

NIRUKTI

- तामेव नाडीनिरुक्तिमाह- नाडीव यद्वहति तेन मता तु नाडी;
- येन हेतुना नाडीवत् प्रणालीवद्वहति याति तेन हेतुना नाडी मतेत्यर्थः। (Dalhana)
- Su.Ni. 10
- Su. Chi 17

DEFINITION

- शोफं न पक्वमिति पक्वमुपेक्षते यो यो वा व्रणं प्रचुरपूयमसाधुवृत्तः ।
अभ्यन्तरं प्रविशति प्रविदार्य तस्य स्थानानि पूर्वविहितानि ततः स
पूयः ॥९॥
तस्यातिमात्रगमनाद्गतिरित्यतश्च नाडीव यद्वहति तेन मता तु नाडी
॥१०॥

- The sophia of prolonged duration without Paka or the Pakwa soph
ignored by surgeon collects good amount of pus which percolates in

TYPES

- दोषैस्त्रिभिर्भवति सा पृथगेकशश्च सम्मूर्च्छितैरपि च शल्यनिमित्ततोऽन्या ॥१०॥
- Three from single doshas one tridoshaj and one shalyaj (due to retain foreign body) total five types.

CLINICAL FEATURES

- तत्रानिलात् परुषसूक्ष्ममुखी सशूला फेनानुविद्धमधिकं स्रवति क्षपायाम् ।११।
- Rough, pin hole opening, severe pain, frothy excessive discharge.
- तृप्तापतोदसदनज्वरभेदहेतुः पीतं स्रवत्यधिकमुष्णमहःसु पितात् ॥११॥
- Hot, Throbbing pain, fever, yellow and warm discharge.
- ज्ञेया कफाद्बहुघनार्जुनपिच्छिलास्रा रात्रिस्रुतिः स्तिमितरुक्कठिना सकण्डूः ।१२।
- Thick, white, sticky discharge, more pus discharge in night, hard and itchy.
- दाहज्वरश्वसनमूर्च्छनवक्त्रशोषा यस्यां भवन्त्यभिहितानि च लक्षणानि ।
तामादिशेत् पवनपित्तकफप्रकोपाद्धोरामसुक्षयकरीमिव कालरात्रिम् ॥१३॥
- Collective feature of all three above include murcha (shock)
- नष्टं कथञ्चिदनुमार्गमदीरितेषु स्थानेषु शल्यमचिरेण गतिं करोति ।
सा फेनिलं मथितमच्छेमसृग्विमिश्रमुष्णं स्रवेत् सहसा सरुजा च नित्यम् ॥१४॥

TREATMENT OF NADIROGA

- नाडी त्रिदोषप्रभवा न सिध्येच्छेषाश्चतस्नः खलु यत्नसाध्याः Su.
Chi 17/17

Sannipataj nadiroga is Asadhya rest are treatable with attempts....

- All type of nadi vana require Shastra karma for proper healing.
Medicines are used as adjuvant therapy to felicitate good healing.

VATAJ NADI

• तत्रानिलोत्थामुपनाहय पूर्वमशेषतः पूयगतिं विदार्य |तिलैरपामार्गफलैश्च पिष्ट्वा
ससैन्धवैर्बन्धनमत्र कुर्यात् ||१८||

प्रक्षालने चापि सदा व्रणस्य योज्यं महद्यत् खलु पञ्चमूलम् | हिंसां हरिद्रां कटुकां बलां
च

गोजिह्विकां चापि सबिल्वमूलाम् ||१९|| संहृत्य तैलं विपचेद्व्रणस्य संशोधनं पूरणरोपणं
च |२०|

PITTAJ NADI

- पित्तात्मिकां प्रागुपनाहय धीमानुत्कारिकाभिः सपयोघृताभिः
॥२०॥
निपात्य शस्त्रं तिलनागदन्तीयष्ट्याहवकल्कैः परिपूरयेत्ताम् ।
प्रक्षालने चापि ससोमनिम्बा
निशा प्रयोज्या कुशलेन नित्यम् ॥२१॥
- Upnaah, Utkarika with milk or gruta then incise for drainage and use different preparation for cleaning and dressing.

KOSTHGATA NADI

- श्यामात्रिभण्डीत्रिफलासु सिद्धं हरिद्रयो रोध्रकवृक्षयोश्च ।
घृतं सदुग्धं व्रणतर्पणेन हन्याद्गतिं कोष्ठगताऽपि या
स्यात् ॥२२॥
- Tarpan karma with the above drugs in case of Kosthgata nadi. It should be try to treat this wth conservative approach first.

