

**DURVA TAIL MATRA BASTI AN EFFECTIVE TREATMENT IN PARIKARTIKA: A  
SINGLE CASE STUDY**

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Article Received on 07/07/2020

Article Revised on 27/07/2020

Article Accepted on 17/08/2020

**ABSTRACT**

*Parikartika* is a *Guda-gata vyadhi* related to Ano rectal diseases. This disease has been explained by all *Acharyas* in *Bruhatrayee*. Is the *Nirukti* of *Parikartika* i.e. cutting type of pain observed in *Guda pradasha* <sup>[1]</sup>. *Parikartika* is a common painful condition among Anorectal diseases which resembles with fissure in ano. This is a case report of 27yr male patient with complaints of *Guda Pradesh Daha* (burning sensation at anal region), *Sarakta mala pravrutti* (streak like bleeding during defaecation), *Malavasthambha* (constipation) since last 5 days. He was treated with *Durva Tail Matra Basti* for 7 days. He got significant positive relief within 7 days.

**KEYWORDS:** *Parikartika, Guda-gata vyadhi, Malavasthambha, Durva Tail Matra Basti.*

**INTRODUCTION**

In *Ayurveda*, *Parikartika* disease has been explained as complications of various diseases like *Vatika jwara*, *Kaphajaarsha*, *Udavarta* and *Garbhini*. As per the classical description of signs and symptoms, the disease *Parikartika* can be correlated with fissure in ano. *Sushruta* has mentioned its name as *Parikartika*, which means cutting type of pain.<sup>[2]</sup> Fissure-in-ano is a most troubling and painful condition found in majority of population irrespective of gender. This happens due to secondary life style, irregularity of diet, consumption of spicy and pungent food, faulty bowel habits and lack of local hygiene can contribute for initiation of this pathology. The cutting pain and burning pain are the cardinal symptoms of *Parikartika*. Hence, we can understand that there is an involvement of *Vata* and *Pitta Doshas*. Due to *Dushit apanavayu*, while passing faces *Guda* develops symptoms like *Gudadaha*, *Sarakta malpravrutti* & *Malavstambha*. *Durva Tail* has been recommended to subsides the immediate pain in fresh wound. *Basti* is a *Shreshta chikitsa* for *Adhobhaga* sharer *Dhoshas*. Hence this study of *Durva Tailmatra basti* for 7 days has been selected for this disease.

**A Case report as follow**

Age-27 yrs; Sex- Male

**Complaints**

1. *Gudapradesh daha* (Burning sensation at anal region)
2. *Sarakta mala pravrutti* (Streak like bleeding during defecation)
3. *Malavasthambha* (Constipation)

**History of present illness**

The patient had history of constipation since last 10 days and from last 5 days he had been suffering from burning sensation at anal region, stool mixed with blood. The pain was unbearable so patient came to hospital for further management.

**Examination**

Pulse	-82/MIN
B. P.	-118/82 mm of hg
Urine	- 4-6 times/day, normal
Motion	-Irregular bowel habit
Sleep	-Normal
Addiction	- Smoking (since 10 yrs)

**Clinical examination**

- Severe spasm
- Tenderness present
- No sign of discharge
- Mild active bleeding

## MATERIAL AND METHODS

### Disease Review

परिकर्तिकातत्रगुदानाम्मेड्बस्तिशिरसुसदाहपरिकर्तनेमलसंगो  
।सु. चि. ३४/१६<sup>[2]</sup>

परिसर्वतोभावेनकृन्तान्ततीवच्छिन्नतीववेदना।ड. ३४/१६<sup>[1]</sup>

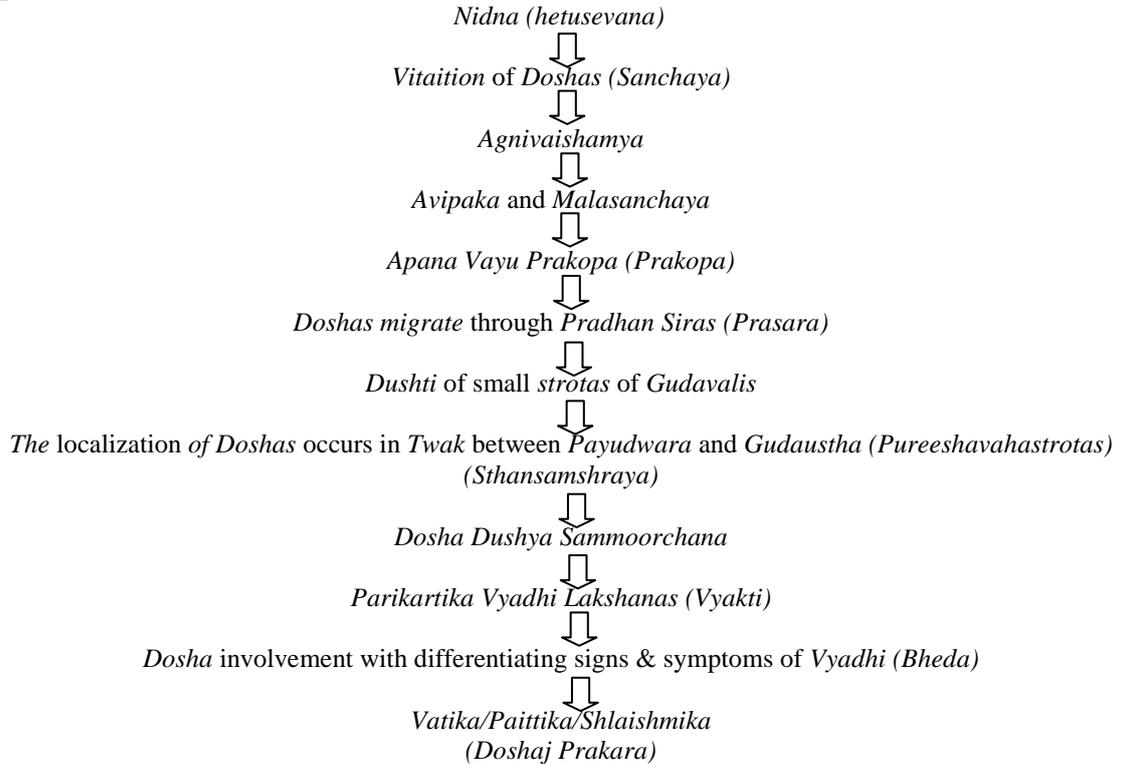
The term *Parikartika* is a condition in which patient experiences a burning sensation of pain as if *Guda* is being cut around with scissor. This disease is characterized by excessive cutting pain around the anus. *Kashyapa* says that *Parikartika* is the one having cutting and tearing pain in *Guda Pradesha*.<sup>[4]</sup> In *Madhav nidana* the term *Parikartika* has been used in the description of *Vataja Grahani*. When a person consumes *Sandusta Ahara*, *Alpa Ahara*, *Atitakalin Ahara Sevana* and *Upavasa* by these causes *Vata* gets vitiated and does the vitiation of *Pachaka agni* and produce cutting type of pain in the *Guda pradasha* i.e. *Parikartika* (*Parikartika gude kartanvatpeeda*).

