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GUGGULU PANCHAPALA CHOORNA – A BOON IN ANO – RECTAL DISORDERS

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Guggulu Panchapala Choorna:

The description of this formulation is available in the context of *Bhagandara Chikitsa* (Treatment of Fistula-in- ano) in *Ashtanga Hridaya Uttara Tantra -28/40*.

We are delighted to share an important observation found during the Ano-rectal disease treatment. This *choorna* gives an appreciable result when it is advised for the patients suffering from fissure-in-ano, fistula in ano and haemorrhoids in relieving the symptoms. A 34 year male patient was suffering from fissure in ano came to our OPD with severe pain and constipation from 2 days. On examination patient had severe tenderness over the post anal space with mild induration. Per rectal digital examination revealed a tender point at 5 o' clock position. But there was no any evidence of active septic foci in the perianal space.

As emergency Invasive procedures were not inevitable, we kept the patient under observation for 3 days. During this period 5g *Guggulu Panchapala choorna* was given twice daily before food with Honey as *Anupana*. Surprisingly after 3 days the pain, tenderness, constipation, induration in the patient considerably reduced, where we were expecting a Post anal space Abscess. We continued the treatment for 15 days and on 16th day patient reported back with complete relief of all signs & symptoms. It was very satisfactory result that the patient was escaped from troublesome symptom Post anal space Abscess leading to Fistula in ano. *Guggulu Panchapala choorna* is giving a very good prognosis to the patients suffering from Ano-rectal problems.

Guggulu panchapala choorna ingredients:

Guggulu – *Commiphora mukul* – 240 g; *Pippali* – *Piper longum* – 48 g; *Haritaki* – *Terminalia chebula* – 48 g; *Vibhitaki* – *Terminalia bellirica* – 48 g; *Amalaki* – *Phyllanthus emblica* – 48 g; *Twak* – *Cinnamomum zeylanicum* – 12 g; *Ela* – *Elettaria cardamomum* – 12 g; The fine powders of all the above ingredients are mixed into a homogenous mixture to form *Guggulu panchapala choorna*.
