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STUDY OF KSHARA SUTRA (MEDICATED ALKALINE THREAD) IN THE MANAGEMENT OF FISTULA – IN – ANO: A CASE STUDY

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ABSTRACT

Abscess around lower rectum and anal canal are known as ano –rectal abscess. These are important as they often culminate in fistula in ano. Ano- rectal abscess and fistulas are one of the most frequent results in the manifestation of simple or complex and extensive fistulous tracts. Kshara Sutra therapy is a Siddha, Ayurvedic para surgical technique commonly used to cure anal disease. In this technique, specially prepared medicated alkaline thread known as “ Kshara Sutra ” is used to cure the diseases. Kshara Sutra acts as “Herbal chemical cauterization and cures the disease from the body. A female patient aged 60 year, already treated by allopathic treatment had recurrence effects of fistula in ano. The patient decided to get treatment from Herbal Health Care Centre, Jaffna, Sri Lanka on 10th July 2019 with complaints of pain in the anal area, swelling and discharge of pus with stool and mild irritation at this area. Patient underwent through clinical examination and local and per rectal examination by probing method and diagnose as fistula- in –ano. Based on susruta’s method, the anal region preparation was done with purgative is advised to take previous night to clean the bowel and local wash with *Triphala* decoction (antiseptic action). The probe is passed through the anus and if tract is opened, one plain thread is tied through external opening to internal opening with help of the probe. If tract has not perforated the mucous membrane is felt by the finger. In the condition of fistula the kshara sutra is applied and changing the medicated alkaline thread. It is done once in a week better in 7th day. The fistula –in- ano was completely healed within 2 months with Kshara Sutra application. Eventhough the fistula- in .ano is very difficult to treat. This Kshara Sutra application proves to be effective, time saving, affordable and acceptable treatment on fistula- in –ano. It can be managed with herbal application.

Key words : Kshara Sutra, fistula- in –ano, Triphala decoction, Herbal Health Care Centre

INTRODUCTION

Abscess around lower rectum and anal canal are known as ano –rectal abscess. These are important as there often culminate in fistula in ano. Ano- rectal abscess and fistulae are one of the most frequent results in the manifestation of simple or complex and extensive fistulous tracts; the two conditions are regarded as the constituents or phases of the same disease and hence these ano-rectal abscess are termed, “fistulous abscess” [1]. However, for practical and therapeutic reasons, it should be considered separately. Fistula implies a chronic granulating tract connecting two epithelial – lined surfaces. These surfaces may be cutaneous or mucosal. In its simplest form an anal fistula is a single track with an external opening in the skin of the peri-anal region, and an internal opening in the modified skin or mucosa of the anal canal or rectum. Most fistula occur after drainage of a previous ano-rectal abscess, but not all abscess are complicated by a fistula [2] and not all patients with a fistula history of previous sepsis [3], even abscesses caused by faecal anaerobes do not have all result in fistula [4]. Despite this observation, there is overwhelming evidence that the majority of anal fistula are associated with sepsis in the inter sphincteric plane caused by an infected anal gland [5]. Kshara Sutra therapy is a Siddha Ayurvedic para -surgical technique commonly used to cure anal diseases. In the technique a specially prepared thread known as “ Kshara Sutra ” (Medicated Alkaline thread) is used to cure diseases. Kshara Sutra acts as “Herbal chemical cauterization and cures the disease from the body. The great Indian surgeon “Sushruthar” narrated in kshara techniques and the use of kshara to cure the fistula- in – ano & other ano-rectal diseases[6]. Sushrut Samhita in 5th century AD, Acharya Chakrapani Datta(10 -11th century A.D) & Acharya Bhav Mishra (16-18th century A.D) have later describes the method of fistula –in – ano by the use of kshara Sutra[7]. It is being useful for the successful treatment of ano-rectal diseases for many years [8].

Causes of recurrence after Surgery

1. Inadequate excision
2. Inadequate removal of anal glands
3. Deep pus pockets are not curetted
4. False assessment of internal opening
5. Primary disease untreated
6. Presence of faecal matter in the wound.

7. Moisture in the wound leads to bacterial infection.
8. Bride formation during healing of wound.

OBJECTIVES

The study was to estimate the clinical efficacy and safety assessment of herbal Kshara Sutra (Medicated Alkaline thread) for the management of Fistula- in –Ano.

CASE REPORT

A female patient aged 60 year, already treated by allopathic treatment had recurrence effects of fistula- in –ano. The patient decided to get the treatment from Herbal Health Care Centre, Jaffna, Sri Lanka on 10th July 2019 with complaints of pain in the anal area, swelling and discharge of the pus with stool and mild irritation of this area. Patient underwent through clinical, local examination and per rectal examination by Probing method and diagnose as fistula- in –ano.

