

AYURVEDIC TREATMENT OF FISTULA IN ANO

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Trials were carried out on 100 patients suffering from various types of fistula in ano, selected from the ano-rectal clinic; 89 were male and 11 were females, ages varying from 21 to over 71 years, 57 of the patients being in the 31 - 50 year age group. Type of fistulae seen were: Parisravi 88, Shataponaka 06, Ustragreeva 04 and Ano-urethral 02. Most patients (76) had one opening only while 14 had two openings and the other 10, 3 or more than 3 openings.

SECTION A

A probe was inserted through the external opening and a medical thread was passed through and tied. This thread was renewed weekly. The patients were advised to sit in a warm water bath with their buttocks immersed for about 15 minutes, twice a day. An oil which has the property of healing wounds was applied and a laxative was given internally. The medicated thread contained Kshara (an alkali) which cuts through and heals the track at the same time.

Duration of treatment varied from 1 to 11 weeks with 44 patients needing 3 - 8 weeks of treatment, 6 less than 3 weeks and 16 more than 8 weeks.

Healing of the fistula without a discharge, pain and discomfort one month after completing the treatment was regarded as cure. 84 patients were cured while 10 patients showed some improvement.