

Anorectal Disease Reversal Therapy in Patients Suffering From Piles, Fistula, and Fissure with Known History of Chronic Constipation

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A RETROSPECTIVE STUDY

Anorectal Disease Reversal Therapy Is Designed To Improve The Digestive System. Infrequent Bowel Movement In The Digestive System Can Often Cause Piles, Fistula, And Fissure And Is Common In People With Chronic Constipation.

ADR Therapy Aims

1. To Reduce Incomplete Evacuation
2. To Relieve Abdominal Discomfort
3. To Increase Bowel Movement
4. To Improve Quality Of Life

ADR Therapy Is Associated With Significant Improvement In

1. HSS Score
2. Symptoms
3. Images (Before And After)
4. Visual Analogue Score

Thereby leading to improvement in prognosis for anorectal disease patients.

ABSTRACT

INTRODUCTION

Anorectal Disease Mortality Has Risen In The Last Few Years And Piles, Fistula, And Fissure Is The Most Common Disease.

ADR Therapy Kit Uses a Combination Of

1. Dhoopan (Herbal Smoke)
2. Anal Dhara
3. Basti (Per Rectal Drug Administration)

For Providing Relief To Anorectal Disease Patients.

METHOD

This Study Include Data Of Patients Having Chronic. Constipation, Gases, Hyperacidity, IBS, Abdominal Discomfort Had Visited To The 30+Ayurved Clinic Minimum 9 Setting Of ADR Therapy Were Needed For Inclusion. HSS Score, Visual Analogue Score, Symptoms Are Details Of Conventional Medication Were Noted On Day 1 & Day 90 Followed By Comparison Score.

RESULT

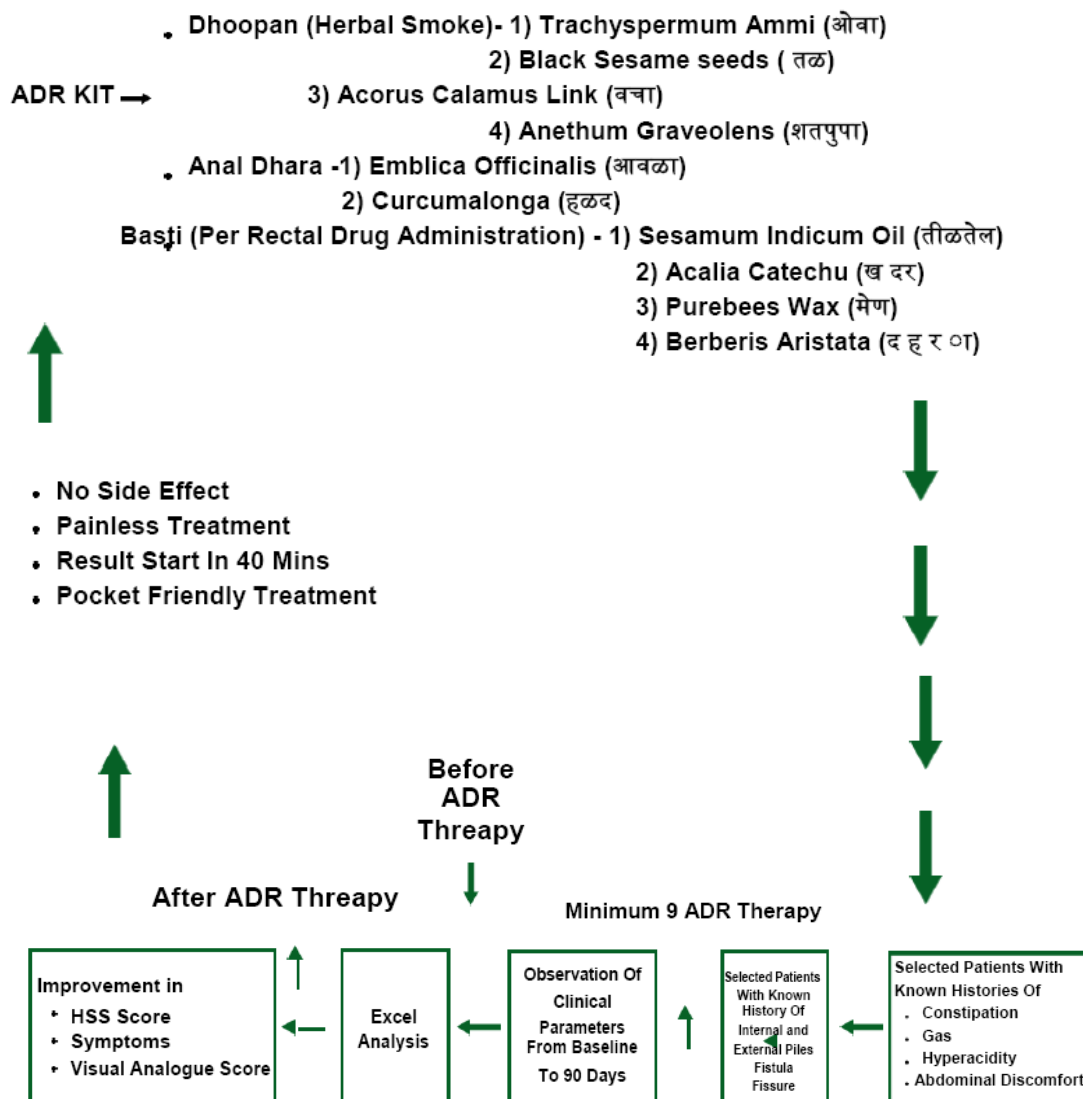
25 Patients Having Mean Age 25+/- Were Enrolled. None Of The Patients Were At High Risk.

