

EFFECT OF KSHARASUTRA APPLICATION IN THE MANAGEMENT OF BHAGANDARA (FISTULA-IN-ANO) - A CASE REPORT**Dr. Nidhi Singh^{1*}, Dr. Manoj Kumar Chaturvedi² and Dr. Amritha Vijayan³**¹M. S. Scholar (JR3) Department of Shalya Tantra,²Professor, (H.O.D) Department of Shalya Tantra,³Assistant Professor, Department of Shalya Tantra,

Major S.D Singh P.G Ayurvedic Medical College and Hospital, Farrukhabad.

Article Received on
24 April 2025,Revised on 14 May 2025,
Accepted on 04 June 2025

DOI: 10.20959/wjpr202512-37094

***Corresponding Author****Dr. Nidhi Singh**

M. S. Scholar (JR3)

Department of Shalya
Tantra, Major S.D Singh
P.G Ayurvedic Medical
College and Hospital,
Farrukhabad.**ABSTRACT**

Bhagandar (Fistula-in-Ano) is classified among *Ashta Mahagada* (Eight major diseases) in the *Sushruta Samhita*. Its recurrent nature makes treatment challenging, often disrupting daily life. *Acharya Sushruta* introduced the concept of *Kshar Sutra* in the context of *Nadi Vrana* (Sinus). Interestingly, Hippocrates had earlier described the use of a plain silk thread for managing fistula-in-ano. However, the medicated *Kshar Sutra*, prepared following a standardized protocol, has emerged as a groundbreaking advancement in the treatment of this condition. In present case study a 55-year-old male presented with pain and pus discharge from the perianal region for five months. He was advised *Ksharasutra* therapy, using a medicated thread prepared following standard protocols. The treatment was conducted on an OPD basis with weekly thread changes. Within four weeks, the patient experienced complete excision of the fistulous tract with minimal discomfort. *Ksharasutra* therapy offers a simple, cost-effective, and

minimally invasive approach for managing *Bhagandara* (Fistula-in-Ano), ensuring effective results with low complications.

KEYWORDS: *Apamarga Kshara sutra, Ayurveda, Bhagandar, Fistula-in-Ano.***INTRODUCTION**

During *Sushruta's* era, *Shalya Tantra* reached its peak, with the content of the *Sushruta Samhita* rivalling even surgical texts written centuries later. In the realm of treatment,

Acharya Sushruta meticulously described various surgical techniques, some of which remain unparalleled to this day. Among anorectal disorders, *Arsha* (Piles) and *Bhagandara* (Fistula-in-Ano) were considered highly challenging to cure. Notably, *Bhagandara* is classified under the *Ashta Maharogas* (Eight grave disorders), emphasizing its severity and complexity in management. *Bhagandara* is a chronic yet non-fatal illness that significantly impacts a patient's quality of life, causing discomfort and inconvenience. As described in the *Samhitas*, the term *Bhagandara* originates from two words:

- ***Bhaga*** – Referring to the **region extending from the anus to the genitalia**
- ***Darana*** – Meaning **tearing or destruction**

The condition begins with the formation of *Pidika* (abscess) in this area, leading to *Bhagandara*, also termed *Bhagandara Pidika*. This disease or sinus damages the genital region, urinary bladder, and anus, often occurring after an abscess ruptures. The resulting sinus may discharge flatus, feces, urine, seminal fluid, menstrual fluid, or even worms in some cases. Since it primarily affects the rectum, perineum, bladder, and surrounding region—collectively known as *Bhaga*—it is aptly named *Bhagandara*. *Bhagandara* develops in two distinct stages. In its unsuppurative stage, the pustules are referred to as *Pidika*, while in the suppurative stage, they progress into *Bhagandara*. *Acharya Sushruta* has outlined various treatments for anorectal diseases, including *Bhaisaja Chikitsa* (medicinal therapy), *Kshara Karma* (alkaline therapy), *Agni Karma* (cauterization), and *Shastra Karma* (surgical intervention).

Being a *Chedya Vyadhi*^[1] (disease requiring excision), *Bhagandara* presents significant challenges, particularly in high anal fistula-in-ano, where complete excision can lead to fecal incontinence, impacting the patient's quality of life. Among treatment modalities, *Kshara Karma* has emerged as an effective, minimally invasive technique for selected anorectal conditions, especially *Bhagandara*.

Ksharasutra, a para-surgical method, facilitates slow excision through mechanical pressure and chemical action. While *Sushruta Samhita* lacks comprehensive details on its preparation, modern advancements have refined the technique. The present form of *Kshara Sutra* therapy was pioneered by Dr. P.S. Shankaran and later established through extensive research by Prof. P.J. Deshpande at Banaras Hindu University.

The standard *Kshara Sutra* preparation involves

- 11 coatings of *Snuhi Ksheer* (Latex of *Euphorbia neriifolia*)
- 7 coatings of *Apamarga Kshara* (Alkaline extract of *Achyranthes aspera*)
- 3 final coatings of *Haridra Churna* (Turmeric powder)

CASE REPORT

A 54-year-old male presented to the Shalya Tantra OPD at Major S.D Singh P.G Ayurvedic Medical College & Hospital with pain and pus discharge from the perianal region, persisting for five months.

- **External opening:** Identified at **3 o'clock position**, approximately **4 cm from the anal verge**.
- **Internal opening:** Located at **3 o'clock position** within the **anal canal at the dentate line**, confirmed through **digital per rectal examination**.
- **Probing:** Conducted to verify the **site of the internal opening** of *Bhagandara*.

