

## Clinical Study Of Apamarg Ksharajala Dhawan In The Management Of Post-Operative Wound Of Fistulectomy

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### ABSTRACT

**Background:** Fistulectomy results in an open perianal wound requiring prolonged healing and repeated dressings. Apamarg Ksharajal described in Ayurveda as a Shodhana-Ropana agent.

**Aim:** To evaluate the add-on effect of Apamarg Ksharajala Dhawan in post-operative fistulectomy wounds.

**Materials & Methods:** A total of 60 patients were divided into two groups: Group A received Apamarg Ksharajala Dhawan in addition to standard care, while Group B received standard care alone. Parameters observed were pain, itching, tenderness, and wound size.

**Results:** Group A showed faster reduction in pain, itching, discharge, and wound size. Granulation tissue appeared earlier, and complete healing time was significantly shorter compared to Group Conclusion: Apamarg Ksharajala Dhawan is an effective add-on therapy for improving wound healing in post-operative fistulectomy patients.

**KEYWORDS:** Apamarg Ksharajala, Ayurvedic wound management, Fistulectomy, Kshara therapy, Post-operative wound care

### INTRODUCTION

Fistula-in-ano (Bhagandara) is a chronic disease described in classical Ayurvedic texts and modern surgery. The standard surgical treatment, fistulectomy, creates an open wound that may take weeks to months to heal. Pain, discharge, infection, and fibrosis are common post-operative complications.

Apamarg Ksharajala possesses Shodhana (cleansing), Lekhana (scraping), and Ropana (healing) properties. Its alkaline nature dissolves unhealthy tissue, enhances drainage, and promotes healthy granulation. This study evaluates its role as an add-on intervention.

In present preparation of Ksharajala, which provides cleaning and healing. Therefore, trial drug was used for debridement or to cast off dangerous tissue and enhances formation of healthy granulation tissue to decorate brief normal epithelialization. In this comparable essential of healing has already been mentioned by means of Dalhana in Nimbhandha Sangraha states that "After the purification (Shodhana) of wound there is no need of treatment because the wound heals (Ropana) itself." Therefore, study was designed on Ksharajala in post operative

To study the add on effect of Apamarg Ksharajala Dhawan in the management of post operative wound of fistulectomy

wound of fistulectomy which reflects sustained release property, also minimizes secretion and pain. **Need of Study:**

All the post -operative treatment of modern science have any drawbacks, to alter these the ayurveda is may be effective as well low of cost, chief & easily available. In post- operative surgery of Fistulectomy patient need regular dressing of betadine with h2o2, septic condition may be occurs, most of the time hospitalisation may be requires, side effects of high grade modern medicines were established, locally itching, fibrosis can be seen, ulcers formation can be occurred.

