Surgery-Anesthesia2013

OMICS Group Conferences
Accelerating Scientific Discovery

2nd International Conference on
Surgery and Anesthesia

September 16-18, 2013 Las Vegas, USA

Day care proctology in ayurveda- 1750 cases study

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Abstract

Introduction: Ayurveda is one of the ancient Indian medical sciences practiced even today in India and some other countries. This has eight braches which includes surgery also. In the management of ano-rectal disease, ksharatherapy is mentioned by 'Sushrutha The father of Surgery'. Various form of kshara is indicated in several surgical diseases. Today in India such techniques are standardized and practiced by surgeons of Indian medicine with high success rate, minimal invasive, as non-excisional procedures.

Internal hemorrhoids: Sushrutha indicated application of kshara (alkaline paste prepared out of herbs) for one minute, using slit Proctoscope,under local anesthesia and as day care procedure. This coagulates and necrosispile mass. Patient will recover in 8 days. Video will be played and out come on 900casestreated,analyzed for its results and advantages.

Anal fistula: ksharasutra therapy is used as per Sushrutha. Medicated set on therapy with weekly change of thread. Complicated, recurrence, high level anal fistula of about 600 cases treated withoutrecurrence is discussed. Video will be played about procedure.

Pilonidal sinus: Challenging disease known for its recurrence. Ksharasutra used as per Sushrutha .With no recurrence, OPD basis without hospitalization, no spinal or regional anesthesia, no need of rest, patient can work during therapy. No excision, no tissue loss, no anatomical distortion. 250 casesstudy will be presented.

Discussion: Ano-rectal diseases are challenging conditions for surgeons. Sushruthaksharatherapy can be very well practiced as day care surgery with minimum injury, high success rate and most of the cases on OPD basis. This technique should be popularized all over the world.

Biography

Dr P Ramesh Bhat is a medical graduate of Indian Medicine (Ayurveda) and master of surgery (shalyatantra), PhD from Banaras Hindu University, India. Has 10 years, teaching/clinical experience in the management of colon, digestive and ano-rectal diseases by Ayurveda techniques and medicines. Treated two thousand challenging and recurrent cases of anal fistula, hemorrhoids,pilonidal sinuses by Ayurveda surgical technique, called ksharasutra and ksharatherapy with minimum recurrence. Presently working as Professor Dept of Shalyatantra (Surgery in Ayurveda, Indian Medicine), Sri Sri College of Ayurvedic Science and Research Hospital, Bangalore India. Published 3 review papers in international journals.