

## APPLICATION OF KSHARASUTRA IN THE MANAGEMENT OF PILONIDAL SINUS-A CASE STUDY

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### ABSTRACT

Pilonidal sinus (nadi vrana) is acquired condition and seen in adult males and hardly seen in females. Due to friction between clothes and body, hairs breaks off and collect in cleft and further it penetrates the soft and moistened skin at that region or enter the opening of mouth of sudoriferous glands. After initial entry dermatitis and inflammation starts around loose hairs and sinus will be formed further. This disease is recurrent in nature which makes it difficult for management. Acharya sushrut mentioned the use of ksharsutra in the context of nadi vrana. In this present case study, patients comes to OPD with complaint of pain and discharge from the sinus with foul smelling at coccygeal region which was diagnosed as pilonidal sinus after thorough examination. Under spinal anesthesia, primary probing and threading done through single sinus wound. Primary threading was replaced by Apamarg ksharasutra. Ksharsutra was replaced weekly and sinus is healed within 12 weeks.

**KEYWORDS:** Pilonidal sinus, ksharsutra, apamarg kshar, nadi vrana.

### INTRODUCTION

Pilonidal sinus means nest of hairs in Greek. It is acquired condition, commonly found in hairy males. The hair follicle is never demonstrated in the wall of the pilonidal sinus. Hair accumulates due to vibration and friction causing shedding of the hair. Thus, it accumulates in gluteal cleft and enters the opening of the sweat glands. The track of sinus goes in vertical direction between the buttocks. As in Sushruta Samhita the description on Shalyaja

Nadivrana is a tract where foreign body lodged inside i.e. due to presence of hair, pus, necrotized tissue etc. holds to discharge and continuous pain. So, we can see the similarity between Shalyaja Nadivrana & Pilonidal sinus. Sushruta has given very unique, minimal invasive treatment i.e. Ksharsutra in Nadivrana which is not only minimizes complications & reoccurrences but also facilitates early working with less discomfort. In modern, the commonly used surgical technique for this disease is excision, primary closure & excision with reconstructive flap.i.e. It is closed by 'z' plasty. However, patients require longer hospitalization, the risk of recurrent & infection of wound. So, Ksharsutra therapy reduces inflammation and heals the track of infection which minimizes the rate of complications

### CASE REPORT

Patient Name: XYZ

Age: 47 years/m

Date of 1st visit: 03/09/2019

Date of Recovery: 03/12/2019

### Chief Complaints

- A small opening at sacro-coccygeal Region since 2 month
- Foul smelling pus discharge from the same opening

### History of Present illness

Patient was apparently alright before 2 months. Then he gradually developed above complaints. He had taken antibiotics and analgesics for the same, but didn't get relief. So for further treatment he came in Dr. Rajendra Gode Ayurved College and Hospital, Amravati.

**Family History:** N/H/O HTN/ DM/BA/KOCHS or any other major illness.

### General Examination

- G.C-moderate, Afebrile
- CVS- S1 S2 Normal
- Pulse- 86/min
- BP- 120/80 mm Hg
- RS- Chest clears on both sides
- Digestive System- Regular bowel habits
- Uro-genital System- NAD

**Local Examination**

A small sinus near sacro-coccygeal region.

Puss discharge through opening

Tenderness ++ Swelling (mild)

**Diagnosis:** According to Modern Medicine- Pilonidal Sinus.

**Chikitsa**

1. Ksharsutra Application
2. Oral Medication

**Ksharsutra Application**

- Before, planning this procedure other etiologies like TB, HIV, HbsAg, DM, HTN were ruled out.
- Under All Aseptic precautions & under spinal anesthesia, the probing was done through sinus in the direction of small track up to the end of 5 cm.
- Another small nick is given on the tip of probe so as to make secondary openings and the embedded hair follicles were removed out.
- So there was a single tract.
- The Ksharsutra was tied covering the entire track for simultaneous cutting & healing

The Ksharsutra was changed weekly for 10 sittings. Length of tract was assessed by probing the tract initially after that by measuring the Ksharsutra used for tying. To reduce inflammation oral antibiotics and anti- inflammatory drugs were prescribed.

**Oral Medication**

- Panchasakar churna 10gm at bed time
- Sukshma Triphala: 2 Tab TDS
- Hot sitz Bath: Twice in Day

**Preparation of Kshara Sutra**

Barbour's surgical linen thread no 20 is using for the Ksharsutra preparation. 11 coating of Snuhi ksheera (*Euphorbia nerifolia*), 7 coating of Snuhi and Apamarga kshara (*Achyranthus aspera*) and 3 coatings of Snuhi apamarga and Haridra (*Curcuma longa*). After every coating dry the Sootra in a Ksharsutra cabin.

**Mode of Action of Ksharasutra**

- Provide medicinal debridement by reducing slough or tissue debris.
- Helps cutting, curetting, draining and healing of the tract.
- Provide healthy base for healing
- Accelerates healing by inhibiting fibrotic process
- Produce significant pathophysiologic change
- Helps in progression of healing
- States harmony of physical properties of tissue
- It destroys and removes unhealthy tissue and promotes healing of the tract due to caustic action.
- Controls infection by the antimicrobial action
- Separation of debris and cleaning the wound facilitate in drainage of pus in tract and helps in healing.
- Cutting through the tissue and laying the tract open.

**OBSERVATIONS**

The sinus tract cut through and healed simultaneously in 12 weeks. Initially tract length was 5 cm and tract cut open was occurred on 10th week. After cut through there was a wound and it completely healed within 12 week. 100% relief got from all the symptoms in 3 months.

**DISCUSSION**

Main reason for the disease is Shalya that is hairs present in the cleft. Patient was obese also. He was having the habit of taking bath in shower and there is chance of some hairs to collect in the intergluteal region. Because of overweight there is chance of friction of hairs between buttocks. Improper cleaning of anal region after defecation may be a contributing factor for this condition. Proper drainage of pus may not be done in Pakwastha and intake of medicine for subsiding the condition aggravates the disease. Vata causes pain and Kapha and Pitha causes Pooya vardhakam. So Tridosha involvement is seen in Nadivrana. With Ksharasutra application cutting and healing of tract was happened faster. And there was proper drainage of pus with healthy healing of tract. Because of antimicrobial actions of Ksharasutra chances of infection is rare.

**CONCLUSION**

Easy, Cost effective and minimally invasive procedure. Promotes healthy healing and recurrence is almost nil. Management of pilonidal sinus with Ksharasutra is found to be very effective.

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