Know your
# DOCTOR

## Dr. Punchooru Ramesh Bhat

**Surgeon, Coloproctologist, Ayurveda Physician**

BAMS, MS, PhD (B.H.U.), D.Pharma (Manipal)

**Member of European Society of Coloproctology**
**Medical Director, Acharya Sushrutha Healthcare Pvt Ltd, Bengaluru, India**

**TREATED THOUSANDS** of challenging and recurrent cases of anal fistula, hemorrhoids, recurrent pilonidal sinuses, etc. By Ayurveda surgical techniques.



Born and brought up in Udupi district of Karnataka, Dr P Ramesh Bhat is an eminent Ayurvedic surgeon practicing in Bengaluru of Karnataka, India. His special field of interest is Coloproctology. He has over 20 years of experience in management of Anorectal disorders and in General surgery. He has treated over 1000 cases of chronic ulcers, 3000 cases of Anorectal diseases by Kshara therapy.

Education

- BAMS – Gold medalist from ALN Rao Ayurveda College, Koppa securing the 1st rank
- MS - Govt Ayurveda medical college, Bangalore.
- PhD - Banaras Hindu University, Varanasi
- Diploma in Pharmacy - College of Pharmacy, KMC, Manipal

**Areas of interest - Coloproctology**

**Professional experience**

- Medical Director of Acharya Sushrutha Healthcare Pvt. Ltd., Bengaluru, India.
- Former Principal of Sri Sri College of Ayurvedic Science and Research Hospital
- Secretary, National Sushrutha Association, Karnataka State Branch
- Patients with failed surgeries treated by Ksharasutra from more than 15 countries.


Appointments: **Acharya Sushrutha Healthcare Pvt. Ltd.,**
No 53, Ground Floor,1st Cross, ITI Layout, 80 Feet Road, Nagarabhavi 2nd Stage,
Mallathahalli, Bangalore - 560056 Mob: 97397 33372
Email: achsushruthahealthcare@gmail.com, www.drrameshbhat.com


Scanned with CamScanner

- Developed innovative surgical technique for treatment of Anorectal diseases.
- Developed convenient instruments for Anorectal surgery.
- Developed unique protocol and software for patient data management
- Trained Ayurveda surgeons in Anorectal surgeries.
- Started and developed super specialty centers for coloproctology and Anorectal Ayurveda clinics in Coimbatore - Tamilnadu, kozhikode - Kerala and Koppa of Karnataka

**Credentials**

- A star named after Dr P Ramesh Bhat in the space and registered in NASA on 07/03/2019 recognizing outstanding contribution in the field of Ayurveda.
- A flag was flown over the USA capitol on behalf of Dr P Ramesh Bhat, by THOM TILLIS, U S Senator, North Carolina on 15th May 2019 and recorded in flag book of USA.
- 18 trees have been planted in the hills of Jerusalem in Israel in honor of Dr. P Ramesh Bhat for excellence in Ksharasutra therapy in anal fistula.

**Paper presentation & Publication**

- Treated world first complex and challenging case reported 'complex anal fistula with foot extension' successfully by Ayurveda technique - Ksharasutra therapy, published in International journal of surgery.
- Presented paper on 'day care proctology in Ayurveda'presented1250 case study in 'International conference on surgery at Las Vegas, USA. Considered to be the first paper presented in international conference about Ayurveda surgery.
- Treated successfully a patient with anal fistula who had 26 times failed surgeries in USA of different hospitals of USA. Published in European society of coloproctology research journal.
- A case of anal fistula extending to infra umbilical region/ anterior abdominal wall treated successfully by Ksharasutra published in 'Journa of surgical case reports' by Oxford university.

Scanned with CamScanner

# FAQs on Ksharasutra treatment for Anal Fistula

**What is Fistula in Ano?**

A fistula in ano is an abnormal tract or tunnel communicating from the anus or rectum to theexternal skin surrounding the anus.

**What causes an anal fistula?**

Anal fistula is generally caused by the infection of anal glands (which are situated around the anal wall in between sphincter muscles). Infection of the anal gland results in pus formation deep inside the skin around the anus and pus collects in that space, swells up and bursts to the skin.

**How serious is an anal fistula?**

While the condition is painful and causes a lot of discomfort, it is generally not life threatening. Also, it is not cancer.

**When can anal fistula lead to complications? What are the possible complications?**

Anal fistula can lead to complications if the patient has risk factors like uncontrolled diabetes, poor nutritional status or on treatment with immune suppressants.

Possible complications include:

- The infection can spread to a larger area.
- Huge pus collection causing fever.
- Septic shock.
- The fistula may branch out to form multiple fistulae.
- The fistula can open into the rectum

**How do you know it is fistula?**

A person suffering from fistula will initially have an abscess that bursts open in the area surrounding the anus or buttocks. It will fail to heal and the boil will persist. Pus-mixed-watery-fluid or sometime blood oozes out of the opening. It will never close, instead it becomes dry sometimes and may start oozing again oozing. These are the tell-tale symptoms of a fistula.

