

**MANAGEMENT OF PILONIDAL SINUS WITH TILANADI KSAHRA
SUTRA: A CASE STUDY**

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Article Received on
27 April 2024,

Revised on 17 May 2024,
Accepted on 07 June 2024

DOI: 10.20959/wjpr202412-32766



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ABSTRACT

A Pilonidal sinus (Shalyaja Nadi vrana) occurs in the cleavage between the buttocks (natal cleft) and can cause discomfort, embarrassment and absence from work. It is more common in men (as they have more hairs) than in women. The most commonly used surgical techniques for this disorder include excision and primary closure and excision with reconstructive flaps. However, the risk of recurrence or of developing an infection of the wound after the operation is high. Also, the patient requires longer hospitalization, and the procedure is expensive. There is a similarity between Shalyaja Nadi Vrana described in Sushruta Samhita and Pilonidal sinus. Sushruta has advocated a minimally invasive para-surgical treatment, viz., Kshar Sutra procedure for nadi vrana. Hence this therapy was tried in Pilonidal sinus and is described in this case report. Kshar Sutra treatment not only minimizes complications but also enables the

patient to resume work quicker and with less discomfort as well as reduced cost.

KEYWORDS: Nadi Vrana, Pilonidal sinus, Tilanadi Ksharsutra.

INTRODUCTION

Pilonidal sinus is a condition that most usually affects the hair follicles of the sacrococcygeal natal cleft. Males are twice as likely as females to be affected, and young adults of working age are disproportionately affected. Pilonidal sinus generally manifests as an abscess or a painful, continuously draining sinus passage.^[1] Tract which commonly contains hair. It

occurs under the skin between the buttocks (the natal cleft) at a short distance above the anus. The sinus tract goes in a vertical direction between the buttocks. Most commonly occurs in young male adults. The origin of Pilonidal disease is not fully understood, although hormonal imbalance, presence of hair, friction and infection are often implicated.^[2] The most commonly used therapy is surgery including wide excision and healing 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 role of the techniques. A pilonidal sinus (Nadi Varna) is a sinus available in alternative systems of medicines. A case is selected and tried to manage this challenging disease through Kshara sutra so as to minimize the cost, hospital stay and to look for the acceptability of the procedure. The 'Sushrut Samhita', describes a condition 'Shalyaj Nadi Vran' which is similar to 'Pilonidal sinus'. 'Shalyaj Nadi vana' is a tract which is described to be due to presence of pus, fibrosed unhealthy tissue & hair etc. inside left unnoticed. Sushruta has advocated a very unique minimally invasive treatment i.e. 'Kshar Sutra' procedure for management of Nadi vana.^[3,4]

CASE REPORT

A 22-year-old male, came to the Shalya tantra O.P.D at Siddharudha charitable Hospital, Bidar with complain of recurrent discharge from a boil over gluteal cleft region along with pain and discomfort in January 2024. He gave a history of Allopathy Medicine for Pilonidal sinus. The patient was not willing for surgery and requested Ayurvedic treatment. Hence, Kshar Sutra procedure was offered. Before planning treatment other etiologies like Tuberculosis, Pelvic inflammation causing abscess, HIV, diabetes mellitus, foreign body or trauma, cold abscesses were ruled out. After confirmation of the pilonidal sinus the two external openings were excised under local anesthesia and the embedded hair follicles were removed. The Kshar Sutra was tied covering the entire underlying tract for simultaneous cutting and healing [Figure 1]. The Pilonidal sinus tract was cleaned by Betadine solution. External openings coinciding with natal cleft excised under Local Anesthesia (embedded hair follicles were removed). Ligation of Kshar Sutra in the underlying tract (sinus). Patient was asked to followup for dressing on alternate days. Sitz bath (hip) with lukewarm water and Triphala churna was advocated two times a day. The Kshar Sutra was changed weekly for 4 sittings [Figure 2]. To promote healing and reduce pain & inflammation oral antibiotics (Gandhak rasayana) and anti-inflammatory drugs (Triphala guggulu) were prescribed. Second changing of Kshar Sutra (after 7 days). The tracks cut through and simultaneously healed by 4 weeks [Figure. 3]. However, it was observed that healing rate was slow compare to cutting

rate and the patient was observed for recurrence. Completely healed track (after 28 days) Kshar Sutra is a medicated thread coated with herbal Alkaline drugs like Tilanadi (Kshar) (Ash of *Sesamum indicum*), Snuhi (*Euphorbia neruifolia*) latex and Haridra powder in a specific order.^[5] This combination of medicines on the thread helps in debridement and lysis of tissues and produces antifungal, anti-bacterial, and anti-inflammatory effects. Another mechanism proposed for the Kshara Sutra is that it destroys the residual glands in the epithelium.



Figure 1.



Figure 2.



Figure 3.

- **DISCUSSION**

There are many modalities available in the treatment of Pilonidal sinus nowadays, Ksharsutra is becoming more potential to treat Pilonidal sinus. Ksharsutra therapy was explained by Acharya Sushruta in Nadivrana chikitsa. This minimally invasive procedure a Ksharsutra has good potential in the management of Pilonidal sinus. It minimizes rates of complication and recurrence and enables the patient to resume work and normal social activities as early as possible. According to Ayurveda the action of Ksharsutra is thought to be due to its healing and cleansing effect in the area where it is applied. In this technique, scar formation is minimal and can be cosmetically supported technique. Ksharsutra therapy has high success rate and least recurrence rate.

• CONCLUSION

The case study proved that Ayurvedic Ksharsutra therapy is an acceptable treatment in terms of cost of treatment, extent of discomfort to the patient and it's a day care procedure. In this case study, minimum tissue loss and minimal bleeding is seen in comparison to the other surgery & there is no need to put huge dressings. The surgical treatment of Pilonidal sinus has many drawbacks including pain in sitting and recurrence but the use of Ksharsutra has good potential in the management of Pilonidal sinus. So we conclude that in the management of Pilonidal sinus the use of Ksharsutra minimizes the rate of complications and recurrence, and enables the patient to resume work and normal social activities very early. It is a modified parasurgical technique as choice of treatment in the management of Pilonidal sinus.

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