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Address

•Vikram Nagar, Boudhi Chouk, Latur.
•Tq. Latur, Dis. Latur 413512
•(+91) 9922455749, (+91) 9158387437

Email

•aiirjpramod@gmail.com

Website

•www.aiirjournal.com

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Ksharsutra Therapy And Nadivrana W.S.R. To Pilonidal Sinus

Dr.Shital Digambar Kalpande

C.S.M.S.Ayurved Mahavidyalaya,
Aurangabad

Abstract

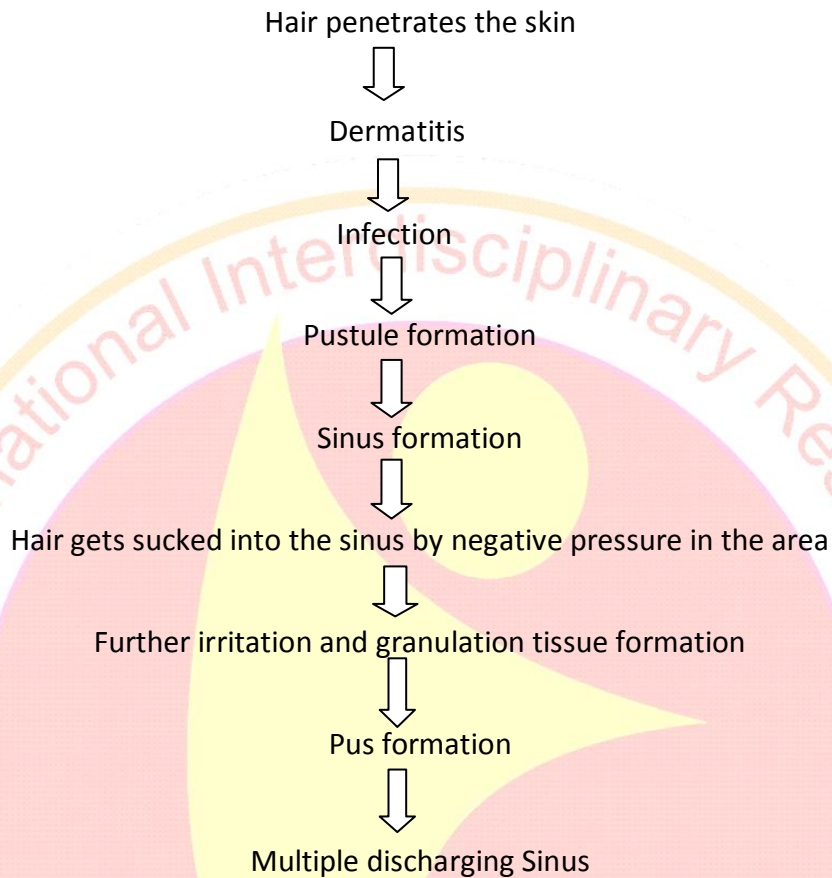
A pilonidal sinus is of infective origin and occurs in sacral region between buttocks, umbilicus, axilla, etc and can cause discomfort, embarrassment to the patient. The most commonly used surgical treatment for this disorder includes excision and primary closure and excision with reconstructive flap. However the risk of recurrence or of developing infection in the wound after operative is high. Also, the patient requires longer hospitalization, and the procedure is expensive. There is a similarity between pilonidal sinus and shalyaj Nadivrana. Sushruta has described a minimally invasive para-surgical treatment by Ksharsutra procedure for management of Nadivrana (Pilonidal sinus). The trial of this treatment in pilonidal sinus not only minimizes the complications and recurrence but also reduces hospital stay and it is cost effective too.

Introduction

A pilonidal sinus is of infective origin and occurs in sacral region between buttocks, umbilicus, and axilla.etc. Commonest site is inner buttock region; it is epithelial lined track, situated short distance behind the anus, containing hairs and unhealthy granulation tissue. It is due to penetration of hair through the skin into subcutaneous tissue. It forms granuloma or unhealthy granulation tissue in deeper plane. Type of hair, force of hair insertion in unhealthy granulation tissue, vulnerability of skin are the three factors that cause pilonidal sinus. Cuts hairs from above descent into cleft and stay there to get buried into pilonidal sinus. It is common in 20 to 30 age group. It is common in males and mostly affects hairy men.

During the Second World War the condition was common in jeep drivers so known as "Jeep disease". The most commonly used therapy is surgery including wide excision and healed by secondary intention. However post operative recurrence following surgery is high. Leading to frequent and time consuming wound care. Hence there is a need to evaluate the alternative and innovative technique to cure this disease. So as to minimize the recurrence, make it cost effective, and minimal hospitalization.

PATHOLOGY



Ayurved And Pilonidal Sinus

In Ayurved texts, pilonidal sinus comes under nadivrana (shalya nimittyaj) caused by Shalya (foreign body). Sushrut Samhita describes a condition Shalyaj nadivrana. Which is very much similar to pilonidal sinus. Shalyaj Nadi Vrana is a track due to presence of pus, unhealthy granulation tissue and hairs, etc. inside left unnoticed. Acharya Sushruta has described a minimal invasive procedure to cure Nadivrana (Pilonidal sinus). Sushruta has described that hair can be a root cause for formation of sinus, and also mentioned various methods for management. ShalyajNadiVrana should be treated by cut open the sinus track by using Ksharsutra, and this sinus should be probed with the help of probe, then insert the needle having ksharsutra till the end of sinus is reached, the needle is then lifted up, the end of the thread is pulled out and knot tied and extraction of foreign body like tufts of hair with the help of small curved artery forceps. After considering the strength of ksharsutra, a new Ksharsutra can be inserted to replace previous one with rail road technique till the whole length of the track is cut.

