

**PARIKARTIKA: CURE THROUGH AYURVEDA****Dr. Divya Deepak Sharma<sup>\*1</sup>, Dr. Rahul<sup>2</sup> and Dr. Ankush Kumar<sup>3</sup>, Dr. Nitika Sharma<sup>4</sup> and Dr. Rupali<sup>5</sup>**<sup>1</sup>Associate Professor, Department of Shalya Tantra, Abhilashi Ayurvedic College and Research Institute, Mandi, Himachal Pradesh.<sup>2</sup>Associate Professor, Department of Shalakyia Tantra, Abhilashi Ayurvedic College and Research Institute, Mandi, Himachal Pradesh.<sup>3</sup>Assistant Professor, Department of Balroga, Abhilashi Ayurvedic College and Research Institute, Mandi, Himachal Pradesh.<sup>4</sup>P.G Scholar Department of Swathavritta, DSR Rajasthan Ayurveda University, Jodhpur, Rajasthan.<sup>5</sup>Assistant Professor, Dept. of Rog Nidan, Abhilashi Ayurvedic College and Research Institute, Mandi, Himachal Pradesh.**\*Corresponding Author: Dr. Divya Deepak Sharma**

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**ABSTRACT**

Parikartika is one of the ano-rectal infection. Its references accessible in Bruhatrayees. The word Parikartika implies Parikartananavatedana around guda Pradesh. It is additionally having the manifestations like consuming sensation, at some point expanding, draining from rear-end. In current science it can be related to crevice in ano. Here a case Report of a 28 Years-Male Patient having history of Parikartika from most recent 5 years. He was experiencing Gudapradeshikartananavatedana (Excruciating agony), Gudapradeshialpashoth (enlarging at butt-centric district), Gudapradeshidaha (consuming sensation at butt-centric area), Malavashtmbha (Constipation), Saraktamalapravrutti (Stools streaked with blood) since most recent 10 days. By and large he got help from Modern drugs, yet this time prescriptions not give alleviation. He was treated with Ayurvedic medications, which give compelling outcome inside 3 days with Ayurvedic treatment.

**KEYWORDS:** Parikartika, Fissure in ano, Ayurved.**INTRODUCTION**

In Ayurvedic samhita this Parikartika is depicted in better place. In charak Samhita it depict as entanglement of Virechana Vyapad (helpful purgation).<sup>[1]</sup> In Susruta Samhita it depict as Bastivhyapad.<sup>[2]</sup> Kashyapa notice it's as Garbhini Vyapad (Disease happens in Pregnancy).<sup>[3]</sup> Crevice in-ano has become generally normal and excruciating condition in ano-rectal illness. It is normally found in youthful age people groups and pregnant ladies. It is an extremely excruciating in light of injury to physical nerve supply to the butt-centric locale. In present day science medicines incorporates analgesics, anti-infection agents, purgatives and salve and butt-centric dilatation, sphincterotomy, fissurectomy. Medical procedures of Fissure in-ano are costly and require extended stay in emergency clinic. Every one of these systems having its own entanglements. In Ayurveda there are such countless arrangements and best medical procedure system too. The condition crevice in-ano, regularly experienced in ano-rectal practice has comparative area, pathology furthermore, clinical elements of parikartika like butt-centric agony, consuming sensation at butt-centric, clogging, stools streaked with blood and so forth.<sup>[4]</sup>

**CASE REPORT**

A 28 year old male patient came to us with—  
A. Gudapradeshikartananavatedana (Excruciating agony)  
B. Gudapradeshialpashoth (expanding at butt-centric district)  
C. Gudapradeshidaha (consuming sensation at butt-centric area)  
D. Malavashtmbha (Constipation)  
E. Saraktamalapravrutti (Stools streaked with blood)  
Patient had above complaints since last 20 days. H/o – fissure: since last 5 years. No H/o any major surgery

**History of Personal Illness**

The patient has history of gap since most recent 5 years. He was taken current medication for that. The patient was typical before 10 days prior. From most recent 20 days, then, at that point, patient had been experiencing Gudapradeshikartananavatedana (Excruciating agony), Gudapradeshialpashoth (expanding at butt-centric area), Gudapradeshidaha (consuming sensation at butt-centric district), Malavashtmbha (Constipation), Saraktamalapravrutti (Stools streaked with blood).this time all side effects excruciating and torment and consuming sensation doesn't stop with current

prescriptions. For Ayurvedic Treatment he went to our Ayurved center.

