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A conceptual study on effect of *Arka Ksheera* based *Tilwaka Ksharasutra* in the management of *Bhagandara*

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ABSTRACT

Ksharasutra refers to corrosive or caustic thread. *Kshara* is considered superior to all surgical and para surgical procedures, because they perform the work of incision, puncture and scarification to relieve the derangements of *Tridosha* and uniformly affect the diseased part to which they are applied. *Ayurveda* advocates application of *Ksharasutra* in *Bhagandara*, *Ksharasutra* is being used and researched by various Ayurvedic scholars and is standardized over the years, materials used for preparation of *Ksharasutra* are *Snuhi Ksheera*, *Apamarga Kshara*, *Haridra Churna* and linen barbour thread no. 20, which is a recent advancement, although standard *Apamarga Sutra* is used successfully in the management of *Bhagandara*, problem in its preparation are worth noting, one of the essential component of the *Kshara Sutra* is *Snuhi latex*, this creates problems like, it is not available through the year, so these problems have put necessity of further advancement in *Ksharasutra*, hence in this study *Arka Kshera* based *Tilwaka Ksharasutra* is being tried to overcome ailment.

Key words: *Ayurveda*, *Bhagandara*, *Tilwaka Ksharasutra*, *Fistula in ano*.

INTRODUCTION

Bhagandara^[2] is one among the *Astamahagada*^[3] mentioned by *Acharya Sushruta* due to its grave nature and it is one of the common disease related to the rectal region, treatment for the fistula in surgery has become major challenges to the modern sciences because of its high chance of recurrence and also the post operative complications like pain, wound management and incontinence. So, to combat the severe ano-rectal problems, a comprehensive approach through *Ayurveda* has been extend with

clear and positive outcome.

Prevalence of fistula-in-ano is 8.6 cases per 100000 population, the incidence of fistula-in-ano developing from an anal abscess ranges from 26%-38% which was explained by *Sushruta Acharya*, that untreated *Vranashopha* may lead to *Nadivrana*^[4] or *Bhagandara* in 500 BC ago.

Acharya Sushruta has explained use of *Ksharasutra* in the management of *Bhagandara*. *Ksharasutra* preparation is first explained by *Acharya Chakrapani Dutta*, *Sushruta* mentioned application of *Ksharasutra* in the *Nadivrana* and used in the management of *Bhagandara* in patients of *Avara Satva*, *Vridhdha* and *Garbhini*.

Preparation of *Tilwaka Ksharasutra*

Materials required

- Arka Ksheera*
- Tilwaka Mridu Kshara*
- Haridra Churna*
- Linen Barbour thread No. 20

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Method of preparation of Ksharasutra

Ksharasutra will be prepared by using Barbour surgical linen thread no. 20, initially thread will be coated with 11 coating of *Arka Ksheera* and dried after each coating. 7 coatings of *Arka Ksheera* and *Tilwaka Kshara* is applied consequently and dried after each coating, followed by 3 coatings of *Arka Ksheera* and *Haridra* is applied and dried, thus prepared *Ksharasutra* are exposed to UV rays and stored in air tight container.

Procedure of application of Ksharasutra

In the procedure of *Ksharasutra* application patient is made to lie in lithotomy position under aseptic measures probing and primary threading will be done. After 2 days primary thread is replaced by *Ksharasutra* in rail road method and ligated adequately tight. On every 7th day *Ksharasutra* change is done, length is measured in every sitting and observation should be made till complete healing and cutting of the tract.



DISCUSSION

Properties of Arka Ksheera based Tilwaka Ksharasutra

Arka which is *Laghu*, *Rooksha*, *Teekshna* and having the *Prabhava* like *Krimihara*, *Arshohara* and its acts as good binding agent and can be stored for long time compared to *Snuhi* latex.

Tilwaka which is mentioned as *Kshariya Dravya* by both *Sushrutha*^[5] and *Vagbhata*.^[6] It is *Kaphapitta Shamaka*, *Vrana Ropaka* and *Rakta Sthambaka*. As per research conducted in various institutes glycosides from *Tilwaka* showed spasmolytic activity and Spinastrol isolated from stem bark of *Tilwaka* showed significant anti-inflammatory effect.

Haridra is having *Krimihara* properties, the antibacterial effect of turmeric helps in avoiding secondary infection of the wound.

The drugs used in the preparation of this *Ksharasutra* are easily available. One can prepare it easily and can be used in clinical practice. The combined effect of all the 3 medications on *Ksharasutra* helps in lysis of the tissue. Recurrence is the most common complications of fistula-in-ano. So, we can use cost effective, safe, simple procedure of *Ksharasutra* which is gaining importance day by day.

CONCLUSION

Since *Ksharasutra* is considered as simple, safe, and minimally invasive para surgical procedure, it can be used in *Bhagandara* and also in *Shalyaja Nadivrana*. *Tilwaka* which is *Kshariya Dravya* having properties mentioned above the combined effect of the both

drugs will cut the tract and heal and then by closing the tract. By considering all these factors, *Tilwaka Ksharasutra* can be taken up in *Bhagandara* for purpose of study and results can be evaluated.

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