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Kshara sutra the ayurvedic treatment for fistula -in –ano

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Ksharasutra therapy (Medicated Caustic Thread):

It is a minimal invasive Ayurvedic para surgical procedure and time tested Ayurvedic technique in the management of Ano Rectal disorders. Its a safe, sure and cost effective method of treatment for Fistula –In – Ano.

Fistula – In- Ano is treated conventionally by using the surgical techniques like Fistulotomy or Fistulectomy. In this practice of surgery there are many complications like delayed healing and stenosis or incontinence, the period of convalescence is also long but after treating Fistula – In - Ano with kshara sutra the complications are reduced to negligible level. The advantages these threads are low corrosiveness, less pain and speed cutting besides easy availability.

Preparation of Kshara Sutra:

Requirements:

1. Thread: Surgical linen thread of size 20.
2. Latex of Euphorbia nerifolia.
3. Haridra (Curcuma longa).
4. Apamarg Kshar (Achyranthus Aspera).

Mode of Action of Kshara Sutra:

1. The cut through of fistulous tract is effected by the pressure exerted on anorectal tissue by the moderately tight Kshara Sutra tied in the fistulous tract.
2. The pressure of Kshara Sutra in the fistulous tract does not allow the cavity to close down from either ends and there is a continuous drainage of pus along the Kushara Sutra itself.
3. The Kshara Sutra slowly and gradually cuts through the fistulous tract from apex to the periphery. There is an ideal simultaneous cutting and healing of the tract and no pocket of pus is allowed to stay back.
4. The Kshara (Caustics) applied on the thread are anti- inflammatory, anti slough agents and in addition, have property of chemical curetting.
5. The ph of Kshara Sutra was towards the alkaline side therefore it did not allow rectal pathogens to invade the cavity.

Biography

I am Dr. Sampath Reddy Jalapu completed by BAMS from NTR University of health science, India. I am the director of Jnjr Ayurvedic hospital, hyderabad. And also researching on Ano Rectal Disorders since two years.

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