

## **Nadivrana (Pilonidal Sinus) treated with Ayurved medicament - Clinical images**

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Pilonidal sinus (PNS) is also termed as jeep disease and found in hairy young male patients and usually it recurs after total excision and any surgical intervention. PNS can be correlated with *Nadivrana* as per Ayurveda classic. Management of *Nadivrana* is vividly described by Sushruta along with surgical excision of the total tract [Su.Chi-17/18]. The patient of recurrent PNS treated with total excision under local xylocain 2% along with removal of all three branches i.e. wide excision. After excision the big wound (8cm length x 5cm width) was treated with local application of *teekshna Apamarga Kshara* (*Kshara*/alkali of strong potency) and Thumari oil (*Securinega leucopyrus*) along with internal Ayurved medicine (Triphala Guggulu 1 gm three times a day).

The *Apamarga Kshara* helped to remove all the dead tissue or debris from base of sinus and having *Shodhan* (cleansing) and *Ropan* (healing) properties. Thumari oil (*Securinega leucopyrus*) is proved for its healing potential in non-healing wounds. Patient was completely cured within 60 days. The follow up was done to see recurrence every year and there was no recurrence. The case was treated in month of October 2016 and till September 2019 patient is absolutely free from any symptoms with post- operative scar.

**Key words:** *Apamarga Kshara*, *Nadivrana*, Pilonidal sinus, *Securinega leucopyrus*

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**Clinical Images:**



**Fig-1:** After surgical excision of PNS (August -2016)



**Fig-2:** Post Operative three days



**Fig-3:** 21 days after surgery



**Fig-4:** Post operative status one and half month



**Fig-5:** Two months -healed scar



**Fig-6:** Follow up Aug-2019 (3 years)

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