



CASE REPORT

Thuttakadi Sutra Application In Low Anal Fistula- A Case Report

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Abstract

The greater prevalence of gastrointestinal disorders due to unhealthy food habits and sedentary lifestyles. Fistula in ano is a track that is surrounded by unhealthy granulation tissue, connecting the skin near the anus to the anal canal or rectum. According to the Miligan Morgan classification, a low anal fistula is one of the most common types. It is an excruciating condition along with persistent pus discharge which may cause much disturbance to the patient. It can correlated as *Bhagandara*. *Ksharasutra* is one of the best modalities in the treatment of *bhagandara* and has minimal complications. In *Rasa Tarangini*, *thuttakadi varti* is indicated for *bhagandara* and *nadivrana*. Medicated thread prepared out of *thuttakadi sutra* is used to treat low anal fistula in a 60-year-old male patient in OPD and found to be effective in using the condition, by assessing the unit cutting time. Drugs used for the preparation of *thuttakadi sutra* possess *katu, tikta, Kashaya rasas; laghu ruksa tikshna guna, ushna veerya, katu vipaka; vranahara, lekhana, bhedana and krimihara* action. So it helps better cutting effect of fistulous track. It is also found that, the patient has not faced any side effects or complications during this treatment period.

Introduction

A fistula in ano is a track that is covered with unhealthy granulation tissue. It connects the skin around the anus to the anal canal or rectum. *Bhagandara* is among the *ashtamahagada* (diseases that are difficult to treat), which is a common disease in the anorectal region¹. *Bhagandara* is derived from *bhaga* and *darana* which means disease that causes splitting or discontinuity in the region of *bhaga, vasti* and *guda*¹. According to Ayurveda *ksharasutra* is an important technique in the treatment of *bhagandara* which has negligible chances of recurrence with minimal post-operative complications⁹.

Thuttakadi sutra were prepared with medicines of *thuttakadi varti* is mentioned in *Rasa Tarangini* which is indicated with *bhagandara, nadivrana*, which is also having *vranasodhana* property. The ingredients of *tutthakadi varti* are *nirmalikrta suddha tuttha, kustha churna, triphala churna*,

daruharidra churna, danti-mula churna, trivrt churna, tila churna, honey, pippali churna, saindhava lavana, nimba dala swarasa Thutta is having *lekhana, bhedana* properties *kustha, haritaki* also having *lekhana*, properties of *vibheethaki* are *bhedana*. In this study, *Thuttakadi varthi* is prepared as *sutra* (medicated thread). Because when compared to *varthi*, *sutra* can be tied along the entire track aiming at better cutting.

Thuttakadi sutra is used to treat low anal fistula in a 60-year-old male patient in Department of Salyatantra, Govt. Ayurveda College Tripunithura, Ernakulam, Kerala, was effective in using the condition by assessing the unit cutting time. It is also found that, the patient has not faced any side effects or complications during the treatment period.

Case report

A 60-years-old male patient came to Salyatantra OPD on 28.07.2023 complaining of pus discharging opening near the anal verge.

The patient was normal 1 year ago when he developed mild itching over the anal verge. Initially, he neglected the symptoms, but as the itching worsened, he sought treatment from a Siddha practitioner. He was prescribed medications, which he continued for a few months. During this period, he experienced symptomatic relief and the itching subsided. Believing he had recovered, he discontinued the medication. However, after 1 year, he noticed the appearance of pus discharge from an opening near the anal verge. Concerned about the recurrence, he presented to our hospital for further evaluation and management.

No History of Diabetic mellitus, Dyslipidemia, hypertension. No other surgical history.

On examination, pus discharge opening at 11'0 clock position 6cm away from anal verge. induration felt 11'0 clock position through anus.

INGREDIENTS OF THUTTAKADI SUTRA:

DRUG	BOTANICAL NAME	FAMILY	PARTS USED
THUTTA	Copper sulphate $\text{CuSO}_4 \cdot 7\text{H}_2\text{O}$, Blue vitriol		
KUSTHA	Saussurea Lappa	Asteraceae	Root
TRIVRT	Operculina Turpethum	Convolvulaceae	Root bark
DARUHARIDRA	Berberis Aristica	Berberidaceae	Fruit, stem
HARITAKI	Terminalia Chebula	Combretaceae	Fruit rind
VIBHEETHAKI	Terminalia Bellerica	Combretaceae	Fruit rind
AMALAKI	Embelica Ribes	Combretaceae	Fruit
DANTI	Baliospermum Monntanum	Euphorbaceae	Fruit
TILA	Sesamum Indicum	Pedaliaceae	Seed
PIPPALI	Piper Longum	Piperaceae	Fruit
SAINDHAVA LAVANA	Rock salt		
NIMBA	Azardirachta Indica	Meliaceae	All parts
HONEY			

METHOD OF PREPARATION

Method of preparation of suddha thutta- *Thutta* is added to hot water. When whole *thutta* melts, the liquid is filtered through a clean cotton cloth and filtrate is taken in suitable glass container and left undisturbed until the clean bluish particles settle down at the base of the vessel. Then supernatant water will be decanted and *thutta* sediment at the base will be dried and stored

Thutta, kustha churna, triphala churna, danti mula churna, trivrt churna, tila churna, pippali churna, Honey, saindhava lavana all these drugs are taken in equal quantity in a clean khalva yantra and triturated to obtain a homogenous mixture.

