

ROLE OF KSHAR SUTRA IN LOW LEVEL FISTULA IN ANO - A CASE STUDY

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ABSTRACT

Kshar sutra is one of the biggest innovations in the field of Ayurved. This therapy is the best treatment ever described for various ano-rectal disorders like fistula in ano, haemorrhoids etc and it is already proven worldwide. Role of kshar sutra therapy in extra ano- rectal disorders like sinuses, warts, benign tumour etc are also remarkable and equally effective as described in Sushruta Samihta. A male patient aged 27 years attended OPD with the complaints of peri anal watery pus discharges since two months. On enquiry patient gave history of peri anal abscess two months back. Patient took treatment for above condition from nearby hospital at that time. After taking history and local examination it was found that sinus opening surrounded by unhealthy granulation tissue and pus was oozing out on pressing nearby the affected peri anal region. After that, blood and other required investigation was done. Finally, it was diagnosed as the case of low level fistula in ano. Kshar sutra karma was advised and done after probing the track of fistula in ano from external to internal opening. The kshar sutra was changed weekly and fistulous track cut through and healed simultaneously in four weeks with full ambulation and minimum complications. So after this study we can say that kshar sutra therapy is better option to treat such low level fistula in ano instead of going for troublesome surgery.

Keywords: kshar sutra, benign, perianal, sinus, tumour, ayurved

INTRODUCTION

Kshar sutra is one of the biggest innovations in the field of Ayurved. Kshar sutra therapy is the best treatment ever described for anorectal disorders. But, the role of this therapy in extra ano

rectal disorders like sinuses, warts, tumours¹ etc are also remarkable and equally effective as described in Sushruta samhita.

Fistula in ano is a track lined by granulation tissue which opens deeply in the anal canal or rectum and superficially on the skin around the anus. Fistula in ano is an abnormal connection between the ano rectal canal and the perianal region. This condition is very notorious and difficult to cure with recurrence rate very high and other complications. Due to all these factors treatment of fistula in ano is diverse as no single technique is universally effective.

CASE- REPORT

A young male patient of 27 years attended the OPD of Shalya tantra at Chaudhary Brahm Prakash Ayurved Charak Sansthan Khera da-bar New Delhi with complaint of pus and watery discharge from the perianal region since six months. Patient took treatment from nearby hospital but got no relief. As soon as patient visited our OPD he was carefully examined. On examination in lithotomy position sinus was found at one o'clock position in perianal region from where the pus and watery discharges were oozing out. Patient was advised for routine and other required investigations. Fistulogram of perianal sinus was also advised and done. Fistulogram reported that the condition was of fistula in ano. The length of track was about 4.5 cms and track was linear and without any ramifications with internal opening at 12 o'clock position. Each and every thing was

explained to patient and his attendants regarding formation of fistula in ano and kind of treatment surgically or para surgically (kshar sutra karma) he can choose for treating such condition. Finally patient opted and consented for kshar sutra karma.

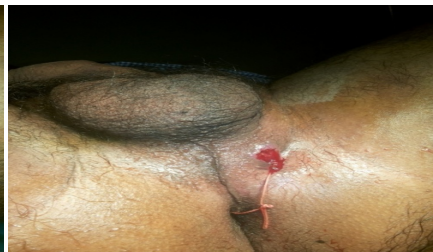
Procedure was planned and posted in operation theatre under full aseptic conditions. Part preparation was done with antiseptic solution and draped with sterile sheets. Now part was anaesthetised with local anaesthesia around the external opening and along the length of track upto internal opening. Gently probe was inserted from external opening in the direction of tract towards the internal opening and at same time index finger of other hand was kept in anal region to direct the probe towards internal opening at 12 o'clock position. Finally kshar sutra was mounted on the eye of probe and probe was withdrawn from internal opening in anal canal keeping kshar sutra in track. 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.

Figure- 1



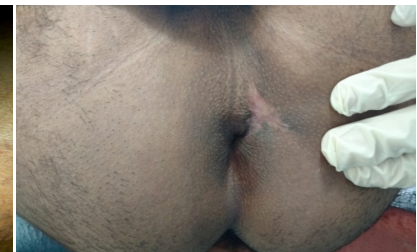
DURING TREATMENT

Figure-2



DURING TREATMENT

Figure-3



AFTER TREATMENT

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 anti allergic, antiseptic and healing properties². Snuhi capable of dissolving tough fibrous tissue of fistula in ano and finally drains it out creating a healthy base for healing³. 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 low level fistula in ano. This therapy not only cures the fistula in ano 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 fistula in ano instead of going for trouble some surgery

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