



AYURVEDIC MANAGEMENT OF PARIKARTIKA W.S.R.T. FISSURE IN ANO - A CASE STUDY

Ayurveda

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ABSTRACT

Sedentary lifestyle, poor dietary habits, low fiber diet, stress and disturbed sleep pattern are causing increased incidence of anorectal diseases, one of them is fissure in ano. Acute fissure is deep tear in the anal canal with surrounding oedema and inflammatory induration. It is always associated with spasm of the anal sphincter. It is of two types - acute and chronic. In Ayurveda it can be correlated with *Parikartika* which is an anorectal disorder. In this study, patient diagnosed with *parikartika* was treated orally with Vranaropak churna and Abhayarishta and Yashtimadhu Ghruta externally for application. The results obtained were very impressive as patient was clinically recovered.

KEYWORDS

Fissure in ano, *Parikartika*, Vranaropak Churna, Abhayarishta, Yashtimadhu Ghruta

INTRODUCTION

Fissure in *ano* is very common and painful condition of anal canal. This condition is more common in women between 30 to 50 years of age^[1]. The prevalence^[2] of anal fissure amongst patients with anorectal complaints is around 18%. Mixed dilatory habits and constipation could be considered as risk factors for the anal fissure. Constipated hard stool while passes through the anal canal in patients where there is a spasm of internal sphincter and hypertrophied anal papilla, an acute tear of the anal canal will occur. This acute fissure will cause spasm, pain during defecation and passage of bright streaks of blood along with the stool. If the acute fissure fails to heal, it will gradually develop into a deep undermined ulcer. This is termed as chronic fissure in *ano*. Pain and bleeding are the two main symptoms of this condition.

In ayurveda, fissure in nano can be correlated with *Parikartika*, which is mentioned by *Acharya Charaka* in *Virechana Vyapad*^[3] and by *Acharya Sushruta* in *Vastivypad*^[4]. It is presented as cutting pain (*Kartanvat Vedana*) and burning sensation (*Daha*) near anal area. It is caused by vitiated *Vata* and *Pitta Dosha*. In ayurveda there are many drugs for healing of ulcer in *Parikartika*. With the help of internal and external ayurvedic management we can cure *Parikartika* completely.

-A 31 yr old female patient came to opd with complaints of-

- 1) Pain and swelling at perianal region (*Gudpradeshi Kartanvat Vedana* and *Shotha*) +++
- 2) PR bleed during defecation (*Gudapradeshi raktastrav*) +
- 3) Burning sensation at anal region (*Daha*) ++
- 4) Chronic constipation (*Malavishthambha*) +++

Patient was complaining all above symptoms from 3 months.

Past History-

Patient did not have any history of Hypertension / Diabetes mellitus / Asthma / Epilepsy/ Ischemic heart disease / Tuberculosis
No history of any major surgical illness.
No history of any addiction like alcohol / smoking / tobacco
N/H/O - Typhoid / chickenguniya / dengue / jaundice

Dietary Habits:

Intake of Nonveg and spicy food, bakery products repeatably. (3-4 times a week)

General Examination-

The general condition of patient was fair and afebrile.
Pulse - 72/min
Blood pressure - 130/70 mm of hg
Respiratory rate - 20/min
Jivha - Sama
Prakruti - Vatakaphaj
Agni - Agnimadya

Systemic Examination:

In the systemic examination findings of respiratory and cardiovascular

system within normal limits. All vitals were normal. Patient was conscious and well oriented.

MANAGEMENT:

ORAL DRUG:

Vranaropak Churna: (*Sariva*^[5], *Manjishtha*^[6], *Yashtimadhu*^[7], *Haridra*^[8] and *Khandasharkara*^[9])

All ingredients were taken in equal quantity.

3 gm two time a day before lunch and before dinner

Anupan : Ushnodak

Abhayarishta^[10]:

20 ml two time a day after lunch and after dinner

External Application:

Yashtimadhu ghruta^[11] applied externally at anal region frequently.

Assessment Criteria:

1) Pain And Swelling At Perianal Region (*gudpradeshi Kartanvat Vedana And Shotha*)

GRADE	SEVERITY
0	No pain and swelling
+	Slight pain and swelling
++	Moderate pain and swelling
+++	Sever pain and swelling

2) Pr Bleed During Defecation (*Gudapradeshi raktastrav*)

GRADE	SEVERITY
0	No bleeding
+	Slight bleeding
++	Moderate bleeding
+++	Severe bleeding

3) Burning Sensation At Anal Region (*Daha*)

GRADE	SEVERITY
0	No burning sensetaion
+	Slight burning sensetaion
++	Moderate burning sensetaion
+++	Severe burning sensetaion

4) Chronic Constipation (*Malavishthambha*)

GRADE	SEVERITY
0	No constipation
+	Mild Constipation ((Even if after defecating for 1-2 times in a day but cannot have clear bowl and mild feeling of satisfaction))
++	Moderate Constipation (Even if after defecating for 2-3 times in a day but cannot have clear bowl and no feeling of satisfaction)
+++	Severe constipation (Not going for toilet for 2-3 days)

OBSERVATION AND RESULT

CRITERIA	BEFORE	AFTER
Pain And Swelling at Perianal Region (Gudpradeshi Kartanvat Vedana and Shotha)	+2	+1
Pr Bleed During Defecation (Gudapradeshi raktastrav)	+2	+1
Burning Sensation At Anal Region (Daha)	+1	0
Chronic Constipation (Malavishthambha)	+1	0

DISCUSSION:

In present study, the patient was treated orally with Vranaropak Churna for the treatment of *Parikartika*. The contents of the churna are *Sariva*, *Manjishtha*, *Yashimadhu*, *Haridra* and *Khandasharkara*. The herbal formulation has the unique quality of Tridoshashamaka and Vranaropaka. The Tikta and Kashay Rasa helping for cleansing wound with stopping of bleeding and Madhur rasa is helping for wound healing. The Ruksha guna stopping the secretions in the wound and Guru guna is support in forming of new tissues.

The combination of Abhayarishta is helping to digest food and formation of proper stool, helping relieving constipation.

The Guru and Snigdha Guna with Madhur Rasa of Yashtimadhu with Yogavahi, Pichhil and Sukshma Guna of Ghrita is very effective in wound healing while applied externally.

Ingredients	Rasa	Vipaka	Veerya	Guna	Doshaghnata
Sariva	Madhur, Tikta	Madhur	Sheet	Guru, Snigdha,	Tridoshashamak
Manjishtha	Tikta, Kashay, Madhur	Katu	Ushna	Guru, Ruksha	KaphaPittashamak
Yashtimadhu	Madhur,	Madhur	Sheet	Guru, Snigdha,	VataPittashamak
Haridra	Tikta	Katu	Ushna	Guru, Ruksha	KaphaVatashamak
Khandasharkara	Madhur,	Madhur	Sheet	Guru, Snigdha,	Vatapittashamak

CONCLUSION

From the above case study, it is concluded that Vranaropak Churna along with Abhayarishta given orally is very effective in bleeding from fissure and relieving constipation in *Parikartika*. Also, Yashtimadhu Ghrita is very effective in wound healing while applied externally.

Thus, with the help of drug combination in Ayurveda, we can definitely treat patient with *Parikartika*.

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