

# **An Ayurveda approach in treating pilonidal abscess – a case report**

## **Author**

**Shripathi Adiga, Krishna Malagi\*, Rohit Ajith Gokarn, Kamath Madhusudhana**

Email: krishna.malagi@manipal.edu

**Shripathi Adiga** Associate Professor, Division of Ayurveda, Centre for Integrative Medicine and Research, MAHE, Manipal

**Krishna Malagi** Professor, Division of Ayurveda, Centre for Integrative Medicine and Research, MAHE, Manipal;

**Rohit Ajith Gokarn** Assistant Professor, Division of Ayurveda, Centre for Integrative Medicine and Research, MAHE, Manipal;

**Kamath Madhusudhana** Associate Professor, Division of Ayurveda, Centre for Integrative Medicine and Research, Manipal University, Manipal-576 104

\*Corresponding Author

## **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*