cost-effective for a sinus patient. In *Ayurveda* various *acharyas* have mentioned different treatment modalities for *Nadi Vrana chikitsa*. The treatment must aim at *sodhana* and *ropana*. The *Ksharasutra* application is a cost-effective treatment, but it is a painful procedure. Since in this case, as an alternative to the *Ksharasutra chikitsa*; *Varthi prayoga* is mentioned. In the *Dwivraneeya adhyaya* while mentioning the *Dushta Vrana chikitsa*, *sodhana Varthi* for the purification or elimination of *doshas* and *ropana Varthi* of healing property are mentioned. It is indicated in wounds with minute opening, and pus discharge. So *Varthi prayoga* is selected in this case. One among them is *Ghontaphaladi Varthi* which is mentioned in *Susrutha Samhitha*, *visarpa nadi sthanaroga chikitsa* as “*hanthi achirena nadi*.”²

Preparation of Ghontaphaladi Varthi

Ghontaphalatwak (*Zizphus jujubae*), *Panchalavana*, *laksha* (*Laccifer lacca*), *pugiphala* (*Areca catechu*) *alavan patra* (*Celestrus paniculatus*) are taken in equal quantity and mixed with enough *snuhi* (*Euphorbia neerifolia*) *ksheera* and *Arka* (*Calotropis gigantea*) *ksheera*. This paste is then smeared on No 20 Surgical linen thread. The *Varthi* is prepared in different diameters and kept in an airtight container. The *Varthi* prepared with these *sodhana ropana* drugs will do the debridement of slough and unhealthy tissues alleviate the *dosha* and promote the healing of the track.

Patient Information

A male patient aged 44 years, came to the OPD Government Ayurveda College, Trivandrum with intermittent pus discharge from the perianal region for 2 years. He didn't seek any treatment for the same. On local examination, an opening is found in the left side

of the perianal region 4 o' clocks about 2 cm away from the anal verge which bursts spontaneously and leads to discharge. The track was intact and covered by the skin. On per rectal examination, no internal openings are felt. As per the MRI, a grade 1 intersphincteric sinus_tract was noted. Due to its recurrence and because of psychological disturbances he is unable to do his routine activities. He is having a history of Hypertension, Dyslipidemia, and seizures.

INVESTIGATIONS

His routine examinations were found to be within normal. As per the MRI, a short intersphincteric sinus track was noted extending from a cutaneous opening in the left perianal region at a 5-o clock position, directly entering the intersphincteric plane. It courses superiorly for 1.3 cm and then stops.

PROCEDURE DONE

Consent was obtained from the patient. Preoperative procedures were done properly. *Ghontaphaladi Varthi* is prepared as per the reference in *Susrutha samhitha Nadi Vrana chikitsa*. The size of the tract is assessed using the probe and previously prepared *Varthi* is inserted into the tract. Daily cleaning was done using sterile water. The *Varthi* was changed daily and assessment of the healing of the track was done weekly by assessing the length. The details of procedures and observation are presented in the below table:

Duration	observation
25/11/20	Site is made aseptic and <i>Varthi</i> is inserted after probing to make the tract clear. The length was assessed as 2 cm.
29/11/20	The track was found opened. No pus discharges. Healthy granulation tissue is present on the floor of the wound.
2/12/20	The length of the track is 1.9 cm
10/12/21	length reduced to 0.8 cm
17/12/20	wound bed was fully covered with granulation tissue.
21/12/20	complete healing of the wound.



Varthi applied after treatment

Advice: The patient is advised to take fibre rich food to avoid constipation and diet regulations applicable for wound patient is also mentioned.

Results

Daily application of *Varthi* for 4 weeks resulted in complete cutting and healing of the track.

DISCUSSION

The drugs used in the *Varthi* are *ghontaphala twak*, *panchalavana*, *laksha*, *poogaphala*, *alavanapatra*, *snuhiksheera* and *arkaksheera*³

The properties of the drugs used are as follows: The *ghonta phala* is having *vrana sodhana* and *ropana* properties as its having *kashaya rasa*. The *kshara* nature and *tikshna guna* of *lavana* will help in the scraping of the fibrous tissue and it is also having *ropana guna*. *Laksha* is possessing *vrana ropana guna*, *twak rakta dosha hara*, *krimighna* etc gunas. *Puga phala* is having *kashaya rasa* which helps in *vrana ropana*, *ruksha* and *vikasi guna* help in penetrating deeper into the tissues. *Tikshna ushna guna* of *alavana patra* and *snuhi* helps in deeper penetration to tissues and do removal of the fibrous tissues. The *arka* is also having *krimighna* and *sodhana ropana* action.

So, the drugs in *ghontaphaladi Varthi* are *tikshna*, *sukshma*, *sara*, *krimighna* and *vishaghna* gunas. The drugs will penetrate deeper into the tissues and act by destroying the fibrous tissues and promoting healing by helping in the formation of healthy granulation tissue. Most of the drugs are having *kashaya rasa* and this will promote healing. So, this *Varthi* will do *sodhana* and *ropana* of the tract. Further on comparing with the modern surgeries, there is no need for

anaesthesia, and no extensive wounds are created. So, this procedure has low cost or expense and has fewer cosmetic issues.

CONCLUSION

The present study shows that the *Ghontaphaldi Varthi* is effective in the management of the *Nadi Vrana*. It has got good wound cleansing and healing property.

REFERENCES

1. Acharya Sushruta, Susruta Samhita with the English translation of text and Dalhana commentary, Dwivraneeya Chikitsa Edited by Prof. K.R. Srikanth Murthy, Chowkhamba Orientalia Varanasi, Reprint edition 2012, Volume 2, Published by Krishnadas Academy.
2. Acharya Sushruta, Susruta Samhita with the English translation of text and Dalhana commentary, Visarpa Nadi Sthana roga Chikitsastahan sloka edited by Prof. K.R. Srikanth Murthy, Chowkhamba Orientalia Varanasi, Reprint edition 2016, volume 1, Published by Krishnadas Academy.
3. Dr J.L.N. Sastry, DravyagunaVijnana, Volume- II, Chowkhambaorientalia, Varanasi.

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Sreeparvathy A.G et al: Effect Of Ghontaphaladi Varthi In The Management Of Perianal Sinus - A Case Report. International Ayurvedic Medical Journal {online} 2021 {cited October 2021} Available from: http://www.iamj.in/posts/images/upload/2641_2643.pdf