

## ***Ksharasutra* Unit**

The *Ksharasutra* Unit at our Institute is a specialized centre dedicated to minimally invasive Ayurvedic management of anorectal disorders. This Unit represents a blend of traditional Ayurvedic wisdom and modern technology, ensuring precision, safety, and effectiveness in patient care. *Ksharasutra* therapy, an age-old evidence-based para-surgical technique described in classical Ayurvedic texts, is widely recognized for its efficacy in the treatment of Fistula-in-ano, Hemorrhoids, and other related conditions.



The Unit is equipped with an automated *Ksharasutra*-making machine, developed in collaboration with IIT Delhi, which ensures uniform coating, improved sterility, and consistency in thread preparation. Clinical research and comparative trials conducted have validated the safety and effectiveness of both traditional and machine-made *Ksharasutra* threads.



With a well-equipped Operation Theatre (OT) and dedicated staff, the Unit maintains aseptic standards, patient safety protocols, and scientific documentation. Most procedures are performed on a day-care basis, allowing early ambulation and quick recovery.

### **What is *Ksharasutra*?**

*Ksharasutra* is a medicated surgical thread prepared by multiple coatings of herbal and alkaline substances, traditionally using *Snuhi* latex (*Euphorbia neriifolia*), *Apamarga Kshara* (*Achyranthes aspera*), and *Haridra* (*Curcuma longa*). Each layer is coated and dried under controlled conditions to form a caustic ligature.

When introduced into a fistulous tract, hemorrhoidal pedicle, or sinus, the thread promotes controlled chemical cauterization, drainage, sterilization, and gradual cutting with simultaneous healing. This unique mechanism minimizes recurrence, prevents sphincter damage, and offers a minimally invasive, tissue-preserving alternative to conventional surgery.

### **About the Unit**

The preparation of *Ksharasutra* in the Unit is a meticulous process that blends classical Ayurvedic principles with modern quality assurance. Using an automated multi-cycle coating and drying system, each thread is uniformly layered with herbal and alkaline substances to achieve reproducible drug deposition and therapeutic consistency. All preparation is conducted within an aseptic environment, supported by regular fumigation, sterilisation, and sealed storage to maintain sterility.

A fully equipped Operation Theatre (OT) complements this process, designed to uphold the highest standards of hygiene and safety. The OT undergoes routine cleaning and fumigation, and is equipped with sterilised instruments, drapes, gloves, and dressing materials. It features a specialised proctology table with lithotomy facility, a shadowless surgical lighting system, and patient monitoring systems. The standardized *Ksharasutra* application procedure is followed by appropriate dressing, post-operative care, pain management, and patient counselling. Most treatments are day-care or short-stay, allowing patients to resume normal activities swiftly with simple home care instructions. The Unit, staffed by experienced clinicians, adheres to strict protocols and sterile procedures, and provides individualized treatment plans, counselling, and follow-up until complete recovery.

### **Clinical Indications**

*Ksharasutra* therapy is indicated for:

- Fistula-in-ano (*Bhagandara*)
- Haemorrhoids (*Arsha* / Piles)
- Pilonidal sinus
- Chronic fissure-in-ano (*Parikartika*)
- Other sinus tracts and small benign cystic lesions

### **Services & Patient Care**

- **Average monthly caseload:** approximately 950 patients

- **Ksharasutra OPD timings:** Monday and Saturday, 9:00 AM to 1:00 PM.
- **Post-procedure care:** includes sitz bath, pain management, diet advice, and regular follow-up for thread change and monitoring until complete healing.

### Staff Details

S.No	Name	Designation	Contact	Contac/E-Mail	Photo
1.	<b>Dr. Hemanta Panigrahi</b>	Research Officer (Ayurveda) – Chief Consultant, <i>Ksharasutra</i> Unit	8368351010	h.panigrahi@ccras.nic.in	
2.	<b>Dr. Aishwarya K</b>	Research Officer (Ayurveda) – Consultant, <i>Ksharasutra</i> unit	7827784326	aishwarya.k@ccras.nic.in	
3.	<b>Sh. Nagender</b>	MTS	9958796674	nagender@ccras.nic.in	

### User Charges

CARI, New Delhi provides *Ksharasutra* therapy at **nominal, patient-friendly rates** to promote accessibility for all.

S.No	Procedure	Rates	
		General	Senior Citizen
1.	Ksharasutra 1 <sup>st</sup> threading	Rs.200/-	Rs.80/-
2.	Thread Change	Rs.100/-	Rs.40/-
3.	Ksharakarma	Rs.100/-	Rs.40/-
4.	Anal Infiltrations	Rs.50/-	Rs.20/-

