

A CASE STUDY ON PILONIDAL SINUS

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INTRODUCTION

Pilonidal sinus means nest of hairs in Greek. It is acquired condition, commonly found in hairy males. The hair follicle is never demonstrated in the wall of the pilonidal sinus. Hair accumulates due to vibration and friction causing shedding of the hair. Thus, it accumulates in gluteal cleft and enters the opening of the sweat glands. The track of sinus goes in vertical direction between the buttocks. As in Sushruta Samhita the description on Shalyaja Nadivrana is a tract where foreign body lodged inside i.e. due to presence of hair, pus, necrosed tissue etc holds to discharge and continuous pain. So, we can see the similarity between Shalyaja Nadivrana &

Pilonidal sinus. For that Sushruta has given very unique, minimal invasive treatment i.e. Ksharsutra in Nadivrana which is not only minimizes complications & reoccurrences but also facilitates early working with less discomfort. In modern, the commonly used surgical technique for this disease is excision, primary closure & excision with reconstructive flap.i.e. It is closed by 'z' plasty. However, patients require longer hospitalization, the risk of recurrent & infection of wound. So, Ksharsutra therapy reduces inflammation and heals the track of infection which minimizes the rate of complications.

Case Report

Patient Name: XYZ

Age: 47 years/M

Date of 1st visit: 24/02/2014

Date of Recovery: 07/06/2014

Chief Complaints:

Duration

1. A small opening at sacro-coccygeal Region since 1 month
2. Puss discharge from that opening

H/O Present illness: Patient was apparently alright before 1 month. Then he had developed above complaints suddenly. He had taken analgesics for it, but didn't get relief. Therefore for further treatment he came in Vidarbha Ayurved Mahavidyalaya and hospital, Amravati.

Family History: NAD

No H/O HTN, DM or any other major illness



General Examination:

G.C-moderate, Afebrile

CVS- S₁ S₂ Normal

Pulse- 86/min

BP- 120/80 mm Hg

RS- Chest clears on both sides

Digestive System- Regular bowel habits

Uro-genital System- NAD

Local Examination:

- A small sinus near sacro-coccygeal region.
- Puss discharge through opening
- Tenderness ++
- Swelling (mild)

Cause: *Aagantuj Shalyaja Nadi Vrana*

Diagnosis According to Modern Medicine: Pilonidal Sinus

Chikitsa:

a) Ksharsutra Application:

- Before, planning this procedure other etiologies like TB, HIV, HbsAg, DM were ruled out.
- Under All Aseptic precautions & under spinal anesthesia, the probing was done through sinus in the direction of small track up to the end of 5 cm.
- Another small nick is given on the tip of probe so as to make 3 openings and the embedded hair follicles were removed out.
- So there were total 5 tracks. The Ksharsutra was tied covering the entire track for simultaneous cutting & healing.

The Ksharsutra was changed weekly for 12 sittings. To reduce inflammation oral antibiotics and anti-inflammatory drugs were prescribed.

b) Oral Medication:

Triphala Churna: 1Tsf at bed time

Sukshma Triphala: 2 Tab TDS

Hot sitz Bath: Twice in Day

Observations: The sinus track cut through and healed simultaneously by 4 weeks. After complete healing of the track.

The Ksharsutra was tied covering the entire track for simultaneous cutting & healing occurred.

DISCUSSION

- Ksharsutra is medicated caustic thread coated with herbally prepared alkaline drugs like Udumber (*Ficus Rcemosa*) Latex as binding agent and Haridra (*Curcuma longa*) powder.
- This combination of medicine coating on thread helps in debridement of necrosed tissues, slough and also act locally as anti-fungal anti-bacterial and anti-inflammatory and another mechanism is that it enhances the growth of healthy granulation tissue.

CONCLUSION

This Ksharsutra therapy is satisfactory in the management of Pilonidal Sinus. It's not only cures the track but also minimizes rate of complication, reoccurrence and enables the patient to work and participate in normal social activities within short span of time. It is good therapy in terms of cost treatment.

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