- A. Nadi (beat) = 94/min.
- B. Mala (stool) = Malavashmbha, SaRakta.
- C. Mutra (pee) = Prakrut.
- D. Jihwa (tounge) = Saam.
- E. Agni = Kshudhamandya.
- F. Shabda (discourse) = prakrut (Normal).
- G. Sparsha (skin) = prakrut.
- H. Druka (eyes) = prakrut
- I. Akrti = krusha.
- J. Bala = Madhyama.
- K. Raktachaapa
- (B.P) = 110/90 mm/Hg.

#### MATERIAL AND METHOD

simple Random Single Case Study  
 Trifala Gugul 250 mg 2 bid Koshnajala  
 Gandhak Rasyana 330 mg 1 bid Koshnajala  
 Kamadudha Rasa 150 mg 2 bid Koshnajala  
 Cap.Castrolax 700 mg 2 bid Koshnajala  
 Jatyadi tail 2.5 ml Twice in day For local application

#### Showing Mode of Actions of Dravyas

**Mode of action TrifalaGugul**<sup>[6]</sup> Shothgha, malasarak, Tridoshnashk, Prevent constipation, help for healing fissure. **GandhakRasyana**<sup>[7]</sup> Stimulates peristaltic moment of intestine, makes stool smooth, decreased burning sensation, purified occult blood of fissure. **Kamadudha rasa**<sup>[8]</sup> Regulate digestion system, pittasahmak, Raktastambhakkarya, Cap.castrolax Its contain 700 mg Ernada tail (castor oil) which is Vatanashak, laxative, lubricant to GI-Sysytem. **Jatyadi tail**<sup>[9]</sup> Vranaropak, Vatshamak, Lubrication. Awagahan (trifala+daruharidra+kanshi) Shotaghan, Vatashamak, Healing activity.

#### DISCUSSION

##### Hetu

Ahar:

- A. Rukshanasevan (daily bread roll and other pastry kitchen item utilization)
- B. Ruksha-Amla-lawanaAhar (fast food and garbage food weekly).
- C. Madaypaan (Alcoholism)
- D. Weighty food (sabudana – once in week)
- E. Low admission of water.

Vihar:

- A. Delay standing.
- B. Jagarana (late evening resting hour)

Manasika Nidan:

Chinta, krodha causes vata vrudhi.  
 Samparpti<sup>[5]</sup>

Primary driver of Parikartikais Ruksh Guna of vata Dosh. Delay standing, late evening resting, liquor utilization and dry eating regimen and low admission of water all of this reason vataparkop (due to expanded

Ruksha Guna of vata Dosh).<sup>[6-9]</sup> For this situation concentrate beforehand patient doesn't seek help from current treatment, it very well might be expected to opposition of medication due to delay utilization of same medication.

#### Pathya

Patient has encouraged to -

- A. Expanded fluid admission.
- B. Strands food in diet.
- C. Buttermilk (with soil and badishop powder).
- D. One TSF of cow Ghruta before start the food.
- E. Keep away from late night rest.
- F. Seat for 5 min following 1 hour standing.

#### Perceptions and Result

Clinical assessment of the patients show uncovered relapse of side effect on first day just, because of our Ayurvedic the executives.

#### CONCLUSION

All said that Ayurved has slow outcome, however on the off chance that we give legitimate treatment in explicit condition than Ayurved show mystical outcome. This case is one of best illustration of Magic of Ayurveda.

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