ADR Therapy – Symptoms Decreased And Digestion Improved.

CONCLUSION

ADR Therapy Is Associated With Significant Improvement In HSS Score , Visual Analogue Score, Symptoms, There By Leading To Betterment Of Prognosis In Anorectal Disease Patients The Dependency On Conventional Medicine Was Also Decrease Anorectal Disease

PICTORAL ABSTRACT



INTRODUCTION

Ref — (International Journal of Advanced Research)
Anorectal Diseases Are Now Assumed To Have A Common Worldwide Prevalence.

It Is On The Rise In Developing Countries Like India.

The Main Culprits For Anorectal Mortality Are Piles, Fistula, Fissure, And Various Factors Like Stress, Lifestyle Changes, And Poor Eating Habits. A Growing Trend In Anorectal Disease-Related Mortality Has Been Reported From India.

NATIONAL INSTITUTE OF HEALTH (GOV.)

YEARS	PILES	FISTULA	FISSURE
2020	1%	1%	1%
2021	5%	5%	3%
2022	10%	10%	5%
2023	13%	25%	8%

It Is Estimated That The Prevalence Of Anorectal Disease In India Has Grown From 1% In 2020 To About 25% In 2023.

Another Important Factor That Has Led To An Increase In Cases Of Piles, Fistula, And Fissure Is The 1/3 Population Affected.

The Current Treatment For Piles, Fistula, And Fissure Comprises Lifestyle Medication And Pharmacy Therapy, And Surgery Like Injection Therapy, Laser, Stapler, Ksharsutra, And Drugs Belonging To Classes Of:

1. Antibiotic
2. Anesthetics (Topical 2%)
3. Antacid
4. Laxative
5. Vasodilator
6. NSAID

These Have Been Used To Control Piles, Fistula, And Fissure.

Another Drawback Is The Occurrence Of Multiple Adverse Side Effects With The Currently Available Allopathic Drugs.

There Is A Strong Need To Discover:

No Recurrence

Painless Treatment

Pocket-Friendly Treatment

No Side Effects

Fast Result-Oriented

Without laser

Without surgery

Without ksharsutra

Without injection therapy

Option For The Treatment Of Piles, Fistula, Fissure

THE MAIN AIM OF AYURVEDIC THERAPY IS:

- 1) To Ease The Sphincter Spasm
- 2) Clean And Heal Wounds
- 3) Relax The Rectal Tunnel
- 4) Reduce Irritation

THE ADR KIT USES A COMBINATION OF:

- 1) Dhooapan (Herbal Smoke)
- 2) Anal Dhara
- 3) Basti (Per Rectal Drug Administration)

For Providing Relief To Patients.

Though The ADR Kit Is Being Used In Practice With Success, Research Evidence Is Lacking. Ayurvedic Interventions Have Not Been Assessed Methodically For Their Possible Effect In The Treatment Of Anorectal Disease.

Hence, This Study Was Planned To Assess The Efficacy Of The ADR Kit In Anorectal Disease Patients With A Known History Of Constipation, Gas, Hyperacidity, IBS, Abdominal Discomfort.

