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Kshara sutra therapy : A minimal invasive para surgical method for treatment of sacrococcygeal pilonidal sinus (nadi vrana)

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Abstract

Pilonidal sinus is a small hole or "tunnel" in the skin. It usually develops in the cleft of the buttocks where the buttocks separate. There are several treatment option have been described and practiced in the treatment of Sacrococcygeal Pilonidal Sinus. In Ayurveda this disease is described as Nadi vrana. Our observations demonstrated Efficacy of Ksharasutra therapy–A minimal invasive Para surgical method in Sacrococcygeal Pilonidal Sinus (Nadi vrana) Disease. 20 patients were treated (3 women, 17 men) with Parasurgical Sinus Disease (Nadi vrana) by Ksharasutra therapy. All patients were treated on an outpatient basis in the minor Ksharasutra operation theater in ACRI, New Delhi. The mean age was 32 years (18–60). The median length of symptoms was Eight months. In the 1 year of mean follow-up period, the disease recurred in 2 patients. This treatment procedure was well-tolerated by all the patients. Time off work was on average two days with an MSD1.98 and SD 0.686485. No patient had skin necrosis or any other complications during the therapy. Recurrence of the disease in two patients was found. Mean Time required for wound healing in week was 11.8 with SD 2.501999. 2(10%) patient had wound infection.

Ksharasutra therapy is an excision technique for Pilonidal sinus(Nadivrana) which is performed in negligible complication like destruction of peripilinidal adipose tissue and skin and recurrence rate.Hence Ksharasutra therapy can be used as a treatment option in Sacrocoocygeal Pilonidal sinus(Nadi vrana).

Biography

Dr. Hemanta Panigrahi has completed his BAMS from Govt Ayurvedic College Puri Orissa, M.D and PhD in Ayurveda from National Institute of Ayurveda Jaipur,Rajasthan. He is working as Scientist-II in Ayurveda Central Research Institute, New Delhi, a premier Research organization under the Department of AYUSH Ministry of Health and family Welfare Govt.of India. He has published more than100 papers in reputed journals and published five books and serving as an editorial board member of repute.