

A CLINICAL EVALUATION OF KSHARSUTRA PROCEDURE IN THE MANAGEMENT OF NADI VRANA W.S.R. PILONIDAL SINUS**Dr. Vivek Kumar Tiwari¹, Dr. Rajendra Kumar Dixit² and Dr. Ravi Raman Rajpoot^{*3}**¹Asst. Prof., ²Asst. Prof., ³P.G. Scholar,
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ABSTRACT

Pilonidal sinus is an infective chronic condition mainly seen in the natal cleft of the sacrococcygeal region with weak hair accumulation occurring in the hair follicles mainly in young hairy male patient with the complaints of inflammation, and painful swelling, redness and sinus pus discharge. Different surgical methods have been described for this disease. The most commonly used management procedures are excision and primary closure and excision with reconstructive flap. However the risk of recurrence or developing an infection of the wound after operation is high. In Ayurveda, the clinical features and pathology of pilonidal sinus and shakha Nadvrana described in Sushrut Samhita are very much similar to each other. Acharya Sushrut has advocated a minimal invasive para surgical treatment i.e. Kshara sutra procedure for management of Nadi Vrana. This case study is of a male patient aged 32 years suffering from pilonidal sinus since 6 months and treated successfully with Kshara sutra Procedure. It causes minimal scar and facilitates the patient to resume early working with less discomfort and also reduce time and cost as well by minimising complications and recurrence.

KEYWORD: Pilonidal sinus, kshara sutra nadvrana.**INTRODUCTION**

Ayurveda is the science of life and it has natural healing system of medicine. Out of eight branches of Ashtang ayurveda, Shalaya tantra is considered to be superior most because of its being radical in removing the Shalaya (foreign body) which are denied by other branches.

Pilonidal sinus originates from a Greek word pilus means hair and nidus means nest.^[1] The term pilonidal sinus was invented by Hodges in 1880.^[2] It is popularly known as Jeep Riders Disease.^[3] During the world war over 80000 soldiers in the United state army were hospitalized with this condition. Pilonidal sinus is an acquired condition mainly occurs in the natal cleft (cleavage between buttocks causing discomfort embarrassment and up sentia from work young hairymen. The track of sinus goes in a vertical direction between the buttocks. In Ayurved, Acharya Sushrut described Shalayaj nadi varna.^[4] which is similar to pilonidal sinus Shalayaj nadi varna is a tract where foreign body lodged inside i.e. due to presence of hair, pus, necrosed tissue etc. holds to discharge and continuous pain. Hence Acharya Sushrut advised very unique, minimal, invasive treatment. i.e. Kshara sutra in Nadi Vrana.

Acharya Sushruta, the Father of surgery has given detailed description regarding the Nadi or sinus in the chapter of Visarjan nadi stanaroga nidan (10th chapter of Sushrut Samhita Nidan Sthan). He recommended that if inflammatory swelling is ignored even during this stage of separation then it may result in chronic granulation tract and it termed as Nadi.

Pilonidal sinus was treated clinically by kshara sutra Procedure successfully, hence this is an ideal procedure to be adapted for management of sinus tract as it not only destroyed the fibrous wall of tract but helps in its curettage. There are simultaneous cutting and healing of the tract and no pockets of pus is allowed to stay back. Thus, it provides an environment for healthy granulation tissue to develop providing path for Nadi varna (sinus) to heal completely.

Case report: A 32 years old male patient came to Shalya tantra OPD Rani Dullaiya Smriti Ayurved PG College & Hospital, Bhopal with complaint of severe pain, mild discharge from small nodule in between an upper portion of Natal cleft since 10 days. On local examination, we found a small sinus in between the buttocks Natal Cliff with foul smell and tenderness. Earlier patient consulted modern surgeon and they advise for surgery but patient was not willing for surgery and interested in our visit

management as we offered him for a charge suitable procedure before planning this procedure other Investigations like TB, HIV, HbSAg, DM were ruled out.

Examination: On local examination a tuft of hair seen with foul smelling pus discharge with inflammation and itching about midline of Natal cleft just three centimetres above the buttock. On probing the tract it was about 3 centimetres in length.

Diagnosis: The final clinical diagnosis made was shalayaj nadi varana i.e., Pilonidal sinus.

Aims and objective: A clinical evaluation of kshara sutra therapy in the management of Nadi Vrana w.s.r. pilonidal sinus.in a single case by kshara sutra ligation for cutting and healing.

