

11. BHAGANDARA (FISTULA IN ANO)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Apāmārga (Achyranthes aspera)	Kṣāra	Q.S. (for kṣāra sūtra)		B.P. Bhagan- dara Cikitsā

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Cirabilwādi kaṣāya	Kwātha	30 ml BD	Water	S.Y. Pr. P. Kaṣāya yoga
2.	Kāñcanāra Guggulu	Vaṭī	1 gm BD	Warm water/	S.S.Ma. K. 7 th

				Harītakī kaṣāya	chapter
3.	Śivā Gutīkā	Gutīkā	500 mg BD	Mudga yūṣa/ Water	Y.R. Bhagan- dara Cikitsā
4.	Triphalā Guggulu	Vaṭī	1 gm BD	Water	S.S.Ma. K.7 th chapter
5.	Jātyādi taila	Taila	Q.S. Ext. use	-	S.S.Ma. K.9 th chapter

C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals		
Pulses	Green gram (mudga)	
Fruits & vegetables	Bathuā and other leafy vegetables	
Others	Light food	Heavy and cold food, unsuitable - incompatible food

Life style	Fasting, therapeutic emesis (Vamana), therapeutic purgation, (Virecana) bloodletting, non unctuous enema	Exercise, coitus, wrestling, riding, day sleeping, intake of food at improper time
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Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.