KAPHAJ NADI

- नाडीं कफोत्थामुपनाह्य सम्यक् कुलत्थसिद्धार्थकशक्तुकिण्वैः ।
- मृदूकृतामेष्य गतिं विदित्वा निपातयेच्छस्त्रमशेषकारी ॥२३॥
- दद्याद्व्रणे निम्बतिलान् सदन्तीन् सुराष्ट्रजासैन्धवसम्प्रयुक्तान् ।
प्रक्षालने चापि करञ्जनिम्ब जात्यक्षपौलुस्वरसाः प्रयोज्याः ॥२४॥
सुवर्चिकासैन्धवचित्रकेषु निकम्भतालीतलैरूपिकासु ।
फैलेष्वपामार्गभवेषु चैव कुर्यात् समूत्रेषु हिताय तैलम् ॥२५॥
- Use Upnaah with above drugs to make soft then assess the track with Eshani (probe) and then incise to open. Use preparations of these drugs for sodhana and Ropana of wound. Oil prepared with Apamarga seed and gomutra for healing of track.

AGANTUJ/SHALYAJ NADI

- नाडीं तु शल्यप्रभवां विदार्य निर्हृत्य शल्यं प्रविशोध्य मार्गम् ।
संशोधयेत् क्षौद्रघृतप्रगाढैस्तिलैस्ततो रोपणमाशु कुर्यात् ॥२६॥
कुम्भीकखर्जूरकर्पित्थबिल्ववनस्पतीनां च शलाटुवर्गैः ।
कृत्वा कषायं विपचेत्तु तैलमावाप्य मुस्तासरलाप्रियङ्गूः ॥२७॥
सुगन्धिकामोचरसाहिपुष्पं रोध्नं विदध्यादपि धातकीं च ।
एतेन शल्यप्रभवा तु नाडी रोहेद्व्रणो वा सुखमाशु चैव ॥२८॥

- After incision remove the retain foreign body and let heal the wound. To felicitate wound healing various preparation of above drugs are use.

SPECIAL CONDITION OF NADI

- कृशदुर्बलभीरूणां नाडी मर्माश्रिता च या । क्षारसूत्रेण तां चिच्छन्द्यान्न तु शस्त्रेण बुद्धिमान् ॥२९॥
- The persons which can not afford Shalya karma like emaciated, weak or afraid from surgery or if the nadi present in marma sthan then Shalya karma(bhedana/incision) should not be done. In these type of patient must be treat with Ksharasutra.

METHOD OF KSHARSUTRA APPLICATION

- एषण्या गतिमन्विष्य क्षारसूत्रानुसारिणीम् । सूचीं निदध्याद्गत्यन्ते तथोन्नम्याशु निर्हरेत् ॥३०॥
सूत्रस्यान्तं समानीय गाढं बन्धं समाचरेत् । ततः क्षारबलं वीक्ष्य सूत्रमन्यत् प्रवेशयेत् ॥३१॥
क्षाराक्तं मतिमान् वैद्यो यावन्न छिद्यते गतिः ।
- Probe with Ksharasutra inserted from one opening and taken out from other and tied with both ends. Knot should be slightly tight. As kshara loses its potency then replaced with new Ksharasutra by railroad method. These should be continued till cutting of complete nadi(track).
- भगन्दरेऽप्येष विधिः कार्यो वैद्येन जानता ॥३२॥ अर्बुदादिषु चोत्क्षिप्य मूले सूत्रं निधापयेत् ।
- सूचीभिर्यववकाभिराशितान वा समन्वतः । मूले सूत्रेण बध्नीयाच्छिन्ने चोपचरेदवपाम



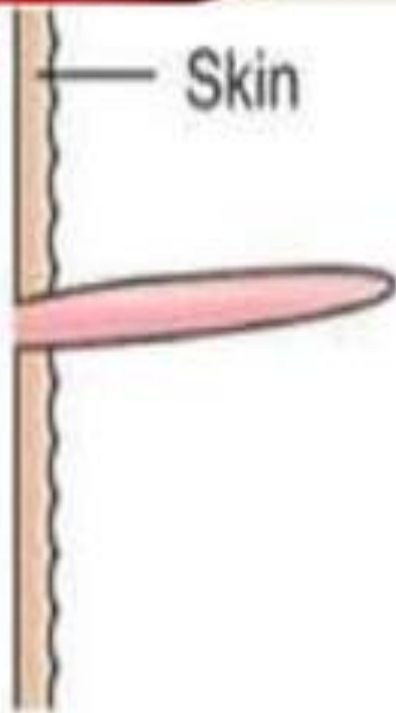
VARTI FOR NADI

- The various types of varti chikitsa mentioned in dividhvrani adhyay are for the treatment of NADI VRANA.
- The drug should be choose according to doshaghnta of drug and involved dosha.
- Gomutra bhavita varti are very effective in treatment of nadivrana.



