

CASE STUDY

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**KSHARASUTRA THERAPY FOR FISTULA-IN-ANO:
A SINGLE CASE STUDY**

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Abstract

Introduction: Fistula-in-Ano is characterized by an abnormal tract extending from the anal canal to the skin surface, often resulting from untreated perianal abscesses. Its management in contemporary medicine includes surgical procedures with varying success rates and high recurrence rates. In Ayurveda, the analogous condition, *Bhagandara*, is described along with specific treatment modalities such as *Ksharasutra*, which involves the use of medicated threads to effectively manage and heal fistulous tracts. This case study aims to explore the efficacy of *Ksharasutra* in treating Fistula-in-Ano, emphasizing the importance of *Ayurveda* principles in contemporary clinical practice.

Materials & Methods: A 21-year-old male patient presenting with Fistula-in-Ano was evaluated at the Outdoor Patient Dept. of *Shalyatantra*. Clinical examination confirmed the diagnosis, and treatment using *Ksharasutra* was initiated. The procedure involved the insertion and periodic tightening of medicated threads into the fistulous tract to induce cutting and healing of unhealthy tissues. Regular follow-ups were conducted to monitor healing progress and assess any complications or recurrence.

Results: The use of *Ksharasutra* in the management of Fistula-in-Ano resulted in significant clinical improvement for the patient. The procedure effectively promoted the closure of the fistulous tract, with minimal complications observed during the treatment period. Follow-up evaluations indicated satisfactory healing and absence of recurrence, demonstrating the efficacy of *Ayurveda* intervention in managing this chronic condition.

Discussion: The case study highlights the role of *Ksharasutra* as a viable treatment option for Fistula-in-Ano, aligning with *Ayurveda* principles of targeted therapy aimed at eliminating diseased tissue and promoting natural healing. Compared to conventional surgical approaches, *Ksharasutra* offers advantages such as reduced risk of complications, faster recovery times, and potentially lower recurrence rates. The integration of Ayurveda practices in modern clinical settings provides an alternative perspective on managing challenging conditions like Fistula-in-Ano, emphasizing personalized care and holistic treatment approaches.

Keywords: *Bhagandara*, *Ksharasutra*, Fistula-in-Ano, *Ayurveda*

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