

7.2.1 Describe two Institutional Best Practices as per the NAAC format provided in the Manual Response:



SETH GOVINDJI RAOJI AYURVED MAHAVIDYALAYA
ATTACHED
SETH SAKHARAM NEMCHAND JAIN AYURVED HOSPITAL

Best Practice 1:

1. Title of the Practice Title:
2. Objectives of the Practice Objectives of the Practice
3. The Context
5. Evidence of Success

Geotagged photos

Of session camp , opds with flyer

Any related event – workshop – camp

Any other information

Best Practice 1:



Yauvala
I/C. Principal
Seth Govindji Raoji Ayurved
Mahavidyalaya, Solapur.

1. **Title** - Ayurvedic management of Liver Disorders (Yakruta Vikara)

2. **Objectives** -

- Diagnosis of disease
- To provide Ayurvedic conservative treatment to OPD & IPD patient of Liver Disease
- The specialty OPD has responsibility to provide comprehensive & competent specialist care.
- To restrict the further stages of liver diseases.

✓ **Context** – liver disorder is the major burning problem in society. Liver disorders and diseases appear to be on the increase.

Part of the increase in liver diseases is due to our frequent contact with chemicals and other environmental pollutants. In addition to this, the amount of medicine consumed has increased greatly resulting in dangers to the liver. Smoking, alcohol, stress are leading factors for liver disorders.

The liver is the detoxifying organ in the body and it has now become an increasingly overworked organ. Besides excessive intake of alcohol, the bulk of cirrhosis cases are caused by fatty liver and Hepatitis B and Hepatitis C infections. The most common disease that can affect the liver is 'viral hepatitis' (inflammation of liver caused by viral infection). Hepatitis can be caused by drugs, viruses, bacteria, mushrooms, and parasite like amoebas. The most common hepatitis viruses affecting the liver are named for letters of the alphabet: hepatitis A, hepatitis B, hepatitis C, hepatitis D and hepatitis E.

Ayurved has its unique way and approach to treat Liver diseases with the help of panchakarma and other modules of treatment.

3. Practice – camps are organized on every third Wednesday. Special combinations – bindings are prepared by our unit. as per patient's condition, we will be planning a protocol.

4. **Evidence of success**

- ✓ Myself Anil R. Jagtap age 66 years, I came to SSNJ hospital having complaints of heaviness in abdomen, pedal edema, anorexia, etc. I have taken a treatment under Dr Shruti Tarapore at IPD level & got 50 % relief in my symptoms. I am thankful to Dr. Tarapore Mam, SSNJ Hospital & staff for giving me treatment.
- ✓ My self-Manik G. Kambale 55 years, I had complaints of heaviness in abdomen, abdomen pain, pedal edema, anorexia, general weakness, etc. Also had history of HIV positive. I had taken conservative treatment for above symptoms, but there is no relief in my symptoms. After that I visited to SSNJ hospital and



Shruti Tarapore
SSNJ Hospital
Ayurved
Solapur, Maharashtra, India

taken ayurvedic treatment under Dr. Shruti Tarapure Mam. I have got symptomatic relief.

- ✓ My self-Mr. Uday Patil Age 45 yrs. In my routine investigation, there was increase in total bilirubin count. I have consulted many doctors but didn't get relief. Then I came to SSNJ hospital and taken treatment under Dr. Shruti Tarapure Mam. With the help of ayurvedic medicine I got much relief. I am thankful to Dr Shruti Tarapure for giving me treatment.
- ✓ My self Sanjay B. Kambale 53 years. I had complaints of hardness in abdomen, anorexia. I visited to OPD of Dr. Tarapure Mam in SSNJ Hospital. She advised me treatment I got relief in my hardness of abdomen and improvement in my LFT.

शेठ सखाराम नेमचंद जैन औषधालय ट्रस्ट संवर्धित
शेठ सखाराम नेमचंद जैन
आयुर्वेद रुग्णालय
१०५ वर्षांपासून सोलापूरालील विश्वसनीय
आयुर्वेद रुग्णालय, आयोजित

यकृत विकार शिबीर

वार - बुधवार दि. २९ / ०९ / २०२३ रोजी
कायचिकित्सा विभाग अंतर्गत यकृत विकारावर शिबीराचे
शे.स.ने.जे.आ.रुग्णालय व चर्क फार्मा प्रा.लि.
मार्फत आयोजित करण्यात आले आहे.
वेळ - स. ९ ते १ बाह्यरुग्ण विभाग क. २

शेठ सखाराम नेमचंद जैन आयुर्वेद रुग्णालय
१०५ / ११९, दुर्गे जैननगर, जयसिंगनगर, सोलापूर ४३१ ००२
अधिक माहितीकरिता संपर्क नं. ८०८७०२७२७७

From the Makers of **LIVOMYN**



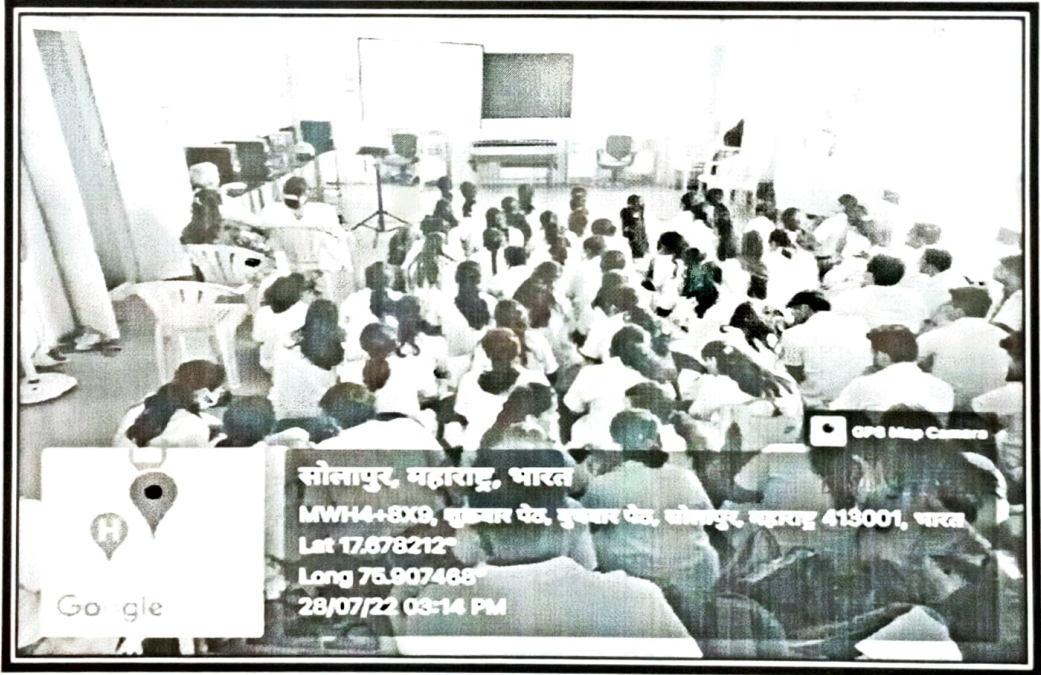
Jewale
I/C. Principal
Bath Govind Datta Ayurved
Maharajwade, Solapur.

शेठ सखाराम नेमचंद जैन औषधालय ट्रस्ट संचलित
शेठ सखाराम नेमचंद जैन आयुर्वेद रूग्णालय
 १०५ वर्षांपासून सोलापूरालागत विश्वसनीय आयुर्वेद रूग्णालय, आयोजित

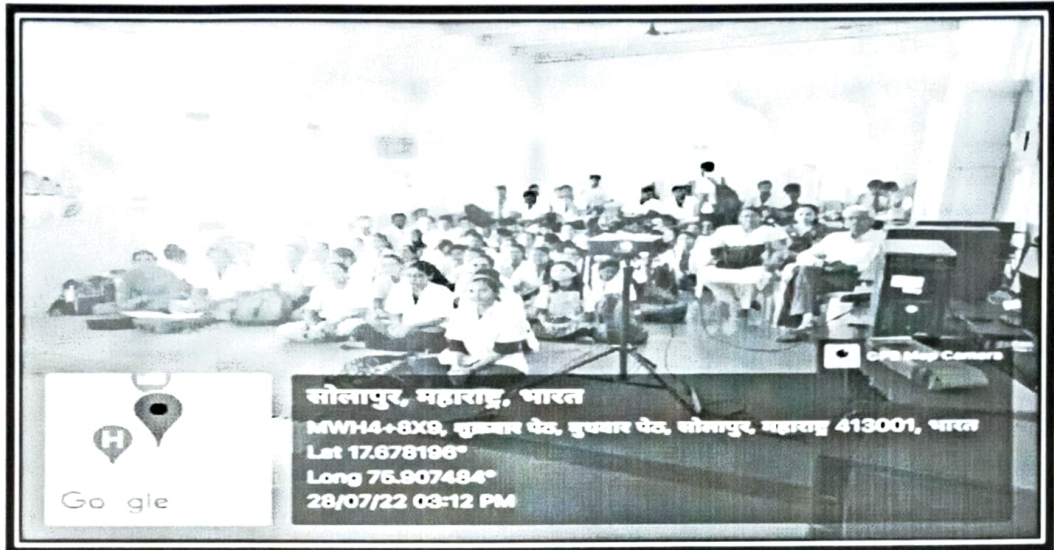
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 शे.स.ने.जे.आ.रूग्णालय व चरक फार्मा प्रा.लि.
 मार्फत आयोजित करण्यात आले आहे.
 वेळ - सा. ९ ते १ बाह्यरुग्ण विभाग क्र. २

शेठ सखाराम नेमचंद जैन आयुर्वेद रूग्णालय अधिक माहिती करीता संपर्क
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Yewale
 I/O. Principal
 Sheth Sakhararam Nemchand Jain Ayurved
 Hospital & Pharmacy, Solapur.



