

## Day care proctology in ayurveda-1750 case studies

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**Introduction:** Ayurveda is one of the ancient Indian medical sciences practiced even today in India and some other countries. This has eight branches which includes surgery also. In the management of anorectal diseases, ksharathery is mentioned by 'Sushruta-The father of Surgery'. Various forms of kshara are indicated in several surgical diseases. Today in India such techniques are standardized and practiced by surgeons of Indian medicine with high success rate, minimal invasive, as non-excisional procedures.

**Internal hemorrhoids:** Sushruta indicated application of kshara (alkaline paste prepared out of herbs) for one minute, using slit Proctoscope, under local anesthesia and as day care procedure. This coagulates and necroses pile mass. Patient will recover in 8 days. Video will be played and showed the outcome on 900 cases treated, analyzed for its results and advantages.

**Anal fistula:** Ksharasutra therapy is used as per Sushruta. Medicated set on therapy with weekly change of thread. Complicated, recurrence, high level anal fistula of about 600 cases treated without recurrence is discussed. Video will be played about the procedure.

**Pilonidal sinus:** Challenging disease known for its recurrence. Ksharasutra used as per Sushruta. With no recurrence, OPD basis without hospitalization, no spinal or regional anesthesia, no need of rest, patient can work during therapy. No excision, no tissue loss, no anatomical distortion. 250 case studies will be presented.

**Discussion:** Anorectal diseases are challenging conditions for surgeons. Sushrutakshara therapy can be very well practiced as day care surgery with minimum injury, high success rate and most of the cases on OPD basis. This technique should be popularized all over the world.

### Biography

Ramesh Bhat is a medical graduate of Indian Medicine (Ayurveda) and Master of Surgery (Shalyatantra), Ph.D. from Banaras Hindu University, India. Has 10 years, teaching/clinical experience in the management of colon, digestive and anorectal diseases by Ayurveda techniques and medicines. He has treated two thousand challenging and recurrent cases of anal fistula, hemorrhoids, pilonidal sinuses by Ayurveda surgical technique, called Ksharasutra and ksharathery with minimum recurrence. Presently working as Professor of Department of Shalyatantra (Surgery in Ayurveda, Indian Medicine), Sri Sri College of Ayurvedic Science and Research Hospital, Bangalore, India.

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