

CLINICAL EVALUATION OF THE EFFECT OF KATUPILADI OINTMENT (ANUBHUTA YOGA) IN THE MANAGEMENT OF POST-OPERATIVE FISTULOTO-MY WOUND- A CASE STUDY

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<https://doi.org/10.46607/iamj15p7052023>

(Published Online: July 2023)

Open Access

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Article Received: 14/06/2023 - Peer Reviewed: 05/07/2023 - Accepted for Publication: 18/07/2023.



ABSTRACT

A fistulotomy is a surgical procedure for treating the fistula¹ and leaves the patient with secondary healing of post-surgical wounds. Treating these wounds has been a challenging task, as these wounds are very much prone to secondary infection by the contamination of faces. Due to contamination, delayed wound healing may persist. For that, these wounds are classified under the contaminated wound category.² *Securinega leucopyrus* (Willd.) Muell. is known as *Katupila* in Sri Lanka, *Humari* in India, and *Spinous fluggea* in English.³ It is a climatic desert plant which used topically as a *Kalka* form for managing acute, chronic, and non-healing wounds.⁴ This drug is wildly prescribed and easily available in Sri Lanka. Chemical constituents (Pharmacognostical study) of *Katupila* have crystals of calcium oxalate, tannins, and oil globules.⁵ These constituents are responsible for wound healing.⁶ In an Ayurvedic prospective, *Acharya Sushruta* has described *Shashti Upakramas* for managing the *Vrana* (wound).⁷ It shows the necessity of different forms of drugs as local applications. *Acharya Sushruta* also described *Amruta* or *Guduchi* [*Tinospora cordifolia* (Thunb.) Miers] as *Ropana*⁸ and *Triphala* [*Amalaki- Emblica officinalis* Gaertn., *Haritaki- Terminalia chebula* Retz., *Bibhitaki- Terminalia bellirica* (Gaertn.) Roxb.] as *Sodhana* (Cleaning) and

Ropana (Healing) *dravya*.⁹ Hence, this case study was undertaken to evaluate the effect of *Katupiladi* ointment in post-operative fistulotomy wound management. For the study, the drug was prepared in the ayurvedic pharmacy with the standard trituration method, and after that, it was stored in a sterilized glass container.

Key words: *Securinega leucopyrus* (Willd.) Muell., *Katupila*, *Guduchi*, *Triphala*, Post Operative, *Fistulotomy*, *Wound*.

INTRODUCTION

A 32-year-old male patient has a post-operative fistulotomy wound with pus discharge, pain & swelling at the site of the wound at the perianal region. On examination, an operated fistula with pus and slough loaded was seen at the perianal region at 4 to 1 o'clock position about 2cm far from the anal verge was observed. Digital rectal examination revealed that the internal opening felt at 6 o'clock position at the middle 1/3rd of the anal canal. Trans-sphincteric fistula with the external opening was at 9 o'clock, and the internal opening was at 6 o'clock position, and partial fistulotomy with thread was ligated around the sphincters as mentioned in the Operative report. And the remaining part was cut through on the 7th day of

the post-operative period. So, the fistulous wound was seen as an open wound at the time of examination. The study was carried out after getting written informed consent from the patient.

PROCEDURE AND INTERVENTION

The fistulotomy wound was cleaned with *Triphala Kwatha* and dressed in sterile gauze soaked in *Katupiladi* ointment once daily for a period of 3 weeks.

RESULT

It was observed that the post-operative fistulotomy wound was completely healed within 3 weeks of duration without any complications and with minimal scarring of healed wound.



Figure (1). 7th day of post-op & 1st day of observation

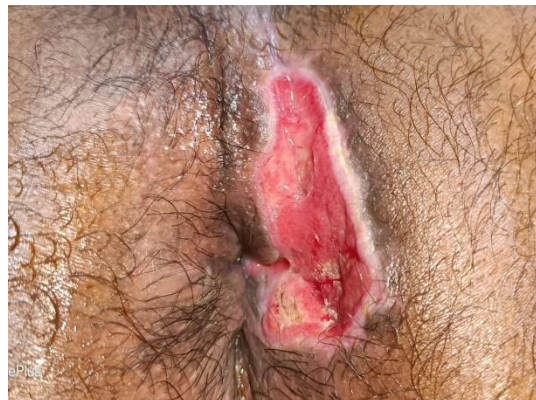


Figure (2). 5th day of observation



Figure (3). 9th day of observation



Figure (5). 17th day of observation

Figure (4). 13th day of observation



Figure (6). 21st day of observation/completely healed.

DISCUSSION

A fistulotomy is a surgical procedure for treating the fistula and leaves the patient with secondary healing of post-surgical wounds. Treating these wounds has been a challenging task, as these wounds are very much prone to secondary infection by the contamination of faces. Due to contamination, delayed wound healing may persist. *Katupila* has *Kashaya* and *Tikta* in *Rasa* with *Lagu*, *Ruksha*, *Tikshana* Properties and *Ushna* in *Veerya*, *Katu* in *Vipaka* along with *Lekhana Karma*. There for, it helped in removing slough, unhealthy tissues, and debris.¹⁰ Due to this action, it promotes healing by improving healthy granulation tissue. *Amruta* possesses *Tikta* and *Kashaya Rasa*, *Laghu*, *Guru*, *Snigdha Guna*, *Madhura Vipaka* with Anti-toxic, *Rasayana*, *Balya*, *Agnidipana* and *Tridoshshamaka* action.¹¹ Thus, *Amruta* or *Guduchi* acts as an anti-microbial property that helps to control the secondary infection and promotes the health of the patient by *Rasayana* and *Balya* action. Ultimately it helps in reducing inflammation & pain and promotes the healing of the wound. *Triphala* possesses the Vit. C and iron-rich, which help in wound healing. *Triphala* also shows immunomodulatory properties and helps in improving the body's defense system. *Triphala* also possesses anti-mutagenic, radio-protecting, and antioxidant activity. Thus it helps in improving the wound-healing action.¹² This ointment is also found to be cost-effective, safe, and easy to apply over the wound.

CONCLUSION

As per the traditional practicing in Sri Lanka, *Katupila* is used in the form of *Kalka* for the management of non-healing wounds. Daily *Kalka* preparation is not an easy task. Thus, a better option, like ointment, is easy to prepare in a single sitting and can be preserved for a longer duration. By adding *Giloy* or *Amruta* and *Triphala* with the *Katupila*, it can be said that the healing action of this *Anubhuta yoga* (*Katupiladi* Ointment) is faster, and we can expect it to be better results. In the present case study, *Katupiladi* Ointment (*Anubhuta Yoga*) showed promising results in contaminated post-operative fistulotomy wounds. Thus, it can be stated that *Katupiladi* Ointment (*Anubhuta Yoga*) is effective in the management of post-operative fistulotomy wounds. Further clinical studies may need to evaluate the effectiveness of *Katupiladi* Ointment in a larger sample.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL:Hemant Kumawat et al: Clinical Evaluation of Effect of Katupiladi Ointment (Anubhuta Yoga) In the Management of Post Operative Fistulotomy Wound- A Case Study. *International Ayurvedic Medical Journal* {online} 2023 {cited July 2023} Available from: http://www.iamj.in/posts/images/upload/490_493.pdf