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Research Article

KSHARSUTRA THERAPY AND PILONEDAL SINUS WSR NADIVRANA

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ABSTRACT

A Pilonidal sinus is of infective origin and occurs in sacral region between buttocks, umbilicus, axilla, etc , and can cause discomfort, embarrassment to the patient . The most commonly used surgical techniques for this disorder include excision and primary closure and excision with reconstructive flap. 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 ShalyajNadiVrana described in Sushruta Samhita and Pilonidal sinus. Sushruta was described a minimally invasive para-surgical treatment, by Kshar Sutra procedure, for management ofnadvirana (pilonidal sinus). Hence this therapy was tried in Pilonidal sinus, Kshar Sutra treatment not only minimizes complications and recurrence but also enables the patient to resume work quicker and with less discomfort, as well as reduced cost.

Keywords: Kshara, Ksharasutra, Ksharavarti, Nadivranachikitsa, Pilonidal Sinus.

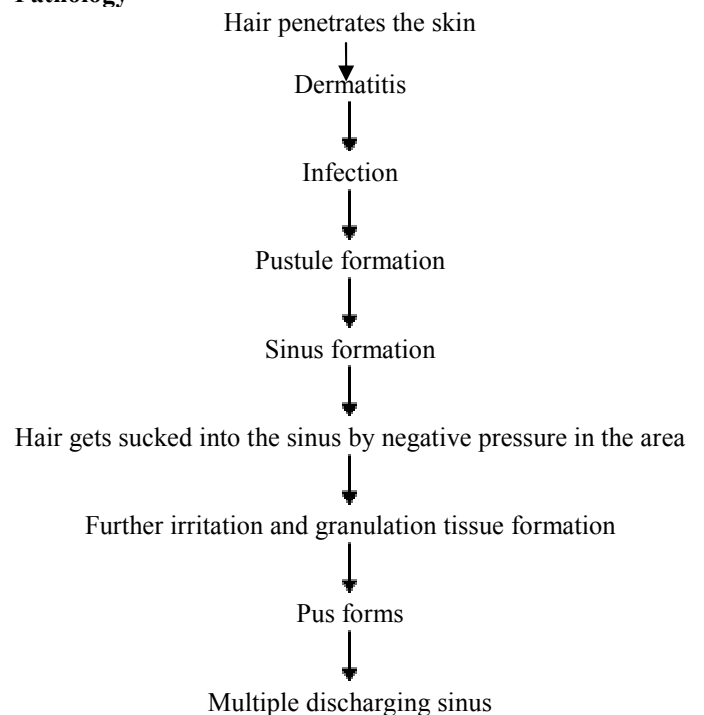
INTRODUCTION

It is of infective origin and occurs in sacral region between the buttocks, umbilicus, axila. Commonest site is inter-buttock region. it is epithelium lined tract ,situated, short distance behind the anus, containing hairs and unhealthy diseased granulation tissue. It is due to penetration of hairs through the skin into subcutaneous tissue. It forms granuloma or unhealthy granulation tissue in the deeper plane. Type of hair, force of hair insertion into subcutaneous tissue, vulnerability of the skin are the three factors that cause pilonidal sinus. Cuts hairs from above descend into cleft and stay there to get buried deep into pilonidal sinus. It is common in 20 to 30 years of age. It is common in males and mostly affects hairy men¹.

During the Second World War the condition was common in jeep drivers, which led to it being known as 'jeep disease'.

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 other alternative and innovative techniques for the management of this challenging disease, so as to minimize recurrence, make it cost effective, with improved acceptability & minimum hospitalization.

Pathology²



AYURVEDA AND PILONEDAL SINUS

In Ayurveda texts, Pilonedal sinus comes under nadivrana (Shalyanimitaj) cause by shalya (foreign body) , However, the 'SushrutSamhita' describes a condition 'ShalyajNadiVrana' which is similar to 'Pilonidal sinus'. 'Shalyajnadivrans' is a track 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 Nadivrana (PNS). Sushruta has described that hair can be a root cause for the formation of a sinus, and also mentioned various methods of management .Shalyajnadivrana should be treated by cut open the sinus tract by using ksharsutra(thread soaked in caustic alkalies) and this sinus should be probed with a probe, then introduce the needle having ksharsutra (Alkali thread) till the end of sinus is reached, the needle is then lifted up , the end of the thread is pulled out and knot tied and extraction of foreign body like tufts of hair with the help of small curved Artery forceps. After considering the strength of the Kasharasutra, the fresh or new ksharsutra may be incerted to replaced previous one with rail road technique till whole sinus tract is completely cut³.

Varti or medicinal wicks like Aaragvadhdivarti, Bibhitakadivartiare also useful in nadivrana or pilonedal sinus treatment. Various medicated oil (herbal medicine oil) that has been described for dustavrana may be used in all type of sinus or nadivrana, or the drug mentioned therein may be made into powder, added with honny, saindhava and oil, gomutra etc cured the sinus even within a week⁴.