सोलापुर, महाराष्ट्र, भारत
 MWH4+8XG, शुक्रवार पेठ, बुधवार पेठ, सोलापुर, महाराष्ट्र 413001, भारत
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 Long 75.907484°
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Solapur, Maharashtra, India
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 Long 75.907606°
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General
 Municipal
 Solapur, Maharashtra
 Solapur, Maharashtra

Best Practice 2

DEPARTMENT OF PRASUTITANTRA EVUM STREEROGA

Title – Garbhsanskar for healthy progeny

Different Garbhsanskar sessions are held by HOD, Assit.Professor, LMO, PG Scholars and Interns through online & offline mode in the Department



Satya Devi
I/C. Principal
Satya Devi Ashrafi Ayurved
Mahavidyalaya, Raajpur.

गर्भसंस्कार वर्ग

स्वस्थ - सुदृढ, समृद्ध - दिव्य संतान प्राप्तीसाठी



- गर्भवतीची दिनचर्या
- गर्भावस्थेतील आसने
- ओंकार ध्यान
- गर्भिणी आहार
- गर्भ - गर्भिणी संवाद
- मातृ-पितृ संस्कार
- प्रसुतिपुर्व तयारी
- नवजात शिशु परिचर्या

पूर्वनोंदणी
आवश्यक

संपर्क
8087027271



महिन्याच्या चौथ्या शनिवारी

स्थळ

शेठ सखाराम नेमचंद जैन
आयुर्वेद रुग्णालय

टिळक चौक, सोलापूर.



Yamela
M.C. Principal
Sheeth Govind Chandra Ayurved
Mahavidyalaya, Solapur.

OBJECTIVES OF GARBHSANSKAR

- Impartment of virtues & values to the baby
- Creating a bond between the mother & child
- Reducing the stress & anxiety of mother
- Making pregnancy
- Improving brain development of baby
- To avoid complications during journey of pregnancy & labor
- For proper growth of baby

GARBHSANSKAR SANSKAR SESSIONS held in the hospital on different topics

The Context –

garbhsanskar is the unique and amazing part of Ayurveda. The science of Ayurveda follows the principle of preserving the health of healthy person and eradicating the diseases. Shuddh Artav , shuddh ,Artavvaha Srotas , Garbhashay are the factors which are base of healthy progeny (supraja) . defect or inadequacy in these factors may lead a problem in conceiving. Hence garbhsanskar focuses on the same.

So it becomes important to plan for a child earlier . preconception garbhsanskar is the immerging trend which benefits the couple much. Panchkarma ,diet changes, stress management ,yoga ,lifestyle modifications are some steps to achieve the goal of suprajanan.

The practice

1 GARBHINI DINCHARYA :

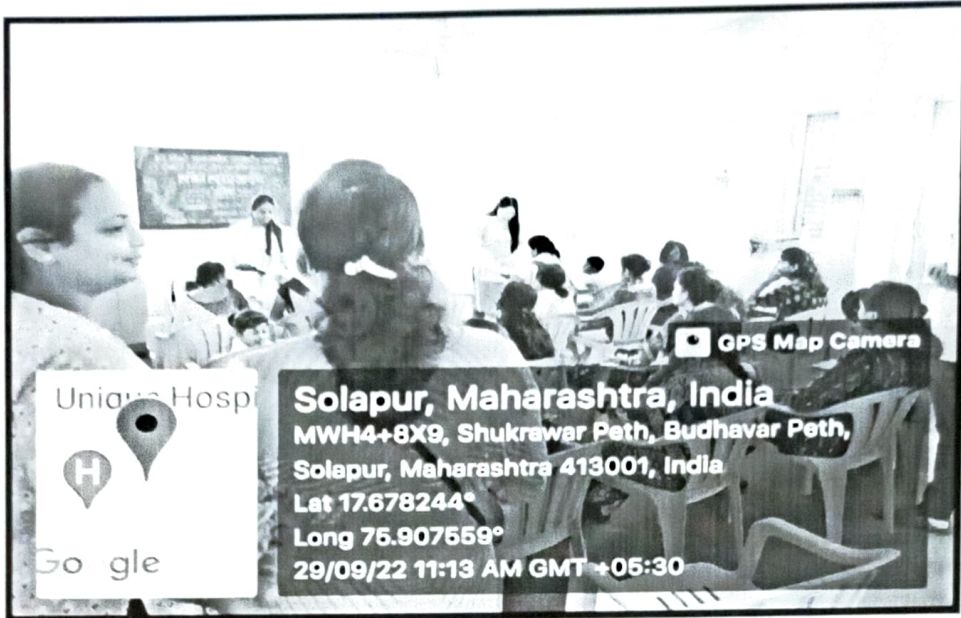
In every women's life pregnancy is most important and critical part. Garbhini paricharya is nothing but the care given to woman during her pregnancy mostly through Aahar, Vihar and Vichar. Ayurveda described month wise Paricharya that helps in the development of foetus , healthy growth and gives health and care to mother.



gaurav
Principal
G. Govindji R. Raji Ayurved
College, Solapur.



Sri Govindji
I/C. Principal
Sri Govindji Raoji Ayurved
Warananagar, Warananagar, Warananagar.



Union's Hosp
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Solepur, Maharashtra 413001, India
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General
M.G. Kulkarni
Deputy Commissioner
K. Anandiyalaya, Solapur, Dist.

2 GARBHINI AAHAR :

Ayurveda considers to be the best source of nourishment as well as medication for the pregnant women. The nine monthly diet is unique to ayurveda. It changes in accordance with the growth of the foetus in the womb and at the same time ensures health of the mother.



Gyasa
I/C. Principal
Seth Govindji Rajaji Ayurved
Mahavidyalaya, Solapur

Trimesterwise Diet chart are routinely given to the patients ---

SETH SAKARAM NEMCHAND JAIN AYURVED MAHAVIDYALAYA, SOLAPUR 118/119, SHUKRAWAR PETH, SOLAPUR. CONTACT NO- 8087027271						
Days	Breakfast 7:30 to 8:30am	Snack's time 11:00 am	Lunch 1pm to 2 pm	Snack's time 5 pm	Dinner 7:30pm to 8:30 pm	Bed time 10 pm
Monday	Rava upma or sewyan upam	Apple + 3-4 almonds	Chapati 2 Bhaji + Rice, Dal + Koshimbir	Rajira laddoo	Chaoati Bhaji daal bhat	Cows milk Shuntha + haldi
Tuesday	Poha/sushila	Banana + 2 walnut	Methi parantha Loni Bhat + Varan	2-4 wheat biscuits	Mishra dal dhirda Coconut chutney	Milk
Wednesday	Shira	Pomegranate	Chapati + Bhaji Dal + Bhat Taak + beet halawa	Dryfruits + khajira laddoo	Bhakra + bhaji Kadhi Khichadi	Cows milk + Dryfruits powder
Thursday	Mishra dal dhirda Coconut chutney	10-12 grapes + 3-4 dried figs	Chapati + Bhaji Daal + Bhat Ushak + shrikhand	Buttermilk	Thalipeet + Loni / Coconut Chutney	Saffron + milk
Friday	Vegetable sandwich(bro wn bread)	Pomogranate + 2-3 raisins	Bhakra + bhaji Raima + rice	Coconut water + Handfull peanuts	Vegetable parantha + Coconut chutney	Elachi + Milk
Saturday	Veg parantha	Shenga +gul +laddu	Chapati Bhaji +lapshi Koshambir	2-4 Wheat biscuits, Milk	Bhakra + bhaji Daal + Bhat	Milk
Sunday	Idli chutney/osa chutney	Orange/ sweetlime	Vegetable parantha Loni	Sprouts bhel	Khichadi(rice +mung dal) + Ghee	Cows milk + 2 dates

