

PICHU PRAYOGA IN GUDABRAMSHA

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ABSTRACT

Acharya Sushruta has described *GudaBhramsha* under '*KshudraRogas*'. *AcharyaVagbhata* 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 'prociencia'. This condition is common in children and old age.

*Nidana*¹-

Acharyas mentions the following *nidanas* for *gudabramsha*.

Ahara-vihara

- *Vataprakopakaaharavihara*.
- *Apathyasevana*.

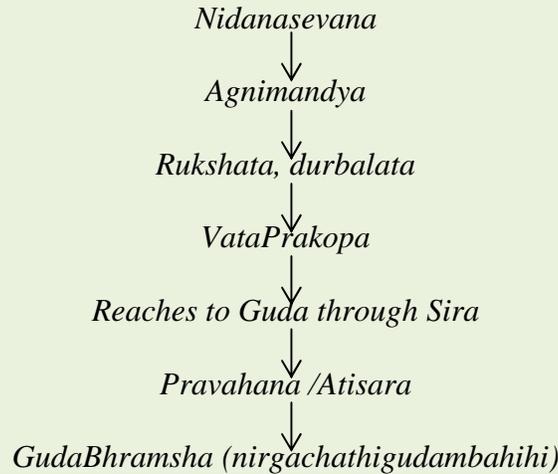
Others

- *Pravahana*
- *Atisara*
- *Rukshadeha*
- *Durbaladeha*

The Individuals with weak musculature are seen to be chiefly the victims of *Gudabramsha*. It is mostly seen in children

and old age groups. More than 80% of children, who are suffering from *Gudabramsha*, 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-



Samprapthighataka-

Dosha : Vata

Dushya: Mamsa

Srotas : PureeshavahaSrotas

Srotodusti prakara : Atipravritti / sangha

Agni : Jataragni mandya, dhatuagni mandya,

Udbhavasthana : Pakwashaya

Sancharasthana : adhogatasiras

Vyaktasthana : guda

Adhistana : guda

Roga marga : Madhyama

Sadhya-asadhya : krichra sadhya

Lakshanas-

“*nirgachathigudambahihi*”

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

Chikitsa²-

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*. *Anuvasanabasthi*, *gudapichu* are some of the other treatments in *gudabramsha*³.

Gudapichu-

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

“*Pichusthoola karpatika*”⁴

A thick swab or a cotton pad is called as *pichu*.

“*pichutulambeejahinahakarpasahaiti pichu*”⁵

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

Ghrithas like *changerighruta*, *chavyadi ghruta*⁶ and *mushikataila*⁷ 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-

ViruddhaAhara, VishtambiAhara, GuruAhara, AnupaMamsa, DushtaUdaka.

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

cure the condition better, by maintaining the *vata dosha* 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.

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