

PERIANAL SINUS- A CASE STUDY

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ABSTRACT :

Sinus is a blind track lined by granulation tissue leading from an epithelial surface into surrounding tissues. Prolonged sitting, trauma, abscess, some disease like; TB, Osteomyelitis, pilonidol sinus with family history may increase the risk of disease. In Ayurveda Acharya Susruta mentioned eight types of sinuses as *nadivran* in Susruta Samhita *nidan sthan* chapter 10 *Visarpnadistanrognidanam*. *Kalka Varti* is a kind of paste with gauze piece. *Kalka* prepared by compound of certain medicinal plants, medicated oil and minerals. Susruta describes *kalka* in the management of *Nadi vrana*. A 44 year old male patient thoroughly examined and treated with the help of *kalka varti*. Bulk of dead tissue and pus were expelled during procedure. *Kalka* is an ideal procedure adopted for sinus track mentioned by Susruta not only to destroy the unhealthy granulation lining but also for its curettage and healing work. viz. *Kalka varti* procedure for *nadivrana*, Hence this therapy was tried in perianal sinus and is described in this report. *Kalka varti* not only minimize the complication but enables patient to resume work quicker and less discomfort as well as reduce cost.

Key words: Perianal sinus, *Nadivrana*, *Kalka varti*,

INTRODUCTION: perianal sinus is chronic inflammatory disorder consisting peri-anal region or around the anus. Sinus can occur anywhere in body and the name of sinus made by the site or position of occurrence i.e. peri-anal sinus¹. Peri-anal region is most favourable atmosphere for maceration. sweating, hair, bacterial infection. Peri-anal sinus can present acutely as perianal sinus, asymptotically as small opening with non tender lump, or discharging pus with or without pain. As in Sushruta Samhita the description of *Nadivrana* is a tract where foreign body lodged inside i.e. due to presence of hair, pus, necrosed tissue etc holds to discharge and continuous pain². So, we can see the similarity between *Nadivrana* & sinus. For that Sushruta has given very

unique, minimal invasive treatment i.e. *Kalka* as line of treatment in all types of *Nadivrana* which is not only minimizes complications but also facilitates with less discomfort³. In modern, the commonly used surgical technique for this disease is excision, primary closure & excision with reconstructive flap⁴. However, patients require longer hospitalization, the risk of recurrent & infection of wound. So, *Kalka varti* therapy reduces inflammation and heals the track of infection which minimizes the rate of complications.

CASE REPORT: A 44 year old male, came to the Shalyatantra O.P.D at Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Hospital, Jodhpur with complaint of recurrent discharge from an opening over an operated site along

with pain and discomfort in May 2016. He gave a history of operation in Allopathic hospital for Perianal sinus performed in 2015. The disease re-occurred after 1 year in 2016 and this was confirmed by MRI. The patient was not willing for surgery again and requested Ayurvedic treatment. Hence, Kalka varti procedure was offered. Before planning treatment other aetiologies like Tuberculosis, Pelvic inflammation causing abscess, HIV, diabetes mellitus, foreign body or trauma, cold abscesses were ruled out. After confirmation of the perianal sinus by sinusogram. the external openings was

incised under local anaesthesia and the embedded Pus and dead cells were removed. The *Kalka varti* was packed covering the entire underlying tract for healing. The perianal sinus tract was cleaned by *Triphala* decoction. Appropriate dressing was done with the help of *Kalka varti* compound of (*ksara tail, apamarga ksara, yasad bhasm, jatyadi tail, honey, mulethi churna*) under aseptic conditions in every day morning.

Patient Name: XYZ

Age: 44 years/M

Date of 1st visit: 17/05/2016

Date of Recovery/Discharge: 30/06/2016



Chief Complaints:

Duration:

1. A small opening at 3 O.Clock region. since 1 month
2. Puss discharge from that opening
3. Pain at anal verge

H/O Present illness: Patient was apparently alright before 1 month. Then he had developed above complaints suddenly. He had taken analgesics for it, but didn't get relief. Therefore for further treatment he came in Dr. Sarvpalli Radhakrishnan Ayurved University College and Hospital.

Family History: NAD(No any deformity) No H/O HTN, DM or any other major illness.

Personal History: No H/O any drug allergy, smoking, alcohol. Vegetarian.

General Examination:

G.C-moderate, Afebrile

CVS- S1 S2 Normal

Pulse- 74/min

BP- 130/80 mm Hg

RS- Chest clears B/L

Digestive System- Regular bowel habits

Uro-genital System- NAD

Local Examination:

- A small opening 2cm-2cm on left side 3 cm away from anus at 3 o'clock position
- Puss discharge through opening
- Tenderness ++
- Swelling (mild)

Investigation: CBC no any significant finding.

- ESR 16mm in 1st hour
- pus culture Klebsiella trace
- Sinusogram: track is directed from perineum to left, no communication found.

Cause: Nadi Vrana (Pus culture shows klebsiella)

Diagnosis According to Modern Medicine:
Perianal Sinus

Chikitsa:

a) Kalka Varti: 5

- Before, planning this procedure other etiologies like TB, HIV, HbsAg, DM were ruled out.
- Under All Aseptic precautions & under local anesthesia, the probing was done In lithotomy position through sinus in the direction of small track up to the end of 5 cm.
- 2% Xylocaine infiltrated near the opening of sinus and 2cm incision was take at opening of sinus.Drainage of pus was done and debrilment of pus cell done with *Apamarg khsar*.
- Track cleaning done with *Triphala kwath* and packing done with *Kalka varti* of:
- *Apamarga Khsar, Apamarga Khsar tail Yasad bhasm, Mulethi churna Jatyadi tail, Honey*

b) Oral Medication:

Triphala Churna: 3gm or 1Tsf at bed time with luke warm water

Tab Septallin: 2 Tab BD with luke warm water

Kankayan vati: 2 tab BD with luke warm water

Hingvastak churna 3gm BD with luke warm water

Hot sitz Bath: Twice in Day

OBSERVATION: The sinus track healed by 7weeks.After complete healing of the track presently patient on oral medicine with local appllication of jatyadi tail.

DISCUSSION: Kalka varti is medicated gauze coated with herbally prepared alkaline drugs like Apamarga (*Acyranthus Aspera*)-ksara and ksara tail, yasad bhasm (zinc). jatyadi tail, honey and mulethi churna (*Glycrhiza glabra*) .This

combination of medicine coating on gauze helps in debridement of necrosed tissues, slough and also act locally as anti-fungal anti-bacterial and antiinflammatory and another mechanism is that it enhances the growth of healthy granulation tissue.

CONCLUSION: This *Kalka varti* therapy is satisfactory in the management of Perianal Sinus. It's not only cures the track but also minimizes rate of complication, reoccurrence and enables the patient to work and participate in normal social activities within short span of time. It is good therapy in terms of cost treatment.

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Declared