



A RARE CASE OF PREAURICULAR SINUS TREATED SUCCESSFULLY WITH KSHARA VARTHI

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ABSTRACT

Preauricular sinuses are common congenital malformations. Some patients with preauricular sinuses present with chronic intermittent drainage of purulent material from the opening. The line of treatment for pre auricular sinus is limited to surgery and re-occurrence chance is very high. In this case study surgery failed to treat the disease and the same complaints developed again, kshara karma was employed and the condition was treated successfully. This 21years old male patient had complaints of an opening at his right pre-auricular region at root of the helix since birth. Whenever he used to take head bath, discharge was noticed from the opening and it had foul smell. He was diagnosed with pre auricular sinus and underwent surgery under general anesthesia from a famous allopathic hospital before 8 years. But he did not get complete relief. The symptoms reoccurred after one month and hence he was treated with Apamarga kshara varthi. Kshara varthi was changed once in a week until the tract healed and Triphala guggulu and Gandhaka rasayana was given internally for a period of 21 days. The tracts completely healed with in a period of 50 days and he got complete relief from pain and foul smelling pus discharge with no relapse till date. Thus this patient was successfully treated with Kshara varthi application with no recurrence or any complications.

KEYWORDS: Pre auricular sinus, kshara varthi, triphala guggulu, gandaka rasayana.

INTRODUCTION

It is due to failure of fusion of anterior tubercles of the auricle creating a sinus. Often sinus opening gets sealed forming a preauricular cyst which gets infected forming an abscess. Sinus can get infected repeatedly, discharging pus through its opening. It is often multiple. General line of treatment is complete excision of the sinus with entire track.

CASE REPORT

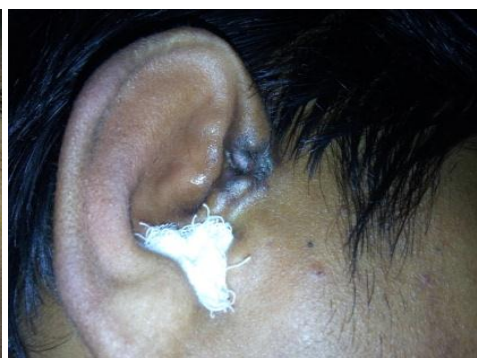
Patient had an opening at his right pre-auricular region at root of the helix since birth. Whenever he used to take head bath, yellowish white foul smelling discharge was noticed from the opening and it had foul smell. When his parents took him to a doctor in Orissa, they advised him to undergo surgery when he get older. At the age of 13, he noticed 2 more openings adjacent to the primary opening. In 2013 when he consulted an ENT surgeon in his native (Orissa), he was advised oral medicines for one month but he did not find any improvement. When he consulted again, tract was excised on NOV 27 2013, followed by course of antibiotics, analgesics and local application. After 7 days Sutures were removed and he was advised to continue the oral medicines.

But he did not get complete relief. The symptoms reoccurred after one month so he consulted the same doctor once again in march 2014 where he was advised oral medications and local application. But he did not find improvement, so he stopped medicines from April 2014 to February 2015. After some days his family got shifted to Bangalore.

In 2nd week of March 2015, again he noticed foul smelling discharge and pain at the same area, for which he consulted same surgeon. Then again he was advised surgery, but he refused to undergo surgery and consulted Shalya tantra OPD of SKAMCH & RC.



3 openings was seen (1cm of sinus no.1, 0.5 cm of sinus no.2 and 3)



MANAGEMENT

- Alternate days the kshara varthi was introduced to sinus due to discharge from the sinuses till 5/4/15 to 2/5/15
- twice in a week follow up was done, gradually pus discharge was reduced in two sinuses(1&2)
- 4/5/15 2&3 sinus closed; from 1st opening slight pus discharge was there. Jatyadi taila dressing done for 2&3 and varthi was introduced for sinus(1)
- 7/5/15&12/5/15 Varthi introduced in Sinus 1, Absence of pus discharge and burning sensation. Dressing done with Jatyadi taila for 2&3 healed sinuses.

OBSERVATIONS AND RESULTS

Date	Treatment	Outcome
25/3/15	Kshara varthi introduced	
27/3/15-5/4/2015	Kshara varthi introduced on alternate days	Pus discharge ++, burning sensation +
9/4/15-2/5/15	Kshara varthi introduced twice in a week	Sinus (1) - Pus discharge +, Mild burning sensation Sinus (2) & (3) - no pus discharge.
4/5/15	Sinus (1)-Introduced kshara varthi. Sinus (2) & (3) - Jatyadi taila dressing.	Sinus (1) -slight Pus discharge Sinus (2) & (3) closed,
7/5/15&12/5/15	Varthi introduced for Sinus 1 Jatydi taila for healed 2&3 Sinuses	No pus discharge No burning sensation 2&3 healed

DISCUSSION

Kshara karma application is the most appropriate treatment for pre auricular sinus. Apamarga based kshara varthi is used here. Chedana guna of kshara helps to excise the tract, Lekhana guna helps to scrape out all the existing unhealthy granulations tissues, Shoshana guna helps to reduce the pus discharge and foul smell, Sodhana helps to clean the tract and because of Ropana property tract healing occurs. Intake of Triphala guggulu and gandhakarasayana will support the action of kshara since drugs are having dosha pachana, ropana and vedanashamaka properties. After excision of the tract, Jatyadi taila was advised for the external application over the wound which helped to heal the wound completely.

CONCLUSION

This male patient of 21 years old had been suffering from pain and foul smelling pus discharge since birth, underwent surgery under GA and outcome was a failure. But he was treated successfully with Ayurvedic line of treatment. The time duration taken for the treatment was almost 50 days. He got complete relief from all the signs and symptoms and there was no recurrence up to date. Thus kshara varthi provided an economical and effective treatment through Ayurveda.

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