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Case Report

ROLE OF KSHAR SUTRA IN BENIGN TUMOUR: A CASE STUDY

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ABSTRACT

Kshara sutra has been described in most of the Ayurvedic texts not only for the treatment of Ano rectal disorders but also for all those conditions which demand gradual excision of over grown soft tissues like benign tumours, polyps, warts etc. The present 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 treatment is painful and creates apprehension in patients. So kshar sutra is better option for treating such surgical conditions.

Keywords: Ksharsutra, Ano rectal, Benign tumour, Excision

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 swasthursa¹ 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. Kshar Sutra is one of the biggest innovations in the field of Ayurveda in last 50 years. It is undoubtedly proven that this therapy is the best treatment ever described for ano rectal disorders like piles, fistula in ano, fissure in ano etc. But besides this the role of kshar sutra therapy in extra anorectal disorders like benign tumours (arbuda), sinuses, warts etc are also remarkable and equally effective. In this way kshar sutra has wide applications in a number of surgical conditions which often pose problems in sensitive patients like children, females² and also for the surgeons. However, the use of kshar sutra in these conditions is not so common in practice.

Case study

A Male patient of 70 years with complaints of painful, foul smelling, discharging growth over right temporal region since three months. He took treatment from nearby government allopathic hospital for a period two months but got no relief. He finally referred to multi speciality allopathic Hospital for higher investigation and surgical intervention. But by chance the patient came to Chaudhary Brahm Prakash Ayurvedic Charak Sansthan Khera Dabur, New Delhi, India and attended shalya tantra OPD. On Clinically examination of the patient it was found that the growth was tender, fixed, proliferative, broad based and with pus discharge. After

admission, the patient was investigated and posted for Ksharsutra therapy. Procedure is done under local anaesthesia with minimal pain and bleeding. Growth was gently held and stretched with allis forceps and broad base of growth was ligated with kshar sutra on needle and tied circumferentially. 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 mesenchymal 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. (Figure 1-4)

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 tissues³. Haridara is anti allergic, anti septic and wound healer⁴. Its ligation exerts mechanical pressure along with chemical cauterization.

DISCUSSION

This kshar sutra therapy is satisfactory in the management of benign 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.



Figure 1: Before treatment

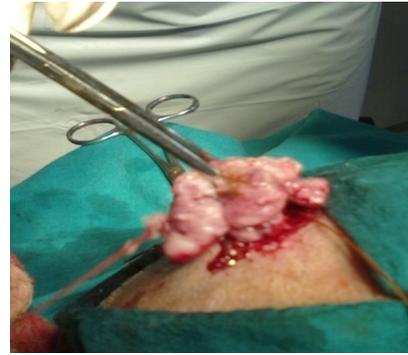


Figure 2: During procedure



Figure 3: After procedure



Figure 4: After treatment

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