### Defination<sup>[5]</sup>

1. The term 'fissure' generally denotes a crack or a split or a cleft or a groove. The anal fissure (or fissure-in-ano) has been described as an acute superficial break in the continuity of the anoderm (anal skin) usually in the posterior midline of the anal margin.

2. "An anal fissure appears to be a longitudinal crack in the anal skin, but in reality it is true ulcer of the skin of the wall of the anal canal".
3. "An elongated ulcer in the long axis of the anal canal"<sup>[6]</sup> (bailey and love)
4. "The squamous mucosa of the lower half of the anal canal is prone to superficial ulceration, which present clinically as an anal fissure. It is linear ulcer, usually situated in the posterior of the canal."
5. "An anal fissure is a site of chronic ulceration of the skin of the anal canal, often with a haemorrhoid or hypertrophied anal papilla at its upper end."
6. "This is a common disease of the anus which causes an amount of the suffering out of all proportion to the size of the lesion. A fissure consist essentially of a crack in the skin lived part of the anal canal which often shows considerable reluctance to heal".
7. "An abraded mucosa may progress to produce a superficial and fissure".
8. "Examination of the lower half of the anal canal by separation of the buttocks to open up the peri-anal region will reveal the presence of any simple anal fissure as it is located below the dentate line and is always confined to the anoderm in the mid posterior position or mid anterior position".
9. "Fissure in ano is painful linear ulcer in the long axis of the lower third of the anal canal"
10. Anal fissure is very common condition. It is important cause of severe anal pain.

### Samprapti Chart



**Drug review<sup>[7]</sup>**

*Durva Tail* has been prepared by *Durva* With classical *Sneha Kalpana*.

- ❖ *Rasa-* Madhur, Kashaya
- ❖ *Veerya-* Sheet
- ❖ *Vipaka -* Madhur
- ❖ *Gunn -* Laghu



Figure 1: Herbs of *durva*.

दुर्वा: कषायः मधुराश्च शीताः पित्ततृषारोचकवान्तिहन्त्र्यः।  
सदाहमूर्च्छाग्रहभूतशांतीश्लेष्मश्रमध्वंसनतृप्तिदाश्च II  
(रा.नि)

**METHOD**

The patient was given *Durva Tail Matra Basti* in the dose of 48ml intra-rectally once a day for 7 days. Also, patient is advised to taken *Triphala churna* with warm water during bed time for *Vatanulomana*.

**Assessment criteria**

1. *Gudadaha* (Anal Burning)
2. *Gudapeeda* (Cutting pain)
3. *Raktastrava* (Bleeding)
4. Constipation
5. Sphincter tone

Table 1: Results of study.

Treatment	Dose	Day	OBSERVATION			
			Burning Sensation At Anal Region	Constipation	Streak like bleeding during defecation	Sphincter Tone
<i>Durva Tail</i>	48ml	1 <sup>st</sup>	++++	+++	++	++
		2 <sup>nd</sup>	+++	++	++	+
		3 <sup>rd</sup>	++	++	+	+
		4 <sup>th</sup>	++	+	0	0
		5 <sup>th</sup>	+	+	0	0
		6 <sup>th</sup>	0	0	0	0
		7 <sup>th</sup>	0	0	0	0

**DISCUSSION**

In this clinical examination patient started showing regressive improvement with *Durva Tail Matra Basti*. On 3<sup>rd</sup> day of treatment sphincter spasm, constipation, stool with streaked blood got reduced and on 6<sup>th</sup> day onwards patient did not show any sign and symptoms of the disease. This improvement was achieved with *Durva Tail Matra basti*. *Durva* has *Madhura & Kashaya*, *Sheeta Veerya*, *Madhur vipaka* and has *Kapha-pitta shamaka* property. *Durva* also has *Vrana Shodhana* and *Vrana ropana* properties that help for healing of anal fissure. *Til Tail* has soothing property and form a thin film layer over them and that allows early epithelization of wound. *Durva* has proven healing, anti-ulcerogenic, anti inflammatory and skin regeneration activity.

**CONCLUSION**

The use of *Durva Tail Matra basti* has a definite role in the treatment of fissure in ano in terms of cardinal and general symptoms & quick healing of ulcer too. So, on this basis it can be concluded that *Durva Tail Matra basti* showed effective results in the management of *Parikartika* (fissure in ano).

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