

Case Report

Giant lipoma removal by Kshara Sutra thread in an outpatient department without stitches or antibiotics: a case report

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ABSTRACT

Surgical treatment of lipomas is considered when they are painful or unsightly. Surgical management can sometimes be tricky, and surgeons must keep in mind the potential risk of malignancy with large tumours. The present case was of a 46-year-old male with a giant lipoma with a neck on right buttock. Kshara Sutra thread ligation was performed in an outpatient department under local anaesthesia. No internal medication was given for wound healing or infection control. No stitches were taken. The lipoma was cut and removed on the third day without any post-operative complications such as infection, severe pain, or bleeding. Kshar Sutra treatment can be a safe, alternative herbal treatment for lipoma with the neck.

Keywords: Lipoma, Kshar Sutra, Removal

INTRODUCTION

Lipomas are the most common and found anywhere in the body. Lipomas are soft-tissue tumours deriving from the proliferation of mature adipocytes. They have benign characteristics and a mesenchymal origin, representing the most common soft-tissue tumours of adulthood.¹ The size may be like a tiny swelling or an enormous mass in a body region. They can reach a considerable size before diagnosis till they become symptomatic. When the size is more than 10 cm in the widest dimension or greater than 1 kg in weight, they are called giant lipomas.² Giant lipomas are usually observed in the thigh, shoulder and trunk. The case presented here was a successful and safe removal of fibro-lipoma by Ayurvedic Kshar Sutra treatment in the outpatient department without stitches or any antibiotics. The procedure was performed under local anaesthesia without any post-operative complications.

CASE REPORT

A 46-years male patient from Pune, India was suffering from lipoma for the last two years. It was located on the right buttock. The patient was feeling pain and discomfort in the sitting position. The diameter of the lipoma was 14 cm at the widest length with a neck-like structure (diameter 2.5 cm and length 4 cm) attached to the skin (Figure 1). The patient did not take any medicines and there was no history of previous surgery. A biopsy was done to rule out malignancy and found that the lipoma was non-malignant.

Considering the structure of the non-malignant lipoma, it was decided to tie the Kshar Sutra at the base of the lipoma. Kshara Sutra (medicated thread) ligation was done as an outpatient procedure. In the left lateral position, local anaesthesia was given at the base of the lipoma. Then a notch was made in the skin to assure fix

position of the Kshar Sutra. The thread was tied at the base of the lipoma (Figure 2). Patient was discharged immediately. The non-steroid anti-inflammatory drug was prescribed for pain management as and when required. No medication was given for wound healing or infection control. On 3rd day the patient was called for a follow-up. The lipoma was found to be shrunk in size. Local anaesthesia was used around the thread. There was necrosis and chemical cauterization action due to the Kshar Sutra at the base of the lipoma. The lipoma was cut at the base and removed (Figure 3). The patient had no complications like pain or bleeding. Daily two times dressing was advised. Betadine 10% liquid was recommended for cleaning the wound and the application of Jatyadi ghrut was for wound healing. On the 30th day of follow-up the wound was completely healed (Figure 4).



Figure 1: Before treatment.



Figure 2: Kshar sutra ligation.



Figure 3: Day 3 after excision by Kshar sutra.



Figure 4: One month follow-up.

DISCUSSION

Use of Kshar sutra (medicated seton) is well documented in the fistula in ano and pilonidal sinus.³ Kshar Sutra is a medicated seton coated with herbal alkaline drugs like Apamarga (Kshar) (ash of *achyranthus aspera*), snuhi (*euphorbia neurofolia*), Latex and Haridra (*curcuma longa*). This medicated seton helps in the debridement and lysis of tissues with antibacterial, anti-fungal and anti-inflammatory action. The Kshara Sutra thread has a cutting and healing action.

Superficial lipomas are very common benign adipose tissue tumours. In contrast, deep-seated lipomas are extremely rare and must be carefully distinguished from well-differentiated liposarcomas for appropriate treatment and follow-up.⁴ Lipomas grow slowly and surround the structures next to them, and when in the pelvic region, displacement of organs, such as the bowel, can occur.⁵ Most lipomas tend to be asymptomatic. However, giant lipomas due to their size could be cosmetically disfiguring and exert pressure symptoms on nerves and vessels thereby causing functional impairment. A risk of recurrence following excision and of malignant transformation also exists with a giant lipoma.⁶ Various treatments can be suggested for mechanical or aesthetic concerns. Surgery is the most appropriate treatment, associated with other techniques such as suction, soft-tissue reconstruction, flap, etc.⁷ Open surgery is considered the treatment of choice for giant lipomas.⁸

In the present case, the lipoma was non-malignant and in the growing stage. Also, it had a neck-like structure attached to the body. This case is an attempt to simplify complex surgery for lipoma. Kshar Sutra proved to be a safe and herbal Ayurvedic treatment for lipoma with a neck-like structure. Also, it helped to avoid hospitalization, the use of antibiotics, and stitches. The patient was subsequently advised for follow-up visits as the risk of recurrence and/or malignant transformation cannot be completely ruled out.

CONCLUSION

Kshara Sutra is an effective treatment for lipoma if it has a small neck-like base. The procedure simplified non-

invasive surgical techniques which can be performed in the outpatient department without any complications. It is a minimally invasive technique. No hospitalization or antibiotics are required. This treatment ensures necrosis and chemical cauterization without any further complications.

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