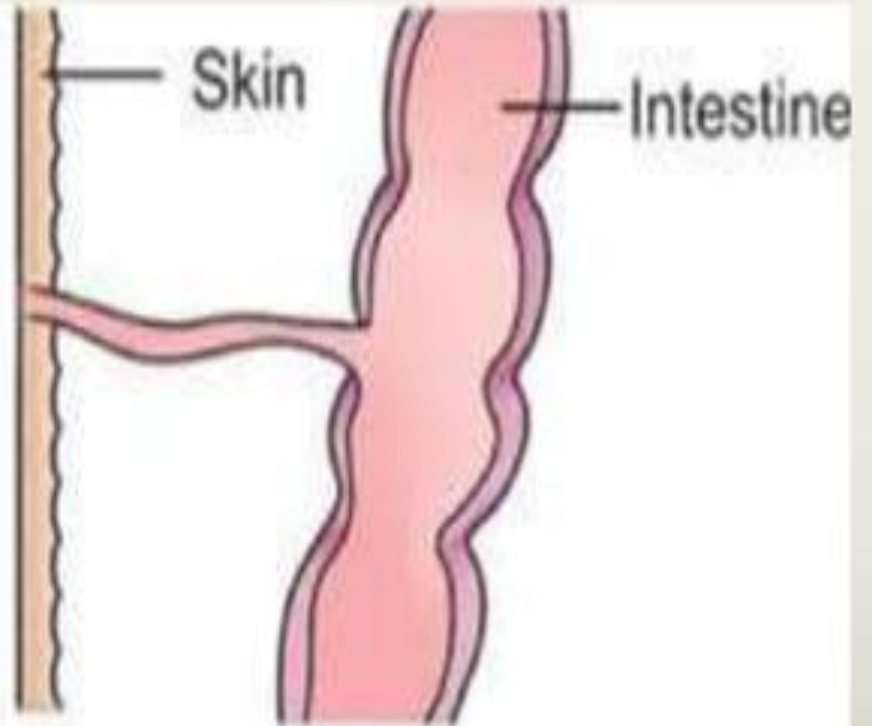
SINUS/FISTULA

- A chronic, non-healing, discharging, blind track lined with unhealthy granulation tissue which may be epithelialized, called sinus. It May have a cavity which connects to skin.
- When a sinus track open between two epithelial surfaces either an organ to skin (external) or organ to organ(internal) then it is called fistula.



Skin

Sinus



Skin

Intestine

Fistula



CLINICAL FEATURE

- Recurrent discharge (usually pus)
- Pain (on/off)
- Fever (on/off)
- Common site: neck, axilla, inter-gluteal cleft, inter digital area, umbilicus, inguinal area.



CLASSIFICATION

- **Congenital** (urachal, umbilical, pre-auricular, trachea-oesophageal)
- **Acquired/traumatic** (perianal, arterio-venous, inter-digital, post surgical)
- **Inflammatory** (osteomyelitis)
- **Neoplastic** (feacal-fistula, watercane perineum)
- **Miscellaneous** (Pilonidal sinus)



CONTRIBUTING FACTORS

- Presence of foreign body
- Absence of rest
- Inadequate drainage
- Specific chronic infection
- Epithelialization of track
- Dense fibrosis and chronic empyema
- Presence of malignant diseases



INVESTIGATION

- Routine blood/urine
- Examination of discharge
- X-Ray/Sino-gram
- MRI scan
- Biopsy



