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Use of New Technique for *Ksharsutra* Application in the *Bhagandar Chikitsa*

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ABSTRACT

Introduction: *Bhagandara* (Fistula-In-Ano) is one of the common *Gudagatarogas* found in routine practice. *Kshar Sutra* is the most popular therapy in managing the *Bhagandar*.

Multiple sittings are needed to alleviate *bhagandar* with threading treatment. As thread changing process is painful, it often causes fear in the minds of the patients which results in the drop out in follow-ups and causes failures in cure rates. To overcome this problem here an effort has been made to manage a case of *Fistula-In-Ano* by using a new technique of thread changing which offers less pain and better acceptance by patients.

Methodology: Following 7 days of the primary *kshara sutra* threading, the patient was called for thread changing. The *Kshara Sutra* was taken. The thread was folded from the centre point so that it became double. After cleaning the fistulous tract, the fresh thread was inserted in the loop of the old *Kshara Sutra* through proper holding. Then the knot of old thread was opened, so that it became free from both the sides and with mosquito forceps the thread was pulled. In this way slowly the old thread came out and got easily changed with a new thread without any pain and no knots were left inside during changing the thread. Then, knot was again put for the new *Sutra* and the old one was removed from the centre. So in this way the *kshara sutra* got changed without any pain.

Conclusion: This new technique of *Kshara Sutra* application and changing was found to be more effective, safe, pain free and offer better follow up rates in the patients which yields good recovery.

KEYWORDS

Ayurveda, Bhagandra, fistula in ano, Kshar Sutra



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INTRODUCTION

In *Sushruta Samhita* we find reference of practice of *Kshara Sutra*. *Nadivruna Bhagandar*¹ *Chakrapani Dutta* emphasized on the mode of preparation with a precise implication of *Kshara Sutra*. *Bhagandara* and *Arsha*².

Many studies have been published with encouraging results for treatment of *Fistula in Ano* using *Kshara Sutra*³ and it is well established among ayurvedic as well as allopathic surgeons^{4,5}.

An anal fistula which involves sphincters poses a great deal of difficulty, with risk of complications in conventional line of management like fistulectomy or

fistulotomy. Such cases are effectively managed by *Ksharsutra* therapy. As it is a multiphase treatment which requires frequent thread changing in the fistulous tract. During the process of thread change patient suffers with rigorous pain, distress and often creates havoc in the patients, which causes discontinuity of the treatment by the patients. To overcome this difficulty a new technique of thread changing process was tried in a patient of fistula in *Ano* which offered a pain free thread changing which encouraged the patient to continue the treatment and resulted in the acceptance of this new technique.

Table 1 Preparation of *Kshara Sutra*

Requirements:	Day	No of coatings	Total coatings
Surgical Thread of Size 20+Gomutra +Ghandhak	1 st Day	11	21
G+G+ <i>Apamarga Kshara</i>	12 th Day	7	
<i>Haridra</i>	19 th Day	3	

Need of New Technique of *Kshar-Sutra*:

Generally *Kshara Sutra* causes some sort of discomfort and pain to the patient. After primary threading patient was called on weekly basis for follow up and changing purpose. During secondary threading patient undergoes some pain and burning sensation. The presence of *Kshara* (caustic) coated over the thread is mainly responsible for burning sensation. Therefore new technique was employed as follows:

New *Kshar-Sutra* Technique (Table 1)

Method of Insertion

After 7 days of the initial application of *kshara sutra*, the patient was called for changing of the thread (Step-1). The *Kshara sutra* was taken double the length of the tract. The thread was folded from the centre point so that it became double. After cleaning the fistular tract, the new *Kshara sutra* was inserted in the loop of the old *Kshara sutra* through proper holding (Step-



2). Then the knot of old thread was opened (Step -3), so that it became free from both the sides (Step-4) and then with the help of mosquito forceps the thread was pulled (Step -5). In this way slowly the old thread came out and got easily changed with a new thread without any pain and no knots were left inside during changing the thread (Step -6, 7). Then, the old one was removed from the centre (step -8) and a knot was again put for the new *Kshara sutra* and. So in this way the *Kshara sutra* got changed within fraction of seconds without any pain (Step -9).

