

## A CASE STUDY ON INTERMAMMARY SINUS WITH *KSHARASUTRA*

Anita Rana<sup>1</sup>, Shankar. S<sup>2</sup>, Shailaja. S.V<sup>3</sup>

<sup>1</sup>PG Scholar, <sup>2</sup> Professor, <sup>3</sup>Professor & HOD  
Department of PG studies in Shalya Tantra, SKAMC & HRC,  
Bangalore, Karnataka, India

Email: [ranaanita254@gmail.com](mailto:ranaanita254@gmail.com)

### ABSTRACT

A thirteen year old female patient had complaints of pain and foul smelling pus discharge from intermammary region since one year. She was diagnosed with intermammary sinus and took treatment from allopathic hospital. But her complaints persisted and hence she was treated with *Guggulu* based *Apamarga ksharasutra* ligation. *Kshara sutra* was changed once in a week until the tract excised along with this *Triphala guggulu* and *Gandhaka Rasayana* was given internally for a period of 14 days. The tracts completely excised and healed with in a period of 35 Days and she got complete relief from pain and foul smelling pus discharge . Thus this patient was successfully treated with *Kshara sutra* ligation with no recurrence or any complications.

**Keywords:** Intermammary Sinus, *Guggulu* based *kshara sutra*, *Urogata Naadivrana*

### INTRODUCTION

In *Ayurvedic* classics, it is recurrent in nature which makes it more and more difficult to treat. It needs long duration of treatment. To avoid such problems in the management, there is a need to find out an alternative technique to treat with less post operative complications. Hence *Kshara sutra* being one such procedure with least complications having direct reference in *Ayurvedic* classics for *Nadivrana*<sup>3</sup> and *Bhagandara* is selected here to treat this disease.

#### Case report:

This thirteen year old female patient came to *Shalyatantra* OPD with complaints of pain and foul smelling pus discharge from intermammary region since one years. One year back she developed pain and foul smelling pus discharge from intermammary region. After a few days swelling opened out with discharge of pus for which she consulted in an allopathic hospital and was diagnosed as intermammary

sinus. After one month she developed the same complaints. Symptoms reduced for one month but again after one month she developed same complaints. Complaints persisted with pain and foul smelling pus discharge. So later she consulted in *Shalya tantra* OPD.

### MANAGEMENT

Tract was ligated with *Guggulu* based *Apamarga kshara sutra* with the help of probe. Once in a week *ksharasutra* was changed and *Triphala guggulu* and *Gandhaka Rasayana* was also advised internally for a period of 14 days. Thread changed till the excision of the tracts and after that *Jatyadi taila* was applied for the complete healing of the wound for 10 days.

### OBSERVATIONS AND RESULTS

The observations and results are tabulated below (Table 1 & 2). At the time of commencement of treatment, severe tenderness and pain noticed in the perianal region. But at the end of 2nd week itself pain became moderate degree. After 58 days pain, pus discharge and tenderness were minimum with complete absence of foul smell. By the end of the days pain, tenderness and pus discharge were completely absent. There was marked reduction in the length of the tracts and the tract got excised by the day. So after days all the excised tracts completely healed with complete relief from all the signs and symptoms.

**Table 1:** Observations of the study

DAYS	PAIN	PUS DISCHARGE	FOUL SMELL	TENDERNESS
1st day	+++	+++	+++	+++
8th day	++	++	+++	++
15th day	+	++	++	++
22th day	+	+	++	+
29th day	NIL	+	+	NIL
35th day	NIL	NIL	NIL	NIL

**Table 2:** Length of the tracts

Days of thread change	Tract
1st day	2 cms
8th day	1.5 cms
15th day	1 cms
22nd day	0.4 cms
29th day	EXCISED
35th day	HEALED

### DISCUSSION

*Kshara sutra* application is the most appropriate treatment for. *Guggulu* based *Apamarga ksharasutra* is used here. *Chedana guna* of *kshara* helps to excise the tract, *Lekhana guna*

helps to scrape out all the existing unhealthy granulations tissues, *Shoshana guna* helps to reduce the pus discharge, *Sodhana* helps to clean the tract and because of *Ropana* property tract healing occurs. Since *kshara* will do the

*dushta mamsa ksharana*, it will also act up on the foul smell<sup>5</sup>. Further *guggulu* helps in *vrana ropana*, *daurgandhyaharana* and also act as an analgesic. Intake of *Triphala guggulu*<sup>6</sup> and *Gandhaka Rasayana*<sup>7</sup> will support the action of *kshara sutra* since drugs are having *dosha pachana*, *ropana* and *vedanasthpaaka* properties. After excision of the tract, *Jatyadi taila* was advised for the external application over the wound which helped to heal the wound completely<sup>8</sup>.

## CONCLUSION

This female patient of year old had been suffering from pain and foul smelling pus discharge since years, took treatment from various allopathic hospitals, all that treatment was unsuccessful. But she was treated successfully with *Kshara sutra*. She got complete relief from all the signs and symptoms and there was no recurrence up to date.

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