



## CLINICAL SIGNIFICANCE OF *KSHARA SUTRA* THERAPY IN VARIOUS DISEASES: A REVIEW ON CASE STUDY

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### ABSTRACT

*Shalya Chikitsa* is one of the most important branches of *ayurveda* ancient text of *ayurveda* mentioned utilization of surgical process for the management of many diseases which are difficult to treat by non-surgical therapy. *kshara sutra* is the para-surgical process generally employed for various disease related to the surgical process involving lesion, wound and hemorrhage. *kshara sutra* offers beneficial effect in many disorders such as; *bhagandara*, *arsha charmakeela* and *kadara*. This article summarizes therapeutic advantages of *kshara sutra* in various disorders.

**KEYWORDS:** Shalya Chikitsa, Kshara Sutra, Shastra Karma, Parasurgery.

### INTRODUCTION

*Sushruta Samhita* mentioned various treatment modalities in different category such as; *bheshaj chikitsa* (palliative treatment), *kshara karma* (potential cauterization agent therapy), *agnikarma* (direct cauterization agent therapy) and *shastra karma* (operation by sharp instrument). *Ayurveda* described *kshara karma* as part of parasurgery which acts as potential cauterization application therapy.

The *kshara sutra* categorized under the *kshara karma* therapy which possesses significant therapeutic application in disorders related to the surgical procedure. *Kshar Sutra* is thread coated with medicated material like *apamarga (kshar)* (ash of *achyranthus aspera*), *snuhi (euphorbia neruifolia)* latex and *haridra (curcuma longa)* powder; which helps in debridement and lysis of tissues also possess antifungal, anti bacterial and anti inflammatory potential.

*Kshara Sutra* also destroys the residual glands in the epithelium; these all properties of *Kshar Sutra* establish its therapeutic potential as a part of parasurgery.

### Advantages of *Kshar Sutra*

- It minimizes chances of complication
- Reduces probability of recurrence
- Patient resumes work and normal activities very soon
- Acceptable in terms of cost of treatment
- Minimal invasion

### Suggested mechanism of action of *Kshara Karma*

- *Vranashotha pachana*: reduce the size of lesion
- *Vilayana*: offers *ushna*, *tikshna* properties; thus can melt *kapha vata vibandha*
- *Dharana*: bursting of wounds
- *Vrana shodhana* and *ropana*: wounds healing
- *Vrana kleda soshana*: reduce itching and burning sensation
- *Sthambana*: reduces bleeding

there are many disorders which seeks utilization of *kshara karma* therapy such as; *shalyaj nadi vran*, *bhagandara*, *arsha charmakeela* and *kadara* characterized specifically by the presence of wound, lesions, unwanted painful hair follicle, skin edema and superficial tissue growth.

There are two types of *kshara*; *paneeya kshara* for internal use another one is *prathisaraneeya kshara* for external use. The *prathisaraneeya kshara* is further divided into three types; *Mridu* (mild), *madhya* (moderate) and *tikshna* (strong). *Paneeya kshara* is used for the treatment of diseases such as; abdominal lump, indigestion, calculus etc. while *prathisaraneeya kshara* is used for tumors, fistula in ano, piles and for skin diseases etc.<sup>[1-4]</sup>

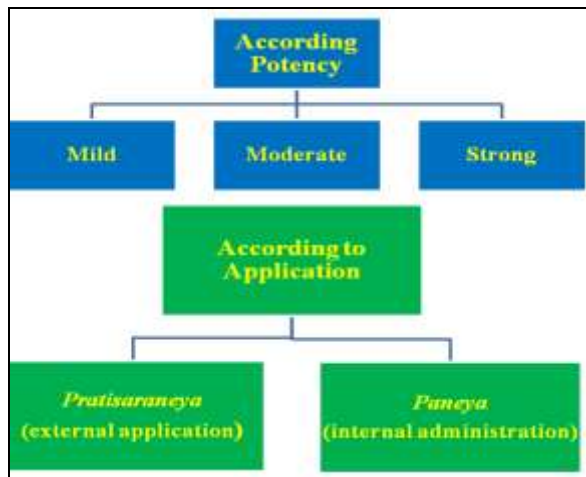


Figure 1: Types of Kshara

### **KSHARA SUTRA IN BHAGANDARA (FISTULA-IN-ANO)<sup>[5]</sup>**

*Bhagandara* is common ano-rectal disorder. It causes much discomfort in routine life along with severe pain and patient feel very inconvenient to perform daily routine activities. Utilization of *kshara sutra* offers significant relief in disease condition and it has now

