

**KSHARSUTRA : A MAGICAL THREAD****Shreedhar Sugate*¹, Pooja Jagdish Bhandari²**

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***Corresponding Author:** drshri28@gmail.com**Abstract :**

Ksharsutra can be defined as an Ayurvedic medicated thread coated with herbal alkaline drugs. 'Ksharsutra therapy' has been described as a treatment of choice for the treatment of fistula in ano due to low recurrence rate. Fistula in ano is a condition which has been recognised as a difficult surgical disease in all the ancient & modern medical sciences of the world. Besides Fistulectomy, Sushruta the father of surgery has also described its treatment by Ksharsutra method considering it as Nadi vrana. To overcome the recurrence in Fistula in ano & hospitalization in Fistulectomy & Fistulotomy procedures a Ksharsutra is a magical result in Fistula in ano.

Keywords : *Ksharsutra* , *Nadivrana* , *Fistula in ano*.

INTRODUCTION :

The disease Fistula in ano which is considered to be a minor ailment, has high morbidity. It is the recurrent nature of this disease which makes it more & more difficult for treatment. This is one condition for which the maximum types of

surgical, para surgical & medical application have been described.

Hippocrates (460 B.C.) described the use of seton to cure Fistula in ano. Conventional surgical option for low anal Fistula include Fistulotomy & Fistulectomy.¹ A Fistulectomy involves complete excision of the fistulous tract, thereby eliminating complete tissue for histopathological examination. A Fistulotomy lays open the Fistulous tract thus leaving smaller unepithelialized wound which hastens the wound healing. Both Fistulectomy & Fistulotomy involved a long post operative care of wound, dressing, prolonged hospitalization.² The surgical knife obviously failed to achieve object since an ambitious excision invariably resulted into division of anal sphincter & a complete permanent fecal incontinence.

Great Indian surgeon Sushruta narrated in his teachings the use of Kshara for cure of Fistula in ano.³ Ksharsutra came to the rescue of surgeons as 'Chemical Fistulectomy' rather than a 'surgical Fistulectomy'. Application of Ksharsutra into the Fistulous tract was capable of dissolving the tough fibrous tissue &



ultimately draining it out creating a healthy base for healing.

Ksharsutra has been described in all the ancient books of ayurveda as caustic thread not only for the treatment of Fistula in ano but also for all those condition which demand gradual excision of overgrown soft tissues. These conditions include piles , polyps , warts , papillae.

ATERIALS AND METHODS :

Method of preparation of Ksharsutra→⁴

The surgical linen thread of size 20 is spread throughout the length and breadth of the hanger of the specially designed cabinet known as Ksharsutra Cabinet. The thread is smeared with latex, uniformly and carefully , all around the thread with the help of clean gauze piece soaked in the snuhi Kshira. After smearing all the threads on the hanger, the hanger is placed in the Ksharsutra cabinet for drying.

After eleven such coatings with snuhi Kshira, 12th coating of snuhi Kshira is done and wet thread is then passed through a heap of finely powdered Apamarga Kshara immediately. After smearing all the with Kshar, the hanger is shaken gently allowing the excess particles of Kshar to fall down. This process is repeated till seven coating of Snuhi Kshira and Apamarga Kshara is achieved , thus completing 18 coating on the thread. The remaining 3 coating are performed with Snuhi Kshira and fine powder of haridra as per the above said procedure making a total 21 coating on the thread.

Finally, the ultraviolet lamp of Ksharsutra cabinet is put on daily for 20-

30 minutes to maintain sterile atmosphere right from the 1st day of coating.

The threads of a uniform length i.e. 30-32cm are cut for packing. Further , the sealed Glass Tubes/ air tight container are kept in a cabinet and exposed to ultraviolet radiation.

Mode of action of Ksharsutra →

Debridement & lysis of the tissues⁵.

The presence of Ksharsutra in the Fistulous tract does not allow cavity to close down from either ends & there is a continuous drainage of pus along the Ksharsutra itself.

The Ksharsutra slowly & gradually cuts through the Fistulous tracts from apex to the periphery. There is a simultaneous cutting & healing of the tract & no pocket of pus is allowed to stay buck.

The Kshara applied on the thread are anti inflammatory & they have property of chemical curetting. the Ksharsutra remains in direct contact of the tract & therefore , it chemically cures out the tract & sloughs out the epithelial lining. Thereby allowing the Fistulous tract to collapse & heal.^{6,7}

Advantages of Ksharsutra→⁸

- 1) Ksharsutra is a chemical Fistulectomy rather than surgical Fistulectomy.
- 2) Its a simple , safe and sure minimum invasive parasurgical treatment for Fistula in ano with lower recurrence ranging between 3to5% only as it destroys residual anal glands.



- 1) 3) Fully Ayurvedic , cost effective management , can be performed in minor O.T. condition.
- 2) 4) No damage to anal sphincter due to simultaneous cutting and healing hence, no chance of incontinence.
- 3) 5) It's an ambulatory procedure hence , no hospitalization required.
- 4) 6) Minimum scar formation at the site of wound.

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