



Research article

Case study of role of ksharvarti (medicated plug) in the management of post-caesarean sinus**Sabade Pradnya Prakash*, Rajeshwar Reddy**

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A sinus is a blind tract leading from surface, down to the tissues. There is persistent discharge called SEROMA from this sinus tract. Hardly any data is available so as to cure this post caesarean sinus.

Data presented in this report is apparently a case study of its kind in surgical literature where a female patient with age of 30 yrs, who had been undergone with caesarean section 2 times. Second time, re suturing was done for the opened stitches. After the procedure, she developed multiple sinuses over the scar n was not getting relief with modern therapy.

The main purpose of this study was to cure this sinus with advanced modalities in ayurved, to overcome the hurdles n complications caused by the modern procedures.

On the first day, the sinus tract was cleaned properly with betadine, pus discharge was drained and ksharvarti was inserted inside the sinus tract. Patient was called for follow up in every week once. Ksharvarti was applied once a week, after every 7th day. The procedure was followed for 24 weeks, with regular dressing and ksharvarti application.

It was observed that, the tract was getting healed with proper de-sloughing of pus and debridement of tract was taken care by Ksharvarti. Astonishing results were observed with regeneration of healthy granulation tissue inside the sinus tract. No pus discharge and pain was observed later too. The sinus was completely healed by the 24th week.

Ksharvarti helps in proper drainage and simultaneous healing of the sinus tract. Kshar helps in chemical cauterization and de-sloughing of unhealthy granulation tissue, resulting in complete healing of the sinus tract and also avoids its recurrence in future. Thus Ksharvarti has proved the promising effect in the management of post-caesarean sinus.

Keywords: Ksharvarti, Post-caesarean sinus, Parasurgical procedure, Seroma, Wound abscess, Nadvirana.**INTRODUCTION**

A sinus is a blind tract leading from surface, down to the tissues. There is persistent discharge called SEROMA from this sinus tract post operatively. It is having one visible opening over the surface. Post caesarean sinus is a very common complication of caesarean section in post natal females. This is also termed as utero-cutaneous fistula, which is a rare clinical presentation occurring after caesarean section and other pelvic operations. Although many surgeons reoperate it, a persistent pus discharge from the sinus occurs even after [1].

Wound abscess may discharge spontaneously due to infective foci or unhygienic environment, un appropriate wound care and body tendency of wound healing. It may burst by tracking to the surface but may need drainage through a surgical incision. Most abscess relating to surgical wound take 7-10days to form after surgery. As many as 75% of surgical site infections present after patient has left hospital and many thus be overlooked by the surgical team. Persistent chronic abscess may lead to sinus or fistula formation. Mostly causative organisms are –Mycobacterium and Actinomyces.

Ksharvarti acts as a specialty mode of noninvasive para surgical procedure commonly used in Nadivrana (can be correlated with sinus) and other medico surgical conditions according to Ayurved. Even patients get exhausted by visiting to the hospital several times and undergoing repeated surgical treatment. Hence it was a kind effort to heal this recurrent sinus with the help of Ksharvarti so as to avoid further complications after surgery [2].

Environmental fate

A 30-year-old female patient with case of post caesarean sinus was selected for the case study. Caesarean section was done twice about a year before patient came to us. Ksharvarti application was done once a week for 24 weeks with all aseptic precautions, regular dressing and proper hygiene was maintained at same place. We inserted Ksharavarti in multiple holes with pus discharge in the caesarean section scar over suprapubic region. Serous discharge in seroma was drained completely everytime with the help of gauze rolling over it. The Ksharvarti or medicated plug used for therapy was made itself in same institute according to the classical method of preparation i.e. 11 coatings of Snuhi latex, 7 coatings of Apamarg Kshara and 3 Coatings of Haridra powder on Linen 20 thread, with appropriate sterilisation and temperature regulated in Ksharasutra preparation chamber. Regular follow up was taken for the same. Case-study was carried out in Surgery O.P.D. of M.A. Podar hospital, Worli, Mumbai-18.

Informed written consent of the patient was taken before starting the treatment [3].

RESULTS

It was observed that sinus was healed completely after 24 weeks. Total desloughing and healing of the track along with draining and healing of seroma was observed during the follow up.

Figure 1: Before treatment



Figure 2: During the treatment



Figure 3: During the treatment



Figure 3: After complete healing and de sloughing of sinus



DISUSSION

Cavities in post operative wound abscesses need proper cleaning out after incision and drainage and are encouraged to heal by secondary infection. All loculi need to be opened and curetted before resolution can occur. Persistent chronic abscess may lead to sinus or fistula formation. There is tissue sequestration and later calcification.

Seroma (continuous serous discharge) is a common complication of post caesarean sinus or uterocutaneous fistula. It is caused by multiple surgeries, incomplete closure of the incisions, unhygienic conditions at the wound site ...etc. The exact standard treatment of it is challenging and yet to be introduced. We describe a patient with post caesarean sinus after multiple operations.

Eventually, she had successful management of this sinus with the application of ksharvarti [4, 5].

Ksharvarti is having an excellent property of drainage and simultaneous healing of the sinus. It has a promising effect by its action of de sloughing, healing and chemical cauterisation. Snuhi latex and apamarga Kshar applied to it, have an excellent property of curettage of unhealthy granulation tissue. Haridra is having an antibacterial, antiseptic and wound healing property, thus causing proper cleaning and rupture of all pus loculi resulting in debridement and healing of the tissue in sinus tract. Thus Ksharvarti helps in healing and desloughing of sinus tract leading to complete cure of seroma destroying an unhealthy granulation tissue and preventing its recurrence [6].

CONCLUSION

Ksharavarti helps in proper drainage and simultaneous healing of the sinus. It has a promising effect in the management of post- caesarean sinus by its action of desloughing, healing and chemical cauterization.

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