MATERIAL AND METHOD

This Observational Study Was Planned For Patients Between January 2023 To August 2024. Data Of Patients Having Constipation, Gas, Hyperacidity, IBS, Abdominal Discomfort

PILES	FISTULA	FISSURE
Pain In The Rectum	Anal Fistula - Pain, Swelling, Pus Discharge, Blood Discharge, Inflamed Area Around Tunnel Opening	Itching
Pain Can Occur While Sitting And During Movement	Arteriovenous Fistula - Pain, Red Swollen Skin, Pulsatile Swelling, Bulging Vein	Burning Sensation
Anal Discomfort, Itching, Swelling	Obstetric Fistula - Foul-Smelling, Pus Discharge From Stool	Small Tears In The Lining Of Anus
Blood With Stool	Abscess	Pain
Constipation		Bleeding
Hyperacidity		
Abdominal Discomfort		

Patients who visited over 30+ Ayurved Clinics Were Considered ForThe Study.

The Data Of Patients Who Had Received The ADR Kit With A Minimum Of 9 Sitzings Over A 90-Day Period Were Considered For The Study.

Cases Were Identified, And Data Were Analyzed From The Records Of Over 30+ Ayurved Clinics.

The Selection Was Based On The Availability Of Complete And Relevant Baseline Data: Day 1 For

Anorectal Disease Patients And Day 90 As The Final Day Data For Anorectal Disease Patients

The Information About Prescribed Authentic And Research-Based Ayurvedic Medicine, If Any, Was Also Noted Down.

All The Patients Who Received The ADR Therapy Were On A Standard Diet Of 1110 Calories/Day (Ref: National Institute of Nutrition In Diet). The ADR Therapy Is A 3-Step Procedure Which Is A Combination Of Therapy And Medication. ADR Therapy Uses Various Decoctions And Oils Which Have Been Described In Table No.1

STUDY TREATMENT: ANORECTAL DISEASE REVERSAL THERAPY
TABLE NO 1

STEP OF ADR THERAPY	TYPE OF THERAPY	HERBS USED FOR THERAPY	DURATION OF THERAPY
Dhoopan	Herbal Smoke	20 Gm Herb & 10 Gm Coconut Shell Ash Charcoal	15 min
Anal Dhara	Anal Dhara	5 Gm Herb & 8 Lit Luke Warm Decoction	20 min
Basti	Pre Rectal Drug Administration	ADR OIL 250 ml	10 min

DHOOPAN (HERBAL SMOKE)

This is a 15 min procedure which involves:

1. Trachyspermum ammi (ओवा)
2. Black Sesame Seeds (तळ)
3. Acorus Calamus Linn (वचा)
4. Anethum Graveolens (शतपुष्पा)

Herbs to be administered by external herbal smoke to the anorectal disease patients.

ANAL DHARA

This is a 20 min procedure.

It is a herbal lukewarm decoction and shallow bath. People sit in to cleanse the perineum, which is the space of the anal region, i.e., the rectum.

DRUGS INVOLVED:

Emblica Officinalis (आवळा)

Curcuma longa (हळद)

After the Anal Dhara, patients were asked to relax for 5 minutes.

BASTI (Per Rectal Drug Administration)

Basti is the procedure of per rectal drug administration for a period of 10 minutes. It is used for patients with piles, fistula, and fissure. The drugs administered include:

Sesamum Indicum Oil (तीळतेल)

Berberis Aristata (दहराता)

Acacia Catechu (खदर)

Pure Beeswax Decoction (मेण)

TABLE NO. 2
SCORE CHART FOR THE PER RECTAL EXAMINATION

PRE RECTAL EXAMINATION & LEVEL OF RISK			
PILES	FISTULA	FISSURE	LEVEL OF RISK
I, II Grade Piles	Abscess	Small Tear	Small Risk
II, III Grade Of Piles	Single Track	Multiple Deep Tear	Moderate Risk
IV Grade & Internal Piles	Multiple Track	Multiple Tear & Rectum Gangrene	High Risk

ARSH

DISEASE	TYPE	LEVEL OF RISK
Vatic	Alpa Lakshan	Yapya
Paittic	Alpa Lakshan	
Shlaismic	One Year Old Arsh	Kshatya Sadhya
Raktaj		
Sannipataj	Tiridishaj	Asadhya