Assessment criteria

Subjective

Pain

Grade	Score
No pain	0
Dull pain, no requirement of medicine	1
Pain require oral medicine	2
Unbearable pain with sleep disturbance	3

Pus discharge

Grade	Score
No pus discharge	0
Moist Feeling	1
Changing cloth one time a day	2
Changing cloth more than one time a day	3

Properties of kshara^[6]

<i>Ras</i>	<i>Katu</i>
<i>Veerya</i>	<i>Ushna</i>
<i>Varna</i>	<i>Shukla</i>
<i>Guna</i>	<i>Soumya, Thikshana, Agneya</i>
<i>Doshagna</i>	<i>Tridoshaghna</i>
<i>Karma</i>	<i>Chedan, Bhedhan, Lekhan, Dahana, Pachana, Shodhana, Ropana,</i>

Procedure

Preoperative: The patient was kept nil by mouth before six hour's of surgery. The part preparation was done. Injection T T 0.5ML intramuscular and Xylocaine 2% intradermal sensory test was Given. All necessary investigation was done.Written informed consent was obtained prior to procedure from patient and relative.

Operative: The patient was taken in prone position on the operation table. After proper cleaning and drapping off operative site local anaesthesia with 2% lignocaine was infiltrated nearby cleft and surrounding area. The extension of tract was checked by probing, removal of embedded hair follicles, fibrous tissue, pus and unhealthy granulation tissue was removed. Probing was done and

Objective

1) Itching

	Score
No complaint	0
Negligible itching for a few minutes a day	1
Frequent sensation of itching with a 2-3hrs interval	2
Continuous sensation of itching with a 15-30 min interval	3

2) Tract size

Grade	Score
Healed	0
Wound within 0.5 – 1cm	1
Wound within 1 – 2cm	2
Wound within 2 – 3cm	3

MATERIAL AND METHOD

kshara sutra therapy is an ayurved parasurgical procedure. Kshara sutra is a medicated thread coated with 3 herbal drugs in order of Snuhi ksheer 11 coating, Snuhi + Apamarga kshara 7 coating , Snuhi ksheer + Haridra churna 3.^[5] It was prepared in the hospital .This combination of medicine on the thread helps in (chedan) debridement and lysis of tissue (bhedan) with properties of antifungal, antibacterial, and antiinflammatories.

tract was traced till its blind end and another opening was made over the skin on the tip of probe. Tract was cleaned with normal saline or betadine, then probe embedded with kshara sutra passed through opening and ligated two end appropriately and dressing with jatayadi oil was done.

Postoperative: patient was advised for dressing on alternate days, Sitz bath (hip) with lukewarm water before dressing twice a day and to keep the operated area clean and dry and the Kshara sutra was changed weekly simultaneously for cutting and healing the tract. some medicine also prescribed for 1 month.

- Triphala Guggul 250 mg 2bd
- Gandhak rasayan vati 250 mg 2bd

- Erand bhrastr haritaki churna 5gm HS

OBSERVATION AND RESULT

There was remarkable relief in pain and pus discharge. After six days pus discharge from the operative site

started decrease After one month wound got completely fibrosed cutting of tract was done and a non infected wound was completely healed.



S. No.	Date of Thread change	Discharge	Pain	Itching	Wound Size
1	5-9-22	3	3	3	3
2	12-9-22	2	2	1	2
3	19-9-22	1	0	0	1
4	26-9-22	0	0	0	0

DISCUSSION

Acharya Sushruta described “Baala” as one of the shalya and this is the main cause of sinus disease. And Acharya Sushruta also mentioned kshara Sutra Procedure in Nadi Vrana. In this case, the patient was obese with a deep cleft palate and had to sit often, due to being overweight, there was a risk of hairs growing between the buttocks, and possibly excessive sweating in that particular area, a contributing factor to this situation. Currently, there are many methods of treating sinus, Snuhi (*Euphorbia neurifoliya*), apamarga (*acranthus espera*) and turmeric (*curcuma longa*) have chedan, bhedan, lekhan, soshan, ropan effects on the sinus tract. The combination of the above drugs has the effect of cutting, curettage, drainage and sinus clearance.

CONCLUSION

Case study have demonstrated that classical Ayurvedic kshara Sutra procedure is an acceptable treatment for patients in terms of cost, discomfort, and impact on body. Surgical treatment of sinuses has many disadvantages, including pain when sitting and recurrence. On the other hand, the Kshara Sutra has good potential in managing the sinuses.

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