ROLE OF KSHAR SUTRA IN SACRO-COCYYGEAL TUMOUR: A CASE STUDY

PARMAR GAURAV1 PARMAR MEENA2

1 Clinical Registrar, Department of Shalya Tantra, Chaudhary Brahmparkash Ayurvedic Charak Sansthan Khera Dabur New Delhi
2 Medical Officer, Department of Prasuti Tantra And Stri Roga, Chaudhary Brahmparkash Ayurvedic Charak Sansthan Khera Dabur New Delhi

INTRODUCTION
Ayurveda is the science of life. The definition of swasthpursa given by Sushruta that one is known to be healthy when doshas, agni, dhatu and mala are in state of equilibrium in structure and function along with happy mind. Kshar Sutra is one of the biggest innovation in the field of Ayurveda. This therapy is the best treatment ever described for ano rectal disorders like piles, fistula in ano, fissure in ano etc. But despite this the role of kshar sutra in extra ano rectal conditions to make therapy more popular. Benign tumour is a surgical condition and treatment of such condition is excision. However such surgical treatment is painful and recurrence rate is also high. So kshar sutra is alternative approach for treating such surgical conditions with good results.

CASE STUDY
A young male patient of 30 years with complaints of painless, hard, rounded ball like growth over sacro -coccygeal region since birth. According to patient and his parents the growth was smaller in size in his childhood which later increases with age of patient and now it was creating discomfort to patient especially while sitting, sleeping and performing other daily activities. With all these complaints patient came to Chaudhary brahm prakash ayurvedic charak sansthan khera dabur new delhi and attended Shalya tantra OPD. On Examination it was found that the growth was non-tender, movable and stalked based. After admission, the patient was thoroughly investigated and every possibility of internal attachments of growth to spine and any other structures or vessels was totally ruled out. Finally the case was posted for Ksharsutra therapy. Procedure done under local anaesthesia with minimal pain and bleeding. Growth was gently held and stretched with Allis forceps and stalked base of growth was transfixed with kshar sutra on needle. After that, part dressed with jatyadhi oil and patient shifted to ward. Sample of growth taken during surgery was sent for biopsy. Finally growth shed off in five days and wound completely healed over a period of two weeks. Biopsy reports that the disease is benign tumour. During follow up patient was keenly observed for a period of one year and he remained fully asymptomatic during this time. So, the patient is satisfactorily treated and cured without any surgery with kshar sutra therapy.

DISCUSSION & CONCLUSION
This kshar sutra therapy is satisfactory in the management of sacro-coccygeal tumour. Kshar sutra not only excises the growth but also minimises pain and complications which patient usually faces during surgery. Kshara sutra therapy mentioned in Ayurvedic texts for the treatment of ano-rectal disorders. The therapy also indicated for all those conditions which require gradual excision of over grown soft tissues like benign tumours, polyps, warts etc. The present case study is done to rule out the role of kshar sutra in extra ano-rectal conditions to make therapy more popular. Benign tumour is a surgical condition and treatment of such condition is excision. However such surgical treatment is painful and recurrence rate is also high. So kshar sutra is alternative approach for treating such surgical conditions with good results.

Abstract
Kshara sutra therapy mentioned in Ayurvedic texts for the treatment of ano-rectal disorders. The therapy also indicated for all those conditions which require gradual excision of over grown soft tissues like benign tumours, polyps, warts etc. The present case study is done to rule out the role of kshar sutra in extra ano-rectal conditions to make therapy more popular. Benign tumour is a surgical condition and treatment of such condition is excision. However such surgical treatment is painful and recurrence rate is also high. So kshar sutra is alternative approach for treating such surgical conditions with good results.

Keywords: kshar sutra, tumour, excision
surgery. It enables the patient to ambulate early and participate in routine activities. kshar sutra therapy is also of low cost and easily affordable.

REFERENCES

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![Figure -1](before_treatment)

![Figure -2](during_treatment)

![Figure -3](after_treatment)

CORRESPONDING AUTHOR
Dr. Gaurav Parmar
Clinical Registrar,
Dept of Shalya Tantra,
Choudhary Brahmparaksh Ayurved Charak Sansthan
Khera Dabur New Delhi, India
Email: parmar1979@gmail.com