SETH SAKARAM NEMCHAND JAIN AYURVED MAHAVIDYALAYA, SOLAPUR 118/119, SHUKRAWAR PETH, SOLAPUR. CONTACT NO- 8087027271							
Days	EARLY MORNING	DPARTAST (8:30AM)	MID-DAY MEAL (1:30AM)	LUNCH (1PM)	EVENING SNACKS (5PM)	DINNER (7PM)	BED TIME (10 PM)
MONDAY	1. RAVA SALCHHA DIPHA	SHIVAYA KHEER	BANANA	3. BHEKI + SABJI + DAL RICE + GHEE + KOSHIMBIR	COCONUT WATER + RAJIRA LADDU	2. BHAKRI + GHEE + SAHU + DAL + RICE	1. CUP OF MILK
TUESDAY	2. IDLIES	UPMA	ORANGE	2. CHAPATI + SABJI + GHRI + RICE + SALAD	1. JAMBU SHARBAT + KHAJANA + GHEE	VEG. KHICHDI + GHEE	1. CUP OF MILK
WEDNESDAY	1. BUA SALCHHA DIPHA	CHAPATI + GHEE	SWEEET LIME + GHEE	2. BHEKI + SABJI + CURRIED RICE	BUTTERMILK + MULPURA CHOCOLATE	2. THALIPET + KADHI + CHATNI + SAHU + RICE	1. CUP OF MILK
THURSDAY	2. IDLIES	MIXED VEGG + KHACHHA	ORANGE	2. FOLKE + VEG. RAITA + SALAD + PHIRAN	1. KHACHHA + MASHURDA	2. THALIPET + KHACHHA + CHATNI + SAHU + RICE	1. CUP OF MILK
FRIDAY	1. BUA SALCHHA DIPHA	MOONG DAL SHIRI	POMEGRANATE	2. BHAKRI + ASHOK RICE + DAAL + SALAD	SHENGADA + PHALIANE	2. FOLKE + SABJI DAL + RICE	1. CUP OF MILK
SATURDAY	2. IDLIES	SHWAR BHAKRI + GHEE	ORANGE	2. CHAPATI + GHEE + TAAK + BHAT + SALAD + SABJI	VEGGIES + CORN SOUP	2. THALIPET + KHACHHA + CHATNI + SAHU + RICE	1. CUP OF MILK
SUNDAY	1. BUA SALCHHA DIPHA	CHAPATI + GHEE	APPLE	2. CHAPATI + SABJI + BUTTERMILK + SALAD + GHEE	WATERMELON	VEG. KHICHDI + GHEE	1. CUP OF MILK



Jewale
 Dr. Govindji Raolji
 Mahavidyalaya, Solapur

**SETH SAKARAM NEMCHAND JAIN AYURVED
MAHAVIDYALAYA, SOLAPUR.**
118/119, SHUKRAWAR PETH, SOLAPUR
CONTACT NO: 8087027271
Third Trimester Diet Chart

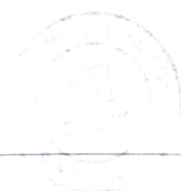
Days	Breakfast 7:30 to 8:30am	Snack's time 11:00 am	Lunch 1pm to 2 pm	Snack's time 5 pm	Dinner 7:30pm to 8:30 pm	Bed time 10 pm
Monday	Rava + poha or savaya upam	Apple - 1-4 almonds	Chapati 2 Bhaji + Rice Dal + Koshimbir	Rajma + dal	Chapati Bhaji Dal Chutney	Cows milk Chantha + haldi
Tuesday	Poha + suthia	Banana + 2 walnut	Methi parantha Loni + Bhat + Varan	2-4 wheat biscuits	Mishra dal ghrita Coconut chutney	Milk
Wednesday	Shira	Pomegranate	Chapati + bhaji Dal + Bhat Taak + beet ra + aava	Dry fruits + khajur + tod	Bhaji + bha Kadi Khichadi	Cows milk Dry fruits powder
Thursday	Mishra dal dhezna Coconut chutney	10-12 grapes - 4 dried figs	Chapati + Bhaji Dal + Bhat Lshahi + hrikhand	Buttermilk	Thalipeet Loni / Coconut Chutney	Saffron + milk
Friday	Vegetable sandwich (bro wn bread)	Pomegranate + 2-3 raisins	Bhaji + bhaji Rajma + rice	Coconut water + Handful peanuts	vegetable parantha + Coconut chutney	Each + Milk
Saturday	Veg. parantha	Shirga + bel + laddu	Chapati Bhaji + lapshi Koshimbir	2-4 Wheat biscuits Milk	Bhaji + bha Dal + Bhat	Milk
Sunday	Idli chutney + dosa chutney	Orange + sweetlime	Vegetable parantha Loni	Sprouts bhe	Khichadi rice + mung dal + Ghee	Cows milk + L date



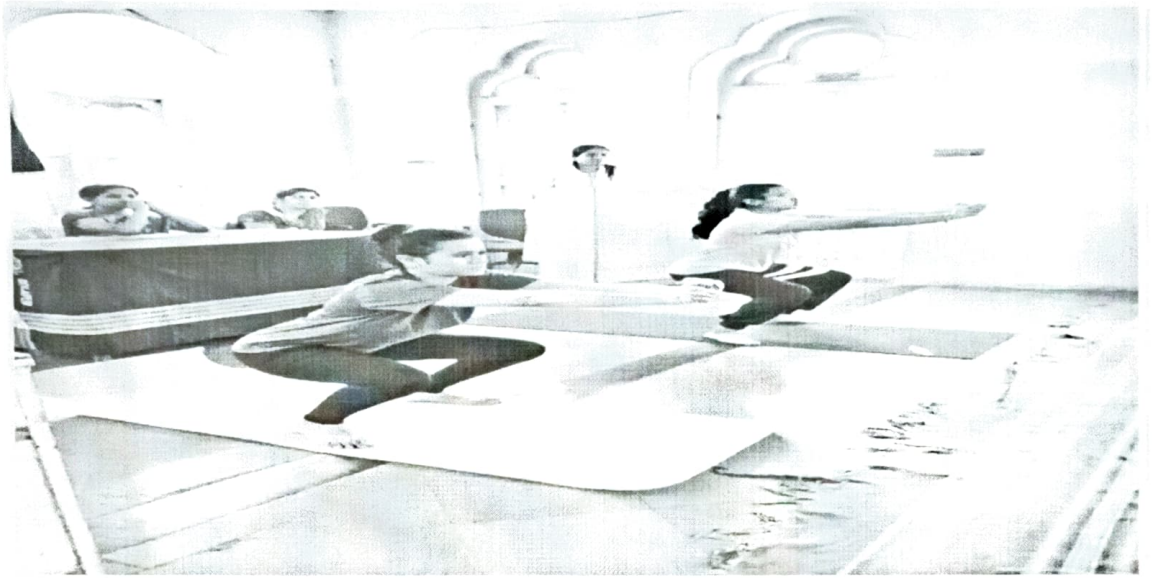
Yash
I/C. Principal
Seth Govindji Rajji Ayurved
Mahavidyalaya Solapur.

3. YOGASAN , PRANAYAM AND YOGNIDRA :

Yogasanas can improve the outcomes of pregnancy and childbirth. They can be used as part of the care protocol of pregnancy and childbirth preparation. In the same way Pranayama increases breathing capacity in the pregnant women before and during the labour, improves digestion, calms the mind, improves sleep. In the same way Yognidra relieves stress, releases negative emotions like anger and frustration during pregnancy, helps bonding with the unborn baby.



Genova
Principal
Bhamburda, Solapur
Ayurved
Maharashtra, Solapur.



Gewale
V.C. Principal
Seth Govindji Raoji Ayurved
Mahavidyalaya, Solapur.

4 MASANUMASIK GARBHA VRIDDHI :

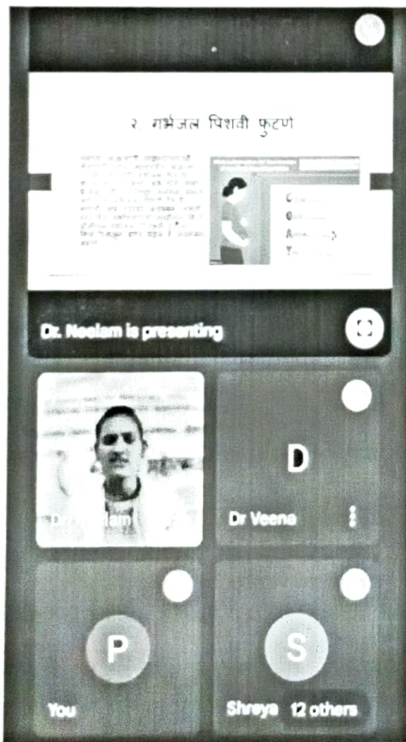
In Ayurveda the process of monthly development of foetus is explained in detail. By adopting various methods described in Ayurvedic emryology, smooth pregnancy can be assured. By which good health can be given to mother and



Yashwantrao Chavan

5 PRASUTIPURY TAYARI :

Every pregnant women should be prepare physically and mentally for the delivery. It's so important to have a clear understanding about the usual process of labor and birth.



