PICHU PRAYOGA IN GUDABRAMSHA

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ABSTRACT

Acharya Sushruta has described Gudabhramsha under ‘KshudraRogas’. Acharya Vagbhata has also described its management in the context of ‘Atisara Chikitsa’ as a complication of it. Gudabhramsha is the term derived from two words viz ‘Guda’ and ‘Bhramsha’. Guda denotes the part that is situated at the lower part of Sthulantra, having 4 and 1/2 Angulas length. Bhramsha denotes the displacement of an entity from its normal position so the literal meaning of Gudabhramsha is displacement of Guda from its normal site. In contemporary science it can be co-related to rectal prolapse. Rectal prolapse is an uncommon health complaint. But, it is very essential to know the severity, causes and preventive measures of this illness. It can occur in any age but most commonly in infants and old age. Acharyas have mentioned snehana, swedana, praveshana (repositioning) as main line of treatment in gudabramsha. Pichuprayoga as the line of treatment of gudabramsha, which would act on the guda (rectal mucosa) there by helps in repositioning of guda.

Keywords: Gudabramsha, rectal prolapse, treatment, pichuprayoga.

INTRODUCTION

Gudabhramsha is the term derived from two words viz ‘Guda’ and ‘Bhramsha’. Guda denotes the part that is situated at the lower part of Sthulantra, having 4 and 1/2 Angulas length. Bhramsha denotes the displacement of an entity from its normal position so the literal meaning of Gudabhramsha is displacement of Guda from its normal site. In contemporary science it is co-related to rectal prolapse. Protrusion of a mucous membrane or wall of rectum outside the anal verge is known as ‘prolapse of rectum’ or ‘procidentia’. This condition is common in children and old age.

Nidana¹-
Acharyas mentions the following nidanas for gudabramsha.
Ahara-vihara

- Vataprapakaaharavihara.
- Apathyasevana.

Others
The Individuals with weak musculature are seen to be chiefly the victims of Gudabhramsha. It is mostly seen in children and old age groups. More than 80% of children, who are suffering from Gudabhramsha, are found to be underweight. Ruksha and Durbala body is associated with VataPrakopa. Hence, it is more common in the individuals having VataPrakopa due to Atisara and Pravahana.

**Samprapthi-**

<table>
<thead>
<tr>
<th>Nidanasevana</th>
<th>Agnimandya</th>
<th>Rukshata, durbalata</th>
</tr>
</thead>
<tbody>
<tr>
<td>VataPrakopa</td>
<td>Reaches to Guda through Sira</td>
<td>Pravahana /Atisara</td>
</tr>
<tr>
<td>GudaBhramsha (nirgachathigudambahihi)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Samprapthighatakaka-**

<table>
<thead>
<tr>
<th>Dosha : Vata</th>
<th>Dushya: Mamsa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Srotas : PureeshavahaSrotas</td>
<td>Srotodusti prakara : Atipravritti / sangha</td>
</tr>
<tr>
<td>Agni : Jataragni mandya, dhatuagni mandya,</td>
<td>Udbhavasthana : Pakwashaya</td>
</tr>
<tr>
<td>Sancharasthana : adhogatasiras</td>
<td>Vyaktasthana : guda</td>
</tr>
<tr>
<td>Adhistana : guda</td>
<td>Roga marga : Madhya</td>
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<td>Sadhya-asadhyata : krichra sadhya</td>
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**Lakshanas-**

“nirgachathigudambahihi”

Displacement of Guda from its normal site is the lakshana of gudabramsha.

**Chikitsa**

Repositioning with gophanabanda

1. Snehana and swedana is done followed by repositioning.
2. gophanabanda with a hole at the centre for expulsion of vayu is applied.
3. swedana is given repeatedly to guda. Anuvasanabasti, gudapichu are some of the other treatments in gudabramsha.

**Gudapichu-**

Pichudharana is one of the lines of treatment mentioned in gudabramsha.

“A thick swab or a cotton pad is called as pichu.”
A cotton swab which is devoid of beeja is considered as *pichu*. Swab or thick cotton pad soaked in the medicated ghee or oil and placed in the desired position over the body for a prescribed time.

Types of *pichu*-

1) *Shiropichu*- placed on the brahmarandra.
2) *Yoni pichu*- placed at vulvae or at the external OS in vaginal canal.
3) *Gudapichu*- placed at anus or anal canal.
4) *Karnapichu*- inserted in external ear.
5) *Nasapichu*- inserted in the region of nostrils.
6) *Nabhipichu*- placed over the naval the umbilicus.

*Pichu in gudabramsha*-

Swab or thick cotton pad soaked in the medicated ghee or oil and placed anal and anal canal is considered as *gudapichu*.

*Gudapichu* is indicated in cases of arshas, bagandhara, gudabramsha. etc

Ghritas like *changerighruta, chavyadi ghruta* and *mushikatala* can be used in case of gudabramsha.

Probable mode of action of *pichu* in gudabramsha-

Mode of action of *Pichu* in general can be divided into two types

Local (eg.- *gudapichu*) and systemic (eg.- *shiropichu*)

Local action of *pichu* is based on cellular absorption of medicines. Different types of *taila* or *ghruta* based preparation are used for *pichudharana*, in case of gudabramsha the *snehaamsha* is absorbed at cellular level hence forth regulates vata thereby reducing the *rukshata* and helping in *samprapthivighatana* along with above mentioned chikitsa.

**Pathya** –
The *Ahara, Vihara* and *Pana*, which help in *Vatanulomana* and *Agnideepana*, are to be used.

- Anna Varga:- *Godhuma, Yava, Raktashali, Shashtika, Kulatha, Priyangu.*
- ShakaVarga:- *Surana, Nimba, Patola, Vartaka, Punarnava, Shigru, Balamuli.*
- KsheeraVarga:- *AjaKsheera, Takra.*
- PhalaVarga:- *Amalaki, Kapitha.*
- AharaVarga:- *Palandu, Nagara, Maricha.*
- Mamsa:- *MrugaMamsa.*

**Apathya**-

*Ahara*-


*Vihara*-

Vegaavarodha (Suppression of natural urges)

AtiStreesanga (Excessive coitus)

Utkutasana (Defective sitting posture)

Prushta Yana (riding)

**DISCUSSION**

Although *gudabramsha* (rectal prolapse) is an uncommon condition, it can occur in any age. Over all incidences are 4.2 per 1000 population. In persons older than 65 years, incidence is 10 per 1000 population. Peak incidences are observed in the 4th and 7th decades of life. Male: female ratio is 1:6. Paediatric patients usually are affected when younger than 3years. *Snehana, swedana, praveshana* are main line of treatment for gudabramsha, followed by *gudapichu* may
conclude the condition better, by maintaining the vatadosha in normalcy.

CONCLUSION

The main symptom of Gudabhramsha is displacement of Guda from its normal position. The Individuals with weak musculature are seen to be chiefly the victims of Gudabhramsha. The conservative treatment for the Gudabhramsha was found under various Upakarmas like Snehana, Swedana, AnuvasanaBasti. The Pathyaahara, vihara and Pana, which help in Vatanulomana and Agnideepana are very much helpful to treat this condition. Use of gudapichu will help treating the condition better.

REFERENCES