



## EFFICACY OF SAPTAPARNA SNUHI KSHARSUTRA IN THE MANAGEMENT OF BHAGANDARA (FISTULA IN ANO ): A CASE STUDY

Pallavi Suman<sup>1</sup>, Kainat Ansari<sup>2</sup>

<sup>1</sup>P G SCHOLAR, Dept of P.G. Studies in Shalya Tantra, PATANJALI BHARTIYA AYURVIGYAN AVUM ANUSANDHAN SANSTHAN, HARIDWAR (Uttarakhand)

<sup>2</sup>Associate Professor, Dept of P.G. Studies in Shalya Tantra, PATANJALI BHARTIYA AYURVIGYAN AVUM ANUSANDHAN SANSTHAN, HARIDWAR (Uttarakhand)

Corresponding Author: [drnid31@gmail.com](mailto:drnid31@gmail.com)

<https://doi.org/10.46607/iamj4611072023>

(Published Online: July 2023)

Open Access

© International Ayurvedic Medical Journal, India 2023

Article Received: 10/06/2023 - Peer Reviewed: 18/06/2023 - Accepted for Publication: 12/07/2023.



### ABSTRACT

Fistula in Ano is a chronic inflammatory condition having a tubular structure with an opening in the Anorectal canal at one end and the surface of the perineum or perianal skin on the other end. Fistula-in ano is one such condition that is prone to recurrence even after repeated surgery and can be effectively treated by Ayurvedic medicines. *Ksharasutra* is one of the chief modalities in the treatment of *Bhagandara* in Ayurvedic science. Here is a case report of 31 years male patient with chief complaints of pain and pus discharge from the perianal region presented to *Shalya* OPD on Oct 14, 2022. After his consent, *Ksharsutra* treatment was planned with *Saptaparna Snuhi Ksharsutra*, along with some oral medications. The treatment continued for a period of 1 month, and the patient was kept on follow-up for 6 months having no reoccurrence or any other complaints.

**Keywords:** *Bhagandara*, Fistula in ano, *Ksharsutra*, *Saptaparna*

### INTRODUCTION

The fistula in ano is defined as an abnormal tract lined by the granulation tissue which runs between

the external openings in the perineum to an internal opening located in the anorectal canal.<sup>1</sup> Fistula-in-ano

generally develops after an anorectal abscess and cryptoglandular infections. Common symptoms are Pain, Pus discharge, itching, and social embarrassment.<sup>2</sup> In Ayurveda classics, according to similar clinical features, the disease *Bhagandara* can be correlated with fistula in ano. *Acharya Sushruta* counted *Bhagandara* among the eight diseases which are difficult to cure.<sup>3</sup> K.S. treatment heals the fistulous tract with the integrity of sphincters and with no recurrence. In this study, we found the fistula had an external opening at 7 o'clock in which pain, swelling, and pus discharge were present. We first did a rectal examination of the patient to rule out other diseases like piles and fissures, and we found no other pathology. Probing was done from the external opening to find the internal, which we got at 6 o'clock. In this case study, fistula in ano was treated by *Saptaparna Ksharasutra*, which was cured, and no further complaints and recurrence were found during and follow-up period. It is more important among *Shastra* and *Anushastra Karma*, *Kshara* having the *Chedana*, *Bhedana*, *Lekhana*, also *Tridoshaghna* properties.<sup>4</sup>

#### CASE REPORT

Gender - Male

Age - 31 yrs.

Occupation – Gov. Employee

Date of admission - 20/10/2022

Date of recovery - 18/11/2022

**Chief complaints and duration** - Patient complaints of pain, swelling, and pus discharge from the perianal region from the last 15 days.

**H/O Present illness** 31 yrs. young male patient present with complaints of painful swelling with discharge from the perianal region with induration on 20/10/2022 at our OPD.

**S/H/O** - no previous surgery

**H/o past illness** - no previous h/o any other severe illness.

**General Examination** ▪ G.C. - moderate ▪ CVS - S1 S2 Heard ▪ Pulse - 82/min, BP-120/70mmhg ▪ R.S. - B/L Air entry is clear ▪ Digestive system - Appetite – Normal, Bowel-Normal ▪ Uro genital system – NAD.

**On local examination** in the lithotomy position of the patient, findings observed were patient had pus

discharge from the perianal region having an external opening at 7 o'clock. External opening probing was done from the external opening to find the internal opening; on probing, a 3 cm Tract was found with an internal opening at 6 o'clock. On Proctoscopic examination, no anal pathology was Diagnosed. A complete anorectal examination was done, and finally, the diagnosis was confirmed as an Intersphincteric fistula.