BHAGANDAR

DISEASE	TYPE	LEVEL OF RISK
Vatic	All Fistula	Kashtyasadhya
Paittic	Single Track	
Shlaismic	Tridoshaj	Asadhya
Sannipataj	Kshataj	Asadhya
Agantuj		

PARIKARTIKA

DISEASE	TYPE	LEVEL OF RISK
Vatic	Alpa Lakshan	Yapya
Paittic		
Shlaismic	1 Year Old	Kashtyasadhya
Raktaj		
Sannipataj	Tridoshaj	Asadhya

Pre Rectal Examination Score Is Depend On Severity Of Disease (Please Refer Table No 2)

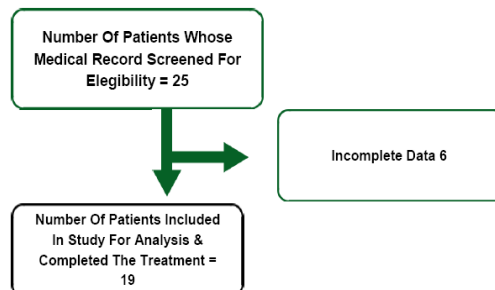
It Was Diagnosed Based On
Difficult Defecation
History of Perianal Inflammation
Anal Injury or Anorectal Surgery
Index Finger Difficulty on Examination

A Per rectal Examination Protocol
Step 1 - Visual Inspection the Anus
Step 2 - Palpate the Anal Sphincter
Step 3 - Palpate Rectal Wall

PER RECTAL EXAMINATION ANALYSIS

EXTERNAL INSPECTION	INTERNAL INSPECTION
Anal Fissure	Internal Haemorrhoids
Anal Fistula	Swelling, Tear, Wound
External Haemorrhoids	Bleeding & Pus Discharge
Rectal Prolapse	Gangrene

On Day 1 Of ADR Therapy The Patients Had Undergone Pre Examination By PR Protocol PR Examination Done On Day 1, Day 3, Day 6, Day 9



RESULT & DISCUSSION

TABLE NO 3

VARIABLE	N=19
Age	21+/-79 Yrs
GENDER	
Male	
Female	
CURRENT MEDICAL CONDITION	
Piles	8
Fistula	7
Fissure	4
PAST MEDICAT HISTORY	
IBS	5
HTN	1
DIABETES	2
OBECITY	1
STRESS	6

A Total of 25 Patients Data Was Screened For Conclusion in the Study However Based On The

Availability Of Data (Day 1 And Day 90) 25 Patients Were Selected And Their Data Were Considered For Analysis (Fig 1)
The Baseline Characteristics of These Patients Are Shown In (Table No 3)
Comparison of the Baseline PR Examination Score and After 90 Days Of Therapy Is Shown In (Table No 4)

The Number of Subjects/ Symptoms Having Moderate and High Risk Of Anorectal Surgery At Baseline Were Significantly Decreased At Day 90
There Was An Increased In The Number Of Patients Having Low, Moderate Risk After 90 Days Of Therapy
Overall After 90 Day No Cases Of High Risk Reported.

COMPARISON OF HSS SCORE BASELINE AND AFTER 90 DAYS OF ADR THERAPY
TABLE NO 4

HSS SCROE		AFTER 90 DAYS			TOTAL	P VALUE
1st Day BASELINE		LOW	MED	HIGH		
	LOW	5	0	0	5(25.0%)	0.02
	MED	5	1	0	6(32.90%)	
	HIGH	1	7	0	8(42.1%)	
	Total	11 (57.90%)	8 (42.11%)	0%	19 (100%)	

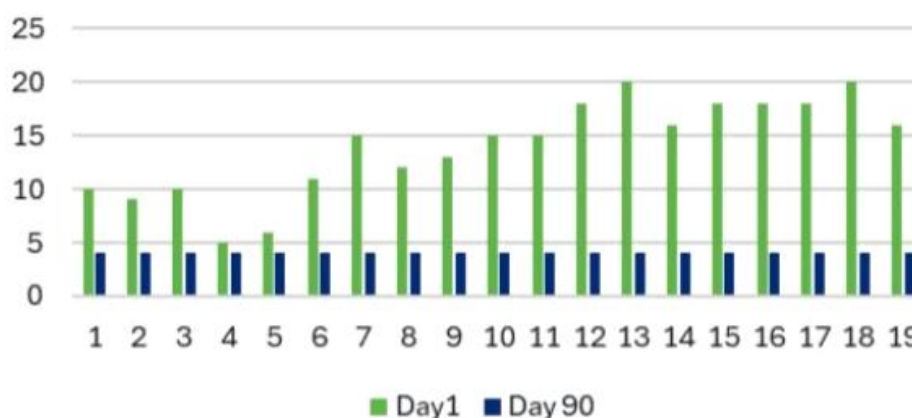


Fig No 2 Give Graphical Representation Of The HSS Score The Clinical Parameter Were Compared Between Baseline And 90 Days Values Shown In Table No 5

