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MANAGEMENT OF FISTULA IN ANO BY *KSHARSUTRA* LIGATION WITH PARTIAL FISTULECTOMY – A CASE STUDY

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ABSTRACT:

Perianal fistulas are prevalent in 0.01- 0.05% of the population and are commonly associated with discomfort and morbidity to the patient. Surgical treatment is the only modality of management of fistulas with the pitfall of high rate of recurrence. Application of Ksharasutra has been indicated in ano-rectal disorders particularly within the management of Bhagandara (Fistula-in-ano) in Indian system of drugs. Ksharasutra, a medicated thread, was prepared with Apamarga Kshara (Ash of *Achyranthus aspera* Linn.), latex of Snuhi (*Euphorbia nerifolia*) and Haridra (*Curcuma longa* Linn.) powder as per the quality guidelines of Ayurvedic Pharmacopeia of India (API). A case of 35 year male was diagnosed as Bhagandara (Fistula in ano). A sinus tracts was noted on both sides of gluteal region and going anteriorly to open into anal canal at 6 O' clock position with abscess formation in perianal region around the anal canal – likely to be bilateral fistula-in-ano with abscess formation. It seems like Horse Shoe Fistula and was treated with partial fistulectomy with Ksharasutra application in remaining part of the tract. In post-operative management, the old Ksharasutra was changed with a replacement one by rail-road technique on weekly interval. The fistulectomy wound dressing was done daily with Jatyadi tail. After 50 days, tract was cut

through with Ksharasutra. After 60 days fistulectomy wound was healed completely with normal scar without any complication. Thus, ksharsutra is very effective with minimum invasive surgical modality for management of Bhagandara (fistula-in-ano). This is sphincter saving procedure as well as easy to perform.

Keywords : Fistula in ano, *Ksharasutra*, Abscess, Horse Shoe fistula, *Bhagandara*, Fistulectomy

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