

**MANAGEMENT OF PARIKARTIKA W.S.R TO ACUTE FISSURE-IN-ANO WITH  
UDUMBARA TAIL PICHU – A CASE STUDY**

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**ABSTRACT**

The health of an individual depends solely on his diet and life style. Diet plays very important role in *Parikartika* which is evident by references. The earliest reference of '*Parikartika*' is available from Sushruta Samhita (1500 B.C). *Parikartika* is referred in *Brihatrayees* not as an independent disease but as a complication of *Bastikarma* and *Virechana* (*vyapath*). About 30-40% of the populations suffer from proctologic pathologies at least once in their life. Anal fissure comprises of 10-15% of anorectal disorders and is characterized by excruciating pain during and after defecation, bleeding per anus with spasm of anal sphincter. *Parikartika* is one of the most common diseases of ano-rectal diseases. *Parikartika* resembles with 'fissure in ano' having cutting and burning pain in *guda* (anus). It is most painful condition affecting the anal region. Various factors which contribute to development of fissure are hard feces, surgical procedures, diseases like Crohn's disease, ulcerative colitis, and enthusiastic usage of ointments and abuse of laxatives, sphincter hypertonia, improper diet etc. Constipation results in hard stool passage which is painful and resulting in fissure. In *Parikartika*, the local treatment is such as ointments, *Ghrita*, *Taila* and dilatation also known. In the present clinical study the *Udumbara tail Pichu* is taken as external application on fissure (*Parikartika*).

**KEYWORDS:** *Parikartika*; Ano-rectal diseases; Fissure in ano; *kartanvat vedana*, *Malavashtambha*, *Udumbara tail Pichu*.

**INTRODUCTION**

An anal fissure or rectal fissure, commonly known as *Parikartika* in Ayurveda, is a split in the skin of the distal anal canal due to stretching of the anal mucosa beyond its capability.

As per the Ayurvedic classics, on the basis of symptoms, the disease fissure-in-ano can be compared to the disease *Parikartika* where there is excruciating, cutting pain in the *Basti* and surrounding areas.

“*Parisarvato bhavena krintateeva chhinatteeva bastyadeeni iti Parikartika*”

Acharya Dalhana has described the term *Parikartika* as a condition of *Guda* in which there is cutting pain and tearing pain. According to Kashyapa the *Parikartika* is the one having cutting and tearing pain in *Guda pradesha*.<sup>[1]</sup> Similarly Jejjata and Todara have clearly described *Parikartika* as a condition which causes cutting pain in anorectum. The factors responsible for

causation of *Parikartika* as found in various texts are *Vamana-Virechana-Vyapat*, *Bastikarma Vyapat*, *Atisara*, *Grahani*, *Arsha*, *Udavarta* etc. In the similar manner it has been described of three type's viz. *Vata*, *Pitta* and *Kapha*. Sushruta while describing the symptoms of the disease speaks of the features like; cutting or burning pain in anus. Sushruta has mentioned *Parikartika* as a *Basti vyapat* which is due to the administration of *Ruksha Basti* containing of *Teekshna* and *Lavana dravyas* in heavy doses.<sup>[2]</sup> According to him, it is due to *Basti netra vyapat* which is due to inappropriate administration of defective *Basti netra* resulting in to cutting type of pain.<sup>[3]</sup> Whereas Charaka has described the features like pricking pain in groins and sacral area, scanty constipated stools and frothy bleeding per rectum. *Parikartika* has been mentioned as *Purva rupa* of *Arsha* in Sushruta samhita<sup>[4]</sup> and Ashtanga Sangraha.<sup>[5]</sup>

An anal fissure is an elongated ulcer in the long axis of the lower anal canal.<sup>[6]</sup> It is most painful condition

affecting the anal region. 90% of fissure in ano occur in the posterior part of anal canal and 10% anteriorly. It is initiated by hard stool causing a crack which result painful defecation. Due to pain, spasm of internal anal sphincter takes place which makes constipation worse resulting in a chronic fissure.<sup>[7]</sup>

