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Comparison of Tension free Desarda Technique with Lichtenstein for Inguinal Hernia Repair

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Background: Inguinal hernia is a very common surgical problem for which, mesh-based techniques, particularly the Lichtenstein repair is considered standard. However, problems like foreign body sensation, wound infection, cord fibrosis, chronic pain and recurrence are major concern. Desarda tissue repair (non-mesh technique), which was given by an Indian surgeon, is now being used in many countries because of low cost of procedure with very low recurrence rates.

The objective of this study was to evaluate the feasibility of Desarda tissue repair at a tertiary care centre of Central India as a treatment of primary inguinal hernia, by comparing it with Lichtenstein repair in terms of various post-operative parameters.

Methods: Patients between age of 18 and 70 years with primary inguinal hernia were included in this randomised controlled trial. Patients with strangulated, obstructed or recurrent hernia, surgically unfit patients and patients having unmanaged urinary obstruction, cough or constipation were excluded. Randomization was done by sealed envelope method into Lichtenstein and Desarda arm and respective surgeries were performed.

Results: 51 patients were included in the study and average duration of follow-up was 11 months. Operative time was significantly less in Desarda arm (28.24 min compared to 30.88min in Lichtenstein arm). Cost, incidence of seroma formation, post-operative pain, foreign body sensation and chronic pain were also significantly less in Desarda arm. No recurrence was observed in both arms.

Conclusions: Desarda repair is easy to perform and takes less time to perform and proves cost effective. Desarda repair is comparable to Lichtenstein repair in terms of many parameters and superior in terms of post-operative pain and foreign body sensation and can be preferred for young patients. In infected and strangulated cases, Desarda repair can be used effectively without fear of mesh infection.

Keywords: Chronic pain, Desarda tissue repair, Inguinal hernia, Lichtenstein repair, Recurrence

Biography:

Dr. Janmejai Prasad Sharma has completed his graduation and postgraduation from LLRMMC, CCS University, Meerut, Uttar Pradesh, India. He has worked as a Senior Registrar in Vardhman Mahavir Medical College & Safdarjung Hospital, New Delhi, India. He is a currently Professor, Department of General Surgery, Shri Guru Ram Rai Institute of Medical and Health Sciences, Dehradun, Uttarakhand, India. A dedicated teacher, adored by his students and has dedicated his life towards his profession. He was Executive Council Member of The Association of Surgeon of India and currently President of Surgical Society of Dehradun and Dehradun Chapter of ASI. He also was Past President of Indian Medical Association, Dehradun, Uttarakhand, India.