This mixture is added with required quantity of *nimba dala swarasa* and triturated.

At first no. 20 Barbour's linen thread will be spread out lengthwise in the hangers specially designed for this purpose. The *thuttakadi* paste is smeared on the thread on its whole length with the help of a gauze using gloved hand. The wet threaded hanger were placed inside *ksharasutra* cabinet. It will be dried for a day. On the next day, the dried threads is again smeared with *thuttakadi* paste. This process is repeated for 7days. After 7coatings these threads were taken and kept inside a sterile glass tube and sealed properly.

PRE-OPERATIVE PROCEDURE:

1. After history taking, performing the examinations and investigations, the procedure was explained to the patient and consent was taken.
2. Shaving of perianal region was done
3. Inj. TT -IM in deltoid muscle-left arm done
4. Sensitivity - 2% xylocaine-Intradermal -0.5 ml - forearm (either left or right) done.

OPERATIVE PROCEDURE:

The patient was comfortably laid in the lithotomy position. Cleaning of the prepared part with triphala kashaya was carried out. Local anaesthesia was done with 2% xylocaine injection. A malleable copper probe after lubricating with lignocaine gel was introduced into the external opening and carefully inserted along the track. The finger kept in the anal canal supported the movement of the probe towards the internal opening. The probe was brought out of the internal opening and then it was carefully taken out through the anal canal. Medicated thread of suitable length was passed through the eye of the probe and the probe pulled out, to position the thread in the track. The two ends of the thread

were tied outside the anal orifice. Surgical pad was applied to the area. T bandage was done and the patient was shifted to the post operative ward.

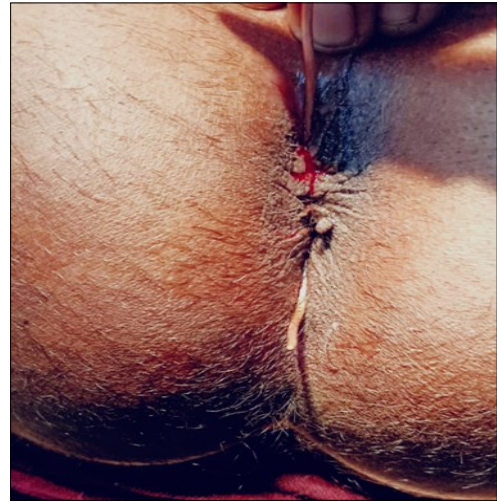


Fig.1 probe is inserted



Fig. 2 medicated thread is applied

Post Operative Procedure

Sterile pad will be applied to area and the patient will be shifted to ward.

Adjuvant therapy:

-sitz bath for 15 minutes with lukewarm water, twice daily advised.

Table 1: Internal medicines administered

Date	Medicines	dose	remarks
28.07.2023	Gandharvahasthadi kashayam	90ml twice daily before food	Constipation got reduced
28.07.2023	Kaisora guggulu	1-0-1 before food twice daily	
28.07.2023	Kanchanara guggulu	1-0-1 after food twice daily	
28.07.2023	Step cap	2-0-2 after food	Pus discharge of anus got reduced
10.08.2023	Bromtryp	2-0-2 after food	
10.08.2023	Brihat triphala churnam	½ tsp with hot water @hs	
On the day of cut through	Chymid BR Bromtryp	2-0-2 After food 2-0-2 after food	Healing of wound occurs

Results

Initial length of fistulous track was 6cm which was cut through on 35th day. The unit cutting calculated using formula total number of days for cut through of the fistulous tract/ initial length of the fistulous tract is 5.83 days/cm. at present no post procedural issues noted.

Discussion

Ksharasutra therapy is one among para surgical procedures which is indicated in Bhagandara, Nadvirana and vana shodhana property. Cut, curette, drain and heal the fistulous track properly. Period of contact of ksharasutra and pressure factors exerted by its cause effective pus drainage and cutting of track. It is having the property of tissue cutting as well as protein coagulation applied with anti bacterial, anti microbial and properties of daruharidra. *kustha,haritaki* is having *lekhana* and *vibheethaki* is having *bhedana*; *thutta* is having both *lekhana, bhedana* properties.

The unit cutting time (UCT) of the Thuttakadi Sutra measured by divided total number of days for cut through of the fistulous tract/ initial length of the fistulous tract is 5.83 days/cm.

Thus, Thuttakadi Sutra has found to be better cutting time.

Conclusion

Medicated thread using thuttakadi has found to be effective and better cutting effect in low anal fistula.

Limitation of the Study

Even though to establish this fact, large sample studies could be conducted. Need to conduct comparative study with Apamarga ksharasutra. it should be compared with both subjective and objective parameters.

Ethical Considerations

Informed written consent was taken from the patient before publication.

Data leading to personal identification including name, address, photograph without masking faces were not included in the entire case report

Conflict of Interest

Nil

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