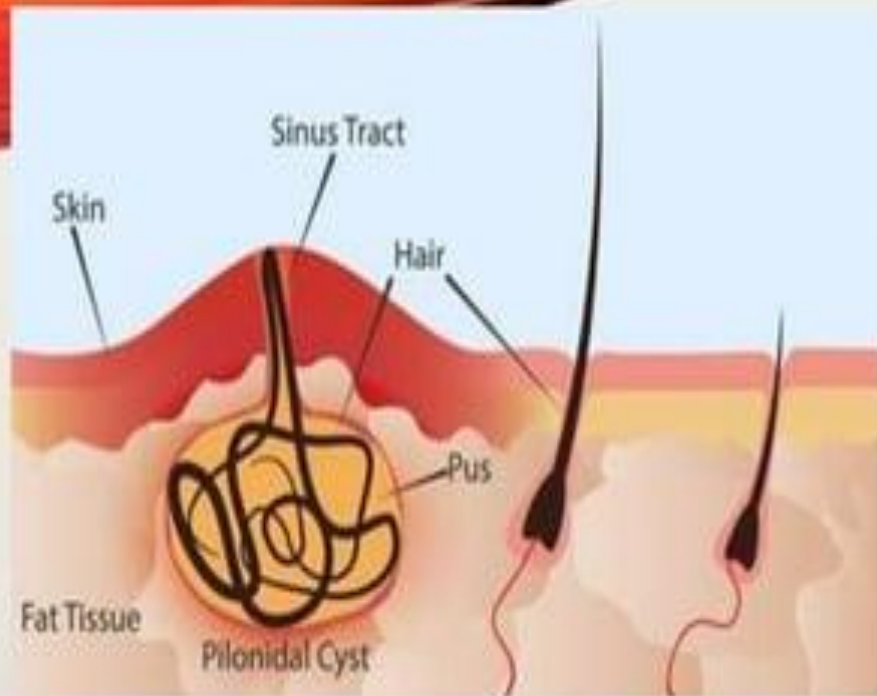
TREATMENT

- Surgical treatment for nonspecific.
 - Removal of foreign body.
 - Remove the causative agents.
 - Clean the cavity and let it heal correctly.
 - Repair the defect
- Specific treatment for specific sinus/fistula.

PILONIDAL SINUS (PNS)

- Made from Latin words for hair (*pilus*) and nest (*nidus*) i.e. nest of hairs.
- Also called as “jeep” disease ,was commonly found in jeep driver of Germany at the time of World War II.
- Common in young adults and hairy people both male and female. Male suffers more frequently.
- Most common site in inter gluteal region but also may present in axilla







CAUSATIVE FACTORS

- Excessive hairs
- Long time sitting/driving
- Heavy buttock



CLINICAL FEATURES

- Patients present with pain/ discomfort in sitting , swelling, itching and recurrent pus discharge from the affected area.
- On inspection there is an opening with hyper-granulation.
- Condition present with chronicity, so there may be no generalized symptoms.
- On palpation swelling may be tender and pus comes out on press may have few induration.



DIFFERENTIAL DIAGNOSIS

- Infected Post anal Dermoid
- Infected Dermoid cyst
- Sacrococcygeal teratoma
- Hydroadenitis suppurativa

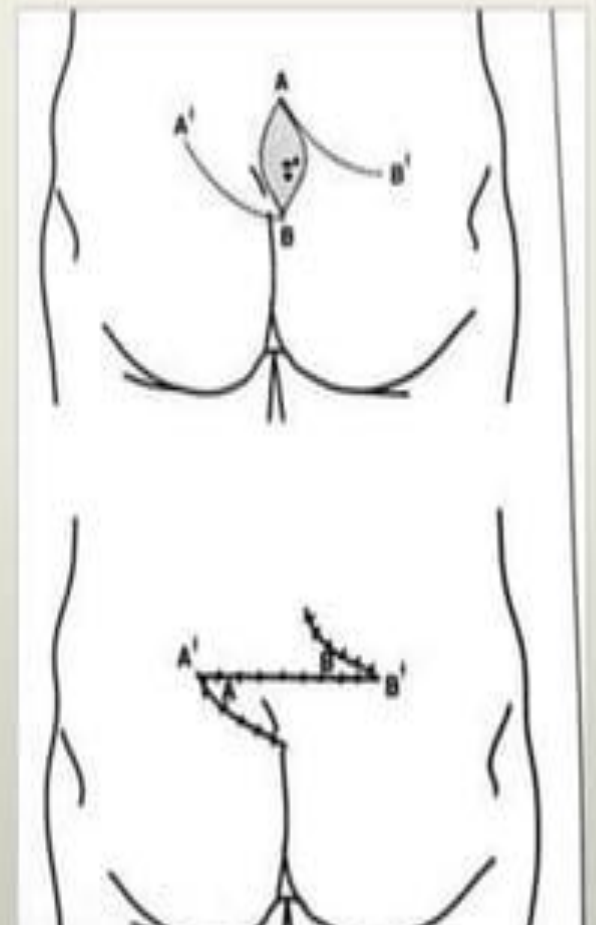


MANAGEMENT

- Acute condition antibiotic/anti-inflammatory drugs.
- Surgical excision of complete sinus with all hairs.
- Z-Plasty/ Bascom's technique for deep and wide sinus cavity.
- Antibiotics after culture and sensitivity
- If sinus is small heal with secondary intension.
- Cleaning and dressing daily
- Ksharsutra/ ksharvarti is a good option.

Z-PLASTY

Z-plasty for pilonidal sinus





KSHARSUTRA /KSHAARVARTI

- After cleaning the cavity make an external opening at dependent part and place Ksharsutra.
- Replace Ksharsutra till complete track heals.
- After Opening and cleaning of the cavity and place the ksharvarti and change accordingly to felicitate healing.
- Kshara karma in this disease take little longer time but reduce the chance of recurrence.