In *Parikartika* the treatment is *Basti Karma* and some oral medications given by acharya Charaka<sup>[8]</sup> and Sushruta.<sup>[9]</sup> Most of the *Basti* are prepared in *Ghrta*, *Taila* and milk with the help of other ingredients as per need. Most of the ingredients, used in *Basti Karma*, are *Vata Pitta Shamaka*, *Vrana Shodhaka* and *Vrana Ropaka*. Systemic oral formulations correct the gastrointestinal disorders by laxative action and increase the digestion by *Agnideepana* and *Aamapachana*. The role of ointments, *Ghrta* preparations, *Taila* and dilatation are known in cases of *Parikartika*. In the present clinical study the *Udumbara tail Pichu* is taken as external application on fissure (*Parikartika*).

## MATERIALS AND METHODS

Present study was carried out in our institute; Shree Saptashrungi Ayurveda Mahavidyalaya, Nashik, Maharashtra University of Health Sciences.

## PREPARATION OF DRUG

- *Udumbara tail* will be prepared as per Tail kalpana

**Table 1: Rugna Parikshana (Patient Examination).**

S. No	Parikshana (Examination)	Findings
1	Nadi (pulse)	prakrut, kaphapittanubandhi, 80/min
2	Jivha (tongue)	niram (not coated)
3	Kshudha (hunger)	prakrut (normal)
4	Trushna (thirst)	prakrut (normal)
5	Nidra (sleep)	prakrut (normal)
6	Mutra (urine)	prakrut (normal)
7	Mala (stool)	Once, every alternate day, with pain and itching at anus and stool passage with blood streak sometimes.
8	Udar parikshana (per abdomen examination)	Prakrut (no abnormality found)
9	Sthanik parikshana (local examination)	Redness and itching at the anal region with a few tiny cracks at the anus.

### Systemic Examination

Cardio Vascular System - S1 S2 heard, no any added sounds

Central Nervous System - conscious, oriented

Respiratory System - Bilateral air entry clear

Per Abdomen - soft, non-tender

### Local Examination

**Inspection:** No Active bleeding was seen as the anal canal was visualized. On separation of anal verge, a longitudinal tear extending from the anal verge was seen at 6 o'clock position 1.0 cm inside the anus on the Posterior midline.

described by Sharangadhar samhita<sup>[11]</sup> in Rasashastra & Bhaishajya kalpana department of our institute.

- *Udumbara tail* standardized in analytical lab.

## CASE REPORT

A 32 year old male, married, Bus driver by Profession presented with complaints of *Gudapradesha Kartanavata Vedana* (severe excruciating pain in the Anal region), *Gudapradesha Daha* (burning sensation at anal region), *Malavasthambha* (constipation), *Saraktamala Pravrutti* (stools streaked with blood) since 3 days. Interrogations revealed that the patient used some local application in the form of ointment but did not get any relief and approached in Shalya tantra OPD of our institute for better management.

The patient had history of habitual constipation and is not a known case of Diabetes mellitus, Hypertension or underwent any surgery.

On physical examination pulse rate was 80/min, regular with normal volume. Blood pressure was 120/80 mmHg. All the laboratory investigations done were within normal limit.

**Palpation:** Tenderness present over the Fissure area and Digital rectal examination was not done as patient had severe pain due to sphincteric spasm.

