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## COMPARATIVE REVIEW ON ROLE OF DIFFERENT TYPES OF *KSHARA SUTRA* IN THE MANAGEMENT OF *BHAGANDARA*

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### ABSTRACT

*Shalya Tantra* is vital aspect of ancient medical science of India that is Ayurveda, the literatures available from *Sushruta's* time encompasses information related to the surgical or para-surgical approaches of Ayurveda. Ayurveda *Shalya Tantra* described management of different pathological conditions which require surgical or para-surgical care and *Bhagandara* (Fistula in ano) is one of them. It is considered amongst *Ashta Mahagadas* due to its severity and frequency of prevalence. The management of *Bhagandara* through various approaches of *Shalya Tantra* is well established and application of *Kshara Sutra* is one such approach which offers remarkable effects in the management of *Bhagandara*. There are various types of *Kshara Sutra* available now a day's those can be employed for treating condition like; *Bhagandara*, considering this present article reviewed role of different types of *Kshara Sutra* in the management of *Bhagandara*. This article definitely explore new path in this area for upcoming researchers.

### KEYWORDS

Ayurveda, Shalya tantra, Bhagandara and Kshara sutra.

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### INTRODUCTION

*Shalya Tantra* as a stream of Ayurveda described management of various diseases including Anorectal disorders. *Bhagandar* is one such disease which needs surgical or para-surgical attentions. In this regards Ayurveda philosopher presented uses of *Kshar sutra* as a medicated thread which can provides relief in pathological condition like *Bhagandar*. The *Kshar sutra* mainly coated with drugs and posses alkaline property. It is believed that *Kshar Sutra* dissolves fibrous tissues, helps to drain

pus and improves process of granulation in the damaged ano-rectal tract therefore offers beneficial effects in the management of ano-rectal disorders. *Bhagandar* are mainly three types; *Vataj Bhagandar*, *Pittaj Bhagandar* and *Kaphaj Bhagandar*, specific features of different types of *Bhagandar* mentioned in Table No.1.

As mentioned above the ano-rectal problem like *Bhagandara* imparts severe painful and chronic manifestation therefore its effective management is prerequisite. The *Ksharasutra* as para-surgical modality employed mainly for the management of such conditions. General mechanism of *Kshar Sutra* in ano-rectal problems depicted in Figure No.1.

Different types of *Ksharasutra* available for treating ano-rectal problems including *Apamarg Ksharasutra*, *Snuhi Haridra Ksharasutra* and *Guggulu-based Ksharasutra*, etc. Present article reviewed and summarizes role of these *Ksharasutra* in the management of *Bhagandara*.

#### **Apamarg Ksharasutra**

It is mainly prepared from latex of *Snuhi*, *Apamarga Kshar* and threads, etc. after preparation is subjected for sterilization. It should be stored in aseptic condition while rendered pH alkaline. *Apamarg Ksharsutra* facilitates healing of tract and alkaline characteristic of *Ksharsutra* imparts beneficial effects of chemical cauterization in *Bhagandara*. The ingredients of *Ksharasutra* offers combined effect in cutting and healing of fistulous tract.

#### **PROBABLE MODE OF APAMARG KSHARASUTRA**

The major advantage of *Apamarg Ksharasutra* is that it does not harm sphincter. *Ksharsutra* divides fibers of sphincter gradually and repair them simultaneously, this effect allow easy passing of *Ksharsutra* without complete dissection therefore damage of sphincter not occur. Moreover *Ksharsutra* causes lysis of abnormal tissues thus facilitates drainage, reduces microbial load, relieves pain due to its anti-inflammatory effect and promotes healing through granulation. The properties of ingredients such as; *Katu* and *Kashaya Rasa*, *Ushna Virya* and *Katu Vipak* helps to pacifies vitiated *Doshas* and prevent pathological progression of wounds/cuts.

#### **Snuhi Haridra Ksharasutra:**

It is prepared from surgical linen thread, latex of *Snuhi* and *Haridra powder*. The preparation involves coatings of *Snuhi-Ksheer* after mixing with *Haridra powder*. Stored in air tight aseptic condition after proper drying and sterilization. *Snuhi Haridra Ksharasutra* helps to drainage of pus, reduces itching and improves healing process. *Snuhi Ksheera Sutra* suggested for the management of recurrent fibrosed associated with *Bhagandara*.

