



## Case Report

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### A CASE DISCUSSION ON PILONIDAL SINUS: CASE REPORT

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#### ABSTRACT

A pilonidal sinus is an acquired condition seen more in males than females, as males have more hairs, the buttocks moves and hairs breaks off by friction and collect in the cleft which makes local inflammation turns to sinus formation. The commonly used surgical technique for this disorder includes excision, primary closure and excision with reconstructive flap. However patients require longer hospitalization, the risk of reoccurrence, and infection of wound after operation is high and expensive. We can see the similarity between shalyaja nadvrana described in Sushruta Samhita and pilonidal sinus. Sushruta advised many para-surgical techniques viz – kshara sutra for nadi vrana hence kshara sutra therapy was tried in a case of pilonidal sinus. Kshara sutra treatment not only minimizes complications and reoccurrences but also facilitates the patient to resume early working with less discomfort as well as reduced time and cost.

**Keywords:** Pilonidal sinus, shalyaja nadvrana, ksharasutra.

#### INTRODUCTION

Pilonidal sinus means nest of hairs in Greek. Hairs accumulate due to vibration and friction causing shedding of hairs. Thus it enters gluteal cleft (between the buttocks) through the opening of sweat glands<sup>1</sup>. The track of sinus goes in a vertical direction between the buttocks. Most occur in hairy men. The origin of pilonidal sinus is not fully understood, although hormonal imbalance, presence of hair, friction and infection are some causative factors<sup>2</sup>. As in Sushruta Samhitha<sup>3</sup> the description on shalyaja nadi vrana which is similar to 'Pilonidal sinus'. Shalyaja nadi vrana is a tract where foreign body lodged inside i.e due to presence of hair, pus, necrosed tissue etc holds to discharge and continuous pain. Hence Sushruta advised very unique, minimal invasive treatment i.e Kshara sutra in Nadi vrana.

#### Case Report

A 20 year old male patient came to Shalya tantra OPD at S.S.C. Hospital, Bidar with complaint of severe pain, mild discharge and small nodule in between and upper portion of natal cleft since 8 days. On local examination, we found a small sinus in between the buttocks (natal cleft), the patient was hairy and moderately built. The sinus was cleaned with an antiseptic solution and probing done. The track was directed upward towards the sacrum about 3.5 cm.

Earlier patient consulted Modern surgeon, and advised for surgery but patient was not willing for surgery and interested in Ayurvedic management. Hence we offered him A Kshara Sutra procedure. Before planning this procedure other aetiologies like TB, HIV, HbSAG, DM were ruled out.

After all investigations and Lignocaine test dose, patient was shifted to Minor OT. Under local anaesthesia the

probe was inserted from sinus in the direction of its track up to the end about 2cm, another small nick is given on the tip of probe so as to make two openings and the embedded hair follicles were removed out. The Kshara Sutra was tied covering the entire track for simultaneous cutting and healing and minimum dressing given under aseptic measures and the patient was discharged after 6 hours of stay in hospital.

Patient was asked to come for dressing on alternate days, Sitz bath with Luke warm water with Triphala Churna was advised before dressing. The Kshara Sutra was changed weekly for 3 sittings. To reduce pain and inflammation oral antibiotics and anti-inflammatory drugs were also prescribed.

The sinus track cut through and healed simultaneously by 4 weeks. After complete healing of the track. Later patient was advised to keep the part free of hairs and maintain local hygiene.

Kshara Sutra is medicated caustic thread (seton) coated with herbally prepared Alkaline drugs like Apamarga (ash of *Achranthes aspera*), Snuhi (*Euphorbia nerifolia*) latex as a binding agent and Haridra (*Curcuma longa*) powder. This combination of medicine coating on thread helps in debridement of necrosed tissues, slough and also act locally as anti-fungal, anti-bacterial and anti-inflammatory and another mechanism is that it enhances the growth of healthy granulation tissue.

#### DISCUSSION

This Kshara Sutra therapy is satisfactory in the management of Pilonidal Sinus. It's not only cures the tract but also minimises rate of complication, reoccurrence and enables the patient to work and participate in normal social activities within short span of time. It is a good therapy in terms of cost of treatment.



Before



First kshara sutra ligation



After one sitting



healed track after 3<sup>rd</sup> week

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