

Effect of Ksharasutra Application in the Management of Bhagandara (Fistula-In-Ano) - A Case Report

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Abstract:

Bhagandar (Fistula-in-Ano) is explained as one among Ashta Mahagada (The eight major diseases) in Sushruta Samhita. This disease is recurrent in nature which makes it more difficult for treatment. So, it produces inconvenience in routine life. The concept of kshar sutra has been explained in the context of Nadi vrana (sinus) by Acharya Sushruta. The application of plane silk thread has been explained by the Hippocrates for the fistula in Ano. Kshar Sutra being a medicated thread prepared as per the standard protocol has been proved as a big revolution in the treatment of fistula-in-Ano. Kshara sutra plays an important role and the efficacy has been explained in various studies. In present case study, A 52 year old male patient came to shalya OPD with a chief complaints of pain and pus discharge from perianal region since last 4 months and advised for surgery for the kshar sutra. The patient was treated with the kshar sutra prepared in the Lab of Nepal Ayurveda trust & RC by following the standard protocol of preparation. The patient is treated on OPD basis with weekly change of thread. The patient recovered well with complete excision of the tract within span of 4 weeks. Treatment of fistula-in-ano with Ksharasutra is a simple with low complications and minimal cost. Thus, ksharsutra is very effective with minimum invasive surgical modality for management of Bhagandara (fistula-in-ano).

Key Words: Apamarga Kshara sutra, Ayurveda, Bhagandar, Fistula-in-Ano.

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Introduction:

Shalya Tantra was at its pinnacle in *Sushruta's* time and the content of *Sushruta samhita* can be compared to any book on surgery written centuries later. In context of treatment he has described almost all sorts of surgical managements and some of them still have no comparison. Anorectal diseases like *Arsha* (Piles) and *Bhagandara* (Fistula in ano) are said callous to be cured and among them *Bhagandara* is considered under the *Ashta Maharogas* (Eight grave disorders).

It is a chronic illness which is, though not fatal but quite discomforting and troublesome to the patient and often puts a deep impact on the quality of life of the patient. as said in the *samhitas*. The word *bhagandara* is composed of two words: *Bhaga* and *darana*. *Bhaga* means a region around the anus which extends between anus up to the genitalia. *Darana* means to tear or destroy. Therefore, the *Pidika* (abscess) which develops in this region and leads to the *Bhagandara* (fistula), is known as "*Bhagandara Pidika*". A disease/sinus that tears or damage the area around genitalia, urinary bladder and anus is known as *Bhagandara*. Often, it results after bursting of *Bhagandara Pidika* or an abscess in this region. The sinus may discharge flatus, faeces, urine, seminal fluid, menstrual fluid or even worms sometime. The disease is named *Bhagandara* since it occurs in the rectum, perineum, the bladder and the adjoining space (the entire area is called *Bhaga*). The pustules which appear in this

region are called *Pidika* in their un-suppurative stage while they are called *Bhagandara* in their suppurative stage.

Acharya *sushrut* described *Bhaisaja chikitsa*, *Kshara karma*, *Agni karma* and *Shastra karma* *chikitsa* for ano-rectal diseases. *Bhagandara* is a *chedya*(excision) *vyadhi*.^[1] In high ana fistula in ano, excision of whole fistulous track cause faecal incontinence and hamper quality of life. *Kshara karma* has become very useful and recently modified method of treatment for selected Anorectal diseases mainly in *Bhagandara*. The *Ksharasootra* is a Para-surgical measure capable to perform excision slowly by virtue of its mechanical pressure and chemical action in *bhagadar*. Complete and detail descriptions about *kshara sutra* preparation are not available in *Sushruta Samhita*. The present form of *Kshara Sutra* therapy was initiated by Dr. P.S Shankaran and subsequently established by Prof. P.J Deshpande through many researches and development in department of *Shalya Tantra* at Banaras Hindu University. It consist 11 coating of *snuhi ksheer*, 7 coating of *apamarga kshara* and last 3 coating of *Haridra churna*.

Case report:

In the present case study, a 52 year old male patient came to our OPD of *Shalya Tantra*, TU Ayurveda Teaching Hospital, with a chief complaints of pain and pus discharge from perianal region since last 4 months. External opening was present at 3 o' clock at

perianal region approximately 4 cm away from anal verge. Internal opening also at 3 o' clock position into the anal canal at dentate line on digital per rectal examination. Probing also was done to confirm site of internal opening of bhagandara. Patient did not have previous H/O any medical and surgical illness with negative family history. Patient was diagnosed a case of *Bhagandara* (Fistula-in-ano) on the basis of clinical presentation.