Veena

J.C. Hospital

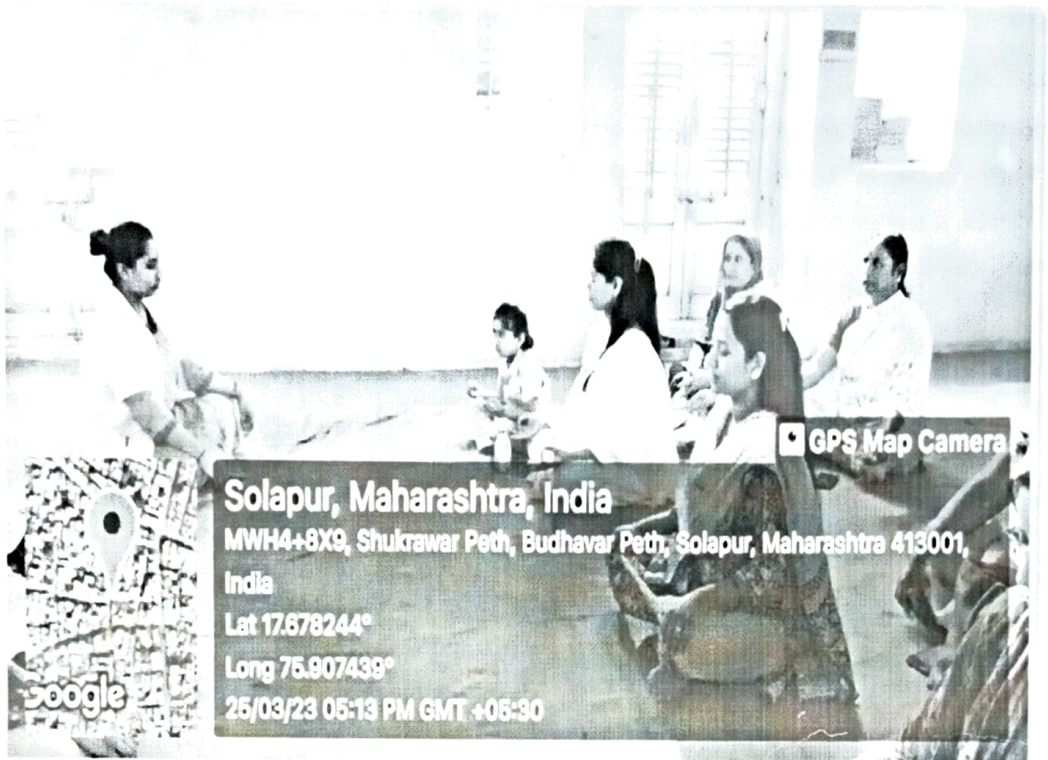
Solapur, Maharashtra, India

6 SUTIKA PARICHARYA :

The postnatal period or sutika kaal begins immediately after childbirth. Postnatal care ensures proper nutrition for the women to regain strength after pregnancy. In sutika paricharya BRIHAN and RASAYAN are the two key factors to manage aggravated VAAT DOSH and deranged AGNI.



Genale
U.S. Principal
Raj Ayurved
Surat, Gujarat, India



Solapur, Maharashtra, India

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Solapur, Maharashtra, India

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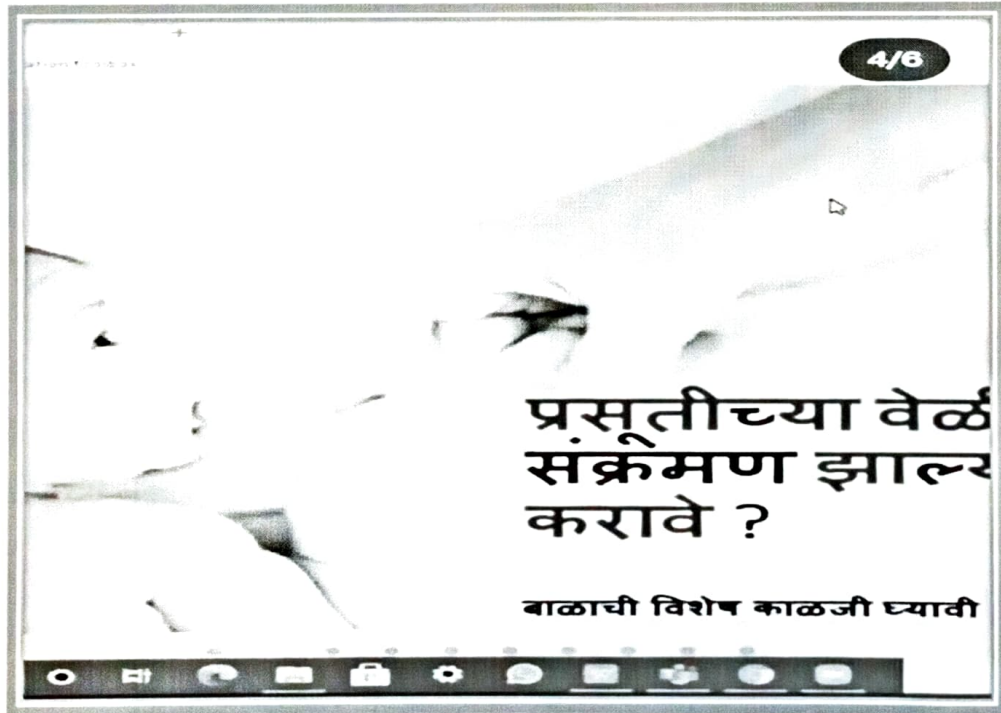
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7. NAVJAT BALAK PARICHARYA :



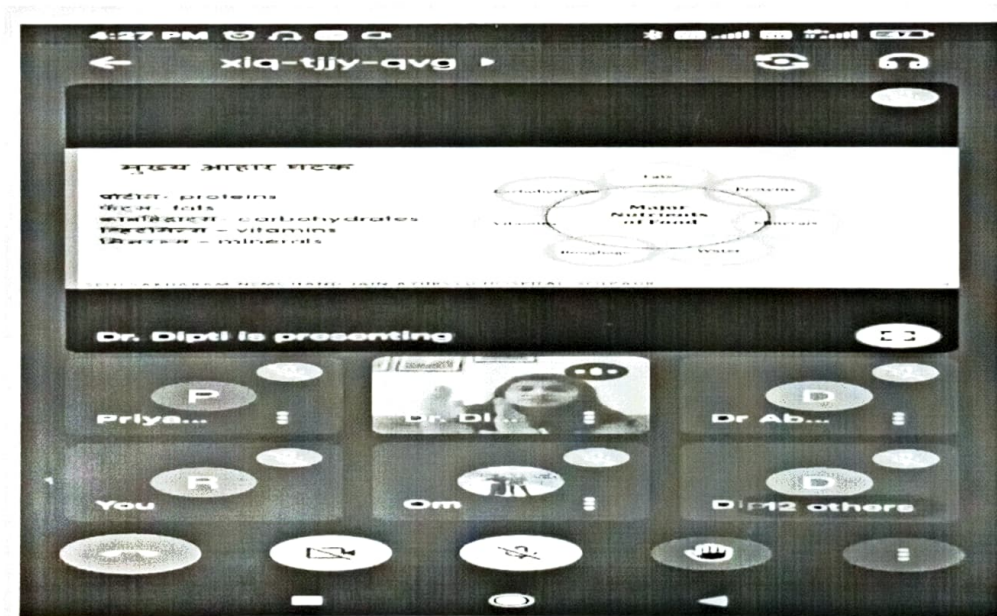
Yashwantrao
 Yashwantrao Chavan Pratishthan
 Solapur, Maharashtra, India

In Ayurveda texts, Aacharyas stated description to care of newborn from birth to full stability of newborn.

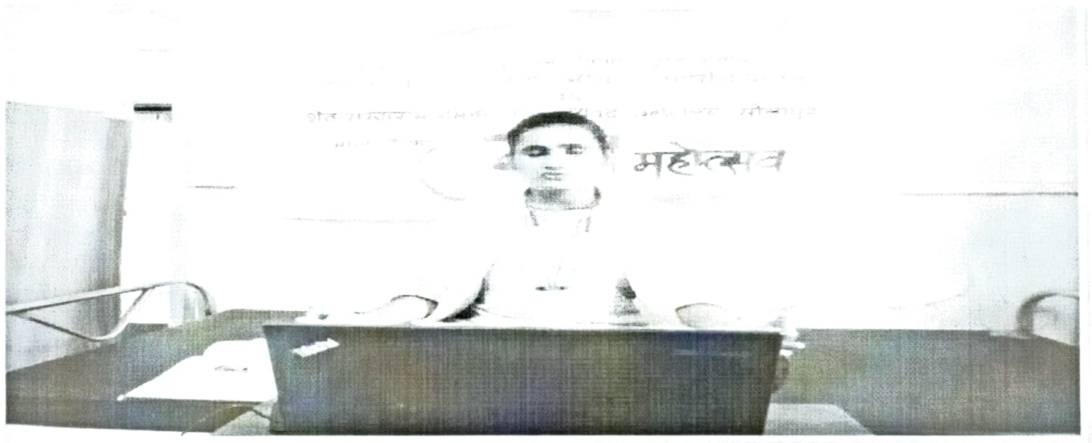


Rajaji
Rajaji Ayurved
College, Solapur.

Some evidences of one sessions



Jewale
I/O. Principal
Sri. J. R. A. M. V. S. Ayurved
College, Solapur.



