

MANAGEMENT OF MAMSAKANDHI W.S.R. TO KELOID WITH  
KSHARA SUTRA – A CASE STUDY

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ABSTRACT

Keloids are benign, hypertrophic, fibrous lesions that generally develop following trauma, ear piercing, or surgery resulting from excessive collagen deposition, they frequently persist at the site of injury, often recur after excision. There are several trials to regulate keloids however most of them are unsuccessful. This is a challenge to treat due to its nature of recurrence. This condition demands innovative techniques for its management. Many techniques have been tried in its management, each by no means better than the other. According to Ayurveda, the condition can be correlated with *Mamsakandhi*. Ayurvedic treatment can be beneficial in such cases such as *kshara sutra* (medicated caustic thread). A case study of patient at OPD with swelling over left ear pinna diagnosed as keloid and *Apamarga kshara sutra* was done which helped in cutting and healing with no side effects and further recurrence.

**Key Words:** Ear pinna, Keloid, Ayurveda, *Mamsakandhi*, *kshara sutra*

**INTRODUCTION:** Keloid: “Like a Claw”<sup>1</sup>- was first coined by Alibert in 1817<sup>2</sup> Keloids are overabundance of fibroplasia in the dermal healing process. They rise above the skin level and extend beyond the border of the original wound and rarely regress spontaneously. They occur after trauma to the skin and may be tender, pruritic and cause burning sensation. Some body parts have higher incidence of formation of keloid, such as the skin of the earlobe, deltoid, presternal and upper back regions. They are rarely seen on eyelids, genitalia, palms, soles, or across joints.<sup>3</sup>

Keloid occurs common in blacks, females, genetically predisposed. There is defect in maturation and stabilization of scleroprotein fibrils. Normal collagen bundles are absent. It is brownish black/pinkish black in colour due to vascularity, painful, tender, sometimes hyperaesthetic; spreads and causes itching. When the keloid happens after an unnoticed trauma without scar formation

that is termed as spontaneous keloid. Pathologically it contains proliferating immature fibroblasts, proliferating immature blood vessels and type III thick collagen stroma.<sup>4</sup>

The treatment methods for these keloids are controversial include both surgical and non-surgical methods like steroid injection, methotrexate and vitamin A therapy, laser therapy, intralesional excision, irradiation, skin grafting etc with high recurrence rate >50%.<sup>5</sup>

According to *Ayurveda*, keloid can be correlated to *Mamsakandhi*.

*Mamsakandhi* = *mamsa ankura* which means elevated structure and has been explained as one of the complications of *chedana* (excision) in *Sushruta Samhita Sutrasthana Agropaharaniya Adhyaya*. It is one of the *mamsa dhatu pradoshaja vyadhi* (disease having abnormal involvement of muscular and fibrous tissue)<sup>6</sup> and application of *Ksharasutra* is the important treatment modality. This *Ksharasutra* ligature acts on tissue starts

with severe irritation and inflammation of native tissue, initiating cutting action and pressure of ligature inflicting lack of blood supply to mass leading to tissue necrosis.

### CASE REPORT

A 39yr old female, married, housewife presented with complaints of swelling and growth on left ear pinna, gradually increasing in size since 4 yrs, associated with severe pain and burning sensation for 3 days. she had history of injury to same site 4 yrs. back. Visited *Shalya Tantra* OPD SPSAMCH&RC, *Arjunabettahalli*. Interrogations revealed that the patient had tied her own hair over the growth which led to severe pain, therefore approached our hospital for better management.

The patient had no history of Diabetes Mellitus, Hypertension or underwent any surgery.

Physical Examination = Pulse rate - 78/min, regular with normal volume.

Blood pressure- 120/80mmHg.

Routine haematological and urine investigations were conducted - to rule out systemic pathology.

Systemic examination-

- Cardiovascular System-S1 S2 heard, no added sounds
- Central Nervous System- conscious, oriented
- Respiratory System-Bilateral air entry clear
- Per Abdomen- soft, non-tender, no organomegaly

Local examination-

Inspection-(Lesion) Type - growth over left ear pinna

Site - left ear pinna, mid helix region

Colour- Reddish discolouration

Number- one

Infected swelling with tied hair (by patient) over the swelling

Palpation - Tenderness - Present

Discharge – present, serosanguineous

Measurements - 3cm wide, 1cm in length

Diagnosis – *Mamsakandhi* – Keloid left ear pinna.

Treatment was planned as;

*Sthanika chikitsa* –

**Purva karma-**

Patient consent was taken by explaining about the procedure.

**Pradhana karma-**

Under aseptic precaution, *Pancha valkala kwatha parisheka*, careful removal of hair followed by tying of Barbour linen thread no.20 for 3 days. On 3<sup>rd</sup> day *Apamarga kshara sutra* ligation was done followed by *Yastimadhu Thaila pichu*.

*Paschat karma-* *Triphala guggulu* with warm water after food TID for 7days

*Gandhaka Rasayana* with warm water after food BD for 7 days

*Yastimadhu Thaila* – external application twice daily

**Assessment criteria-**

*Peeda* (pain)

*Daha* (burning sensation)

*Srava* (Discharge)

**OBSERVATION AND RESULT:**

Clinical examination of patient revealed regression in *srava* on third day. After *Apamarga kshara sutra* ligation patient had *Daha* and *Peeda* for 3 days. *Yastimadhu taila pichu* combated those symptoms. Mass fell off on 7<sup>th</sup> day. Wound healed completely. Patient was completely cured and was devoid of any symptoms.

Figure 1



**DISCUSSION:** Patient got relieved of the symptoms and improved with *Apamarga kshara sutra*. It was a case of ear pinna keloid. As per Ayurveda, it can be correlated with *Mamsakandhi* which is a *Mamsa Pradoshaja Vikara*. Keeping all this in mind management selected was *Apamarga kshara sutra* ligation. *Kshara sutra* has controlled chemical cauterizing action on living tissue. As per *Acharya Sushruta*, *Kshara Karmukata* is *lekhana*(scraping), *dahana* (cauterisation), *pachana* (digestive), *tridoshagna* (alleviates three *doshas*) and *vishesha kriyakarana* (*versatile*)<sup>7</sup>. *Apamarga*<sup>8</sup> is *vraha shodhaka* (cleaning), *ropaka* (healing) possesses anti-inflammatory and anti-microbial action. It also reduces the discharge. *Snuhi Ksheera*<sup>9</sup> is strong alkaline in nature acts as chemical cauterization. *Haridra*<sup>10</sup> *choorna* possess anti-inflammatory, antiseptic and antibacterial having wound healing activity which prevents infections and facilitates tissue growth there by promoting healing. The debris of necrosed tissue was cleared out giving away for fresh budding granulation tissue without any complications and recurrence.

**CONCLUSION:**

In this single case study *Apamarga kshara sutra* has showed excellent results. Based

on the clinical observation and discussion it may be concluded that the use of *kshara sutra* has a definite role in treatment of keloids in terms of earlier relief, quick healing and it is very effective to terminate the chance of recurrence. But time demands to work on more patients and detail research.

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