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### “A case study: Management of fistula by *Aloevera Ksharsutra* w. s. r. to DM – type 2 and hepatitis – “B” Positive patient.”

**Dharmpal T. Patil**

Ph. D. Scholar (*shalya*), Ayurved Department,  
Tilak Maharashtra Vidyapeeth, Pune, Maharashtra, India  
Principal at “Saint Sahara Ayurved College”, Bathinda, Punjab., India

\*Corresponding author: patildharmapal@gmail.com

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#### **A**bstract:

The present study deals with management of long track fistula- in- ano, a unique case carrying Hepatitis B positive and Diabetic (DM-Type-2). In this case the technique of partial Fistulectomy medially and laterally two sided ligation by *Aloevera Ksharsutra* was adopted as per the study result of *Aloevera* in my Ph.D. project, it is significantly good especially to manage pain, irritation, discharge and also healing like parameters after ligations.

*Aloevera Ksharsutra* was prepared as 20 no. lenen thread + 11 coating of Aloe Vera pulp + 7 coatings of Aloe Vera and *Apamarga Kshara* + 3 coatings of Aloe Vera and *Haridra* powder. Aloe Vera has very good qualities like viz. *Shotahara*, *Bhelan*, *Vedanasthapaka* (anesthetic) and *Vranasopana*, which are very essential in cutting and healing the Fistula Track with minimal irritation and pain.

**Keywords:** Fistula, *Aloevera*, *Apamrga*, *Haridra*, *Ksharsutra*, Ligation.

## INTRODUCTION

Fistula is a tunnel which passes through the anus and also is a one of the serious major ano-rectal diseases affecting quality of life. Ano-rectal diseases are increasing day by day in today's era. In this modern and competitive lifestyle and culture of fast foods develop many of the obstructions and infections at the anal region, which leads to a swollen packet of infected tissues and liquid which results in abscess.

Further the incurable or untreated abscess will make its way to the outside and puncture a hole in skin and tissues near the anus.

Tuberculosis, Sexually transmitted diseases etc. are also the causes of Fistula which stamps rate. Normally the untreated Fistula goes on to close their own and also to open.

### ***Ksharasutra*: The prime treatment**

A number of new surgical methods have led to re-appraisal of Ano-rectal disease over the last few decades. *Ksharasutra* is one of the routinely applied procedures which is very simple, economic and convenient to patient. *Ksharasutra* treatment is easy, fruitful, cost-effective and well-known as compared to other surgical or parasurgical measures in modern surgery. Methods of preparation of *Kshara* and *Ksharasutra* have been enlighten by many Ayurvedic classical texts. Currently the most used standard treatment for *Ksharasutra chikitsa* is *Snuhi kshira*,

which is well-known and widely accepted. But it is having its own limitations like pain, irritation and burning after ligation despite its good results. Hence, its time to test few more drugs to overcome the drawbacks.

### **Rationale of the study**

As per my opinion though the *Ksharasutra* procedure well-known and widely accepted there is need of standardization on *Ksharasutra* Ligation (K.S.L) procedure. Even though in this era, patients are preferring such a non-surgical process of *Ksharasutra*, but irritability is the almost drawback to patients, where they have to tolerate much through Ligation. Hence, here is a need to develop such Kshara Sutra which is less painful and less or no irritative. So, I have decided to work on this disease, by inventing the *Ksharasutra* through changing its content. Most researchers attempted clinical trials on *Ksharasutra* which is commonly prepared by adding several of *Ksharas* with *Snuhi Kshira*, which is more corrosive, irritative, painful to the patients and difficult to prepare in humid climates. But here we have used Aloe Vera pulp instead of the *Snuhi Kshira*, to release the associated problems created by the *Snuhi Kshira Ksharasutra*, i.e. post ligation irritation. Aloe Vera being a *Sheet Viryatmak* it has

all the properties of cutting, healing, antiseptic, antibiotic, easily available and prepared in all climates, which are very essential in the removal of the piles.