THE MAXIMUM

- HSS Score Was Significant Improved After The 90 Days Of ADR Therapy
- Visual Analogue Scale Was Decreased After The 90th Day Of ADR Therapy

TABLE CONSUMPTION NO 5 OF ALLOPATHIC MEDICINE BEFORE ADR THERAPY AND AFTER 1 ADR THERAPY
TABLE NO 5

MEDICINE	BEFORE ADR THERAPY	AFTER 1ST ADR THERAPY
Tropical Treatment	Daily	None
Pain Relief	Daily	None
Laxative	Daily	None
Fibre Suppliment	Daily	Taking Fibre Food
Antibiotic	Weekly	None

The Consumption of Allopathic Medicine Before ADR Therapy And after 1st ADR Therapy is Shown In Table No 5 Most Of The Anorectal Disease Patients Were On Treatment Of Pain Killer, Laxative ,Antibiotic Etc.

The Number Of Subjects On Allopathic Medicine Stop On After Taking 1st ADR Therapy And Surgery Also As Compared To Before Started ADR Therapy

Anorectal Disease Also Known A Piles ,Fistula, Fissure Is Considered As One Of The Most Important Cause Of Digestive Mortality

Despite The Presence of Multiple Pharmaceutical Agents for Improving Digestive System There Is Still A Growth In The Prevalence Of The Disease Constipation Is To Be Important Risk Factor For Piles ,Fistula, Fissure And It Is Advised That Anorectal Disease Patients Should Have Regulate Or Normal Digestion

Hence, the Growing Prevalence of Constipation Is Also A Major Contributing Factor For Increasing Anorectal Disease Patients

It Is Important To Find Treatment with Pocket Friendly, Without Surgery, Without Injection, Without Laser, Without Ksharsutra Which Led Us Towards Ayurveda

Hence, It Was Thought Of Testing ADR Therapy A Best Technique Advocated By Ayurvedic Physician For Treatment Of Anorectal Disease To Create Evidence For The Same

The HSS Score & Visual Analogue Score Was Assessed To Test To Evaluate The Effect Of ADR Therapy In Patients With Piles ,Fistula, Fissure

I was Found That Baseline 42.1% Of Patients In Our Study Were At High Risk Of Anorectal Disease By The HSS Score.

However At Day 90 of ADR Therapy None of Patients Were At High Risk

Only 25% of Patient Were At Low Risk By HSS Score At Day 1

However At Day 90 of ADR Therapy None of Patients Were Shown Any Symptoms And Complaints

Indicating The Positive Response Of The Pocket Friendly Treatment Modality

The HSS Score Has Been Commonly Used By Doctors For Risk Satisfaction Which Help In Predicting The Outcome In patients Suffering From Piles , Fistula, Fissure

Hence, This HSS Score And Visual Analogue Score Test Was Picked Up The Primary Variable To Access The Score Of ADR Therapy In Anorectal Disease Patients

Functional Capacity to Measure HSS Score and Visual Analogue Score Is An Indicator Of The Digestive Function Of An Individual

A compromised HSS Score Max And Visual Analogue Score Max Is Noted In Patients Suffering From Constipation, Gas, Hyperacidity, Abdominal Discomfort As In Piles/Fistula, Fissure And The Extent Of Decrease Indicates The Severity Of The Disease

In This Study the HSS Score Was Found To Be Significantly Improved At the End of 90 Days Compared To the Baseline

HSS Score and Visual Analogue Scale Reduced By ADR Therapy Through The Reduction In Both Were Not Statistically Significant ($P > 0.002$)

The Dependency Of Anorectal Disease Patients On The Allopathic Medication Elevates The Cost Of Treatment Which Is An Important Issue In Developing Country In India.