Varti or medicinal wicks are also useful in healing Nadivrana or pilonidal sinus

Introduction Of Kshar And Ksharsutra

- Kshar is most important among all shastra (sharp instruments) and anushtra (accessory instruments) as it does the function of excision, scraping, cutting, migrates all the doshas.

- The ksharsutra therapy is well known therapy of ayurved in various diseases, Fistula in ano : its supremacy has been proved in all three dimensions which are vital to any ideal therapy. Ksharsutra therapy is simplified, sure, and safe.

Material And Methods

Drugs Used

Many drugs have been advised by Sushruta and other Ayurvedic texts for the preparation of Kshar. The important among them are – Apamarge, Palash, Arka, gomutra etc.

Method of Preparation

According to the three types of Kshar are prepared on the basis of their strength.

1. Mild - Mridu,
2. Moderate - Madhyama and
3. Strong - Tikshna

The general procedure can be narrated as -

- 1)'Mridu' Bhaṣmīkaraṇa (conversion to ash) Adding to water (1:6 ratio), Filtration (21 times), Distillation (boiling the ksharajala still all water evaporates), collection (process called lixiviation)
- 2)'Madhyama' Here the procedure is same some among them are extra powders of Katasharkara Bhasmasharkara, Ksheerapaka, Samkhanabhi (gravels of lime and ash, oyster-shell & core of conch-shell) are added to the boiling ksharajala before distilling it.
- 3) 'Tikshna' Similar to madhyamakshara here added is the powders of drugs like Chitraka, danti, vacha etc. in place of the lime stones.

"Kshar Sutra" is a sanskrit phrase in which "Kshar" refers to anything that is corrosive or caustic; while "Sutra" means a thread. It is described by many Ayurvedic texts which originated and flourished in India. It is one among popular Ayurvedic treatment modality in the branch of Salyatantra followed by Sushruta.

Preparation Of Ksharsutra

History: Various ancient authors have provided various literatures about ksharsutra. Susruta has mentioned the use of ksharsutra in nadivrana chikitsha. Charak has described in the chapter of shothachikitsha that ksharsutra should be used with other measures in the management of bhagender (ch.su.chi.12/97).

Chakradutta has first given the idea about the preparation and use of ksharsutra, but the use of kshar in preparation of this thread has not been mentioned by him.

Later on in Rasatarangini- Sadanand Sharma has described the preparation and uses of ksharsutra.

Although he has not mentioned, the apamarga or any type of kshar in the preparation of this thread, yet he has described that 7 coatings of haridra powder should be done on thread, layered by snuhalatex (Snuhiksheer). He further said that this thread can be used in the management of Bhagandar.

Method of preparation

The standard kshar sutra is prepared by repeated coatings of snuiksheera (latex of Euphorbia Nerrifolia) apamargkshara (ash of Achyranthusaspera) and haridra powder over a

surgical linen thread no. 20. This thread is spread throughout lengthwise in hangers. Each thread on the hanger is then smeared with snuhi latex with the help of gauze piece soaked in the latex. This wet hanger is transferred in kshara sutra cabinet. The same process is repeated next day. Eleven such coatings with snuhiksheera alone should be accomplished.

The twelveth coating is done by first smearing the thread with snuhiksheera and in wet condition thread is passed through the apamargkshar. It is again transfer into the cabinet for drying. This process is repeated till seven coatings of snuhiksheer and apamargkshara are achieved.

The final three coatings are completed with snuhiksheera and fine powder of turmeric (Haridra) in the same fashion. Thus twenty-one coatings over the thread are completed.#

Mode Of Action

Kshar Sutra is now a popular treatment modality in India for the management of Sinus and fistula in ano. Many Clinical trials have done all over in different institutes to evaluate the action. Precisely the action of Kshara sutra is thought to be due to its cutting, healing and cleansing effect according to Ayurveda.

It can be suggested that, it allows the proper drainage of pus from then a sinus and fistula work as a good chemical debriding agent, that leads to a proper healing. On the other hand the cutting effect of thread incises the skin gradually without a surgical incision. Many studies confirm that it is more effective in the way of reducing hospital stay and lesser the chance infection.

Researches suggest that it is having the action of Excision, Scrapping, Draining, Penetrating, Debridement, Sclerosing and Healing. It is Bactericidal and Bacteriostatic.

Discussion And Conclusion

This minimally invasive procedure Kshar Sutra has good potential in the management of Pilonidal sinus. It minimizes the rates of complication and recurrence and enables the patient to resume work and normal social activities as early as possible. It is an acceptable treatment to the patient in terms of cost of treatment, extent of discomfort, impact upon body image. Pilonidal sinus disease is a chronic and painful condition that can affect self-esteem, body image and personal relationships. Multiple studies have shown ksharsutra therapy decreases both short-term and long-term recurrence of the condition and this treatment should be considered in every case. There is a need for further study into follow-up periods longer than five years, as recurrences are known to occur after this time period.

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