### Advantages of Aloe Vera Ksharasutra

*Ushna* and *Teekshna* gunas of *Apamarga Kshara* are not reduced by Aloe Vera. Hence there is no pain and irritation when pile mass is removed by Aloe Vera *Ksharasutra* which is major issue in case of *Snuhi Kshira Ksharasutra*. Due to *Shothahara, Bhedana, Vedanasthapaka, Vranaropana, Mrudu, Sheeta Guna-karmas* of Aloe Vera cutting of Pile-mass is painless. Aloe Vera acts like good Antibiotic and chances Infection & Sepsis are very rare. Aloevera is very cheap, economic, easy to collect and freely available everywhere at any season in India, where as *Snuhi* is seasonal & scarce.

So, considering all these facts I have selected the quality potential drug like drug Aloe Vera to use for preparation of *Ksharasutra* and to use in trial of present case of Fistula. I have achieved excellent positive results which is mentioned and discussed further in this Case.

### CASE STUDY / HISTORY

Date: 09/ 03/2018

Name: X Y Z ; Age: 45 Years

Address: xyz

Weight: 76 kg.

Occupation: Tempo Driver

### Chief Complain –

A 45 years male came in My OPD on 9/03/18

### c/o:

- Abscess at left superior peri-anal region.
- Watery and sticky secretion Oozing from.
- Pain at that region.
- On and off of the wound. Since one year.

### Associate Complaint –

- Constipation
- Indigestion
- Gas Trouble

### Personal History –

- A Tempo Driver by profession
- Driving Tempo Day and Night
- Almost Non –Vegetarian Diet.
- Consuming Alcohol regularly.

Caring Hepatitis B and Diabetes Mellitus

Interrupt treatment in Mumbai before.

### Family History -

No history of Ano-rectal sufferer in Family.

No history of Diabetes sufferer in Family.

### GENERAL EXAMINATION:

- Temp.: Afebrile
- CVS: NAD
- Pulse: 76/m
- R/S : AEBE
- Respiration: 18/m
- CNS: NAD
- B.P.: 140/80

### INVESTIGATION

- H.B.%: 14.1
- HBsAg: **Positive**
- R.B.C: 5.01%
- BSL (R) : 140 mg% .
- TLC: 12,000/cmm
- BT: 1.55 min.

### Differential Count:-

- CT: 6.45 min.
- Neutrophils : 73%
- Lymphocytes: 20%
- Eosinophils: 03%
- Monocytes: 04%
- Basophils: 00%

**Platelets:** 2,73,000/cmm

### MATERIALS AND METHODS

#### Aims and Objectives :-

- To show the efficacy of Aloe Vera Ksharsutra to manage the fistula in ano.
- To treat the specific patient of DM and Hepatitis positive.

To treat the long track of fistula without antibiotics.

### DRUG REVIEW

*Kumari, Apamarga Kshar and Haridra* were used to prepare Aloe Vera *Ksharsutra*.

#### **kumari:**

**Latin Name:** - Aloe vera

**Family:** - Liliaceae

**Synonyms:** - Kanya, Gruhkanya, Gruhkumari, Ghrutkumari, Deerghapatrika, Sthleruha, Bahupatra, Sukantaka, Mrudu, Kapila etc.

**Vernacular Names:** -

- English: - Common Indian Aloe, Musabbar.
- Hindi: - Ghikuaar, Gwar patha, Ghigwar.
- Marathi: - Korphad.
- Gujarati: - Kunwar.

**Parts Used:** - *Patra*

**Properties:**

- *Rasa – Tikta, Madhur*
- *Vipak – Madhur*
- *Veerya - Sheeta*
- *Guna – Guru, Snigdha, Picchila.*
- *Doshghnata – Tridoshashamak.*

**Karma –**

*Vedanasthapana, Shothahar, Vranashodhan, Ropana, Deepana, Pachana, Bhedana, Balya, Bruhan etc.*



**Chemical Constituents: -**

All Aloe species contain anthraquinone glycosides. Barbaloin (aloe-emodin anthrone C-10 glucoside) is the major active constituent. Aloes also contain isobarbalin, aloe-emodin, resins, aloetic acid, homonataloin aloe-sone, chrysophanic acid, chrysamminic acid, galactouronic acid, choline choline salicylate, saponins, mucopolysacchrides, glucosamines, hexuronic acid, coniferyl alcohol.