Observation and result:



Fig. 1. On first day of consultation: probing done at 3- 3 0' clock



Fig. 2. Kshara sootra ligation at 3-3 o'clock

Treatment given:

After due consent of patients, he was planned for *Apamrga Kshar Sutra* management. After application of xylocaine jelly 2% probing was done. [Fig. 1] then *Apamrga Kshar Sutra* was ligated into the fistulous track. [Fig. 2] Patient was advised to maintain local hygiene by sitz bath of luke warm water and also take care of proper bowel habits. Wound was healthy during changing of tread. [Fig.3] *Kshar Sutra* was changed weekly by Rail-Road technique weekly till complete cutting of the fistulous track. [Fig. 4]

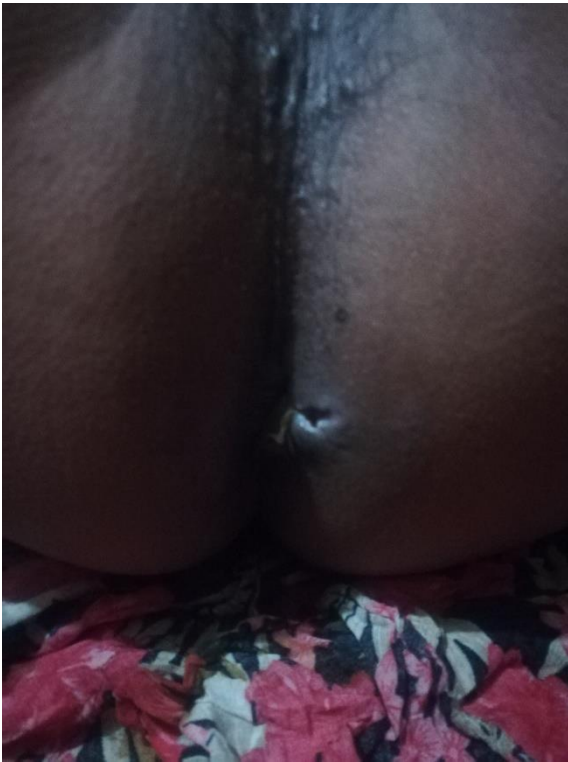


Fig. 3. Wound after 15 days after kshara sootra cut through

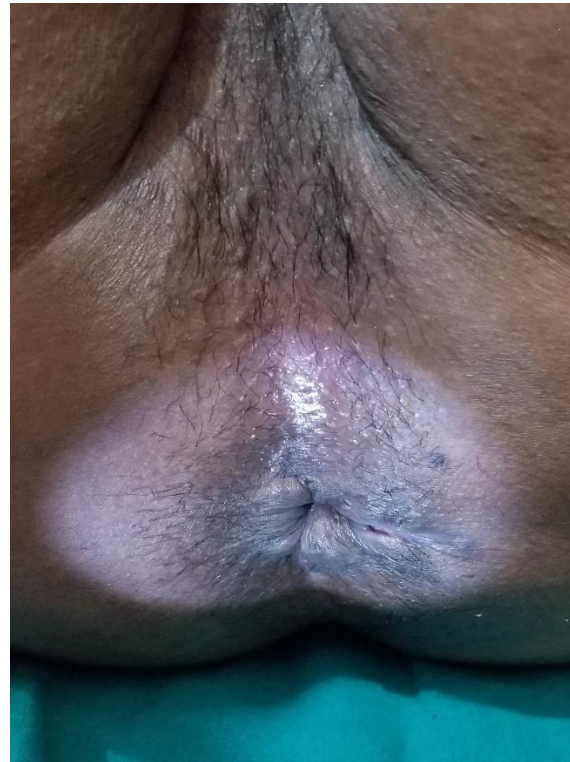


Fig. 4. Healed wound after 21 days

The initial length of the track was 4 cm, which got cut through in 21 days. Kshara sutra was changed every week that time it causes burning pain in ano only for one day and subsides after taken sitz bath. After cut through of the track patient was followed up for 3 months weekly. Unit cutting length of track was 1.33 cm per week. No sign and symptoms of recurrence were observed.

Result and Discussion:

Ksharsutra in ano-rectal disorders has shown miraculous results. The ingredients of

apamarga kshara sutra are *Snuhi ksheera*, *Apamarga Kshara* and *Haridra Powder*. *Snuhi ksheera* having *shodhana* as well as *Ropana* properties along with *Katu*, *Tikta Rasa* & *UshnaVirya* thus improve process of healing. Its cures infection and inflammation.^[2] *Apamarga Kshara* has properties of *Kshara* i.e. *Chhedana* (excision), *Bhedana* (incision), *Lekhana* (scrapping) and *Tridoshaghna* (alleviating all *Dosha*). *Apamarga Kshara* on *Ksharasootra* cauterize the tissue of mass indirectly by its *Ksharana Guna* (Corrosive

properties).^[3]*Haridra* powder has the properties like *Rakta Shodhana* (blood purifying), *Twaka Doshahara*, *Shothahara* (anti-inflammatory), *Vatahara* (allivate vata), *Vishaghna* (antimicrobial) and it is useful in *Vrana Ropana* (wound healing).^[4]The action of turmeric powder provides the effect of bactericidal action with healing properties.^[5]*Apamarga Kshar Sutra* is having the ability to perform chemical and mechanical cutting action with simultaneous healing effects on fistulous track. Recently ICMR WHO, CSIR proposed a plan or the setup of *kshar sootra* centres that will exclusively work on ano rectal diseases on the national basis. *Kshar sootra* has got validation in the modern books also and is a successful proven method for treating fistula in ano and other ano rectal disorders.^[6]

Conclusion

Kshara sutra therapy very cost-effective treatment with no complications if performed by a skilled surgeon. *Ksharasutra* is very effective with minimum invasive surgical modality for management of *Bhagandara* (fistula-in-ano). This is sphincter saving procedure as well as easy to perform.

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