INTRODUCTION OF KSHARA AND KSHARSUTRA

Kshara is a most important one among sastra (sharp instrument) and anusashtra (accessory instrument) ,because it does function like excision , cutting and scraping , mitigates all the three dosas and is suitable for being used by special methods.⁵

The Ksharsutra therapy is a well-known therapy of Ayurveda, for the notorious disease, Fistula in ano; its supremacy has been proved in all three dimensions which are vital for any ideal therapy. This Ksharsutra fulfils all the three properties by its simplicity, surety and safety⁶.

MATERIALS AND METHODS

Drugs Used

Many drugs have been advised by Sushruta and other Ayurvedic texts for the preparation of Kshara. The important among them are – Apamarge, Palasa, Arka, gomutra etc.⁷

Method of Preparation

According to the three types of Ksharas are prepared on the basis of their strength.

1. Mild - Mridu,
2. Moderate - Madhyama and
3. Strong - Tikshna .

The general procedure can be narrated as - 'Mridu' Bhasmīkaraṇa (conversion to ash) Adding to water(1:6 ratio), Filtration(21 times), Distillation(boiling the ksarajala still all water evaporates), collection (process called lixiviation) 'Madhyama' Here the procedure is same some extra powders of KatasarkaraBhasmasarkaraKsheerapaka,

Samkhanabhi(gravels of lime and ash,oyester-shell & core of conch-shell) are added to the boiling ksharajala before distilling it. 'Tikshna' Similar to madhyamakshara here added is the powders of drugs like Chitraka, danti, vacha etc. in place of the lime stones⁸.

"Kshar Sutra" (क्षारसूत्र) is a sanskrit phrase in which Kshar (क्षार) refers to anything that is corrosive or caustic; while Sutra (सूत्र) means a thread. It is described by many Ayurvedic texts which originated and flourished in India. It is one among popular Ayurvedic treatment modality in the branch of Salyatantra followed by Susruta.

Preparation of ksharsutra

History: Various ancient author have provide various literature about ksharsutra. Susruta has mentioned the use of ksharsutra in nadivrana chikitsa. Charak has described in the chapter of sothachikitsa that ksharsutra should be used with other measures in the management of bhagender(ch.su. chi.12/97).chakradutta has first given the idea about the preparation and use of ksharsutra, but the use of kshara in preparation of this thread has not been mentioned by him. Lator on sadanandsharma in his treatise Rasatarangini has thrown more light on the preparation and uses of ksharsutra. Although he has not mentioned, the apamarga or any type of kshar in the preparation of this thread,yet he has described that 7 coatings of haridra powder should be done on thread ,layered by snuhilatex. He further said that this thread can be used vividly in the management of gudankurand bhagender.⁹

Method of preparation

The standard kshar sutra is prepared by repeated coatings of snuhiksheera (latex of Euphorbia Nerrifolia) apamargkshara (ash of Achyranthusaspera) and haridra powder over a surgical linen thread no. 20. This thread is spread throughout lengthwise in hangers. Each thread on the hanger is then smeared with snuhi latex with the help of gauze piece soaked in the latex. This wet hanger is transferred in kshara sutra cabinet. The same process is repeated next day. Eleven such coatings with snuhiksheera alone should be accomplished. The twelveth coating is done by first smearing the thread with snuhiksheera and in wet condition thread is passed through the apamargkshar. It is again transfer into the cabinet for drying. This process is repeated till seven coatings of snuhiksheer and apamargkshara are achieved. The final three coatings are completed with snuhiksheera and fine powder of turmeric in the same fashion. Thus twenty-one coatings over the thread are completed^{10,11}.

Mode of Action

Kshar Sutra is now a popular treatment modality in India for the management of Sinus and fistula in ano. Many Clinical trials have done all over in different institutes to evaluate the action. Precisely the action of Kshara sutra is thought to be due to its cutting, healing and cleansing effect according to Ayurveda. It can be suggested that , it allows the proper drainage of pus from then a sinus and fistula work as a good chemical debriding agent , that leads to a proper healing. On the other hand the cutting effect of thread incises the skin gradually without a surgical incision. Many studies confirms that it is more effective in the way of reducing hospital stay

and less infection .Researches suggests that it is having the action of Excision, Scrapping, Draining, Penetrating, Debridement, Sclerosing and Healing. It is Bactericidal and Bacteriostatic.

DISCUSSION AND CONCLUSION

This minimally invasive procedure Kshar Sutra has good potential in the management of Pilonidal sinus. It minimizes the rates of complication and recurrence and enables the patient to resume work and normal social activities as early as possible. It is an acceptable treatment to the patient in terms of cost of treatment, extent of discomfort, impact upon body image. Pilonidal sinus disease is a chronic and painful condition that can affect self-esteem, body image and personal relationships. Multiple studies have shown ksharsutra therapy decreases both short-term and long-term recurrence of the condition and this treatment should be considered in every case. There is a need for further study into follow-up periods longer than five years, as recurrences are known to occur after this time period.

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