Sonam Patil
H.C. Principal
Sahyadri Charitable Ayurved
Hospital, Solapur

Best Practice 3

**SETH GOVINDJI RAOJI AYURVED MAHAVIDYALAYA
ATTACHED
SETH SAKHARAM NEMCHAND JAIN AYURVED HOSPITAL
DEPARTMENT OF SHALYATANTRA**

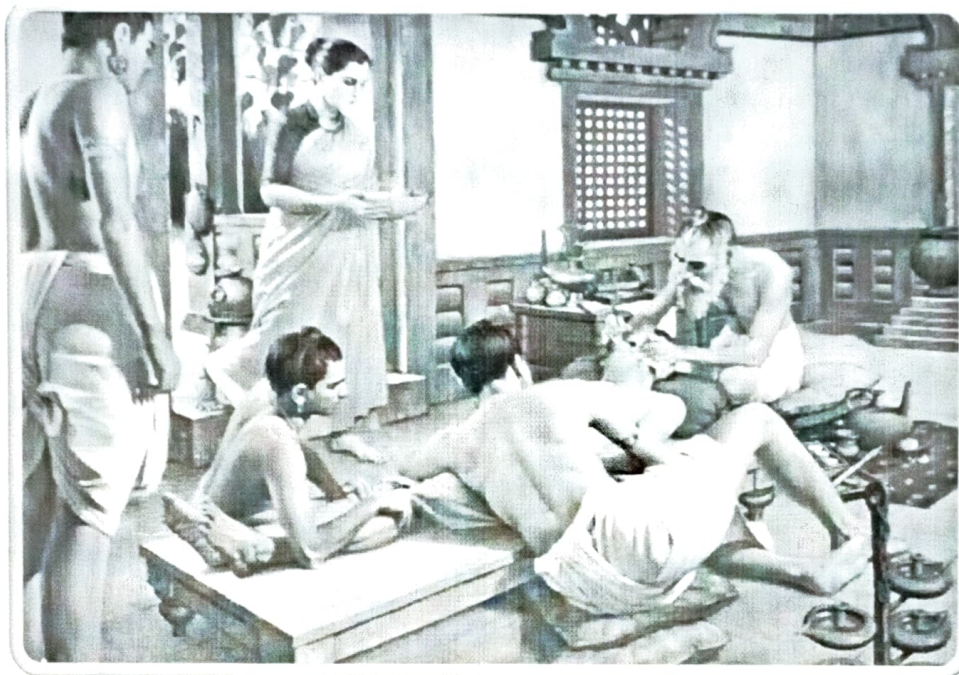


Yewale
W.C. Principal
Seth Govindji RAOJI Ayurved
Mahavidyalaya, Solapur.

Title of Best Practice

Ksharsutra

Father of Surger



“Acharya Sushruta”

Objective

- To provide Ayurvedic conservative treatment to OPD & IPD patient of anorectal diseases.
- To provide better services to society through Ayurveda.
- To restrict the further stages and complications of anorectal diseases.
- To explore and practice scientific and classical modules .

The context



gavish
H.C. Principal
Public Health Centre, Bangalore

Acharya Sushruta explained the role of surgical excision and use of ksharsutra for the management of anal fistula for the first time in 500 BC. Ksharsutra therapy for the management of fistula-in-ano is being practised in India with high success rate .

Ksharsutra is a popular treatment modality in India for the management of fistula-in-ano. It works by the action of excision, scraping, draining, penetrating, debridement, and sclerosing as well as healing simultaneously without a surgical excision.

Ksharsutra Preparation & Parasurgical procedures for Fistula in ano & Pilonidal Sinus done at our Hospital

The Practise -

Ksharsutra Preparation:

भावितं रजनी चूर्णेः सुहिक्षीरैः पुनः पुनः ।
बन्धनात् सदृढं सूत्रं छिनत्यर्शो भगन्दरम् ॥

(चक्रदन अर्शाधिकार भावप्रकाश, भैषज्यरत्नावलि)

Method of Preparation:

- Spread the surgical linen thread of size 20 throughout the length and breadth of the hanger of the specially designed cabinet known as Kshar sutra Cabinet.
- Smear the thread with latex, uniformly and carefully, all around the
- thread, with the help of clean gauze piece soaked in the Snuhi ksheer.
- After smearing and hanging of all the threads on the hanger, place
- the hanger in the Kshar sutra cabinet for drying.
- Close the cabinet properly and dry leaving it overnight.



Yash
Ayurved
Hospital

- Close all the outlets of the Kshar sutra cabinet properly in order to prevent the entry of moisture into the cabinet.
- After eleven such coatings with Snuhi Ksheer, repeat the process on next day for the 12th coat of Snuhi Ksheer and then pass the wet thread through a heap of finely powdered Apamarg kshar/ Yava kshar immediately.
- After smearing all the threads with Kshar, shake the hanger gently allowing the excess particles of Kshar to fall down. Place the hanger in the Kshar sutra Cabinet and dry.
- Repeat this process till seven coatings of Snuhi Ksheer and Apamarg kshar/ Yav kshar are achieved, thus completing the 18 coatings on the thread.
- Perform the remaining 3 coatings with Snuhi Ksheer and fine powder of Haridra as per the above said procedure making a total 21 coatings on the thread.
- Cut the threads of a uniform length for packing as directed.



Yenuka
 Dr. Yenuka
 Senior Lecturer, Ayurved
 Government Ayurvedic College,
 Bangalore.

No. of Coatings (Barbour Thread no. 20)

Snuhi ksheer	11
Snuhi ksheer + Apamarga kshara	07
Snuhi ksheer + Haridra	03
Total	21



Syambh
W.C. Principal
Seth Govindji Raoji Ayurved
Mahavidyalaya, Solapur.



क्रमांक	क्रमांक	विवरण	प्रमाण	हस्ताक्षर
22/01/22	2	कृती करि		
22/01/22	2	कृती करि		
22/01/22	2	कृती करि		
22/01/22	3	कृती करि		
01/02/22	2	कृती करि		
	1	कृती करि + कृती करि + कृती करि		
01/02/22	2	कृती करि + कृती करि + कृती करि		
	1	कृती करि + कृती करि		
01/02/22	2	कृती करि + कृती करि		
01/02/22	2	कृती करि + कृती करि		
01/02/22	1	कृती करि + कृती करि		
01/02/22	1	कृती करि + कृती करि		
01/02/22	Total - 21 entries			

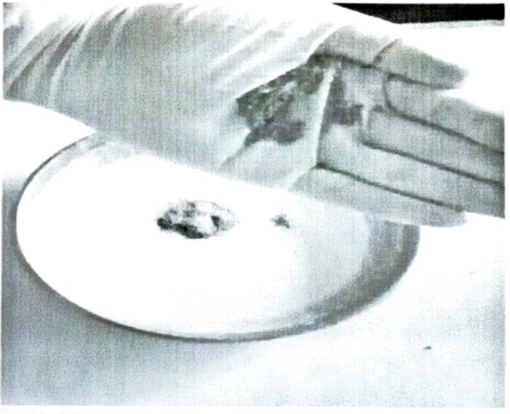
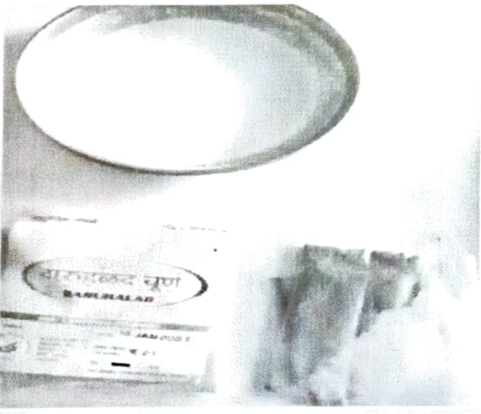


[Signature]
 V.C. Principal
 Seth Govindji Raoji Ayurved
 Mahavidyalaya, Solapur.

Order No.	No. of coating	Material Name	Quantity	Remarks
01/2020	2	सुरक्षा बेल्ट	2	
02/2020	1	सुरक्षा काली	1	
03/2020	2	सुरक्षा जाल	2	
04/2020	2	सुरक्षा बेल्ट	2	
05/2020	1	सुरक्षा बेल्ट + सुरक्षा जाल	1	
06/2020	2	सुरक्षा बेल्ट + सुरक्षा जाल	2	
07/2020	2	सुरक्षा बेल्ट + सुरक्षा जाल	2	
08/2020	2	सुरक्षा बेल्ट + सुरक्षा जाल	2	
09/2020	2	सुरक्षा बेल्ट + सुरक्षा जाल	2	
10/2020	2	सुरक्षा बेल्ट + सुरक्षा जाल	2	
11/2020	2	सुरक्षा बेल्ट + सुरक्षा जाल	2	
12/2020	2	सुरक्षा बेल्ट + सुरक्षा जाल	2	
Total coating - 21				
Total 4000000 purchased - 21				