MATERIALS & METHODS

The materials are used as Lithotomy table, Portable spot light lamp, Kshara sutra dressing trolley with different drums containing sterile cotton, gauze, Instrument trolley having various probes, artery forceps, scissors, proctoscope, surgical blades, plain forceps and mosquito forceps, surgical gloves, Tray containing kshara sutra powder and plain threads, Siddha Ayuvedic medicines, sterilizer, Nadi swetha yandra attached to table- it is required to relief pain with vapor fermentation during or after application of kshara sutra and warm water container. The patient is asked to take hot sitz bath before the kshara sutra

Methods

Pre Operative procedure

The kshara sutra application can be safely performed on all types of patient including hypertensive, diabetics and those suffering from heart disease. Before application of kshara sutra information about habits, personal and family history with systemic and local examination is

done after taking written informed consent. Before kshara sutra application gave purgative to desire effect to the patient. For this purpose, Kadukai (Terminalia chebula) churnam 3-6 gms doses with warm water at bed time is given. It purges and evacuated loaded rectum.

Operative procedure

The application of kshara sutra in anal fistula has been described by Susrutha in Nadi vrana chikitsa. He described that probe (eshani yantra) is put in the tract from skin side and other end of the probe should brought out through another opening with the help of finger in anus. Kshara sutra is applied through eye of the probe and both thread ends tied tightly.

Probing the fistulas tract:

Based on susrutha's methods, the part preparation was done with antiseptic lotion (Triphala decoction) and purgative is advised to take previous night to clean the bowel. Perianal region is cleaned and index finger is introduced in the anus. The probe is passed and if tract is opened one plain thread is tied through external opening to internal opening with eye of probe in one side of anus. If tract has not perforated the mucous membrane and end of the probe is felt by the finger it is perforated. Thus fistulae sutra is applied by kshara sutra.



Fig. I: Probing of the Fistula in ano



Fig. II: Apply the thread by Probing method



Fig. III: Complete the Kshara thread therapy

Post-operative management

Changing of the thread:

It is done once in a week, better in 7th day. The new thread is tied in lateral or outer side of the older thread near previous knot. On the other side of knot thread is hold with artery forceps. It is changed by withdrawing older thread outside the anus and after cutting older thread, new thread is tied in the tract. It is done with a quick procedure. Pull of thread during holding is avoided. The tie of the thread should not be tight or loose but just approximated. Tight tied thread gives pain or loose tied thread do not enhance the cutting and debridement properly.

Patient is advised anutaila application before defecation. It is applied with the help of rubber catheter N0-3 and plastic syringe two ml quantity.

Hot Sitz Bath: daily after defecation, patients are advised to take hot Sitz bath. A plastic container is fitted in armed chair which is filled with warm medicated water of Panshamoola decoction and patient is asked to sit in it for fomentation and pelvic bath for 15 minutes or more according to requirement. It cleans the wound, relive pain and helps in reducing the inflammation of local tissues.

Laxatives: for easy purgation Kadukai churnam 3 grams with warm water at bed time is given.

Patient advised

1. To stay ambulated (stay active like walking) during the whole treatment.
2. To take normal food daily avoid irritant spicy food.
3. To take fiber containing diet & vegetables with plenty of water.
4. To avoid foods that causes constipation.
5. To avoid prolong sitting as well as standing during the treatment
6. To avoid long distance traveling and driving.
7. To keep the anal region clean and do proper dressing.

DISCUSSION

Kshara Sutra remains in direct contact of the tracts, therefore acts directly on the diseased area. Kshara Sutra dissolves the tough fibrous tissue & chemically cures all the infection out of the tract and thereby allowing the fistulous tract to collapse & heal [9].

Kshara Sutra performs cutting of the Fistula tract because of the mechanical pressure of tightening of the thread at each seating. This action allows slow cutting of the Fistula tract & simultaneous healing of the wound from behind.

Benefits of this therapy

- It is an outpatient treatment
- Performed mostly under local anesthesia.
- Only 30-45 minutes is required for the primary procedure.
- Hospital stay is usually not required.
- Minimal bed rest is required after the procedure.
- Patient can resume his / her daily routine within 3 to 5 days.
- The recurrence rate is very less after Kshara Sutra therapy.

The most important benefit of Kshara Sutra therapy over major surgeries is the muscles that supports the anus and helps in controlling the bowel movements are not possibility of anal incontinence (loss of power to hold stools) is not there.

CONCLUSION

The fistula –in- ano was completely healed within 2 month with Kshara Sutra application. Even though the fistula- in .ano is very difficult to treat. This Kshara Sutra application proves to be effective, time saving, affordable, and acceptable treatment on fistula- in –ano. It can be managed with herbal application.

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