An Ayurveda approach in treating pilonidal abscess – a case report

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Abstract

Pilonidal disease is hair-filled abscess commonly seen in young age. Surgical management remains the best choice of treatment and the condition often reoccurs due to the failure in identifying and draining all the sinuses or residual hair. The current study subject reported to the department with pain and swelling in the lower back region for the past three months. The Ayurvedic management followed in current case was to drain all the sinuses and residual hair followed by Vranopachar (wound healing). Ayurvedic treatment of abscess drainage followed by wound cleaning with Triphala Kashaya and application of Jatyadi Ghruta with internal medication Gandhaka Rasayana, Amruthadi Guggulu, and Triphala Guggulu can be very useful in treating pilonidal abscess.

Key words: Ayurveda, Jatyadi Ghrutha, pilonidal abscess, Triphala Kashaya