**Pharmacological Activities: -**

It is bitter, cooling, purgative, alterative, fattening, tonic, aphrodisiac, anthelmintic and alexiteric. It is useful in eye-disease, tumours, spleen enlargement, lever complaints, vomiting, bronchitis, skin diseases, biliousness, asthma, jaundice and ulcers. The fresh gel or its

solid extract is used for medicinal purpose. The plant is equally salutary both internally as well as externally. Aloe gel is formed in inner parenchymal cells of the leaves. This gel is used in cosmetic industry and is in heavy demand. The gel possesses good moisturizing properties and also has formulation role for oil in water (approved by FDA) preparation. Aloe gel also contains anti-wrinkle properties. Aloes is the dried juice of leaves of *A. barbadensis*, known as curacao aloes, or of *A. perryi*, known as socotrine Aloes; or of *A. africana* and *A. spicata*, known as cape aloes.

**Reference:**

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गुल्मप्लीहयकृद्वृद्धिकफज्वरहरी हरेत् ॥  
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**DESCRIPTION OF ALOE VERA KSHAR SUTRA INGREDIENTS****Methods of preparation of Ksharsutra:-**

Ingredients	No. of Coatings	Total no. of coatings
Aloe Vera	11	
Aloe Vera + Apamarga kshar	7	21
Aloe Vera + Haridra powder	3	

**Method of ligation of Ksharsutra:**

Ksharsutra ligation procedure was done in my personal OPD in antiseptic condition under Local anesthesia. Post ligation patient was treated only with local dressing on alternate days and orally Tab.

Septilin was administered, the pain killer were given SOS i.e. as per need.

**Effect of Therapy:** The study observed in present case was very good with positive result. High risky patient was cured in

very short time i.e. in six weeks without any complications throughout. Specifically cutting and healing processes were found in good manner. No septic or puss formation was there.

### HEALING CRITERIA

Symptoms	Follow Up					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Pain</b>	100%	60%	20%	0%	-	-
<b>Discharge</b>	-	-	-	-	-	-
<b>Irritation</b>	60%	40%	20%	0%	-	-
<b>Cutting</b>	30%	60%	100%	0%	-	-
<b>Healing</b>	20%	40%	60%	80%	90%	100%

### Mode of Action of Aloe Vera Ksharsutra

Aloe Vera *Ksharsutra* offers chemical cauterization which helps in cutting of skin and tissue i.e. track of fistula. *Ksharsutra* treats pressure on muscle mass which helps in cutting and healing process.. The antimicrobial property of *Ksharsutra* prevents further chances of infections and sepsis.

Aloe Vera doesn't affect properties of apamarga kshara. , reversely provides synergetic effects with *apamarga kshara*. Aloe Vera *Ksharsutra* has the properties like *sheetvirya*, *ushna*, *tikshna* which helps especially in cutting of fistular track with minimal irritation.

Aloe Vera possesses properties like *shothahara*, *bhedana*, *vedanasthapaka* and *vranaropana* which helps especially in healing the fistular wounds.

The overall effect of Aloe Vera *Ksharsutra* was found to be satisfactory towards the management of fistula in ano.

### EFFECT OF ALOE VERA KSHARSUTRA

All symptoms were relieved up to good extent. Specifically in healing effect observed was very good within six weeks.

**Limitation of Study:** The study was carried out in only one patient, randomized clinical trials recommended further. Study in large representative sample from large population will provide more authentication.

**Discussion:** The present Case was treated by **Aloevera Ksharasutra Ligation** and additionally **Tab. Septilin 2 bid** orally, for 6 weeks on trial basis, where the patient had very magical result. The expected process of **Cutting** and **Healing** of the Fistular Track with no **complication**, without any **antibiotics** was the miracle in such a risky Case of DM and Hepatitis-B.

**Conclusion:** Finally it was concluded that Aloe Vera *Ksharsutra* Ligation in Fistula is good effective , in cutting and healing the fistular track with less irritation and pain.

### **References:**

1. **Dr. Subha Reddy (1994)** - Aloevera *Ksharsutra* for fistula-in-ano. – **BHU Varanasi**.

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management of Arsha- **Tilak**  
**Maharashtra Vidyapeeth Pune.**

**Photographs:**





**How to Cite this article:**

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