#### **PROBABLE MODE OF SNUHI HARIDRA KSHARASUTRA**

*Rakta Shodhaka*, *Vatahara* and *Vishaghna* effects of ingredients of *Snuhi Haridra Ksharasutra* helps to suppress pathogenesis of *Bhagandara*. *Vrana Ropana* and *Shodhana* effects of *Snuhi Haridra Ksharasutra* promote healing and repairing process. *Tikta Rasa*, *Katu Vipaka* and *Ushna Virya* resulted *Kapha-Pitta Shamaka* properties therefore helps to relieve symptoms and pathogenesis of *Kapha* and *Pitta Bhagandara*. *Shothahara* effect reduces inflammatory symptoms like pain, burning sensation and swelling.

#### **Guggulu Ksharsutra**

Surgical linen thread, *Haridra powder* and purified *Guggulu* mainly employed for the preparation of *Guggulu Ksharsutra*.

*Guggulu* based *Ksharasutra* offer *Lekhana* effect thus helps to reduces inflammation and believed to improve quality of life of patient so he/she can perform daily routine work without any difficulty. Literature suggested that *Guggulu* based *Ksharasutra* when used with partial fistulectomy then it reduces discharge, itching and facilitates drainage of pus thus improves natural healing process. *Guggulu-based Ksharasutra* impart analgesic and anti-inflammatory actions therefore reduce swelling or edema. However application of this *Ksharasutra* in ano-rectal conditions is very rare as compared to others.

#### **Probable mode of action of Guggulu based Ksharasutra**

*Tridoshaghna* property of ingredients believed to alleviate vitiated *Dosha*, *Guggulu* exerts *Krimighna*, *Vrana Shodhaka* and *Ropaka* effects

therefore improves healing process and restrict pathological progression of wounds associated with microbial contamination. It is reported that *Guggulu*-based *Ksharasutra* causes excision of fistulous track, helps to clean infected part and relieve symptoms of pain and inflammation.

**Application of *Ksharsutra***

Lithotomy position of patient considered best for *Ksharsutra* application, *Ksharasutra* should be applied into the tract under the influence of anaesthesia, it is important to maintain aseptic condition while using *Ksharsutra*. Sterilized metal probe can be employed to insert *Ksharsutra* carefully under the supervision of expert physician. As post-operative care patient should be advised to take only liquid or semi solid diet to avoid any complications.

**The general health benefits of *Kshar Sutra* in case of *Bhagandar* are as follows**

- Improves healing process
  - Pus drainage
  - Relive in pain and burning sensation
  - Healing and symptomatic relief achieved simultaneously
  - It dissolves fibrous tissues
  - Helps to improves process of granulation
- Advantages of *Kshar Sutra***
- Fewer chances of complications
  - Low recurrence frequency
  - Economic and easy to uses
  - Easily available since raw materials procurement is not very cumbersome process
  - No adverse effects with threads or raw materials
  - Minimal invasion

**Table No.1: Specific features of different types of *Bhagandar***

S.No	Symptoms		
	<i>Vataj Bhagandar</i>	<i>Pittaj Bhagandar</i>	<i>Kaphaj Bhagandar</i>
1	Multiple openings	<i>Durgandhit Shrav</i>	<i>Kandu</i>
2	<i>Arun varna pidika</i>	<i>Pidika</i>	<i>Sukla varna pidika</i>
3	<i>Bhedan and Tadan</i>	Itching	<i>Pichhil Shrav</i>



**Figure No.1: General Mechanism of *Kshar Sutra* in Ano-rectal Problems**

## CONCLUSION

*Shalya Tantra* is surgical stream of Ayurveda which described management of different surgical problems including *Bhagandara*. The Ayurveda *Shalya Tantra* utilizes various modalities to treat condition like *Bhagandara* and in this regards uses of *Kshara Sutra* presented in many literatures. There are various types of *Kshara Sutra* reported in case of *Bhagandara*; *Apamarg Ksharasutra*, *Snuhi Haridra Ksharasutra* and *Guggulu-based Ksharasutra* are some of them. Itching and pus discharge is the prominent feature of *Kaphaj Bhagandar*. Present literary study suggested that *Snuhi Ksharsutra* helps to reduces itching and facilitate pus discharge thus can be used effectively in *Kaphaj Bhagandar*. *Apamarg Ksharsutra* improves healing of ano-rectal tract & chemical cauterization relives symptoms of *Bhagandar*. Literature suggested that *Guggulu* based *Ksharasutra* when used with partial fistulectomy then it reduces discharge, itching and facilitates drainage of pus thus improves natural healing process. Finally article concluded that there is need of more research study in this area to standardize *Ksharasutra* as unique drug delivery system for managing surgical and para-surgical diseases.

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## CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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