Ayurveda and Fistula

**Is there any mention of anal fistula in Ayurveda?**

Yes, it is mentioned in the Ayurveda text, 'Sushruta Samhita' authored in 500 BC. Fistula is referred to as 'Bhagandara' in Sushruta Samhita.

**What are details mentioned in Ayurveda?**

Acharya Sushruta said it is a boil in perineum region, having continuous ooze and connecting to inside (anus).

Scanned with CamScanner

**What are treatments mentioned for this in Ayurveda?**

In Sushruta Samhita the treatment mentioned are different types the excisions and Ksharasutra treatment.

**What is Ksharasutra?**

Ksharasutra is a treatment for anal fistula mentioned in Ayurveda texts. It is a thread which is coated with Ayurveda medicine called 'kshara'.

**What is kshara?**

It is an alkali prepared out of various plants. Kshara is prepared from Apamarga plant.

**How Ksharasutra prepared?**

'Guggulu' (tree origin) based 'Apamarga' (plant) Ksharasutra is generally used. A thread is coated with kshara,Guggulu and turmeric 21 times. So, the thread holds medicament in its surroundings.

**How is this practiced?**

Ayurveda surgeons who are qualified as M.S. Shalyatatra (Master of surgery in Ayurveda, institutionally qualified) use this method to treat anal fistula and pilonidal sinus.

**How does Ksharasutra work?**

The medicated thread (Ksharasutra) is placed in the anal fistula using malleable metal probe from external opening (skin) to internal opening (within anal canal) under appropriate anesthesia. Gradually the medication will dissolve in the tract and scoop or scrape the unhealthy tissue surrounding it. It enhances healing from inside to outward direction.

**What is thesuccess rate?**

The success rate of Ksharasutra when performed by qualified professionals with experience of handling of different complex anal fistula is high.Close monitoring and appropriate wound care increase the success rate of Ksharasutra, recurrence rate is low/minimum.

**Is Ksharasutra good for all fistulas?**

No, Ksharasutra is good for crypto glandular fistula of anus. It is not used for any other fistula.

**Is it effective in Crohn's fistula in ano?**

When a patient with fistula has Crohn's, Ksharasutra can be used to treat the fistula when Crohn's is in control (remission). However, the fistula can reoccur in a different place or at same place. Also, in case of patients with Crohn's, the Ksharasutra treatment may fail sometimes.

**Is it ok to do Ksharasutra therapy with ileostomy or colostomy ?**

Scanned with CamScanner

It depends on patient condition, however Ksharasutra treatment is possible if underlying disease is under control

**Is Ksharasutra good for tuberculosis fistula?**

No. In case of anal fistula secondary to tuberculosis, Ksharasutra is generally not required. Anti-tubercular treatment for specific period cures anal fistula also.

**How do you diagnose tubercular fistula?**

Tubercular fistula is diagnosed by the treating surgeon by performing some tests.

**Diagnosis and treatment of Fistula using Ksharasutra**

**What is the initial procedure?**

Under anesthesia,the primary threading is done and the patient might have to stay in the hospital 4 hours to 24 hours depending on the type of anesthesia administered.

**What is Fistulotomy?**

Lay open of anal fistula is fistulotomy.

**What is Partial Fistulotomy and primary threading?**

Laying open of part of fistula where there is no muscle is "Partial Fistulotomy" and applying seton to the muscle bundle is "Primary Threading".

**What is the advantage of Fistulotomy?**

As the fat part of buttock is laid open it helps for adequate drainage of pus or collection. It also reduces the duration of treatment.

**Is there any damage or loss of sphincter in Ksharasutra therapy?**

Yes. Ksharasutra cuts the sphincter muscle. Radiologically or sonography-wise it shows a loss of sphincter. Clinically and functionally, there is no loss of anal function. Chance of incontinence is very less if done judiciously.

**How Ksharasutra cuts tract or fistula?**

It cuts tissues gradually and heals simultaneously, therefore the scar tissue forms simultaneously. Part of the anal ring is replaced by fibrous ring at the end of Ksharasutra.

**How many days' rest is recommended after the primary threading?**

One week of rest is generally required but there is no need of bed rest. Patient can do normal household work, can sit, walk, etc.

**What is the duration of the entire treatment?**

It is generally long-term treatment because of the gradual cutting and gradual healing process. On an average, it takes approximately 3 months for complete healing. The duration depends on the complexity of the fistula and values from

Scanned with CamScanner

one technique to another.

**What are the precautions and care to be taken by the patient during treatment?**

The patient needs to place a cotton or gauze pad in the area and it to be changed once in 12 hours or more frequently depending on discharge. Also, if the patient is advised sitz bath, no sitz-bath should be done for 24 hours after a thread change. It is generally required to do the sitz bath for not more than 10 minutes at once.

For Female Patients undergoing Kshara Sutra

**Is it safe to have Ksharasutra during pregnancy?**

In case of a simple fistula, it is safe. The patient needs to consult with a qualified professional to determine feasibility and to understand any risks involved.

**During menstrual cycle can the Ksharasutra be changed?**

Yes, it can be changed as there are no such contraindications.

**Is it safe to have a pregnancy after Ksharasutra treatment?**

Yes, there are no contraindications.

