

## Advise for Ano-rectal diseases

### Do's ✓

- ✓ Strictly follow instructions given by the doctor.
- ✓ Keep ano-rectal part clean and dry.
- ✓ Taking sufficient liquids, butter milk is very useful in these conditions.
- ✓ Eating fruits and plenty of vegetable especially cucumber, radish, cabbage, carrot etc will help.
- ✓ Hot sitz bath will help in all cases of ano-rectal disease.

### Don'ts ✗

- ✗ Avoid Constipation and straining in the toilet.
- ✗ Avoid chilly, spicy non-vegetarian and other heavy items.
- ✗ Avoid sitting, standing and walking for long duration.

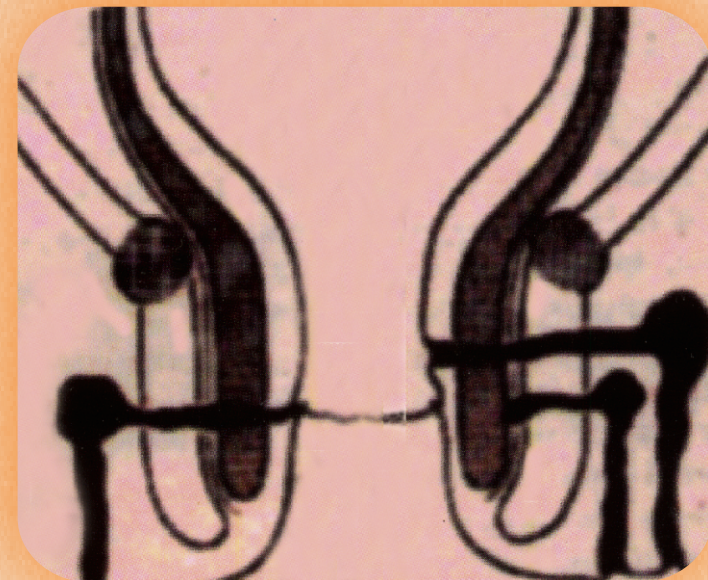
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# KSHARASUTRA MEASURE IN ANO RECTAL DISORDERS



CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES  
Ministry of AYUSH  
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)  
Government of India

## BACKGROUND

Improper food habits and faulty life styles are the main causes of ill health. This may lead to abnormal bowel movement, which if persists, causes various ano-rectal diseases. Besides the above, heredity also has its contribution towards this disease. Commonly occurring ano-rectal disease are fistula-in-ano, piles and fissure in-ano. Ayurveda classifies fistula-in ano and piles under Mahagadas (major diseases). The chronicity and recurrent nature of these diseases leaves physical and psychological agony to the sufferer. Ksharasutra, a para surgical measure and a unique measure advocated by Ayurveda to successfully treat these disorders. Ksharasutra measure involves application insertion of a medicated thread into the fistulous tract. The Ksharasutra Measure has many advantages over the modern surgical measure. Application of Ksharasutra is an OPD measure; it does not require hospitalization, heavy medication and is totally safe. Tissue damage will be very less hence chance of infection is very minimal. There are no side effects or complications like incontinence of stools etc. Recurrence is negligible after Ksharasutra treatment. It is economic and the patients can remain ambulant and carry out their routine work during the treatment. The brief description of important ano-diseases and Ayurvedic management is discussed here.

### Fistula-in ano (Bhagandar)

Fistula-in-ano is a track which opens deeply in the anal canal or rectum and superficially on the skin around the anus. Sometimes, the track may have a single opening which is called as sinus. Generally, this track develops from ano-rectal abscess (Bhagandrapidika) that bursts spontaneously or is incised inadequately. An anal fistula may occur with or without symptoms. There may be intermittent swelling with pain, discomfort and discharge of pus in the perineal region. This track does not heal usually due to fecal contamination, presence of unhealthy granulation and lack of rest to the part. This is a purely surgical condition but surgery has lot of complications and recurrence rate is also quite high after surgery.

### Management:

This condition does not respond to medical treatment.

### Ksharasutra Measure

The patient is made to lie down in lithotomy position taking all aseptic precautions and then the Ksharasutra with the help of a probe specially designed for this purpose will be introduced from external opening of fistula to the other end inside the ano-rectal canal brought to the anus. The two ends of the thread are tied to form a loop. The wound is dressed with medicated oil/ghee. This Ksharasutra is changed every week till the whole track is cut through and healed. The patient is advised to use warm water sitz bath, application of medicated oil and to take a laxative regularly during the treatment.

This measure has been very well accepted/adopted by the practitioners of Ayurveda and such services are being provided at various centres of CCRAS in the country. The efficacy of this approach has also been provided by multicentric studies conducted by ICMR. The facilities for the application and research on the measures of Ksharasutra are further developed at Research Institutes for Ayurveda under the Council at New Delhi, Kolkata, Bhubneshwar, Mumbai and Patiala. The Council has also arranged training programmes and workshops on the Ksharasutra measure. Further steps are proposed for its extension in other centres under the Council.

## Piles (Arsha)

Piles are the common most among ano-rectal problems. Varicosities of vessels of the anal canal are known as piles. They may be internal or external depending on the position. Bleeding and prolapse of the pile mass per anus is the commonest symptom. Some times hemorrhoidal vessels may get thrombosed, infected and prolapsed causing discomfort and pain. Constipation is supposed to be a main causative factor.

### Management

Medical management aims at reduction in inflammation and congestion of the pile mass, checking of bleeding and regularizing bowel by the using conservative remedies.

### Ksharasutra Measure

The prolapsed internal pile masses and external piles can be treated successfully by ligation of the Ksharasutra around pile masses. The ligated pile mass should be replaced inside the rectum (internal piles) allowing the thread to suspend out. 6<sup>th</sup> hourly warm water sitz bath followed by application of Prabhakara taila and a mild laxative should be administered. The necrosed pile mass will be separated within 1<sup>st</sup> week and the ulcer so formed will take another 1<sup>st</sup> week to heal completely.

## Fissure-in-ano (Parikartika)

Fissure is the most painful condition among all ano-rectal diseases. It is a longitudinal ulcer or tear in the lower part of anal canal. Hard stool or chronic diarrhoea are the commonest causes. Due to constant fecal contamination, it refuses to heal. The sentinel tag formed by the chronicity of the ulcer also prevents the fissure from healing. Pain with or without bleeding during or after defaecation are main features of fissure.

### Management

Medical management aims at giving relief from pain, passage of soft and non-irritant motion and fast healing of ulcer. Internal medication, sitz bath, jatyadighrita is very useful.

### Ksharasutra measure

The sentinel tag should be tied with Ksharasutra at its base. The tag falls out within 3 to 7 days depending on the size. The ulcer will take another 2 to 3 weeks to heal properly. Patient is advised to use Jatyadighrita twice a day after having sitz bath in warm water. Internal medication should be given as mentioned under medical Management.