And Main Thing Is The Exposure Of Patients To Adverse Effects Of The Drugs Can Not Be Ignored The Effect Of ADR Therapy Was Accessed On The Consumption Of Allopathic Medicine By The Patients

It Was Found That There Was Decrease in The Patients On Allopathic Medicine Also All Of The

Patients Completely Off The Allopathic Medicine After Taking 1st ADR Therapy
Piles Occurs When the Hemorrhoid Vein in Your Anal Canal Become Swollen And Inflamed Because Of
Straining During Bowel Movement
Constipation
Low Fiber Diet
Frequently Lifting Heavy Weight
Overweight

Considering The Positive Results of The ADR Therapy In Anorectal Disease Patients And It Can Be Concluded That

- 1) Dhoopan (Herbal Smoke)
- 2) Anal Dhara
- 3) Basti (Per Rectal Drug Administration)

1) Herbal Smoke Herbs

Trachyspermum Ammi - (ओवा)
Action - Digestive Agents , Anti Microbial, Antioxidant, Anti Inflammatory, Antispasmodic
Black Sesame Seeds -
Action- Anti Tumour Effect
Acorus Calamus Linn (वचा)
Action - Support Stomach Spasm Relaxation
Healthy Scalp

Helps To Promote Relief From Acidity And Indigestion

Anethum Graveolens- (शतपुष्पा)

Action - Help To Activate Bile Secretion And Indigestion. Useful In
Insomnia Boost Immunity System

2) Anal Dhara Herbs

Emblica Officinalis - (आम्रला)

Action

Antioxidant

Curcuma Longa (हळद)

Action

Digestive Agents, Anti Inflammatory. Antibacterial. Anticarcinogenic
Antineoplastic , Antioxidant

3) Basti (Per Rectal Drug Administration)

Herbs

Sesamum Indicum Oil (तीळतेल)

Action - Anti Tumour Effects

Berberis Aristata (द ह र ा ा)

Action - Antibacterial, Antiseptic, Anti inflammatory

Acacia Catechu (ख दर)

Action- Analgesic , Antigenic Agents

Wax (मेण)

Action -Antibacterial, Antifungal , Fast Healing

TABLE 7 : ANIMAL STUDY

HERB	ACTION	REFERENCE
Curcumin	Digestive Agents , Anti-Inflammatory, Antibacterial, Anti carcinogenic, Antineoplastic, Antioxidant	gov/pubmed/19594223 http:
Trachyspermum Ammi	Digestive Agents, Antimicrobial, Antioxidant, Anti-Inflammatory, Antispasmodic	gov/pubmed/19594223
Sesame Seed	Tumour Effect	gov/pubmed/19594223
Sesame Oil	Anti- Inflammatory , Anti Oxidant	gov/pubmed/19594223
Acacia Catech	Anal Gesic, Antieffective Agents	gov/pubmed/19594223
Wax	Antibacterial, Antifungal, Fast Healing	gov/pubmed/19594223
Emblica Officinalis	Antioxidant	http://www.sciencedirect.com/science/article/pii/S0378874105006057
Acorus Calamus linn	Antioxidant And Support Stomach Spasm Relaxation	http://www.sciencedirect.com/science/article/pii/S0378874105006057
Berberis Aristata	Antibacterial, Antiseptic, Anti inflammatory	http://www.sciencedirect.com/science/article/pii/S0378874105006057
Anethum Graveolens	Help To Activate Bile Secretion Improve Indigestion. Boost Immunity System	http://www.sciencedirect.com/science/article/pii/S0378874105006057

This Study Was An Observational Retrospective Study And Thus Prospective Studies Can Be Conducted In The Future To Evaluate ADR Therapy To Anorectal Disease Patients To Produce Strong Evidence

CONCLUSION

Treatment With ADR Therapy Is Associated With Improvement In The HSS Score There By Decreasing The Risk Of Laser, Surgery, Ksharsutra ,

Injection Therapy ADR Therapy Also Improve Digestion There By Leading To Betterment In The Digestion Function There Was A Decrease In HSS Score And Visual Analogue Score Though It Was Not Statistically Significant Future Studies Need To Be Conducted To Create More Evidence To Support The Use Of ADR Therapy In Patients With Anorectal Disease

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CONTRIBUTION

Dr Sachin Babruwan Ramtirtha Made Contribution to Conception of Topic And Giving Final Approval For Submission Of Article

Dr Ashwini Sachin Ramtirtha (Yadav) Participated In Clinical Study, Data Analysis, Idea Drafting , Design, Literature Search, Statistical Analysis, Script Preparation , Editing

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