

## **Integrative Management of Chronic Fissure-in-Ano in a Female Patient Using Anal Dilatation, Sentinel Tag Excision and Post-operative Jatyadi Taila Basti**

**Dr. Dakshata Ganesh Khade <sup>1</sup> Dr. Manoj Vilas Patil <sup>2</sup>**

1. M.S.( Shalyatantra PG Scholar ) Hon. Shri Annasaheb Dange Ayurved Medical College And Post Graduate Institute , Ashta. Tq -Walwa , Dist -Sangli. Maharashtra

Email id [-dakshatakhade125@gmail.com](mailto:-dakshatakhade125@gmail.com)

2. M.S ( Shalyatantra) HOD & Professor of Shalyatantra dept. ) Hon. Shri Annasaheb Dange Ayurved Medical College And Post Graduate Institute , Ashta. Tq -Walwa , Dist -Sangli. Maharashtra

Email id [-dr.patilmanoj75@gmail.com](mailto:-dr.patilmanoj75@gmail.com)

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### **ABSTRACT**

Background: Fissure-in-ano is a frequently encountered anorectal condition characterized by intense pain during defecation, bleeding, and increased sphincter tone. Chronic cases are often associated with sentinel tag formation and may require surgical Intervention.

### **INTERVENTION**

The patient underwent anal dilatation with excision of the sentinel tag under aseptic precautions. Post-operatively, wound healing was facilitated using Jatyadi Taila Matra Basti administered daily for seven days.

### **RESULT:**

Pain markedly decreased by the third day, healthy wound healing was observed by the tenth day, and no complications or recurrence occurred during follow-up.

**CONCLUSION:**

Surgical management combined with Ayurvedic medicated oil basti appears to enhance healing, reduce symptoms, and improve recovery in fissure-in-ano.

**KEYWORDS:** Chronic fissure, Sentinel tag, Anal dilatation, Jatyadi Taila, Basti therapy, Wound repair

**INTRODUCTION:**

Fissure-in-ano is defined as a linear ulcer in the anal canal distal to the dentate line. It commonly results from trauma caused by hard stool, persistent constipation, or hypertonicity of the internal anal sphincter. Chronic fissures are characterized by fibrosis hypertrophied anal papilla, and sentinel tag formation. When conservative measures fail, surgical management becomes necessary.

Traditional Ayurvedic therapeutics emphasize enhancement of post-operative wound healing using medicated oils. Jatyadi Taila is described as possessing Vrana Shodhana (cleansing) and Vrana Ropana (healing) actions. The present case demonstrates the clinical benefit of combining surgical intervention with Ayurvedic basti therapy.

**CASE PRESENTATION**

Patient: 30 years old female

**PRESENTING COMPLAINTS:**

Severe pain during defecation since 3 months

Occasional rectal bleeding

Constipation since 20 days

**HISTORY:** Symptoms persisted for 3 months and were aggravated by passage of hard stools. No significant systemic illness was reported.

Menstruation history : Normal

**Obstratic History:** P<sub>2</sub>L<sub>2</sub>A<sub>0</sub>D<sub>0</sub>

**Local Findings:**

- 1) Posterior fissure located at 6 oclock position
- 2) Presence of sentinel tag
- 3) Positive sphincter spasm require surgical intervention

**Surgical Management :**

- 1) Patient positioned in lithotomy posture
- 2) Local anesthesia administered
- 3) Gentle anal dilatation performed to relieve sphincter spasm
- 4) Sentinel tag excised under sterile conditions
- 5) Hemostasis secured and sterile dressing applied

#### **POST-OPERATIVE AYURVEDIC THERAPY**

Medication: Jatyadi Taila

Administration: Matra Basti (rectal instillation)

Dose: 20 ml once daily

Duration: 7 days

Dietary advice

High-fiber diet

Adequate warm fluid intake

Avoidance of spicy and constipating foods

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#### **Results:**

| Parameter    | Day 1   | Day 3       | Day 7   | Day 10 |
|--------------|---------|-------------|---------|--------|
| Pain         | Severe  | Moderate    | Mild    | Absent |
| Bleeding     | Present | Minimal     | Absent  | Absent |
| Wound status | Fresh   | Granulation | Healing | Healed |

No adverse effects such as infection, incontinence, or recurrence were observed.

**Discussion:**

Chronic fissures are associated with internal sphincter hypertonicity and reduced local blood supply, which delays healing. Anal dilatation reduces sphincter spasm and improves vascular perfusion, while excision of the sentinel tag removes fibrotic tissue that obstructs healing.

Jatyadi Taila contains herbal constituents traditionally known for antimicrobial, anti-inflammatory, and wound-healing properties. Administration in basti form ensures direct local drug delivery, lubrication of the anal canal, and reduced mechanical trauma during defecation.

This integrative protocol demonstrated:

Early pain relief

Rapid granulation and epithelialization

**Patient Consent :**

Informed written consent was obtained from the patient.

Conflict of Interest

None declared.

**INVESTIGATION REPORTS :**

- 1) CBC- Hb =11
- 2) platelet count -200000
- 3) wbc count -7900
- 4) B.T -1 min 29 sec
- 5) C.T-4 min 48 sec
- 6) Urine R —Appearance —turbid
- 7) -pus cells -10-12
- 8) -RBCS —absent
- 9) ECG — Normal
- 10) HIV & HBSAG —negative
- 11) Blood grp —B Positive

Medical fitness taken

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Jatyadi tail

Application of Anobliss

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Jatyadi tail Matra basti  
administrartion

Healed Wound