### Nidana

*Ahara* - *Ruksha Ahara Sevana*, *Ushna*, *Amla Lavana Ahara*, *Madyapaana*, *Guru Ahara*

*Vihara* - Prolong sitting, sleeping late night

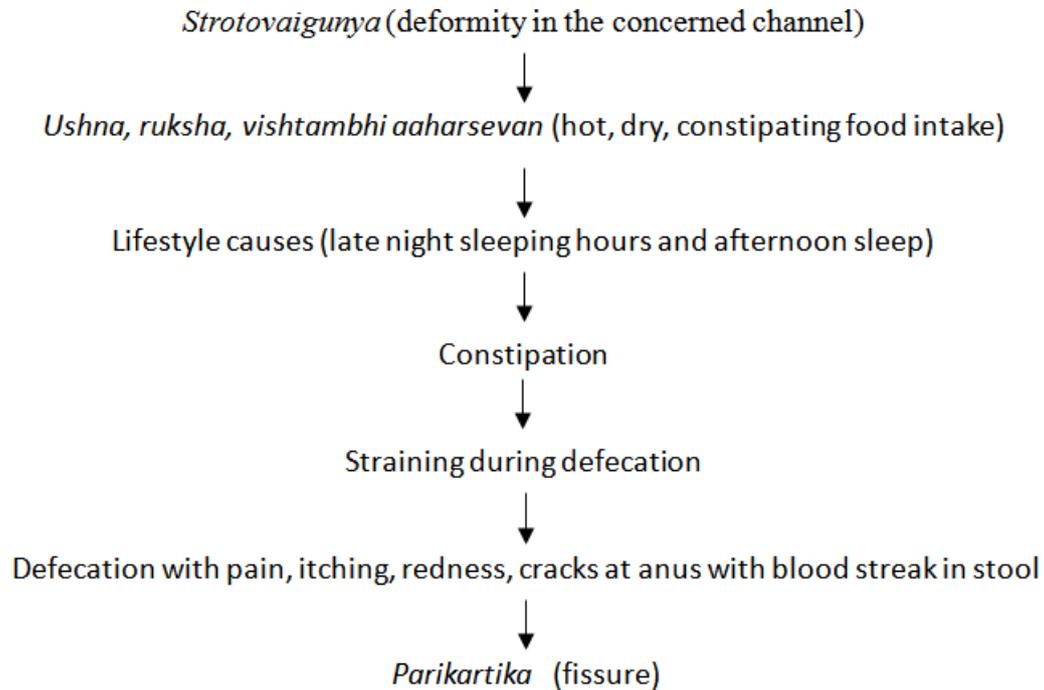
*Manasika* - *Chinta*, *Krodh* etc.

### Samprapti

The above mentioned causes of food and low intake of liquids led to severe constipation. The other lifestyle causes like late night sleeping hours (*jagarana*) and sleep at afternoon (*diwaswapa*) increase the vitiation and imbalance of the pitta and kapha doshas, which

ultimately lead to malavashtambha (constipation) and then to Parikartika (fissure).

**Diagnosis:** *Parikartika* - Acute Fissure in Ano (Posterior)



## MATERIALS AND METHODS

Treatment was planned as;

**Table 2: Treatment plan.**

<i>Sthanika Chikitsa</i>	<i>Samanya Chikitsa (Oral medication)</i>
<i>Udumbara tail Pichu</i> for 15 days	<i>Triphala Choorna</i> with warm water at bed time for 15 days
<i>Avagaha Sweda</i> with <i>Sukhoshna Jala</i>	
<i>Pathya</i> : Rich fiber diet. Increased fluid intake	

### Procedure

Application of *Udumbara tail Pichu* preceded by sitz bath with luke warm water for 15 Days and internal administration of *Triphala Choorna* at bed time with luke warm water for the same period.

Application of *Pichu* (A tampon / sterile gauze soaked in the *Udumbara tail* is placed at anus or anal canal)

Initially per rectal examination is done while the patient is in Lithotomy position, to confirm the number and position of the Fissure. The sphincter tone is assessed with the digital examination. After giving warm water sitz bath for a period of 2 minutes, *Udumbara tail Pichu* is kept and advised the patient to keep it for 3-4 hours. A 'T' bandage will be applied so that the *Pichu* will be retained in situ till the desired duration. The *Pichu* is applied on daily basis for 15 days (at OPD level).

