

PREPERATION OF KARVIRA KSHARA SUTRA & ITS USES IN THE TREATMENT OF FISTULA IN ANO

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ABSTRACT

Fistula in ano is a track lined by granulation tissue which connects perianal skin superficially to anal canal, anorectum or rectum deeply^[1] kshara sutra therapy was mentioned as a definitive treatment for the management of nadi (sinus) and bhagandara (fistula in ano).^[2] Sushruta, Charaka, Vagbhata have explained the use of kshara sutra in brief. It was latter Chakrapanidatta, Bhavamishra etc., who explained a little more regarding the ingredient required and methodology of use in these conditions. Guggulu based karvira kshara sutra is prepared and used in treatment of fistula in ano. This article covers the preparation of karvira kshara, guggulu latex, haridra churna, qualities of surgical thread and how to use kshara sutra in the patient of fistula in ano.

KEYWORDS: Karvira kshara sutra, fistula in ano, guggulu latex, haridra churna, surgical thread.

INTRODUCTION

An anal fistula may occur with or without symptoms. Mostly these fistulae develop from anorectal abscess which burst spontaneously or was incised inadequately.^[3] It presents with persistent seropurulent discharge, keeps the part always wet^[4] there are many type of kshara sutra like yavakshara sutra, snuhi swarasa kshara sutra, ghrita kumari kshara sutra, udumbara kshara sutra and aragvadhagi kshara sutra etc were prepared in the department of shalya tantra, B.H.U out of all kshara sutra varieties there are lacunae like recurrence, pain, long duration of treatment, infection, cellulities, abscess which causes discomfort and stress to the

suffering patient. Therefore it was thought to search out a kshara sutra which can combat all above lacunae and may be able to heal well the fistulous tract within short period. Therefore literature was reviewed and found that karvira (*Nerium indicum*) has been indicated as kushthaghan, vranashodhak, vranaropak and shothhar. Karvira has properties like laghu, ruksha, tikshan, katu vipak and ushana virya. Karvira is also described by Sushruta as kshara.^[5] Kshara sutra of karvira has not been used till now for the purpose of fistula in ano but earlier work of karvira shows encouraging results regarding healing of infected wounds.^[6] So it was thought to prepare kshara sutra by preparing a kshara from karvira plants and used in the treatment of fistula in ano.

Methods of preparation of karvira kshara

- A healthy plant is selected and stem along with leaves is taken and then kept in shadow for drying.
- Put lime stone gravels in between the dry part of plant.
- After proper drying in shadow burn the karvira plant in the windless place.
- When the extinguished the ash with lime gravel collected and separates them.
- Ash is mixed with water 6 times and allows the precipitate to settle down.
- Finally the supernatant fluid is collected in a separate vessel of stain steel.
- The residual ashes are again mixed with 4 times of water and the same procedure is repeated at least in order to take away all the alkaline material from ashes.
- Ultimately the ashes are remaining as a neutral residue which should be thrown.
- The collected fluid is now filtered drop by drop through a double Whitman filter paper into a clean glass bottle.
- Finally kshara is a phyto-chemical substance obtains from evaporation of filtered solution of ash prepared by incensation of karvira.

Method of preparation of Guggulu Latex

The purified guggulu was collected and put it into a jar filled of absolute alcohol. The latex of guggulu is dissolved in alcohol after a few days some part of guggulu dissolves and some part of guggulu remain insoluble. Insoluble portion is discarded and soluble portion is taken, alcohol solution pass through a fine cloth. Solution is dirty yellow colour and sticky in nature.

Haridra churna: Dry rhizomes of haridra plant are cut into pieces and crush in powdered making machine. Then filtered it through the fine cloth and is kept in a clean jar for use.



Karvira kshara

Haridra churna

Guggulu latex

Surgical thread: The qualities of thread should be as follows:

- 1) It should be of sufficient strength and should remain its strength upto the period of its processing and application.
- 2) The thread neither should be too thick nor too thin.
- 3) Standard linen barber thread of no. 20 is good for the kshara--sutra preparation.

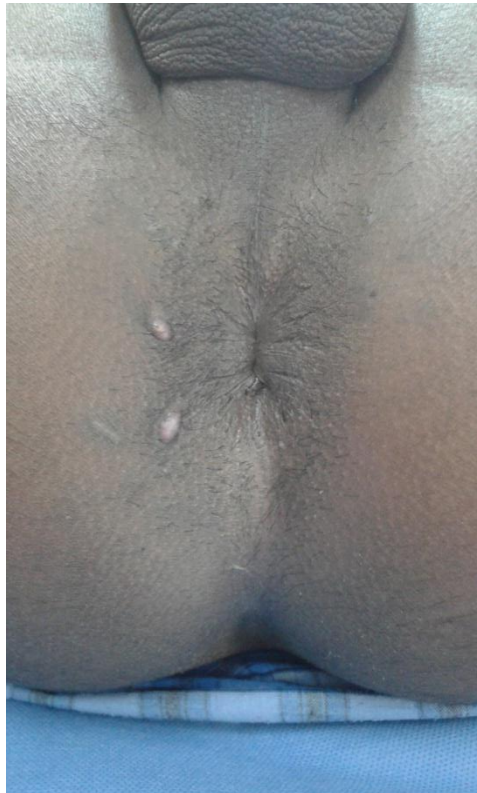
Preparation of guggulu based karvira kshara sutra

For the preparation of kshara sutra the surgical linen no. 20 was taken and spread out length wise in the hangers specially designed for this purpose. The guggulu solution is now smeared on the thread on its whole length. Then this wet threaded hanger is placed inside the kshara sutra cabinet. After that it is dried for period of 2-3 hrs. As the guggulu solution containing absolute alcohol. So the thread dried much earlier in comparison to the Snuhi ksheer, i.e. 2nd coating is repeating after 3 hour in the same manner uniform coating 11 times with guggulu solution. Then in the wet condition the thread is spread over the karvira kshara. Then the thread is allowed to dry. The same procedure is repeated for 7 times. The dried thread is smeared again with guggulu solution. Then in wet condition it is repeated for 3 times with Haridra powder. Each thread measuring about 10-11 inches should cut away from the hangers and should be sealed in glass tube.

Application of karvira kshara sutra in fistula in ano

- lying the patient in lithotomy position
- clean the local area with antiseptic solution
- local anaesthesia (2% lignocaine with adrenaline) is infiltrated in and around the fistulous track
- after infiltrating the local anaesthesia a probe is passed into fistulous track through external opening and taken out through internal opening with the help of finger

- kshara sutra is placed in probe, taken out & knotting is done
- change the kshara sutra every week till complete cutting & healing of the fistulous track
- special care is taken for cleaning the wound during the process
- advised the patient to take sitz bath twice daily after defecation
- apply jatyadi tail 3ml per rectal before defecation



Fistula in ano



Probing kshara sutra ligation

CONCLUSION

Guggulu based karvira kshara sutra is less Painful, cause minimum burning sensation and minimum tissue loss in comparison to the surgery. No bleeding, no hospital stay, minimum discomfort, no recurrence and no need to put huge dressings. Procedure takes not more than ten minutes. Kshara-sutra is also very useful even in cases of multiple recurrences. Our patients are more satisfied with the therapy. We have been receiving many patients by mouth to mouth publicity. It is concluded that kshara-sutra therapy is best mode of treatment in fistula in ano.

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