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Ksharsutra Method

Ayurvedic Treatment for Anal Fistulas

The Ksharsutra method is a globally recognized Ayurvedic treatment for anal fistulas. Unlike conventional surgery, the fistula is not cut. Instead, a medicinal thread enriched with healing herbs is inserted, promoting natural healing from within.

What is Ksharsutra?

Ksharsutra is a medicinal linen thread coated with multiple layers of Ayurvedic herbs:

- Euphorbia neriifolia – 11 layers
- Achyranthes aspera – 7 layers
- Curcuma longa (Turmeric/Haridra) – 3 layers
- Additional herbs: Kadli, Palas, Nimb, Guggulu

Specifications:

- Length: 25 cm | Thickness: No. 20
- Alkaline thread with pH 9.5
- UV sterilized and packed in glass with silica gel

How Does Ksharsutra Work?

- Gradually opens and heals the fistula tract
- Prevents infections with herbal properties
- Dissolves scar tissue and inflamed anal glands
- Healing is accelerated by Haridra (Turmeric) and Guggulu

Who Can Benefit?

- Most simple and complex fistulas can be successfully treated
- Patients with Crohn's disease, diabetes, or cancer may require specialized care

Treatment Procedure

Preparation:

- Cleansing enema (Klysmol) 2 hours before the procedure

Operation:

- Performed in lithotomy position
- Local anesthesia + light sedation ensures pain-free procedure
- Herbal thread inserted and tied in the fistula
- Thread replaced every 1–2 weeks until fully healed
- Average: 3 sessions required
- Outpatient procedure – hospital stay rarely needed

Post-Treatment Care:

- Daily sitz bath: 5–10 min in lukewarm water (~40°C)
- Gently express discharge twice daily
- Apply healing ointment
- Supportive herbal medicines: Triphala Guggulu, Septilin
- Drink 1–2 liters water daily

Duration of Treatment

- Heals ~1 cm of fistula per week
- Example: A 4 cm fistula → ~4 weeks
- Complex cases may require longer treatment

Diet & Lifestyle Recommendations

Recommended:

Rice, wheat, moong dal, ghee, yogurt, fruits, vegetables

Avoid:

Potatoes, eggplant, fast food, dry foods, alcohol

Lifestyle:

- Avoid straining during bowel movements; limit toilet time to 2–3 minutes
- Avoid prolonged sitting, strenuous exercise, cycling, horse riding, excessive sexual activity
- Use a cushion when sitting

Advantages of Ksharsutra

- Minimally invasive – no cutting
- Outpatient – no hospital stay required
- Return to work the next day
- Minimal post-op pain
- No risk of sphincter damage
- High success rate: 93–97%
- Low recurrence: 3–7%

Success Rates of Fistula Treatments

Treatment Method	Recurrence Rate	Risk of Incontinence
Fistulotomy / Fistulectomy	1–21%	10–50%
Advancement Flap	37–57%	12–23%
Fibrin Glue	Early 30–40%, Late 70–100%	0%
Fistula Plug	22–56%	0%
Seton Thread	5–18%	30%
Ksharsutra	0–3%	0–2%

Contact & Appointment

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