### Assessment Criteria

**Table 3: Assessment Criteria.**

1.	<i>Guda Daha</i> (burning sensation at anal verge)
2.	<i>Guda Peeda</i> (cutting pain)
3.	<i>Rakta Srava</i> (bleeding)
4.	Constipation
5.	Sphincter tone

**Table 4: Treatment course in hospital.**

Treatment	Day	Observation			
		Burning sensation at anal region	Pain	Stools streaked with blood	Sphincter tone
<i>Udumbara tail Pichu</i>	2 <sup>nd</sup>	+++	+++	++	Spasm ++
	4 <sup>th</sup>	+++	++	++	Spasm ++
	6 <sup>th</sup>	++	++	+	Spasm +
	8 <sup>th</sup>	++	+	+	-
	10 <sup>th</sup>	+	+	0	N
	12 <sup>th</sup>	+	0	0	N
	14 <sup>th</sup>	+	0	0	N

**OBSERVATIONS AND RESULTS**

Clinical examination of the patient revealed regression of symptoms with treatment on sixth day itself. On 8<sup>th</sup> day there was mild pain and scanty bleeding streaked to stools. On 10<sup>th</sup> day minimal burning sensation was seen and sphincter tone was normal on digital rectal examination and on last day of treatment, patient had mild burning sensation and other symptoms were completely cured.

**DISCUSSION**

The objective of the study was to Evaluation of clinical efficacy of *Pichu* application of *Udumbara tail* in the management of Fissure- in-ano (*Parikartika*) and study of unique drug delivery system - *Pichu* application with historical controls of simple local application of Ayurvedic drugs from published literatures.

Though the description about *Pichu* are not vividly available in Ayurvedic literatures, it is one of the important and effective modalities of drug delivery system having diversified applications in the management of various diseases /conditions viz. *Siro rogas, Yoni vyapat, Karna roga, Nasa roga, Guda rogas* owing to its unique nature of drug delivery and enhancing bio-availability. "*Pichu sthoola kavalika*" - A thick swab or a cotton pad is called as *Pichu*. *Pichu Dharana* (placing of soaked linen) is a process in which a piece of cloth, gauze or linen is soaked in the medicated oil and placed in the desired position over the body or in the body parts according to the site of the treatment.

In this study Patient got relieved from all the symptoms and improved with *Udumbara tail Pichu*.

**Probable mode of action****Table 5: Udumbara Properties.**

Properties	<i>Udumbara</i>
<i>Rasa</i>	<i>Kashay</i>
<i>Guna</i>	<i>Guru, Ruksha</i>
<i>Veerya</i>	<i>Sheeta</i>
<i>Vipaka</i>	<i>Katu</i>

*Udumbara tail* is prepared out of *Udumbara (Ficus racemosa)* and *tila tail*. *Udumbara* possess properties like *Pittahara, Sheeta Veerya, Vrana-Shodhana* and *Vrana ropana*<sup>[10]</sup> by which there is *Vrana-Shodhana* and *Vrana ropana* helps in healing of the fissure wound where *Sheeta Veerya and Pittahara* helps to relieving burning pain.

*Tila tail* is useful for pacifying Vata. It is rich in linoleic acid, and has anti-bacterial, anti-inflammatory and antioxidant properties. *Udumbara tail* selected in the present study helped healing the fissure along with reduction of pain.

*Triphala choorna* was given for *Vatanulomana* which relieved constipation. Local action of *Pichu* is based on cellular absorption of medicine, acts as *Snehana, Lekhana* etc.

**CONCLUSION**

In this single case study *Udumbara taila Pichu* has showed excellent results. The use of *Udumbara taila Pichu* has a definite role in the treatment of fissure- in- ano in terms of earlier relief in cardinal and general symptoms and quick healing of ulcer too. But time demands to work on more patients and detail research.

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