



STUDY ON ANTI MICROBIAL ACTIVITY, CHEMICAL ANALYSIS AND CLINICAL EFFICACY (EVALUATED THROUGH ANAL MANOMETRY STUDY) OF KSHARA SUTRA IN THE MANAGEMENT OF FISTULA IN ANO



Submitted by

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ABSTRACT

Fistula in Ano is a anorectal condition in populations and its prevalence is second highest after hemorrhoids. *Ksharasutra* is one of the chief treatment modality in the management of fistula in ano. Main objectives of this study; clinical efficacy and safety of the *Ksharasutra* treatment in the management of fistula in Ano, identification of antimicrobial activity and study the chemical composition of *Ksharasutra*.

Ksharasutra were prepared according to the classical method. Healing process evaluated by using Unit cutting Time index (UCT) for the standard *A. aspera ksharasutra* together with the other seven types of *Ksharasutra* and also tested their clinical efficacy in the management of fistula in ano. Safety of the *Ksharasutra* treatment evaluated by using anal manometer. Anal incontinence was assessed by using incontinence questionnaire. Quality of Life evaluated by using Gastrointestinal Quality Life index (GIQLI). Histopathology study, monitoring the Symptom score and UCT were used to evaluate the clinical efficacy of *Ksharasutra* treatment.

The cure rate have been observed in group II cases consist of low anal fistula and group III cases consist of high anal fistula, total 200 patients were showed 100% of no recurrence during follow-up The history of surgery did not significantly affect the recurrence rate in *ksharasutra* treatment while the proportion of recurrence 2.6 percent those with history of previous surgery in group IV *Ksharasutra* has been attributed due to better drainage and gradual cutting with simultaneous healing and also complete destruction of the crypts gland by the caustic action of the thread.

The average Gastro Intestinal Quality Life Index (GIQLI) score after complete cure of the fistula score was 141.1= 13.4 the difference between average pre- and post-treatment scores was statistically significant ($P < 0.01$).

As such *Ksharasutra* treatment provides an alternative to the conventional surgical treatment for anal fistulae. The results from the routine use of *Ksharasutra* is safe and effective regardless of the type of anal fistula.

Key Words: *Ksharasutra*, fistula in ano, anti-bacterial activity, chemical analysis, anal manometer