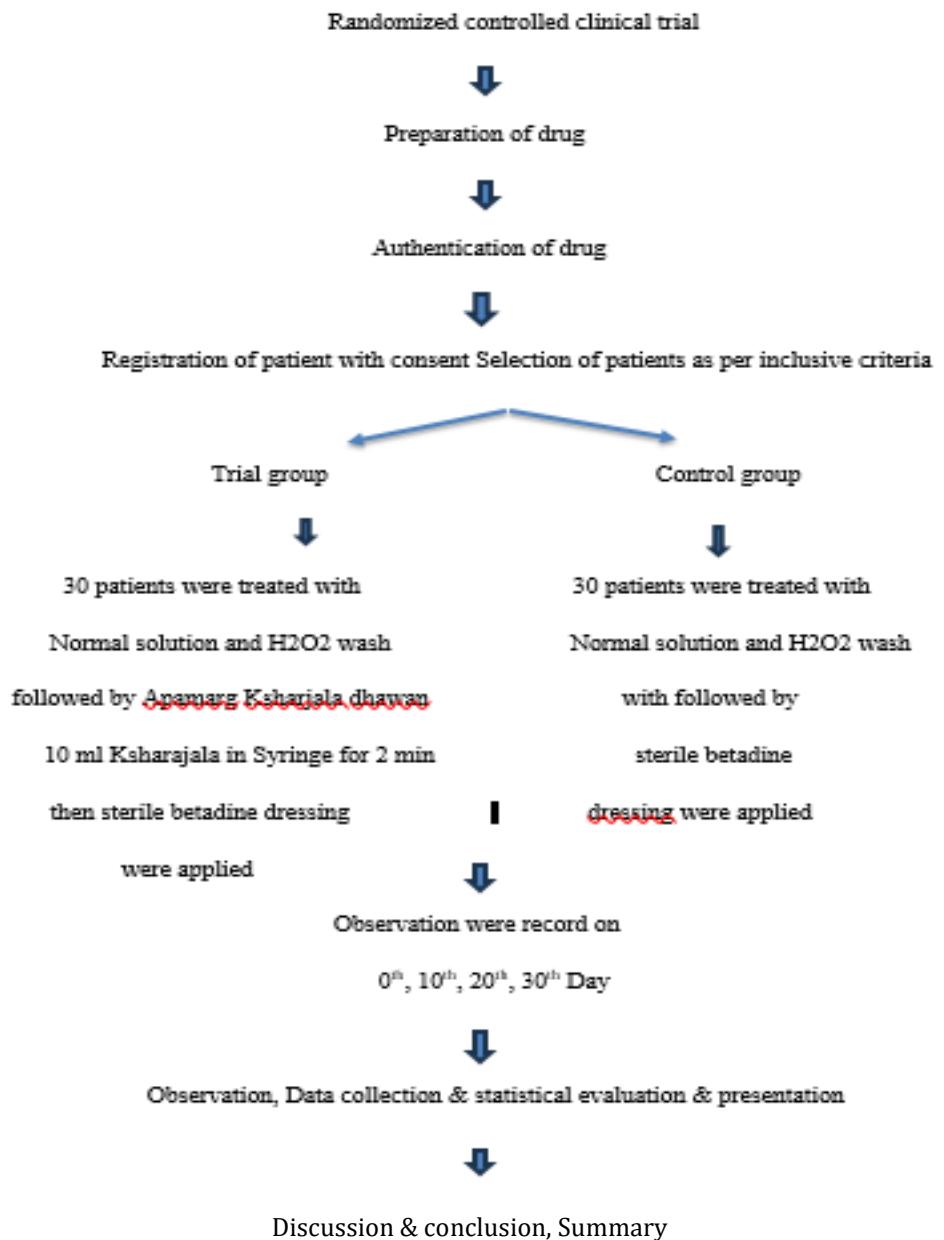
Many of others modern medication such as corticosteroid used for post operative wound care has side effects like Inhibitory effect on wound contraction<sup>3</sup>, prolong use of antibiotics causes resistance, longer use of analgesics produces harmful effect on the body to alter this ayurvedic preparation such as Kharajala dhawan can be used. By virtue of their properties they aimed for sthanik vrana shodhana & ropana. Anti-inflammatory & anti-bacterial action of ksharajala has promoted healing tendencies in post-operative wound.

### AIMS

### OBJECTIVES

To study Shodhana and Ropana effect of Apamarg Ksharajala.

## MATERIALS AND METHODS (STUDY DESIGN)



### PREPARATION OF DRUG

1) 1gm of Apamarg kshara were mixed with 100 ml of distilled water over night in jar.

2) In this way a 1:100 proportion of Apamargkshara and distilled water respectively were mixed and sealed in steel bottle having capacity 400 ml.

### INCLUSION CRITERIA

- Post-Operated patient of Low anal fistulectomy.
- Patient of both sex (age group 30-70) were selected.

### ASSESSMENT CRITERIA

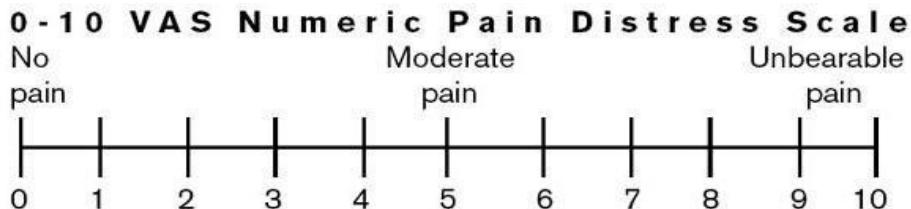
- Patient with malignancy.
- Bleeding disorder (increased BT and CT)
- Anaemic patient Hb<10

### EXCLUSION CRITERIA

- Patient suffering from major illness like Known case of liver cirrhosis, DM, TB, Leprosy, Jaundice, HIV.

