

ROLE OF *KSHAR SUTRA KARMA* IN INFECTED PILONIDAL SINUS - A CASE STUDY

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ABSTRACT

Kshar sutra is one of the biggest innovations in the field of Ayurveda. This therapy is the best treatment ever described for various Ano-rectal disorders like Fistula in ano, Haemorrhoids, Fissure in ano etc. Role of *kshar sutra* therapy in extra Ano-rectal disorders like sinuses, warts, benign tumour etc is also remarkable and equally effective as described in *Sushruta Samhita*. A male patient aged 45 years attended OPD with the complaints of pain, swelling and pus discharge from lower back since two months. On enquiry patient gave history of abscess at that site two months back. Patient took treatment for above condition from nearby hospital at that time. After short history and local examination it was found that there was formation of abscess and pus oozing out on applying pressing over that site. Surrounding area was hard, inflamed and tender. After examination and other required investigation was done. Finally, case was diagnosed of infected pilonidal sinus. *Kshar sutra karma* was done after probing the sinus track. The *kshar sutra* was changed weekly and sinus track cut through and healed simultaneously in four weeks with minimum invasion and full ambulation. So after this study we can say that *kshar sutra* therapy is better option to treat such condition instead of going for troublesome surgery.

Keywords: *Kshar*, Pilonidal sinus, Ayurveda, Abscess

INTRODUCTION

Ayurved is the complete science of life. Ayurved takes whole man physically as well as mentally into account while describing the principle of treatment. This is very clear from the definition of swasthpusa¹ given by Acharya Sushruta that one is known to be healthy when *dosha, dhatu, agni, mala* are in the state of equilibrium in structure and function along with happy mind. *Kshar sutra* is one of the biggest innovations in the field of Ayurved. *Kshar sutra* therapy is the best treatment ever described for anorectal diseases. But the role of this therapy in

extra ano rectal disorders like sinuses, warts, tumours² etc are also remarkable and equally effective as described in *Sushruta samhita*

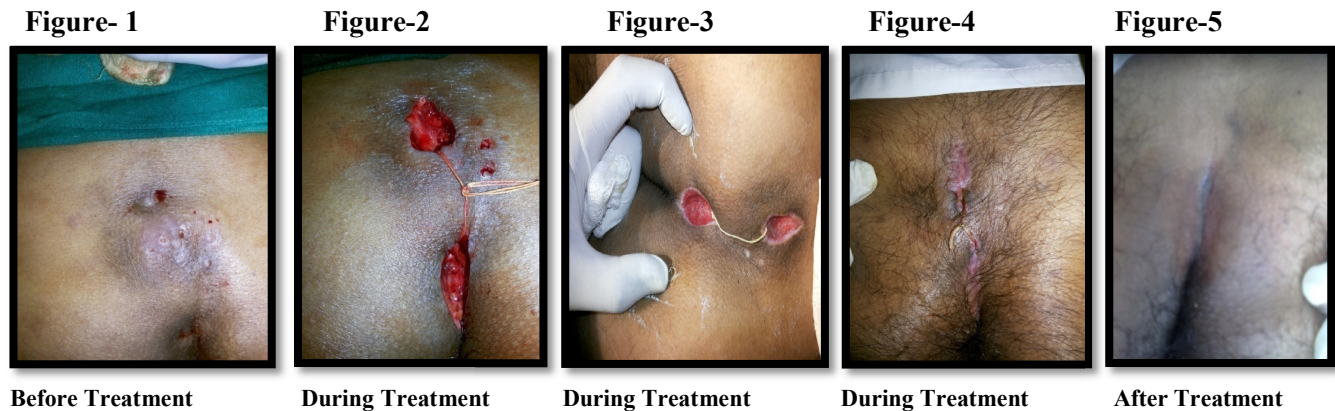
CASE- REPORT

A young male patient of 45 years attended the OPD of Shalya tantra at Chaudhary Brahm Prakash Ayurved Charak Sansthan Khera Dabur, New Delhi with complaint of pain, swelling and pus discharge from lower back since two months. Patient took treatment from nearby hospital and got relief for few

days but after few days' condition still persist with severe pain, swelling and discharge. After taking short history and possible examination in OPD patient was shifted to examination room for detailed history and examination. Detailed history and thorough examination of patient revealed that there was formation of abscess with pus points from where pus was oozing out. Surrounding area was hard, inflamed and tender. Area cleaned with antiseptic solution and required anti-inflammatory drugs given to patient. Further patient was advised for routine investigations like CBC, BT, CT, HBSAG, FBS, HIV, CXR, X-RAY SPINE, SINOGRAM, PUS CULTURE to be done as early as possible. Patient revisited our OPD after two days with all required investigations. Sinogram reported that there was formation of sinus with localized abscess. The length of track was about 3.5 cms and track was linear, straight, and without any ramifications. Each and every thing was explained to patient and his attendants regarding formation of Sinus and kind of

treatment surgically or para surgically (*kshar sutra karma*) he can chose for treating such condition. Finally patient opted and consented for *kshar sutra karma*. After doing required investigations patient was posted for *kshar sutra karma* in operation theatre

Under full aseptic conditions preparation of part done and draped with sterile sheets. Now part was anaesthetised with local anaesthesia and incision and drainage of localized abscess done followed by curettage. Finally track between both the cavities was probed and *kshar sutra karma* was done. Now, *kshar sutra* was tied covering the whole track and part dressed with *jatyadi* oil. The patient discharged from hospital after few hours stay with follow up advice and instructions. The *kshar sutra* was changed weekly and sinus track cut through and healed simultaneously in 4 weeks. Patient was keenly observed for a period of six months and he remained fully asymptomatic during this period.



DISCUSSION

Kshar sutra is a medicated caustic thread prepared by coating linen thread (barbours's thread no. 20) with *snuhi* acting as a binding agent, *Apamarga kshar* as alkali and *Haridara* powder has antiallergic, antiseptic and healing properties. *Kshar sutra* capable of dissolving tough fibrous tissue of sinus tract and finally drains it out creating a healthy base for healing. Its chemical action removes debris from

the site and encourages healthy granulation. Physical presence of *kshar sutra* in the sinus tract keeps the passage patent and helps in the drainage of pus. *Kshar sutra* ligation exerts mechanical pressure along with chemical cauterization.

CONCLUSION

The *kshar sutra karma* is the better alternative in the treatment of such condition like pilonidal sinus. This

therapy not only cures the pilonidal sinus with least complications but also keeps the patient ambulatory during the treatment with minimal pain. So, *kshar sutra* is considered as a satisfactory para surgical approach to treat pilonidal sinus instead of going for trouble some surgery

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Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Parmar Gaurav Parmar Meena: Role Of Kshar Sutra Karma In Infected Pilonidal Sinus - A Case Study. International Ayurvedic Medical Journal {online} 2018 {cited June, 2018} Available from: http://www.iamj.in/posts/images/upload/1308_1310.pdf