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## Research Article

### ROLE OF KSHAR SUTRA IN RECTAL POLYP: A CASE STUDY

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#### ABSTRACT

A male patient of 45 years attended Shalya OPD with the complaints of growth coming out per anum during defecation. On required anorectal examination, it was provisionally diagnosed as the case of rectal polyp. Kshar sutra karma was done in rectal polyp after performing required clinical examination and investigations. Finally, patient was successfully treated with this para-surgical approach without any complication. So the results of kshar sutra karma in rectal polyp found quite satisfactory in the present case. In order to establish this fact, further study for longer duration and on larger sample is required.

**Keywords:** rectal polyp, kshar sutra, para-surgical

#### INTRODUCTION

Definition of swasthpusa 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<sup>1</sup>. Kshar sutra karma in anorectal conditions like piles, fistula-in-ano, fissure in ano and pilonidal sinus is a better alternative therapy than surgical intervention. But, role of kshar sutra in an anorectal condition like rectal polyp is not described in Ayurvedic texts. Kshar sutra is considered as backbone of Ayurvedic surgery. Its role is clearly understood in anorectal as well as extra anorectal conditions which demand gradual excision of over grown soft tissues<sup>2</sup>. These conditions include piles, polyps, warts, papillae and also the non-healing chronic sinuses and ulcers where debridement is an essential factor for healthy healing pattern<sup>3</sup>. So, in this way kshar sutra has wide role in several surgical conditions which creates problem to patients and for surgeons.

#### Case Study

A male patient of 45 years attended the OPD of Shalya tantra at Choudhary Brahm Prakash Ayurveda Charak Sansthan Khera Dabur, New Delhi, India with the complaints of something

coming out per anum at the time of defecation from last one year. According to the patient, act of defecation was painless with mild discomfort and without any bleeding. Patient took treatment from nearby - allopathic hospital but despite of all these; he didn't get any relief. As soon as patient visited OPD, his anorectal examination was done and it was found on digital examination that growth was rounded, mobile, soft and protruding outside the anal region on straining. It was explained to the patient and his attendants about the disease and treatment modality i.e. surgical or para surgical (kshar sutra karma for treating such condition. Finally, patient opted and consented for kshar sutra karma. After required investigations, patient was posted for kshar sutra karma. Under spinal anesthesia, growth was held with Babcock forceps and pulled outside the anal region and then gently held in hands. Now, kshar sutra was ligated and tied at stalk base of growth and placed back into anal region under full aseptic measures. Sample of polyp taken during procedure was sent for histopathological examination. The patient discharged from hospital after 24 hours stay in hospital with follow up advice and instructions. Finally, polyp shed off after five days. Biopsy reports that the polyp was of benign origin. Patient was keenly observed for a period of one month and he remained fully asymptomatic during this period.



Figure 1: Before procedure



Figure 2: During procedure



Figure 3: After procedure

Kshara sutra is a medicated caustic thread prepared by coating linen thread (Barbour's thread no. 20) with Snuhi acting as a binding agent and proteolytic in nature, therefore dissolves thick tissues<sup>4</sup>. Apamarga kshara as alkali and haridara powder as anti allergic, antiseptic and wound healer<sup>5</sup>.

#### DISCUSSION

This kshar sutra therapy is found satisfactory in the management of rectal polyp. Kshar sutra not only excises the polyp but also minimizes 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 to patient.

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