### **KSHARA SUTRA LIGATION IN ARSHA (HEMORRHOIDS)<sup>[6]</sup>**

*Arsha* (hemorrhoids) is disease involve bleeding per rectum, constipation, pain, prolapse and discharge. It occurs due to the disturbance in *tridosha*; mainly *vata*. Vitiated *dosha* in *guda vali*, *pradhana dhamani* and *mansdhara kala* and vitiates *twak*, *mansa*, *meda* and *rakta*, resulted *annavaha sroto dushti*. Study proved efficacy of *Kshara sutra* ligation in *arsha* in terms of reduction in postoperative bleeding and post-operative anal stenosis. Study confirm *Kshara sutra* ligation *arsha* reduces duration of treatment, it allow patient for his/her daily routine work from the next-day after the surgery. While utilizing this procedure the requirement of anti-inflammatory drugs decreases. It also possesses quickly and smooth wound healing. Procedure is also much cost effective since one sitting is sufficient using local anesthesia. There is no adverse effect during the post-operative period such as; incontinence and bowel irregularities, etc.<sup>22</sup>

### **KSHAR SUTRA IN PILONIDAL SINUS<sup>[7]</sup>**

A Pilonidal sinus involves a sinus track which contains hair, occurs generally under the skin. It may be occurs due to the hormonal imbalance, friction and infection. The pilonidal sinus commonly treated using surgery. Study proved that *Kshar Sutra* procedure was offered significant relief in pilonidal sinus. The *Kshar Sutra* therapy for pilonidal sinus must consider prevalence of other disease condition like; tuberculosis, HIV and diabetes mellitus etc. before starting treatment procedure. The procedural protocol utilizes excision of external openings using local anesthesia and the removal of embedded hair follicles that after *kshar sutra* tied-up covering the entire underlying track for healing. After

become preferred choice of treatment for such disorder. Study proved efficacy of *kadali kshara sutra* in *bhagandara* since it possess relief in pain and burning sensation also offers less unit cutting time. Study observed severity of pain, edema, and healing time and results were found to be satisfactory. The unit cutting time analyzed on various parameters like age, sex, *parkriti*, type of *bhagandara* etc. *Kadali* of *kadali kshara* offers properties like; *madhura rasa*, *guru* and *snigdha guna*, *sheeta veerya*, *madhura vipaka* and *pitta-vatahara* which overall reduces pain and burning sensation in patient of *bhagandara*. Study suggested that the *kadali kshara sutra* therapy offers beneficial effects in *bhagandara* in following ways.

- *Kadali Kshara Sutra* offers continuous drainage of fistulous track resulted fast healing.
- The medicaments dissolute the fistulous tissue of the track and *Kadali* stimulate granulation of healthy tissue.
- It helps to maintains aseptic condition.
- *Kadali Kshara Sutra* reduces pain and burning sensation.

dressing the patient may be discharged on the day after the procedure. Study advocate dressing alternatively and change of *kshar sutra* as required getting maximal beneficial effect. Study attributes the beneficial effect of *kshar sutra* in pilonidal sinus due to the medicated thread (seton) coated with herbal drugs which helps in debridement and lysis of tissues, exerts antifungal, anti bacterial and anti inflammatory activity. *Kshara Sutra* also destroys the residual glands in the epithelium which decreases chances of recurrent. Study established *Kshar Sutra* as a potential therapy in the management of pilonidal sinus since it minimizes rates of complication and recurrence, offers acceptability in terms of cost and comfort.

### **KSHAR KARMA IN CHARMAKEELA (WART) & IN KADARA (CORN)<sup>[8]</sup>**

Wart (*Charmakeela*) is a common viral infection affects mainly skin and adjacent mucous membranes. This disease occurs mainly due to the vitiation of *vata* along with *kapha* over the skin resulted development of hard nail like structures called *charmakeela* while ayurveda mentioned *Kadara* (corn) as *Kshudra rogas* and commonly appears in the center of the paw as a whitish, circular area which is extremely painful when palpated. It also occurs on the sides or the tips of the paw pad and between the toes and causes severe pain. Ayurveda described utilization of *kshara karma* under *kshudra roga adhikaras* for the treatment of *charmakeela* and *kadara*. Study also proved efficacy of *kshara karma* in the management of *charmakeela* and *kadara* considering its effect on two subjective symptoms (pain & burning sensation) and two objective signs (regression of lesion & discharge). The study reveals that most of the patients realize reduction in pain, burning sensation, discharge and complete regression of lesion. Some patients

observed scar which is lesser in size as compared to initial size and thus acceptable. *Pratisaraneeya Apamarga kshara* showed greater improvement in corns and warts when compared to *pratisaraneeya Palasha kshara*. *Pratisaraneeya Apamarga kshara* found to possess significant improvement in *charmakeela* and *kadara* as compared to *pratisaraneeya palasha kshara*.

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