सुरक्षा बेल्ट collection



General
Principal
Government College, Jyoti
Mumbai, India

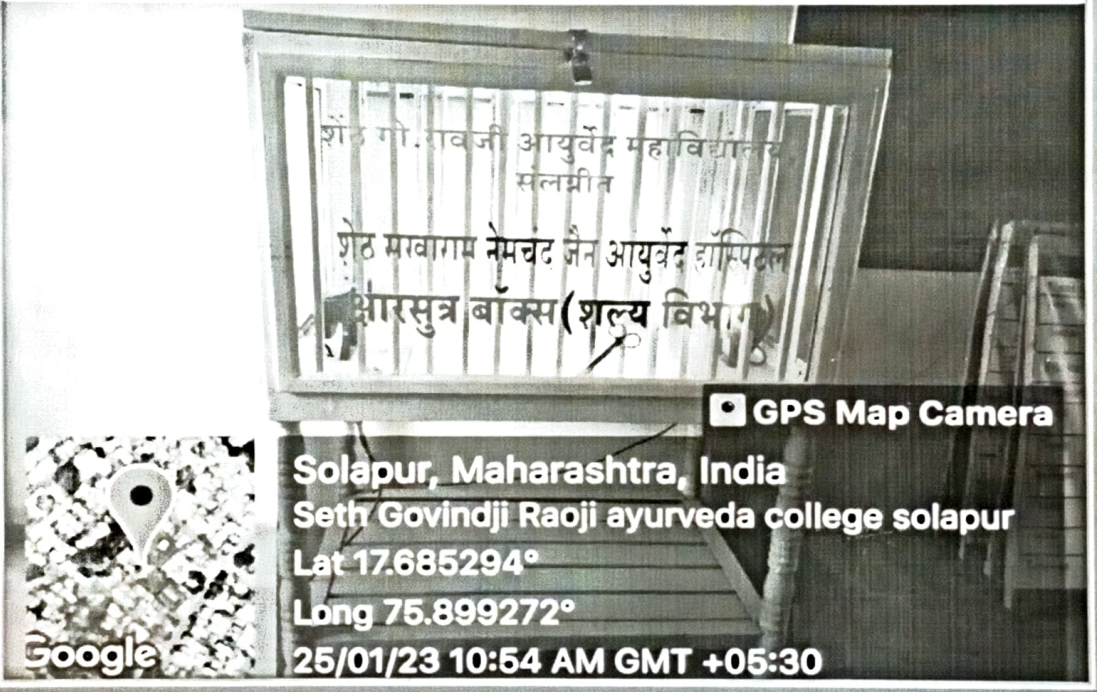


Geweb
V.G. Principal
Sethi Govindaji Pooji Ayurved
Mahavidyalaya, Solapur.



GPS Map Camera

Solapur, Maharashtra, India
Seth Govindji Raoji ayurveda college solapur
Lat 17.685294°
Long 75.899272°



GPS Map Camera

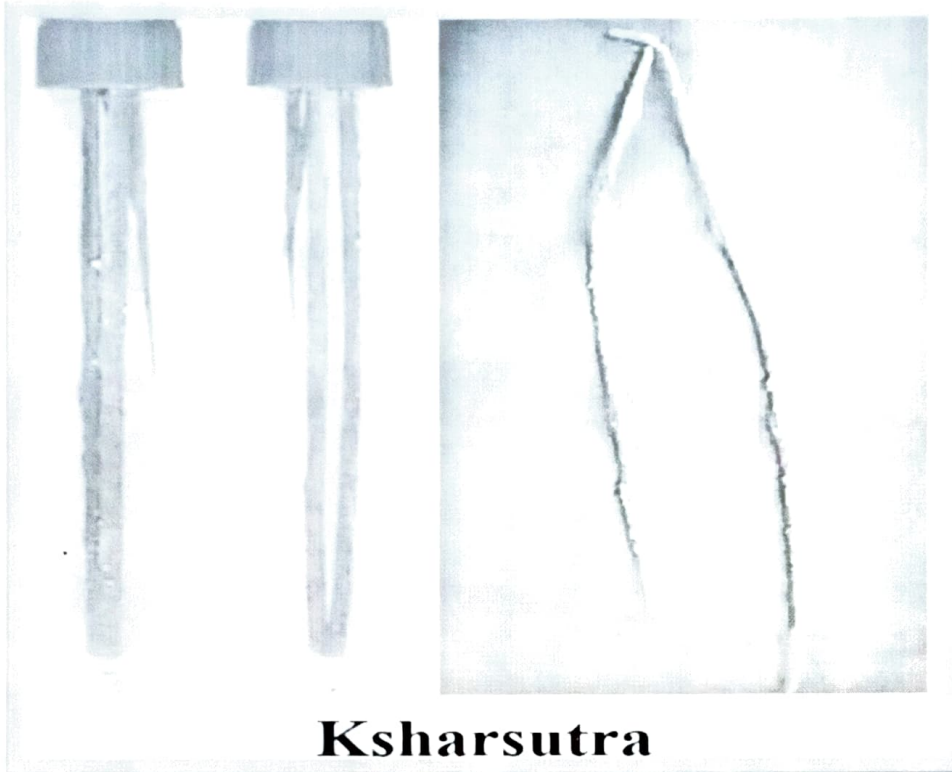
Solapur, Maharashtra, India
Seth Govindji Raoji ayurveda college solapur
Lat 17.685294°
Long 75.899272°
25/01/23 10:54 AM GMT +05:30



Google



Jyotsna
PG. Principal
Seth Govindji Raoji Ayurveda
College Solapur.



Causes of Anal Fistula

The most fistula is a sequel of a previous abscess or pus cavity.

The pus formation is the result of an anal gland infection.

When this abscess fails to heal completely, with or without treatment, a fistula develops.

Some diseases can also cause Fistula including:

- Inflammatory bowel diseases such as ulcerative colitis, Chron's disease
- Cancer
- Tuberculosis
- HIV and other sexually transmitted diseases



Yashwantrao Chavan
H.C. Principal
Deity of Ayurveda
Solapur

- Diverticulitis
- Traumatic injury

Symptoms of Anal Fistula

Patients with fistulas commonly have a history of an untreated or previously drained anal abscess.

Common symptoms of an anal fistula are:

- Anorectal pain
- Discharge from perianal skin or anus
- Irritation or itching of perianal skin
- Anorectal swelling/boil
- Perianal cellulitis (redness of the skin)
- Occasional rectal bleeding

Symptoms of a fistula depend on where the connection has formed.

Fluid or waste may leak continually from the anus or vagina.

A fistula between the intestine and bladder can cause a urinary tract infection that keeps returning.

Fistulas between two loops of the intestine may not cause any symptoms.



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Sethi Govindji Raoji Ayurved
Maharaja Dayalaya, Solapur.

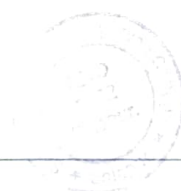
Ksharsutra Procedure for Fistula in Ano

Firstly, the patients are selected on various criteria based on their medical history and problems:

- Once the selection criteria are met, the patient has to undergo various pre-operative requirements which include the following:
- The patient has to sign some documents and formalities before operation giving consent.
- A night before the procedure, the pubic area is cleaned and shaved. Some ayurvedic solution is applied to rest all night. It is an antiseptic solution.
- On the day of surgery, the patient is kept orally nil before 6 hours of surgery.
- A light diet is provided the night before surgery.
- To ensure that the patient has clean bowels, the medical staff will provide him/her with soap enema on the night before the procedure and also 2 hours before the procedure.
- Patients are given injections of tetanus toxoid (T.T) which will be 0.5 ml.
- Several sensitivity tests are conducted like xylocaine test.
- IV fluids infusion
- Antacids, antiemetics drugs given
- Antibiotics are given
- Sitz bath given

Procedure

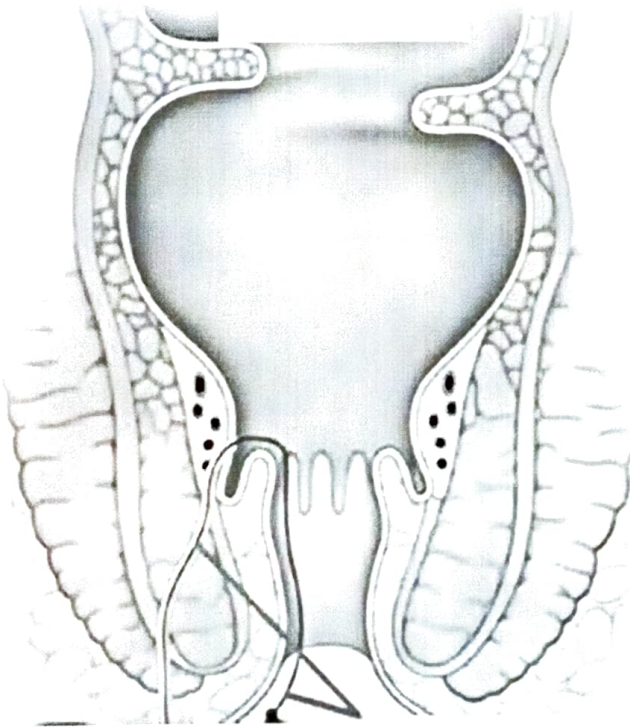
- Ksharsutra for fistula is first prepared by coating a surgical linen thread gauge number 20 with Snuhi latex (*Euphorbia nerifolia*) for 11 times.



General
H.C. Principal
Deth Gurukul, Raji Ayurved
Mumbai, Maharashtra, India

Snuhi latex and Apamarga Kshara for 7 times and Snuhi latex and Haridra churna for 3 times.

- The patient must be with local or spinal or general anesthesia while treatment.
- Then a malleable probe passes through the external opening of the fistula to the internal opening in the anal canal.
- And probe is gently taken outside along with a Ksharsutra in the groove of the probe.
- Later both ends of the Ksharasutra is joint together and replaces with a new one a week later.
- The Ksharasutra gradually cuts and heals the track. Finally, the whole fistulous tract heals after cutting.



Partial Fistulectomy With Ksharsutra



Dr. Principal
Dr. Principal
Dr. Chaitanji Raoji Ayurved
Mahavidyalaya, Solapur.

