



**A CASE STUDY ON MAMMARY SINUS SECONDARY TO SUBAREOLAR ABSCESS
SUCCESSFULLY TREATED WITH KSHARA SUTRA AND KSHARA VARTI**

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ABSTRACT

Stana vidradhi is one of the *Bahya vidradhi*, a disease in which abscess develops in the breast. Non-puerperal subareolar mastitis and abscess is a benign breast entity often associated with prolonged morbidity. Through better understanding of the underlying disease process by imaging, physical and clinical findings of this rare process can be more readily recognised and treatment options expedited, improving patient care. Subareolar abscess also called Zuska's disease, is a sub-cutaneous abscess of the breast tissue beneath the areola of the nipple which forms mammary sinus. *Kshara sutra, kshara varti* are the chief modality in the treatment in the *Ayurvedic* science and has been explained in *Nadivrana* was carried out for the management of mammary sinus. In the present study, the patient diagnosed with mammary sinus which was secondary to subareolar abscess was underwent incision and drainage, due to improper drainage leads to the formation of mammary sinus. The patient received in the opd of SKAMC & HRC has been treated with *Kshara sutra, kshara varti*. The patient is treated on opd basis with weekly change of thread and every three days change of *kshara varti*. The patient recovered well with complete excision of tract within 2 months.

KEYWORDS: Mammary sinus, subareolar abscess, *stanagata nadivrana, kshara sutra, kshara varti*.

INTRODUCTION

Cracked nipples are aesthetically unacceptable form in young women. In addition, it causes mastitis and subareolar abscesses. Recurrent subareolar abscess can lead to aesthetic problems such as multiple scars, areolar pain, fistula, nipple and breast distortion, resulting in major interference in daily living. In recurrent cases of subareolar abscess surgery is more difficult compared with cases undergoing initial surgery. As it was clearly mentioned by *Acharya Sushruta*, the wounds which has *anu mukha* (small opening), *gambhira* (deep seated), *mamsa samshrita* (located in the muscle) and *putimamsa pratichanna* (covered with sloughed tissue) should be used by *kshara varti*.^[1] *Kshara sutra* is one of the chief modality in the treatment in *Ayurvedic* science and had been explained in *Nadivrana*.^[2] Therefore, it is important to provide reliable curative treatment by *kshara sutra* and *kshara varti*. In this paper, a case study was done on pre-operative USG scan of left breast which was useful in knowing the extent of sinus for the treatment of mammary sinus secondary to subareolar abscess.

Patient details: A student of 23 year female Hindu by religion. Patient received in the OPD of SKAMCH & RC June 2016.

Chief complaint: Painful swelling and pus discharge in the left breast region since 15 days.

Associated complaint: Itching and soiling of clothes.

Previous surgical/Medical history: History of Left sided subareolar abscess and underwent Incision and drainage 7 years back.

No Medical history of DM, HTN, BA, KOCH'S and drug allergy.

On examination: Well built, moderately nourished, Pallor - Absent, Edema - Absent, Icterus - absent, Cyanosis- absent, lymph nodes - no enlargement noticed.

Local examination of breast: Pus discharge with External opening at left subareolar breast region.

Systemic examination

Respiratory system:- NVBS heard.

Cardiovascular system:- S1 & S2 heard.

Gastrointestinal system:- P/A - soft, non-tender, BS ++.

Lab investigation:- Hb - 11.3gm%, Tc - 8960 cells/cubic mm, Bleeding time - 2min 30sec, Clotting time - 4min 30 sec, Random blood sugar - 109mg/dl, HBsAG - Non reactive, HIV 1 & 2 - Non reactive, ESR - 40mm/Hour, ECG - Normal, CXR PA view - Normal, Scan of left breast - Branching chronic sinus in the retroareolar region Low anterior left branching fistula.

Finding noted on day 1 of examination:- Number of openings – 1.

Length of the tract – 4 centimetre. Discharge – pus discharge.

Induration– circumferential 5mm around the external opening. Fibrous tissue around the external opening – present.

Tenderness - ++.