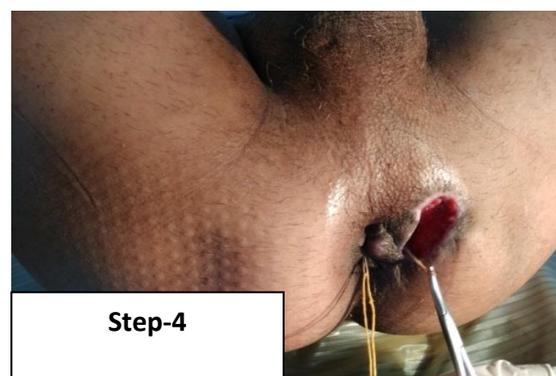
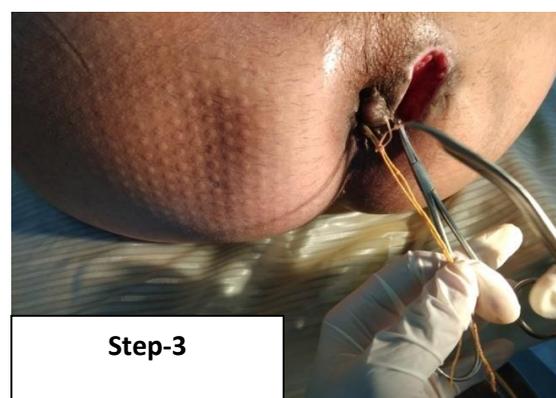
Benefits of Novel *Ksharasutra* Technique:

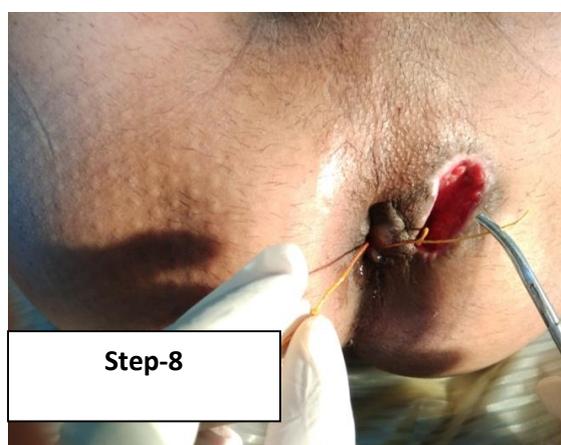
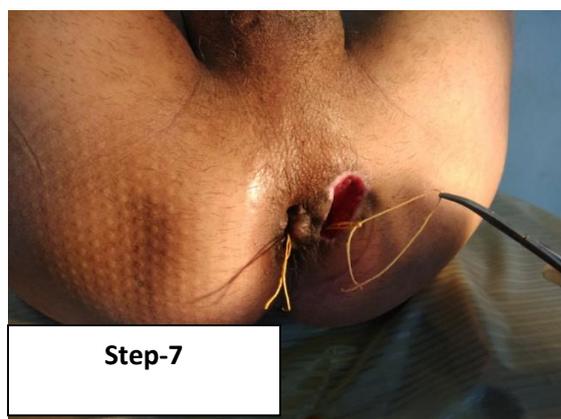
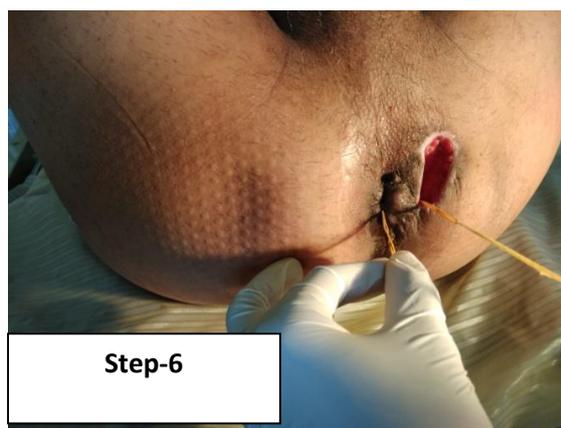
- A.** No need of anesthesia.
- B.** Proper drainage of tract.
- C.** Early cutting.
- D.** Only 5- 10 minutes needed for the overall procedure.
- E.** More availability of drug at a time inside the track so half life of *Kshara Sutra* increases.
- F.** More holding time for the medicated oil at the time of dressing as capillary action is better for two threads.
- G.** No need to tie a knot very tightly, two loose *Kshara Sutr*as in one track will provide better cutting effect than a single tight one.
- H.** No pain at the time of changing of *Kshara –Sutra*.

I. Time saving technique.

J. Prompt and efficient relief.

Steps for New Technique (01 to 10)





DISCUSSION

Fistula –in –Ano (Bhagandara) is a disease of anorectal category and *Sushruta Samhita* in 1200 BC described treatment of diseases using *Kshara Sutra* technique which has successful and amazing results. A number of researches has been done on this area and many more findings to come out. Present article mentioned new technique of *Kshara Sutra* application which is free from pain, offer fast cutting ability, less time consuming and provides better relief as compared to conventional technique.

CONCLUSION

It has been observed that new technique of *Kshara Sutra* application is much more effective, safe, pain free and offer faster recovery. Further research in this area should be recommended to confirm findings of study in scientific way.

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