- In this procedure probing is done from external opening and internal opening is revealed at anal canal.
- The excision of the fistulous tract by coring method is done from external opening till external anal sphincter with help of electric cautery.
- After that Ksharasutra is applied in remaining part of the tract.

Mode of Action

- It helps in Cutting of the tract draining of the pus, curetting of unhealthy tissues. And healing of fistula occurs simultaneously as well.
- Due to the caustic action, it removes the unhealthy tissue thus promotes healing
- Controls infection by the microbicidal action.
- Laying the track open by cutting through the tissues.

Applications of Ksharsutra

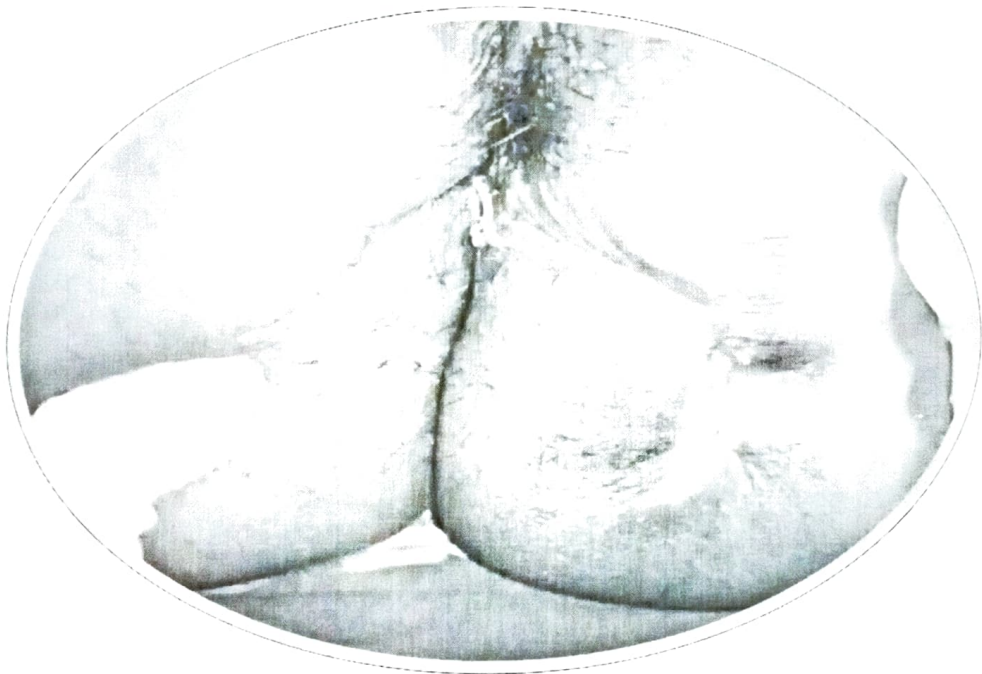
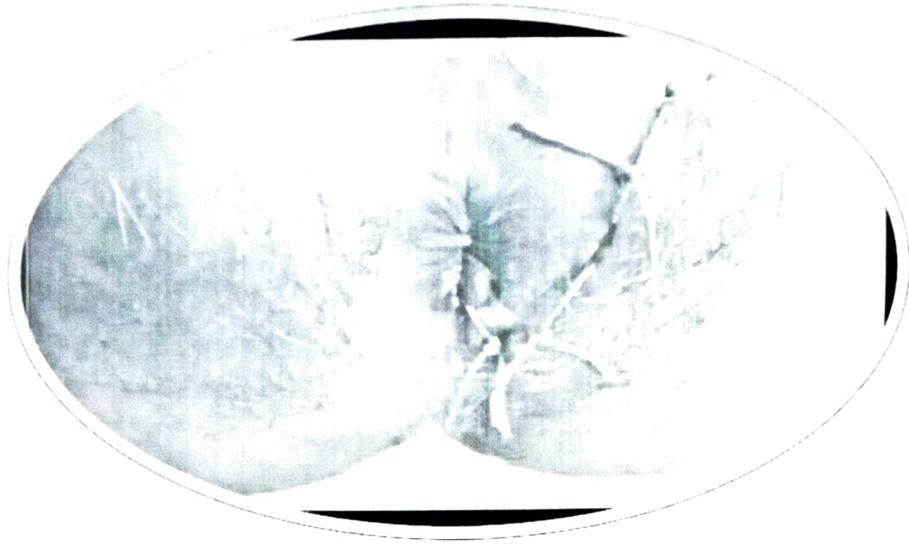
- Widely accepted and clinically proven
- No hospital stays
- Routine works unaffected
- Minimal pain
- Usually performed under local anaesthesia
- Effective results
- No risk of incontinence
- Suitable for multiple Fistula-in-Ano
- No dressing required
- The recurrence rate is low



Syambal
Principal
Sri Chaitanya Ayurved
Hospital, Bangalore



Jewala
V.C. Principal
S.K. Chandra Prasad, Ayurved
Dr. Anand Prasad, Patanjali.

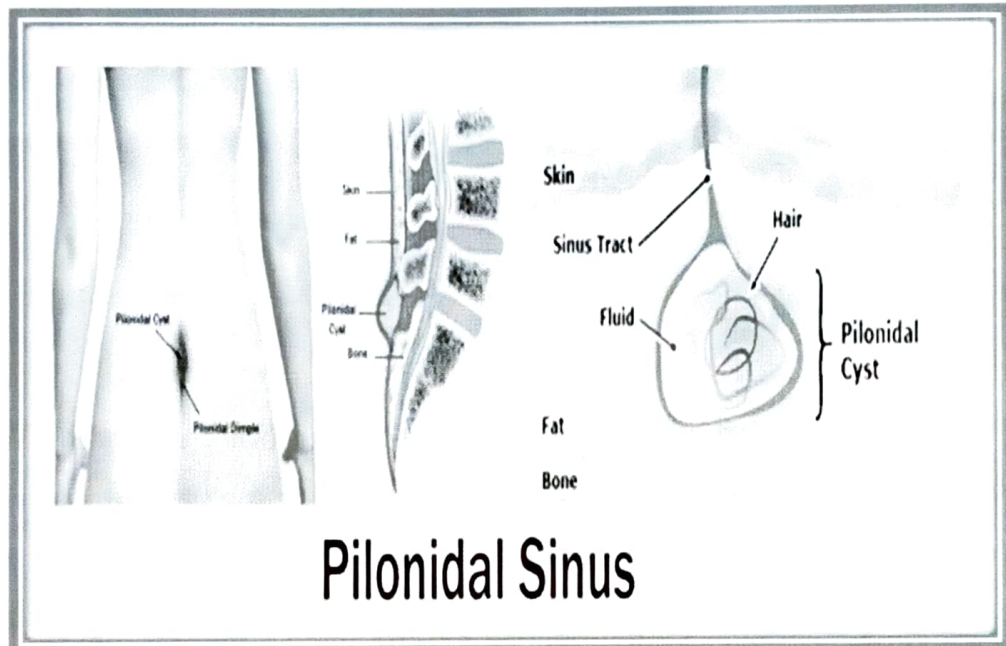


Gennala
Dr. G. S. Srinivas
Principal
K. S. Srinivas Ayurved
K. S. Srinivas Ayurved

Ksharsutra procedure for multiple fistulae in ano:-

Click here

https://drive.google.com/file/d/13Z12rST9akNqIOiVdSCZ9wd47KLMcMlv/view?usp=drive_socket **Ksharsutra for Pilonidal sinus**



A Pilonidal sinus also called Pilonidal cyst, Pilonidal abscess or Sacrococcygeal fistula is a cyst (small sac) or tunnel in the skin. It develops over the tailbone at the top of the cleft of the buttocks.

The cyst usually contains hair and skin debris. More than one cyst may develop, and these are linked by tunnels under the skin. It can cause severe pain and can often become infected, in which case, it may ooze pus and blood and have a foul odour.



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I/O. Principal
Abaji Ayurved College, Solapur.

Causes of Pilonidal Sinus

- More common in males
- Sedentary lifestyle
- People who sit for long hours at a stretch eg. Drivers
- Thick body hair especially those that are coarse and curly
- Obesity
- Previous injury in the area
- Family history of Pilonidal Sinus
- Having a deep cleft between buttocks
- History of previous Pilonidal Cyst

Symptoms of Pilonidal Sinus

- Recurring episodes of pain or swelling in the area of the tailbone.
- Pain when sitting or standing
- Swelling of the cyst
- Reddened, sore skin around the area
- Pus or blood draining from the abscess, causing a foul odor
- Hair protruding from the lesion
- Formation of more than one sinus tract, or holes in the skin

Ksharsutra Treatment For Pilonidal Sinus

- Ksharsutra is first prepared by coating a surgical linen thread gauge number 20 with Snuhi latex (*Euphorbia nerifolia*) for 11 times. Snuhi latex and Apamarga Kshara for 7 times and Snuhi latex and Haridra churna for 3 times.
- On visual inspections, once the location of the pilonidal sinus is confirmed, the patient must be with local or spinal or general anesthesia while treatment. First, hairs and unhealthy granulation tissue will be removed through the opening on skin.



