

A CLINICAL SINGLE CASE STUDY ON EFFECT OF KSHARTAILA IN MANAGEMENT OF FISTULA IN ANO AS A COMPLICATION OF PERIANAL ABCESS

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ABSTRACT

Background: According to Acharya Sushruta Bhagandar is considered in Ashtamahagad i.e eight diseases difficult to cure. Today surgery is the only treatment of fistula in ano which reduces quality of life of patient. In ayurvedic text various kalpa are given for irrigation of fitulous track. **Objectives:** To assesss the effect of kshartaila irrigation in fistula in ano. Design-A single case study (prospective – single arm). Intervention- Irrigation of kshartaila in fistula in ano, irrigation repeated every day for 8 days. Outcome measurement- primary outcome measurement was healing of fistulous track. **Results:** Clinical features like pain, tenderness, discharge, length of track decreases significantly from day 1 to day 8 of study. Track healed completely in 15 days. Limitations- Single case study, short followup, no comparison. Conclusion- kshartaila can be used in management of post operated perianal abcess drainage wound, fistula in ano, Sinus etc.

KEYWORDS: Fistula in ano, Bhagandar, Kshartaila, Vrana shodhan, Vrana Ropan.

INTRODUCTION

Fistula in ano is a granulating tract between two epithelial line surface. It present with clinical features like pus discharge, intermittent pain, tenderness, itching around perianal region. One of the cause of fistula in ano is abcess of perianal region. Even after surgical drainage of abcess chances of formation of fistula in ano is very high.

Treatment of fistula consist of mainly surgical procedures like kshar sutra, fistulectomy, fistulotomy. laser ablation etc. Fistula can be treated with above procedures but in post operative stage quality of life of patient is seriously disturbed and chances of fistula recurrence is there. To overcome this conservative management is required which doesn't effect quality of life of patient and provide early healing of fistula in ano. According to ayurvedic text detail explanation for wound healing (vrana shodhan and ropan) treatment is given. According to wound management principle we can use different shodhan and ropan kalpa for conservative management of fistula in ano. Kshar taila described at different places in samhitas. In this study kshar taila according to chakradatta is used to treat fistula in ano.

CASE REPORT

A 37 year old male patient visited shalyatantra opd with the complaints of swelling of perianal region, throbbing pain, mild fever and diagnosed with perianal abcess. Abcess was on right side of anal region. He admitted in hospital for procedure i.e Incision and drainage of perianal abcess. After the procedure he followed up till 2 months for cleaning and dressing of wound with betadine and hydrogen peroxide solution. In post operative stage patient complaints about pus discharge from 5 o clock position from external opening. After probing we find internal opening at 6 o clock postion. Fistula track was approximately 7 cm after measuring with probe. Hence patient was diagnosed with fistula in ano.

MATERIALS AND METHODS

Kshar taila –Kshar taila mentioned by chakradatta for karna roga chikitsa contains Mulikshar, Yavakshar, Sajjikshar, Sendha Namak, Sahchar Namak, Vid Namak, Samudra Namak, Hing, Sonth, Devdaru, Bach, Kuth (Pushkarmool), Sounf, Rasot, Pipal, Nagarmotha, Kele ki jad, Bijora nimbu, Madhushukta, Tila taila, water.

Taila prepared from standard method of preparation I.e. 1 part kalka

4 part sneha

16 part water/ kwath

Under all aseptic condition and patient in lithotomy position application of kshar taila with the help of 5 ml syringe done in fistula track from external opening and packing with gauze. Without using any other antiseptic solution.

Application of kshar taila done for 8 days with daily inspection and measuring the track. Then patient was followed up on 15th day. Apart from these procedure no other conservative management was given except gandharva haritaki as laxative.

Assessment

	Pain	Tenderness	Discharge	Length of track	Incontinence
Day 1	++	+	+++	7cm	-
Day 2	+	+	+++	6.5cm	-
Day 3	+	+	++	6 cm	-
Day 4	+	-	++	5.2cm	-
Day 5	-	-	+	4cm	-
Day 6	-	-	-	3cm	-
Day 7	-	-	-	2.4cm	-
Day 8	-	-	-	1.5cm	-
Day 15	-	-	-	Healed	-

RESULT

After application of kshartaila on fistula in ano clinical features like pain, pus discharge decreases within one week. Length of the track gradually decreases as 7cm, 6.5cm, 6cm, 5.2cm, 4cm, 3cm, 2.4cm, 1.5cm from day one to day eight. Then on 15th day whole track was healed completely.

DISCUSSION

Kshar taila has shodhan, ropan, shoshan, stambhan, and lekhan properties. Shodhan and lekhan property will help in debridement of unhealthy granulation tissue. Ropan property helps in healing wound. Shoshan property helps in decreasing discharge from wound. Stambhan property helps in contraction of opposing edge of tract to promote healing.

CONCLUSION

Kshar taila can be used in every post surgical open wound to promote healing. Specially after perianal abscess drainage, fistula in ano, sinus etc.

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