

EFFECT OF NEEM SITZ BATH IN POSTOPERATIVE ANORECTAL DISEASE.

Ayurveda

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ABSTRACT

Background – Anorectal disease includes fistula in ano, fissure in ano, haemorrhoids and many more. These anorectal disease are managed with the conservative management in initial stages by giving the internal medications, Sitz bath and local applications of medications. Here I took the patient suffering from the fistula in ano in which ksharsutra was ligated and as postoperative care we advised sitz bath with decoction of neem leaves. Decoction of neem leaves in hot water was provided which gave the analgesics effect, antifungal, antimicrobial, antibacterial effects and also acts as desloughing agent.

KEYWORDS

Neem, Sitz bath , Anorectal disease.

INTRODUCTION -

Anorectal disease are those which occurs in anus and rectum or at the junction of anus and rectum. Anorectal disease occurs commonly when the dietary habits of patients are not good which means frequent eating of junk food or eating food which are not rich in fibrous content and due to sedantary lifestyle nowadays which ultimately causes constipation. Due to acute or chronic constipation patient experience multiple disease which may be acute or chronic in nature like acute and chronic fissure in ano, hemorrhoids, fistula in ano. These anorectal disease are managed in initial stages by controlling the dietary habits of patient and providing the internal medications and in later conditions surgery is the only intervention with supportive treatment like sitz bath and medications for local application.

Sitz bath also plays an important role in the treatment of anorectal disease. Sitz bath is also mentioned in our ancient textbooks and according to modern science also it is recommended to provide some relief in pain to patients who are suffering from the anorectal disease.

We are trying to improvise the efficacy of Sitz bath. By adding the decoction of neem leaves in hot water.

Everyone is very much familiar with the Neem plant (Azadirachta indica). Neem is considered as sacred plant and has several beneficial effects based on different properties. Acharya Sushrut has mentioned about the properties of Neem in Sutra Sthan Adhyay named as Dravyadrayavidhi chapter no – 45.

Similarly other Acharya like Acharya Charak also explained about Neem in Chikitsa Sthan in Adhyay named as Arshachikitsa adhyay.

According to our samhitas, Sitz bath can be compared with the Avgaha Sweda in Ayurveda which is mentioned by Acharya Sushrut in Chikitsa Sthan chapter 32 named as Swedaavcharniyachikitsa Adhyay. In which he explains about the Avgahan Sweda and Parishechan Vidhi in shlok no 13.

AIM –

To study the effect of Neem Sitz bath in postoperative anorectal cases.

OBJECTIVE –

The objective of this review is to make Sitz bath more effective in anorectal cases. To use the different ayurvedic herbs or plants to increase the efficacy of the Sitz bath and to utilize the different properties of the ayurvedic plants and herbs to fulfil multiple purpose in one go.

**MATERIAL AND METHOD -
MATERIAL REQUIRED WAS –**

- HOT WATER
- DECOCTION OF NEEM LEAVES.

METHOD –

It is a single patient study.

In which patient who was suffering from fistula in ano (anorectal disease) was provided with the Neem Sitz bath.

Type Of Intervention-

The interventional study is to make Sitz bath more effective by adding the use of ayurvedic herbs and plants in the management of anorectal.

Types Of Outcome Measures -

The outcomes of interest included

- Overall intensity of pain,
- Postoperative pain score,
- Pain defecation pain score and presence of any complications.

Type Of Study –

It is a single patient study.

Case Report –

I took 33 years male patient who was suffering from pain and burning sensation in anal region since 6 months and discharge from the anal region since 15 days. The patient was having sedantary lifestyle due to his occupation. He was having unsatisfactory bowel habits since 1 year.

Patient was chronic tobacco chewer and occasional alcohol consumption.

Local Examination –

On local examination there was an external opening at 5'o clock position.

On per rectal examination there was mild spasm while doing the PR examination. Internal opening was not palpable.

Proctoscopy was done which showed the hemorrhoid at 3'o clock position.

Probing was tried in the external opening but was not successful.

INVESTIGATIONS –

Haemogram- Hb - 15.2, Tlc – 7800, Platelet – 2,36,000

Blood sugar random – 82 mg%

Bleeding time – 1 min 40 sec

Clotting time – 5 min 10 sec

Pt/inr – 12.1/0.96

Urea – 26

Creatinine – 0.6

Hbsag and HIV – Non reactive

Urine – pus cells – occasional, epithelial cells – occasional

Rest all routine investigations was within normal limits.

Treatment Given –

Internal Medications –

Gandharv Haritaki Churn 1 gm HS

Tab Triphala Guggullu 2 BD.

Surgical Management –

Patient was posted for the ksharsutra ligation and haemorrhoid ligation under spinal anaesthesia.

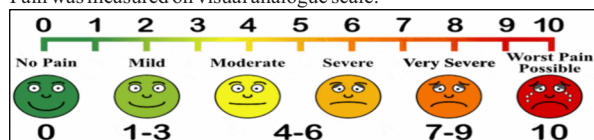
Post Surgical Management –

Gandharv Haritki 1 gm HS
Tab Triphala Guggullu 2 BD
Sitz bath with Neem decoction TDS
Lox jelly for local application BD

OBSERVATION AND RESULT –

Post operatively patient was advised for strict diet regimen with fibrous content to regularise the bowel habits and was also advised for Neem Sitz bath thrice a day for pain relief and for desloughing, so that time taken to heal the fistulous tract was decreased.

Pain was measured on visual analogue scale.



Postoperative pain was decreased after taking Neem Sitz bath. There was no discharge from the anal region as Neem Sitz bath provided the antibacterial, antimicrobial, antifungal effect.

DISCUSSION –

This was a single case study of Neem Sitz bath in postoperative pain in anorectal cases where patient got 95% relief in postoperative pain and desloughing was also seen which decreased the UCT (unit cutting time) of fistulous tract and enhance healing of fistulous tract.

MODE OF ACTION –

According to our Acharya Sushrut, Neem has many different properties which are mentioned in the Sutra Sthan Adhyay 45 Dravyadravyavidhi.

In this chapter he explained that Neem has tikshna guna, laghu, ushnvirya, katu ras and katu vipak, mridu virechak, vatahara, kaphahara, krimihara, kushtahara, prameha and shirorogahara.

According to Modern, Neem has most active constituent named as Azadirachtin and others are Nimbolinin, Nimbin, Nimbodiol, Sodium Nimbinate, Gedunin, Salanin and Quercetin.

MECHANISM OF ACTION OF ACTIVE COMPOUNDS –

Neem (*Azadirachta indica*) plants shows antimicrobial role through inhibitory effect on microbial growth / potentiality of cell wall breakdown. Azadirachtin, a complex structure present in seeds which are responsible for the antifeedant and antimicrobial activity.

Neem also plays as antiinflammatory by regulating the pro inflammatory enzyme activities including cyclooxygenase and lipoxygenase enzyme.

CONCLUSION –

Neem sitz bath is very effective in decreasing the postoperative pain in anorectal cases and also reduces the time taken to cut the fistulous tract.

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