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H.O. Principal
Cochin Medical College Ayurved
Maharashtra Solapur.

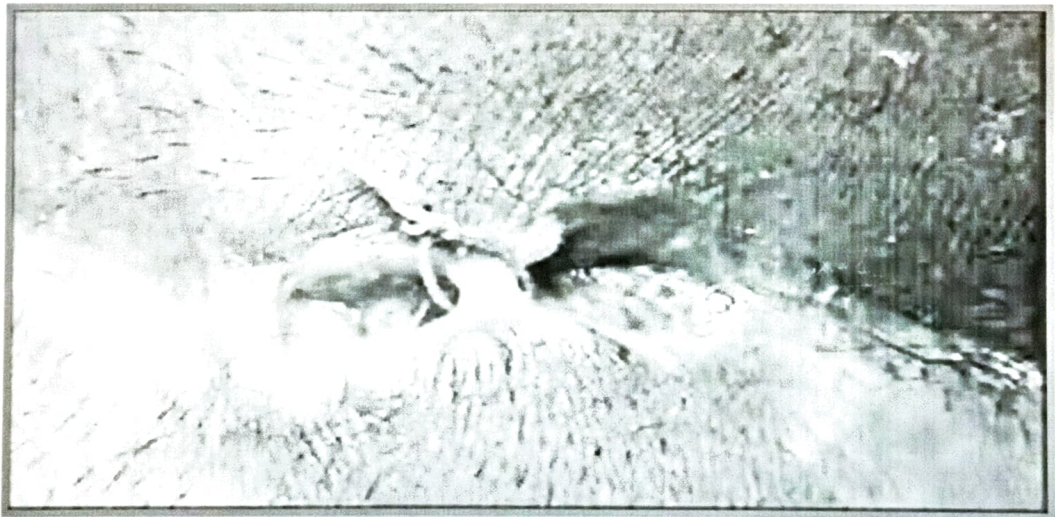
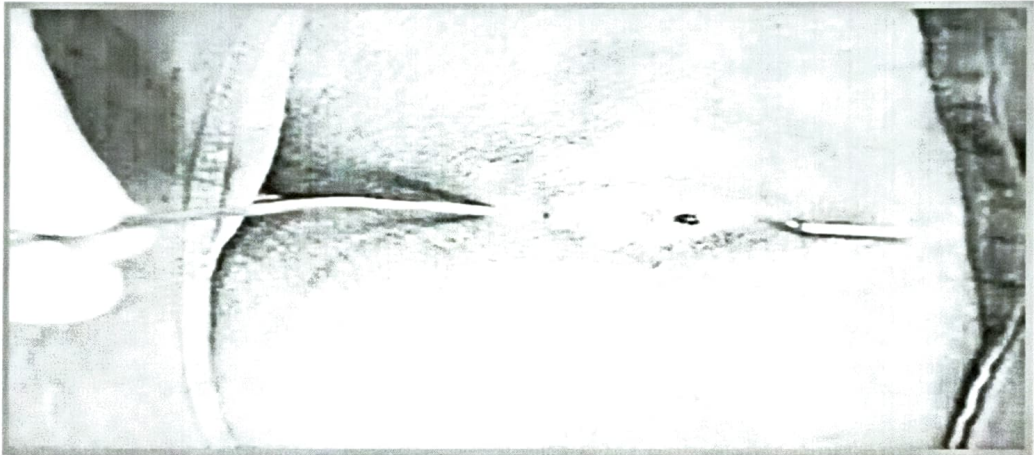
- Then a malleable probe must be passed through sinus tract and traced until it's blind end and another opening is made over the skin up to the tip of the probe. In final step, probe is removed through another opening after feeding of ksharsutra and ligated appropriately. ksharsutra is changed every week.
- This helps effective curettage and drainage facilitates healing without recurrence.

Benefits of Ksharsutra

- No hospital stays
- Routine works unaffected
- Minimal pain
- Usually performed under local anesthesia
- No tissue loss, no ulcer or wound
- No foul smell, wound dressing
- Effective results
- No dressing required
- Widely accepted and Clinically proven
- Recurrence rate is low
- Ksharsutra treatment is advantageous to the patients with pilonidal sinus, which is also a non-excisional treatment.

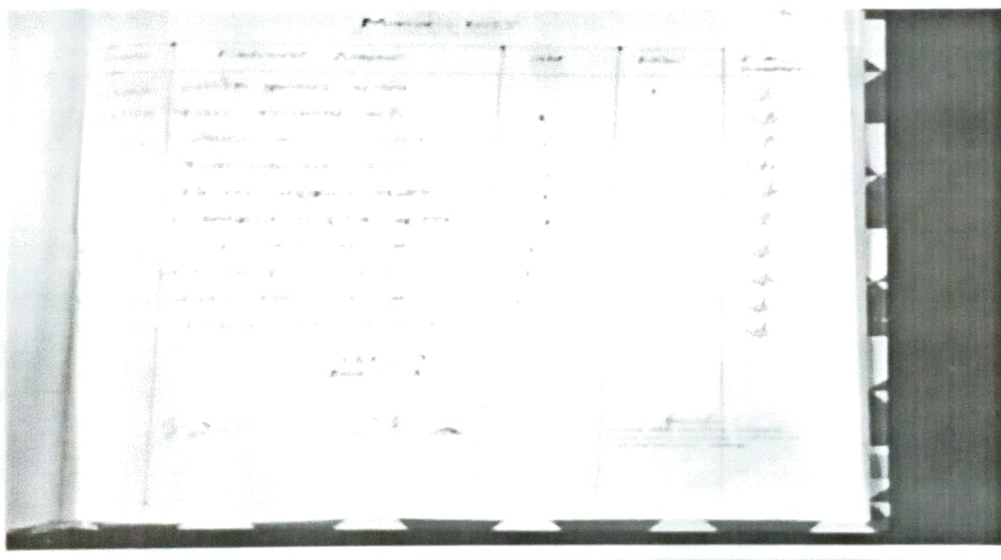
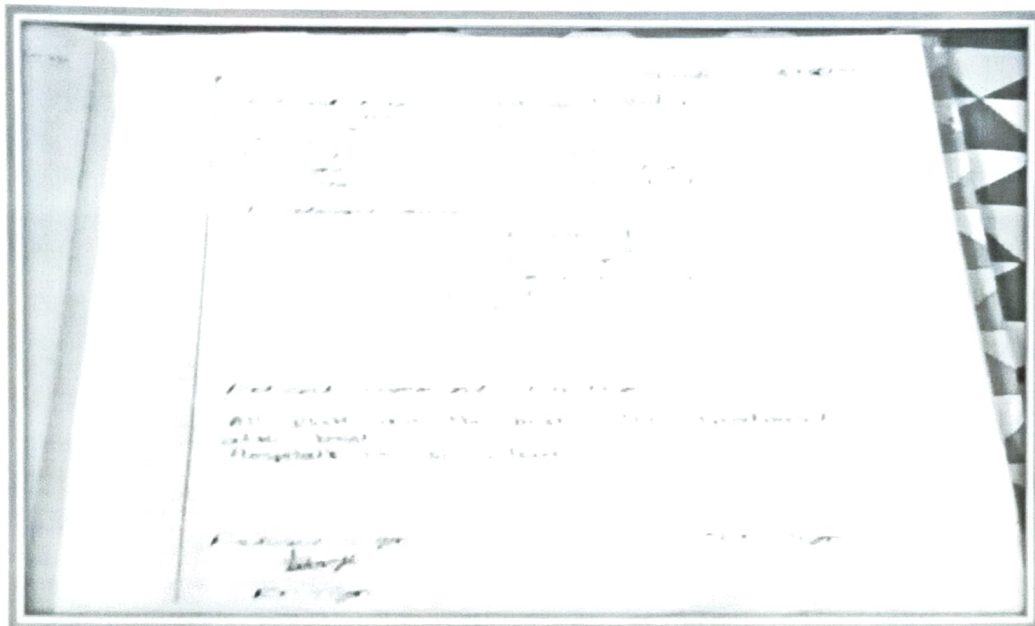


Yashale
H.O. Principal
Seth Govindji Raoji Ayurved
Manavidyalaya, Solapur.



genuela
M.C. Principal
M.C. Government Engineering College
Bangalore

Feedbacks – patients testimonials



Yucela

1. 2013

21872

Pt Name - Sajan Shavada Dhire
 Age - 35
 Sex - Male
 C.I.D. No - 6317
 I.P.S. No - 415195
 Diagnosis - Prolaps in anus
 In Anus - 4x4x1cm

Treatment given:-

1st Treatment 15/7/02 - 10
 2nd Treatment 20/7/02 - 10
 3rd Treatment 25/7/02 - 10
 4th Treatment 30/7/02 - 10
 5th Treatment 5/8/02 - 10
 6th Treatment 10/8/02 - 10

Final comments:-

The patient is a middle-aged male with a history of prolaps in anus. He has been treated with various medicines and has shown improvement. The prolaps is now 4x4x1cm. The patient is advised to take a healthy diet and to avoid heavy lifting.

Final sign:-
 S. S. Patil
 0972119397

Medicine sign

In 2002 Sign



Yewale
 I/C. Principal
 Seth Govindji Raji Ayurvedic
 Mahavidyalaya, Solapur.