#### Preparation of Saptaparna Kshara Sutra

*Snuhi ksheera* = 11 coatings

*Snuhi Ksheera* + *Saptaparna Kshara* = 7 coatings

*Snuhi Ksheera* + *Haridra Churna* = 3 coatings

This was prepared in the hospital using Barbour's linen thread No. 20. One coating was applied each day and kept for drying the Kshara Sutra cabinet. A total of 21 days was needed to complete the preparation of the thread. After these threads were cut into two sizes, medium length 25cm and small 16cm length, and packed in a sterile sealed pack after packing in the U.V. cabinet with a small pack of silica inside to absorb moisture, all of these were packed in an airtight container and stored keep it away from contact with any moisture.<sup>5</sup>

As a Pre-operative measure's patient is advised to do routine investigations like CBC, CT B.T., RBS, HIV, HbSAg, and HCV, complete urine examination was done, and all reports were found within normal limits. Then patient consent was taken and posted for the Kshara Sutra application.

**Pre-operative Ksharasutra** prepared with *Saptaparna* as per standard protocol was used. Before application *Ksharasutra*, the patient was advised to part preparation. Followed by Inj T.T. 0.5 ml and plain 2% xylocaine test dose were done.

**Operative Procedure** Patient was taken into lithotomy position on the operation table after proper painting and draping; Inj, 2% xylocaine, was infiltrated nearby the anogenital space. A reassessment of the extension of the tract was done by probing. Probe was removed through the external opening at 7 o'clock position to the internal opening. *Ksharasutra* was tied, covering the entire underlying track for cut-

ting and healing. All aseptic precautions and haemostasis were maintained.

**Post-operative Ksharasutra**, changed every week, promotes healing and reduces pain and inflammation. *Triphala Guggulu, Gandhaka Rasayana, Arogya Vardini Vati*, B.D. were Prescribed.

**Follow up** Asked patient to change *Ksharasutra* every 7th day till cutting of the tract. hot sitz bath with *Triphala Churna, Jatyadi Taila* local application was done. After 4 sittings ( 4 weeks), tracts were totally cut out, and healing was achieved simultaneously.

**OBSERVATION** The initial length of the track was 3cm which got cut through in 28 days. After cutting through of track patient was followed up for 2 months weekly. No signs or symptoms of recurrence were observed.

## CONCLUSION

Now a days, *Kshara Sutra* is the first choice for treating cases of fistula in ano. *Ksharasutra* requires minimal setup, equipment, and instruments, minimal invasive para-surgical measures, and also, to achieve the goal of treatment, it is necessary to practice

*Ksharasutra* therapy surgeons. It helps the information of healthy granulation tissue by inducing a long healing pattern in the depth of tissue. It also removes fibrous tissue and ultimately drains, creating a healthy base for the healing tract.

## REFERENCES

1. Ramesh PB. Anal fistula with foot extension-Treated by kshara sutra (medicated seton) therapy: A rare case report. *Int J Surg Case Rep.* 2013;4(7):573–6. <https://doi.org/10.1016/j.ijscr.2013.04.004>. (Epub 2013 Apr 17. PMID: 23702360; PMCID:
2. Jain SK, Kaza RCM, Pahwa M, and Bansal S: Role of cyanoacrylate in the management of low fistula in ano: a prospective study. *International Journal of Colorectal Disease* 2008; 23(4): 355-358
3. Sushruta Samhita Sushruta (33/4. 12th ed.) A. Shastri (Ed.), Sutra sthana, avaraniyaadhayay, Chaukhamba Sanskrita Sansthana, Varanasi (2009), p. 163
4. Shastri Kaviraj Ambikadatta, Sushruta Samhita, Ayurveda Tatva Sandeepika, 2016 edition, Varanasi, Chaukhambha Sanskrit Samsthana, Sutrasthana, 11/3, p-45
5. Deshapande, P G Pathak SN, The treatment of Fistula in ano with kshara sutra treatment, Nagarjuna edition, Varanasi, 1965; p 361- 367.

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Pallavi Suman & Kainat Ansari: Efficacy of Saptaparna Snuhi Ksharsutra in the Management of Bhagandara (Fistula in Ano): A Case Study. *International Ayurvedic Medical Journal* {online} 2023 {cited July 2023} Available from: [http://www.iamj.in/posts/images/upload/1750\\_1752.pdf](http://www.iamj.in/posts/images/upload/1750_1752.pdf)