



## CASE REPORT

### ROLE OF KSHARASUTRA IN POST TRAUMATIC SINUS - A CASE STUDY

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#### SUMMARY

A male patient of age 32 years with the complaints of non healing wound with discharges over right lower mid leg anteriorly since six weeks .After required investigation done it was diagnosed as the case of sinus(post traumatic). Ksharasutra karma was advised and done in sinus and wound got completely healed with minimum invasion and complete ambulation. So ksharasutra karma described by acharya sushruta is a better alternative for the treatment of sinus instead of surgery which is considered as a sole way to treat such condition in allopathy.

**Keywords** sinus, ksharasutra

#### INTRODUCTION

Ayurveda is the complete science of life. Ayurveda takes whole man physically as well as mentally into account while describing the principle of treatment. This is very clear from the definition of swasthpusa<sup>1</sup> given by sushruta that one is known to be healthy when dosha, agni, dhatu, mala are in state of equilibrium in structure and function along with happy mind. Ksharasutra is one of the biggest innovations in the field of Ayurveda. This therapy is the best treatment ever described for anorectal disorders like piles, fistula in ano, fissure in ano etc. But the role of ksharasutra therapy in extra anorectal disorders like sinuses, warts, tumours<sup>2</sup> etc are also remarkable and equally effective as described in Sushruta samhita. However, the use

of ksharasutra in these conditions is not so common in practice.

A sinus is a blind track leading from the surface down to the tissues. There may be a cavity in the tissues which is connected to the surface through a sinus. The sinus is lined by granulation tissue which may be epithelized.

#### CASE REPORT

A young male patient of 32 years attended the OPD of shalya tantra at Choudhary Brahm Prakash Ayurveda Charak Sansthan Khera Dabur New Delhi with the complaints of non-healing wound with watery discharges since six weeks. Wound was post traumatic due to accidental cut injury and situated over anterior aspect of right tibia. Patient took treatment from nearby allopathic hospital but despite of all this

wound was not healing. As soon as patient visited opd, he was carefully examined and advised the part to be x-rayed to rule out any chance of acute osteomyelitis of tibia, as site is very prone to such condition. But the x-ray revealed no abnormality in the bone (tibia). After that sinogram of non-healing wound was advised and done. Sinogram reported that there was formation of post traumatic sinus. The length of track was about approximately 6 cms. Sinus track was linear, straight, towards lower end of tibia and without any ramifications. Each and every thing was explained to patient and his attendents regarding the condition of wound, formation of sinus and kind of treatment surgically or para surgically (kshara sutra karma) he can chose for treating such condition.

Finally patient opted and consented for ksharasutra karma. After performing required investigation patient was posted for ksharasutra karma. Under local anaesthesia the probe was inserted from sinus in the direction of track up to 6 cms and small nick was given to make another opening. Now ksharasutra was tied covering the whole track and part dressed with jatyadi oil under full aseptic measures. The patient discharged from hospital after few hours stay in hospital with follow up advice and instructions. The ksharasutra was changed weekly and sinus track cut through and healed simultaneously in 4 weeks. Finally wound got completely healed in 5 weeks. Patient was keenly observed for a period of six months and he remained fully asymptomatic during this period.



**Figure-1: Before treatment**



**Figure-2: During procedure**



**Figure-3: After procedure**



**Figure-4: After treatment**

Kshara sutra is a medicated caustic thread prepared by coating linen thread (barbour's thread no. 20) with snuhi acting as a binding

agent, apamarga kshar as alkali and haridara powder as antiallergic and antiseptic. kshar sutra capable of dissolving tough fibrous tissue

of sinus and finally drains it out creating a healthy base for healing .Its chemical action removes debris from the site and encourages healthy granulation.

## DISCUSSION

The ksharasutra karma is the better alternative in the treatment of post traumatic sinus. This

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1. Ambikadatta Shastri, editor, Sushruta Samhita of Sushruta, vol-1, Sutra Sthana, chapter 15 verse no.41, reprint edition Varanasi; chaukhambha Sanskrit Sansthan; p. 64
2. Ambikadatta Shastri, editor, Sushruta Samhita of Sushruta vol-1 chikitsa Sthana, chapter 17 verse no.30-32 reprint-edition Varanasi; chaukhambha Sanskrit Sansthan; p. 81

therapy not only cures the sinus with minimum chances of recurrences and complications but also keeps the patient ambulatory during the treatment with minimal pain. So ksharasutra is considered as a satisfactory parasurgical approach to treat sinus instead of going for trouble some surgery.

3. Somen das's, A concise textbook of surgery chapter 11, 3<sup>rd</sup> edition, S. Das 13, Old Mayor's court Calcutta 2001; p.131

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