

ROLE OF KSHAR SUTRA IN BENIGN TUMOUR OVER PERIANAL REGION: A CASE STUDY

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Received on: 25/02/2021

Revised on: 15/03/2021

Accepted on: 05/04/2021

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ABSTRACT

Kshara sutra karma mentioned in *Ayurvedic* texts for the treatment of Ano-rectal disorders. *Acharya sushruta* has advised its use and method of application in *Nadi vrana, Arbuda* and *Bhagandara*. The therapy also indicated for all those conditions which require gradual excision of over grown soft tissues like benign tumours, polyps, warts etc. The present case study is done to rule out the role of *kshar sutra* in extra ano-rectal conditions to make therapy more popular. Benign tumour is a surgical condition and treatment of such condition is excision. However such surgical treatment is painful and recurrence rate is also high. So *kshar sutra* is alternative approach for treating such surgical conditions with good results and this technique not only cures the problem but also check its chances of recurrences.

KEYWORDS: kshar sutra, benign tumour excision.

INTRODUCTION

Kshar sutra is a well known and more acclaimed medicated surgical ligature used to manage the various surgical disorder especially in disease occurring in ano-rectal region. Kshar sutra karma is a minimal invasive parasurgical measure capable of performing excision or chedana; by virtue of its mechanical pressure and phytochemical cauterization. Kshar Sutra is one of the biggest innovation in the field of Ayurveda. This therapy is the best treatment ever described for ano rectal disorders like piles, fistula in ano, fissure in ano etc. But despite this the role of kshar sutra in extra ano rectal disorders like polyps, sinuses, warts, tumours etc. are also effective^{2&3}. Thus, kshar sutra has wide range of applications in many anorectal and extra anorectal surgical conditions. However, the use of kshar sutra in the extra ano rectal conditions is not so common.

CASE STUDY

A young female patient of 48 years with complaints of painless, hard, rounded ball like growth over left perianal region since 15 years. According to patient the growth was smaller in size then she gradually increases size with age of patient and now it was creating discomfort to patient especially while sitting, sleeping and performing other daily activities. With all these complaints patient came to Abhilashi Ayurvedic college, Chail chowk, Dist. Mandi (H.P.) and attended Shalya tantra OPD. On Examination it was found that the growth was non-tender, movable and stalked based. After admission, the patient was thoroughly investigated and every possibility

of internal attachments of growth to spine and any other structures or vessels was totally ruled out. Finally the case was posted for Kshar sutra therapy. Procedure done under local anaesthesia with minimal pain and bleeding. Growth was gently held and stretched with Allis forceps and stalked base of growth was transfixated and ligated with kshar sutra on needle. After that, part dressed with jatyadhi oil and patient shifted to ward. Sample of growth taken during surgery was sent for biopsy. Finally growth shed off in 4 days and wound completely healed over a period of 12 days. Biopsy reports that the disease is benign tumour. During follow up patient was keenly observed for a period of one year and he remained fully asymptomatic during this time. So, the patient is satisfactorily treated with kshar sutra therapy. Kshar sutra enhances the growth of healthy granulation tissue and promote healing. Snuhi is proteolytic in nature, therefore dissolves thick fibrous tissues⁴. Haridara powder is anti-allergic, antiseptic and wound healer⁵. Its ligation exerts mechanical pressure over the pedicle causes occlusion of the supplying blood vessels subsequently necrosis of the body of any swelling along with chemical cauterization.

Role Of Kshar Sutra In Benign Tumour

Before Treatment
Figure-1



During Treatment
Figure-2



After Treatment on 4th day
Figure-3



After 12 days Figure-4

DISCUSSION AND CONCLUSION

This kshar sutra therapy is satisfactory in the management of benign tumour over perianal region. Kshar sutra not only excises the growth but also minimises pain and complications which patient usually faces during surgery. It enables the patient to ambulate early and participate in routine activities. kshar sutra therapy is also of low cost and easily affordable.

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