Application of Kshara sutra: The *kshara sutra* prepared with *Chitraka* (*Plumbago zeylanica*) based as per standard protocol,^[3] was used and the drug used was for treatment explained under one among the *kshara dravya* in classics.^[4]

Before application of *Kshara sutra*, patients were advised to maintain proper general hygiene. Under local anaesthesia, patient was placed in sitting position and after aseptic preparation of the part, probing was done. Probe was passed from one opening to the other in the sub-areolar region, a *Kshara sutra* was threaded into the eye of probe and then probe was taken out through other opening. The *Kshara sutra*, passed through the fistulous tract and tied outside the breast and left in situ. One week later, the old *Kshara sutra* was replaced by new one by railroad method i.e. the new medicated *Kshara sutra* was tied to the end of the previous *Kshara sutra*, this sutra is cut and pulled out through fistulous opening and new one placed in position. The cutting rate of fistulous tract was recorded by measuring the length of *Kshara sutra* on subsequent changing. After replacement of the *Kshara sutra*, the patient was advised to continue her normal routine work. The *Kshara sutra* was changed weekly.

Kshara varti was prepared out of *chitraka kshara* and was inserted in mammary sinus and every 3 days *varti* was changed and new one was replaced. After replacement of the *Kshara varti*, the patient was advised to continue her normal routine work.

Table 1: There was considerably Changes found on various Parameter which was as follows Kshara sutra.

| Sr. No | Date of thread change | Length of tract | Discharge | Pain | Tenderness | Itching |
|--------|-----------------------|-----------------|-----------|------|------------|---------|
| 1. | 15-06-2017 | 4 cm | +++ | +++ | +++ | ++ |
| 2. | 22-06-2017 | 3.5 cm | +++ | +++ | +++ | ++ |
| 3. | 29-06-2017 | 3 cm | +++ | ++ | ++ | + |
| 4. | 06-07-2017 | 2.5 cm | ++ | ++ | ++ | + |
| 5. | 13-07-2017 | 2 cm | ++ | ++ | ++ | + |
| 6. | 20-07-2017 | 1.5 cm | + | + | + | - |
| 7. | 27-07-2017 | 1 cm | + | + | + | - |
| 8. | 03-08-2017 | 0.5 cm | - | - | - | - |
| 9. | 10-08-2017 | 0 cm | - | - | - | - |

The complete excision of tract was achieved in span of 9 weeks.

Table 2: There was considerably Changes found on various Parameter which was as follows Kshara varti.

| Sr. No | Date of varti change | Length of tract | Discharge | Pain | Tenderness | Itching |
|--------|----------------------|-----------------|-----------|------|------------|---------|
| 1. | 15-06-2017 | 4 cm | +++ | +++ | +++ | ++ |
| 2. | 18-06-2017 | 3.5 cm | +++ | +++ | +++ | ++ |
| 3. | 21-06-2017 | 3 cm | ++ | ++ | ++ | + |
| 4. | 24-06-2017 | 2.5 cm | ++ | ++ | ++ | + |
| 5. | 27-06-2017 | 2 cm | + | + | + | + |
| 6. | 30-06-2017 | 1.5 cm | - | + | + | - |
| 7. | 03-07-2017 | 1 cm | - | - | - | - |
| 8. | 06-08-2017 | 0.5 cm | - | - | - | - |
| 9. | 10-08-2017 | 0 cm | - | - | - | - |

The complete excision of sinus was achieved in span of Approximate 4 weeks.

Figures: - During Treatment**Varti insertion into sinus****Kshara sutra for fistulous tract****Figures: - After Treatment****Healing****Completely healed****DISCUSSION ON THE EFFECT OF TREATMENT**

Mode of Action of *Kshara sutra* in mammary sinus secondary to subareolar abscess:- By application of *kshara sutra* it does cutting off the tract and there is continuous drainage of pus which helps in healing. The medicaments which are used to prepare the thread will slough out the fibrous tissue of the track (Debridement by the *Ksharana* process) and stimulates the healthy granulation tissue for healing.

Mode of Action of *Kshara varti* in mammary sinus secondary to subareolar abscess By application of *kshara varti* it does the *shodhana*(cleansing)^[5] of the pus discharge which helps in *ropana*(healing).^[6] The medicaments which are used to prepare the *varti* will slough out the fibrous tissue of the track (Debridement by the *Ksharana* process) and stimulates the healthy granulation tissue for healing.

CONCLUSION

The present reports highlights the benefits of *chitraka kshara sutra* and *chitraka kshara varti* with a marked reduction of symptoms to pain, irritation, inflammation, burning sensation. Complete cutting & healing of fistulous tract occurred by 2 months without any complications. There was also simultaneous healing of the tract. The procedure throughout its course was safe without causing any significant discomfort to the patient.

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