

ROLE OF KSHAR SUTRA IN SACRO-COCCYGEAL TUMOUR: A CASE STUDY**PARMAR GAURAV¹ PARMAR MEENA²**¹ Clinical Registrar, Department of Shalya Tantra, Chaudhary Brahm Parkash Ayurvedic Charak Sansthan Khera Dabur New Delhi² Medical Officer, Department of Prasuti Tantra And Stri Roga, Chaudhary Brahm Prakash Ayurvedic Charak Sansthan Khera Dabur New Delhi**ABSTRACT**

Kshara sutra therapy mentioned in Ayurvedic texts for the treatment of Ano- rectal disorders . 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

Keywords: *kshar sutra ,tumour ,excision*

INTRODUCTION

Ayurveda is the science of life. The definition of swasthpusa¹ given by Sushruta that one is known to be healthy when doshas, agni, dhatu and mala are in state of equilibrium in structure and function along with happy mind. 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 warts, polyps ,sinuses ,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 male patient of 30 years with complaints of painless, hard, rounded ball like growth over sacro -coccygeal region since birth. According to patient and his parents the growth was smaller in size in his childhood which later increases 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 Chaudhary brahm prakash ayurvedic charak sansthan khera dabur new delhi 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 Ksharsutra 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 transfixed with kshar sutra on needle .After that, part dressed with jatyadi oil and patient shifted to ward. Sample of growth taken during surgery was sent for biopsy . Finally growth shed off in five days and wound completely healed over a period of two weeks. 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 and cured without any surgery with kshar sutra therapy.

Kshara sutra is medicated thread prepared by coating with three herbal drugs apamarga,snuhi and haridara. These drugs together on thread leads to debridement and drainage of necrosed tissue and act locally anti-inflammatory and anti bacterial. Kshar sutra enhances the growth of healthy granulation tissue and promote healing. Snuhi is proteolytic in nature ,therefore dissolves thick fibrous tissues⁴ . Haridara is anti allergic , anti septic and wound healer⁵ . Its ligation exerts mechanical pressure along with chemical cauterization.

DISCUSSION& CONCLUSION

This kshar sutra therapy is satisfactory in the management of sacro-coccygeal tumour. 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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Before Treatment

Figure -1



During Treatment

Figure -2



After Treatment

Figure -3



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