The patient had no prior history of medical or surgical illnesses, and his family history was negative for related conditions. Based on clinical presentation, the diagnosis of *Bhagandara* (Fistula-in-Ano) was established.

Routine laboratory tests, including blood, urine, and stool examinations, were performed and reported as normal. Imaging studies such as a chest X-ray and an abdominal ultrasonography also revealed no abnormalities. Based on these findings, the case was scheduled for *Ksharasutra* ligation under Local anesthesia.

Pre-operative procedure**Consent and Preparation:**

- Obtain written informed consent from the patient.
- Shave and clean the perianal region the day before the surgery.

Bowel preparation

- Administer a soap water enema the night before the operation.
- Provide a proctoclysis enema on the morning of the surgery.

Prophylactic measures

- Administer 0.5 ml of Tetanus Toxoid intramuscularly.

- Conduct a sensitivity test for Inj. Xylocaine a day before the surgery.

Medication

- Prescribe 5g of *Erand Bhrishta Haritaki* to be taken at night with lukewarm water.

Fasting

- Advise the patient to remain nil per orally from 10 PM on the night preceding the surgery.

Operative procedure

- Lithotomy position and cleaning of the prepared part
- Local anaesthesia with 2% xylocaine injection.
- Probing of the track
- The finger kept in the anal canal supported the movement of the probe towards the internal opening.
- The probe was brought out of the internal opening and then it was carefully taken out through the anal canal.
- Application of *ksharasutra* of suitable length
- The two ends of the thread were tied outside the anal orifice. Surgical pad was applied to the area.
- The patient was shifted to the post operative ward.

Post operative measures

Adjuvant therapies

- Laxatives: To provide easy evacuation of stools, *Thriphala choorna* 10 gm with lukewarm water at night after food was advised.
- *Avagaha sweda*: *Avagaha sweda* with *Thriphala kashaya* was advised twice daily.

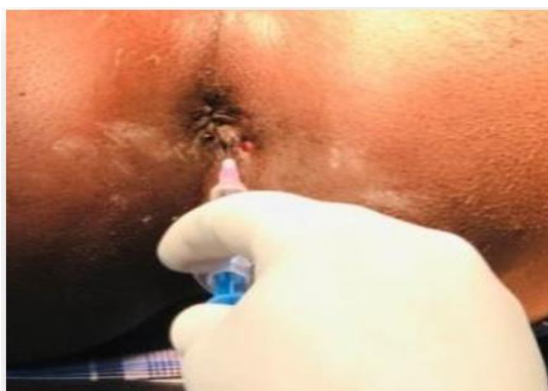


Fig. 1: Injecting local anesthetic.



Fig. 2: Copper probe.



Fig. 3: During probing.



Fig. 4: Ksharasutra in-situ.



Fig. 5: Healed scar after Kshar Sutra Therapy.



Fig. 6: Cut through wound.



Fig. 7: Knotted ksharasutra.



Fig. 8: Making knot.

RESULT AND DISCUSSION

Ksharasutra has demonstrated remarkable efficacy in the treatment of ano-rectal disorders. The key components of *Apamarga Kshara Sutra* include *Snuhi Ksheera*, *Apamarga Kshara*, and *Haridra Powder*.

- *Snuhi Ksheera* possesses both *Shodhana* (Purification) and *Ropana* (Healing) properties. With its *Katu* (Pungent) and *Tikta* (Bitter) taste along with *Ushna Virya* (Hot potency), it enhances the healing process and effectively reduces inflammation.^[2]

- *Apamarga Kshara* exhibits several potent effects, including *Chhedana* (excision), *Bhedana* (Incision), *Lekhana* (Scraping), and *Tridoshaghna* (Pacifying all three Doshas). When incorporated into Ksharsutra, it indirectly cauterizes tissue masses through its *Ksharana Guna* (Corrosive properties).^[3]
- *Haridra Powder* offers multiple benefits, such as *Rakta Shodhana* (blood purification), *Twaka Doshahara* (Skin health improvement), *Shothahara* (Anti-inflammatory action), *Vatahara* (Pacifying Vata Dosha), and *Vishaghna* (Antimicrobial properties).^[4] Its wound-healing action is further complemented by its bactericidal effects.^[5]

Apamarga Kshar Sutra exhibits both chemical and mechanical cutting actions, ensuring effective healing in fistulous tracts. This technique has gained recognition in modern medical texts as a scientifically validated and successful approach for managing fistula-in-ano and other related disorders.^[6]

CONCLUSION

Kshara Sutra therapy stands out as a highly cost-effective, minimally invasive, and efficient treatment modality for managing *Bhagandara* (fistula-in-ano). When performed by a skilled surgeon, this technique ensures optimal patient outcomes with minimal risk of complications.

One of the most significant advantages of *Kshara Sutra* therapy is its ability to treat fistulous tracts effectively while preserving the integrity of the anal sphincter. Unlike conventional surgical approaches that may pose a risk of incontinence or require extensive tissue excision, *Kshara Sutra* offers a controlled, stepwise ligation that gradually cuts and heals the affected tissue, ensuring both safety and efficacy.

Moreover, this technique is easy to perform, making it a preferred choice for both practitioners and patients. Its ability to minimize hospital stays, reduce recovery time, and lower overall treatment costs enhances accessibility, particularly in regions where advanced surgical interventions may not be readily available.

Given its scientific validation and recognition by organizations such as ICMR, WHO, and CSIR, *Kshara Sutra* therapy continues to gain prominence in both *Ayurvedic* and modern medical literature. As more specialized centres are established, this time-tested procedure will further solidify its role as a gold standard treatment for ano-rectal disorders, offering patients a safe, effective, and well-documented alternative to conventional surgery.

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