**How about vaginal delivery after Ksharasutra treatment?**

After fistula treatment, especially in case of anterior fistula, vaginal delivery is not recommended.

**What are the dietary recommendations during Ksharasutra treatment?**

The patient can have normal food. However, it is recommended to avoid non veg food, spicy food, curry items and dishes that include chilli.

**What about yoga/ exercise/ gym?**

After one week, the patient can do yoga/exercise/walking/jogging/vehicle riding/swimming/gym and any other physical activity if there is no noticeable pain. However, it may vary in certain conditions and it is recommended to check with the doctor before taking up any activity.

**Are multiple surgeries required?**

During the course of the treatment, if the surgeon feels that the drainage is not adequate or that the original tract is not covered by thread completely or if residual tract was missed initially, then the procedures may be repeated.

**If there is a re-occurrence, when can it happen after Ksharasutra?**

It can happen at any time of life, no specific duration.

**How painful is the procedure?**

Ksharasutra is generally not very painful. It depends on the technique adopted by surgeon. It varies between surgeons and between techniques. Changing of

Scanned with CamScanner

Ksharasutra is painful; however, it is temporary and lasts for about 5 minutes.

**What are the diseases/conditions that adversely affect Ksharasutra treatment?**

Uncontrolled diabetes, auto immune diseases, Crohn's disease, usage of steroids, etc., can adversely affect the Ksharasutra treatment.

**What is the recommended use of painkillers during the treatment?**

Sometimes painkillers may be required and need to be used judiciously. Long term consumption of painkillers is discouraged as it can be harmful to the body.

**What is the time required for Ksharasutra changing on weekly basis?**

It takes maximum of 5 minutes to change Ksharasutra. It is an OPD procedure. No preparation is required from patient side. Patient should not be on empty stomach.

**Can the patient ride or drive vehicle after Ksharasutra? Can the patient come alone without an attendant for subsequent visits for Ksharasutra changing?**

Yes, the patient can come alone and drive vehicle or ride a two-wheeler. However, it is advised to take rest by sitting comfortably on a chair for 15 minutes after changing the thread. Also, drinking water and having food before thread change is recommended.

**What are complications of Ksharasutra thread changing?**

There are no complications of a thread change. However, patients with a low threshold for pain may feel dizzy and need to take rest for about 15 minutes in order to recover.

**Can the patient travel in between thread changes?**

The fistulotomy wound heals in approximately 2 weeks after surgery. The patient can then travel to any place. However, for changing of Ksharasutra, the patient will need to come on a weekly basis.

**What happens if patient is unable to come exactly after 1 week?**

It is not compulsory to visit exactly on 7 th day. It can be plus or minus one or two days.

**What if patient miss one visit, then?**

The patient can come after 2 weeks also, no further complications expected. Duration of treatment may prolong those many days. Generally, duration of treatment is estimated and conveyed to patient on the basis of weekly visits.

**What happens if patient needs to go out of the country in the middle of the treatment?**

Nothing happens. The treatment can continue once the patient is back and

Scanned with CamScanner

ready for further treatment using Ksharasutra. The thread will remain in place till such time

**What if thread is slips off or gets torn?**

There is no need to worry if the thread slips off or is torn. The surgeon can re-insert a new thread in a few minutes.It is a simple procedure.

**When will the discharge reduce? Is it normal to have discharge throughout the treatment?**

Discharge of pus/pus-mixed-blood/blood/serous/watery-fluid is normal throughout the treatment.

**Is foul smell noticed sometime normal?**

Yes

**What are other findings and observations?**

1. Peri-anal skin allergy due to discharge.
2. Lower back or thigh pain, muscle catch, due to altered walking posture, stiffness of body due to fear and anxiety.
3. Sometimes skin boils in buttocks due to hair roots infection.
4. Itching surrounding the anus.
5. Loose stools due to medications.
6. Passing of gas or stool particles from wound or external opening.

**What are the medicines used during Ksharasutra therapy?**

Ayurveda drugs to reduce infection, to prevent irritation and inflammation, for easy evacuation of stool, to improve digestion and liver function.

**All these drugs are safe for long duration consumption?**

Yes, all are herbal or plant based.

**When can patient resume all normal routine works?**

Generally, there are no such restrictions during treatment. After the completion of treatment, the patient can resume all normal work starting from the next day.

**What about sexual intercourse?**

It can be performed and does not interfere with the outcome of treatment.

**What is to be expected after treatment?**

1. There will be discharge of serous fluid. It is normal.
2. Passing of gas or little quantity of stool without control is normal (in very few cases, unusual, depends on type of fistula). It will gradually reduce and the patient will be comfortable.
3. There may be itching around anus for few days.
4. Hard feeling on scar formation.
5. Mild discomfort or pain on scar due to hardness of the tissue

Medicines Available at:
**Santhrupthi Medicals**
No 53, Ground Floor,1st Cross, ITI Layout, 80 Feet Road, Nagarabhavi 2nd Stage,
Mallathahalli, Bangalore - 560056, Mob.: 9449639610

Scanned with CamScanner