



# **MANAGEMENT OF SHALAYAJ NADI VRANA (PILONIDAL SINUS) WITH AYURVEDIC SURGICAL TREATMENT THROUGH CHHEDANA KARMA (WIDE EXCISION)**

**Dr. Satya Narayan Sahani<sup>1</sup>, Prof. (Dr.) Ranjan Kumar Kasta<sup>2</sup>,  
Dr. Tapan Kumar Nayak<sup>3</sup>**

<sup>1</sup>Final Year P.G Scholar, Department of Shalya Tantra, Gopabandhu Ayurveda Mahavidyalaya, Puri.

<sup>2</sup>Professor and HOD, Department of Shalya Tantra, Gopabandhu Ayurveda Mahavidyalaya, Puri.

<sup>3</sup>Lecturer, Department of Shalya Tantra, Gopabandhu Ayurveda Mahavidyalaya, Puri.

## **ABSTRACT**

*Pilonidal sinus is a very common problem that often arises in the natal cleft of between the buttocks. The main reason of pilonidal sinus is due to penetration of hair through the skin into subcutaneous tissue. It forms unhealthy granulation tissue and helps the infection to grow. It is common in males than females as they have more hairs on body. More commonly seen in between age group of 20-40 years. Acharya Susruta described different types of Nadi Vrana. Among them Shalayaj Nadi Vrana can be correlated with Pilonidal Sinus. According to Acharya Susruta treatment of Nadi Vrana is Chhedana Karma or with the usage of Kshara Sutra. A pilonidal Sinus can be completely managed in Ayurveda by Chhedana Karma and Kshara Sutra.*

**KEY WORDS:** Pilonidal Sinus, Shalyaja Nadi Vrana, Chhedana.

## **INTRODUCTION**

A Pilonidal sinus (PNS) occurs in the cleavage between the buttocks (natal cleft). It is more common in men (as they have more hair) than in women. It is more common in men who sit a lot like jeep drivers, painters etc. Pilonidal Sinus is tract situated in the natal cleft and it contains hair and unhealthy granulation tissue. It occurs due to penetration of hair through the skin into subcutaneous tissue. It becomes infected and may have foul odour with oozing of blood and pus<sup>1</sup>.

In Ayurveda Acharya Susruta has described about Nadi Vrana and its management. According to Acharya Susruta Shalayaj Nadi Vrana can be correlated to Pilonidal Sinus<sup>2</sup>. In Ayurveda Shalayaj Nadi Vrana can be treated by chhedana and aharana of foreign body from the tract. After that Sasti Upakrama of Vrana can be carried out till the wound is healed.

## **CASE REPORT**

A 34 years male came to the OPD of Gopabandhu Ayurveda Mahavidyalaya with complaints of pain, swelling and sometimes discharge of pus from the natal cleft.

The patient was normal 3 months back. Gradually he noticed a boil on his natal cleft. After few days the boil burst and foul pus discharged from it. He was normal for 15 days. But after that another boil appeared and the same happened.

## **PRESENT COMPLAINT**

The patient was complaining of mild swelling with foul discharge from the natal cleft. He was uncomfortable in sitting and doing daily works.

### **Personal Details**

Diet – Non-vegetarian

Sleep – 6-7 hours a day

Bowel – once a day

Urination – 6-7 times a day



Exercise – Nil

**Vital Examination**

BP – 128/82 mm of Hg

Heart Rate – 78/min

Nadi – Vata-Kapha

Prakuti :Vata-Kapha

Kostha :Krura

Agni :Visamagni

**Sytemic Examination**

Respiratory System : NAD

Cardiovascular System : NAD

CentralNervous System : NAD

Digestive System : NAD

Urogenital System : NAD

DAIGNOSIS – Pilonidal sinus.

TREATMENT – Chedana of the tract.

**SURGICAL PROCEDURE**

**PRE OPERATIVE**

Patient was counsiled about the procedure .

Consent form for the procedure was taken.

Injection TT was given.

Injection Xylocaine skin test was done.

Patient was kept NBM for 6 hours before procedure.

Part preparation was done .

**OPERATIVE PROCEDURE**

Patient was kept on prone position.

Tract was identified due its tenderness and scar mark of the boils.

Injection Xylocaine was given around the tract.

Probing was done in the tract and the tract was about 2cm long.

With the guidance of the probe excision of the tract was done leaving the margin of about 1cm from the tract.

Complete flap was excised including the tract.

Bleeding points were identified and cauterized.

Complete haemostatis has been maintained.

Wound was irrigated throughly by Triphala kwath.

**POST OPERATIVE**

Dressing of the wound was done by Jatyadi Taila.

Vitals were monitored and were maintained normal.

Patient was shifted to ward from OT.



**Images**



1<sup>st</sup> day



After 7 days



After 14 days



After 21 days

#### **ORAL MEDICINE**

1. TAB. SAPTABINSATI GUGGUL – 2 TAB BD AFTER FOOD WITH LUKE WARM WATER.
2. TAB. GANDHAK RASAYAN – 2 TAB BD AFTER FOOD WITH LUKE WARM WATER.
3. ABHYARISTHA – 20 ML AFTER FOOD BD WITH 20 ML WATER
4. OINTMENT W H 5 - FOR LOCAL APPLICATION

#### **ADVISE ON DISCHARGE**

Take Oral medicines regularly.

Daily wound dressing with Triphala kwath and Jatyadi Taila.

Maintain hygiene and keep the wound clean.

#### **RESULTS**

After 7 days the wound started healing and after 1 months was healed completely.



## CONCLUSION

As Acharya Susruta described Chedana karma is the treatment of Shalayaj Nadi Vrana and we successfully managed a case. So Chhedana karma (excision) of the tract is a complete and successful treatment of Pilonidal Sinus or Shalayaj Nadi Vrana with high success rate and low recurrence.

## REFERENCES

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