**Gradation for Subjective parameters-****1] Vedana (pain)**

Assessment were done by visual analogue scale

**Grading for Visual Analogue Scale**

In visual analogue scale patient can express the intensity of pain on a graph where 0-10 numbers are written on an axis of graph. According to number denoted by patient the readings of visual analogue scale are graded from 0 to 10.

- 0 -No pain
- 1-3 -Mild pain
- 4-6 -Moderate pain
- 7-10 -Severe pain

**2] Kandu (itching) -**

- Grade 0 - No itching
- Grade 1 - Slight, localized itching
- Grade 2 - Moderate localized itching sensation disturb work intermittently.
- Grade 3 - more localized and often itching but not disturb sleep intermittently

**3] Sparsha asahtva (Tenderness)**

- Grade 0- No Tenderness
- Grade 1- Mild Tenderness-Subjective of Tenderness
- Grade 2 - Moderate Tenderness- Wincing of face on pressure

- Grade 3 - Severe Tenderness- Wincing of face and withdrawal of the affected part on pressure

**Gradation for Objective parameters -****1] Length of wound**

- Grade - 0- 0-1cm
- Grade - 1- 1-2cm
- Grade - 2- 2-3cm
- Grade - 3- 3-4cm
- Grade - 4- 4-5cm

**2] Breadth of wound**

- Grade-0- 0-1cm
- Grade-1- 1-2cm
- Grade-2- 2-3cm

**3] Depth of wound**

- Grade-0- 0-1cm
- Grade-1- 1-2cm
- Grade-2- 2-3cm

**4] Colour of Surrounding Skin**

- Grade-0- Bright red
- Grade-1- Red
- Grade-2- Pale white-yellow
- Grade-3- Brown-Grey

- Grade-0 - No discharge
- Grade-1 -Mild serous discharge
- Grade-2 -Moderate sero-purulent discharge
- Grade-3 -Profuse purulent discharge

**5] Discharge****OBSERVATION AND RESULTS**

Group A showed a faster decline in pain, itching and tenderness. Wound contraction was significantly earlier, and complete healing occurred earlier compared to controls.

**Key Outcomes:**

- Pain reduction: faster in Group A
- Itching: significantly decreased in Group A

- Tenderness: markedly less by Day 20
- Wound size reduction: more rapid contraction
- Healing duration: shorter in Group A

Interpretation: Apamarg Ksharajala's Shodhana and Ropana properties accelerate healing.

- The effect of Ksharajala Dhawan (Group A) is more significant than NS and H2O2 wash followed by

sterile betadine dressing, (Group B) for Subjective criteria such as Vedana, Kandu and Sparsha Asahatva.

- The effect of Apamarga Ksharajala Dhawan (Group A) is more significant than NS and H2O2 wash

Apamarg Ksharajala acts by removing slough, decreasing bacterial load, and promoting early granulation. Its alkaline nature helps debridement and reduces exudate. This explains the faster symptom relief and accelerated wound contraction in Group A.

Modern dressing agents like betadine and H<sub>2</sub>O<sub>2</sub> have limitations such as tissue irritation. In contrast, Apamarg Ksharajala is herbal, inexpensive, and effective.

#### MODE OF ACTION

##### Apamraga Ksharajala Dhawana

Apamraga Ksharajala



Post-operative wound of Fistulectomy



Apamraga having Vrana Shodhana, Vrana Ropana properties



Wound healing, Antimicrobial, Analgesic actions

#### CONCLUSION

Apamarg Ksharajala Dhawan is an effective add-on treatment for post-operative fistulectomy wounds. It shortens healing time, reduces symptoms, and promotes healthier granulation. It may be recommended as a safe, economical, and efficient local wound care therapy in anorectal surgical practice.

Effect of Apamarga Ksharajala Dhawana (Group A) and NS and H2O2 wash followed by sterile betadine dressing (Group B) on symptoms observed in Post-operative wound of Fistulectomy is statistically

proved to be significant on Subjective criteria and Objective criteria.

Apamarga Ksharajala Dhawana helped in cleaning the wound and reduced local congestion and inflammation and thus relieved associated pain by enhancing local circulation which is necessary to promote healing.

Apamarga Ksharajala Dhawana possess Vrashodhaka, Vranropaka, less irritant, helps to promote the wound healing in wound.

No adverse drug reaction were reported during the study.

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