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Case Study

ROLE OF AYURVEDIC TREATMENT IN CONDYLOMA ACCUMINATUM: A CASE STUDY

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ABSTRACT

A male patient of 38 years attended the OPD of shalya tantra in Chaudhary Brahm Prakash Ayurved Charak Sansthan Khera dabur New Delhi with the complaint of hard mass around anal region. On ano rectal and digital examination the growth was found hard, warty in nature and was up to mucocutaneous junction of anal canal. Sample taken and sent for biopsy, which reveals that the case was of Condyloma accuminatum. After confirming diagnosis and other required investigations done, patient was satisfactorily treated with Ayurvedic formulations and parasurgical approach in this particular case. In order to establish this fact, further study required on larger sample.

Keywords: warty, Condyloma accuminatum, mucocutaneous, parasurgical

INTRODUCTION

Ayurveda is the science of life¹. The Anushastra-Ksharagani Karma is rapidly expanding with the introduction of advances in the diagnostic investigations and consequent therapeutic advancements. We all are quite aware with the role of kshar and kshar sutra in various ano rectal and extra anorectal conditions. Now it is established fact that Ayurvedic drugs and parasurgical procedures are better treatment option in piles, fistula in ano, pilonidal sinus, polyps etc². Ano rectal conditions like Condyloma accuminatum are new to treat with Ayurvedic formulations and kshar karma. Such conditions are rare but troublesome and require surgery. But after surgery post-operative period is also of concern with extensive wound, painful defecation and sometime complications like incontinence are also there. So in order to overcome all these, treating such conditions with Ayurvedic procedures and drugs are better alternative.

CASE STUDY

A male patient of 38 years attended the OPD of shalya tantra at Chaudhary Brahm Prakash Ayurved Charak Sansthan Khera Dabur New Delhi with the complaints of hard mass around anal region from the period of last six months. According to patient act of defecation was painless with mild discomfort and without any bleeding. Patient took treatment from nearby hospital but he didn't get any relief. As patient visited our shalya OPD, he was ano rectally examined and it was found that warty lesions were multiple, with cauliflower like appearance, pointed, nontender and throughout the anal canal. On digital examination sphincter tone was found normal and lesions were extended up to mucocutaneous junction. After clinical examination provisionally the condition was diagnosed as perianal warts. But

for confirmation of diagnosis patient was planned for biopsy before performing any procedure. Each and every thing was explained to patient and his attendants regarding the disease and kind of treatment surgical or with ayurvedic drugs and para surgical procedure (kshar karma) he can choose for treating such condition. Finally, patient opted and consented for ayurvedic treatment. After admitting the patient required investigation was done. On next day deep sample from growth was taken under local anaesthesia and sent for biopsy and after few hours patient was discharged with follow up advise

For two weeks underlying ayurvedic treatment given;

- 1) Tab kanchnar guggulu 2 TID for 2 wks
- 2) Jatyadhi tail and kshar tail for local application
- 3) Triphla churn 5gm h.s
- 4) Hot sitz bath with sphattika two times per day

After two weeks' biopsy report reveals that the condition was of Condyloma accuminatum. Then patient was again examined anorectally and found that much of the diagnosed condition got conservatively treated with two weeks above treatment given. Now for rest of the condition patient was planned for local application of apamarga kshar along with previous treatment advised. Patient got admitted in IPD and all required pre operative preparation done. Next day local application of apamarga kshar done on affected part up to mucocutaneous junction, followed by scraping of kshar and local application of jatyadhi tail. After 24 hrs patient was discharged with follow up advise for one week. After two weeks' patient was re-examined and found that condition was totally cured. Patient was keenly observed for a period of one month and he remained fully asymptomatic during this period.



Figure 1: Before Treatment



Figure 2: During Treatment



Figure 3: After Treatment

DISCUSSION

This treatment blended with Ayurvedic formulations and parasurgical procedure is found satisfactory in the management of Condyloma accuminatum. Kshar is alkaline in nature. It is capable of performing functions like chedana, bhedana and lekhana³. Kshar is versatile and easily approachable to difficult sites. Above treatment minimises pain and complications which patient usually faces during surgery. It enables the patient to ambulate early and participate in routine activities. Treatment is also of low cost and easily affordable to patient.

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