

**A CASE STUDY ON MANAGEMENT OF PARIKARTIKA W.S.R. TO FISSURE IN ANO**

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**ABSTRACT**

Parikartika is one of the ano-rectal disease. Its references available in Bruhatrayees. The word Parikartika means Parikartanavat vedana around guda pradesh. It is also having the symptoms like burning sensation, sometime swelling, bleeding from anus. In modern science it can be correlated to fissure in ano. Here a case Report of a 34 Years-Male Patient having history of Parikartika(fissure in ano) from last 5 years. He was suffering from Gudapradeshi kartanvat vedana (Excruciating pain), Gudapradeshi alpa shoth (swelling at anal region), Gudapradeshi daha (burning sensation at anal region), Malavashtmbha (Constipation), Sarakta malapravrutti (Stools streaked with blood) since last 10 days. Generally, he got relief from Modern medicines, but this time medicines do not give relief. He was treated with Ayurvedic medicine, which give effective result within 3 days with Ayurvedic treatment. Now a days, patients suffering from constipation with ano-rectal diseases are quite high in number. The causes vary from unhealthy diet regimen to hectic lifestyles. It is common in working individuals as well as homemakers. Longitudinal tear in the lower end of anal canal results in fissure-in-ano. It is most the painful condition affecting the anal region. Various factors which contribute to development of fissure are hard faeces, surgical procedures, diseases like Crohn’s disease, ulcerative colitis, and enthusiastic usage of ointments and abuse of laxatives, sphincter hypertonia, improper diet etc.

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

In Ayurvedic samhita this Parikartika is described in different place. In Charak Samhita it describes as complication of Virechana Vyapad (therapeutic purgation).[1] In Susruta Samhita it describes as Basti vyapad.[2] Kasyapa mention it’s as Garbhnii Vyapad (Disease occurs in Pregnancy).[3]

Fissure-in-ano has become most common and painful condition in ano-rectal disease. It is commonly seen in young age peoples and pregnant women. It is a very painful because of injury to somatic nerve supply to the anal region. In modern science treatments includes analgesics, antibiotics, laxatives and ointment and anal dilatation, sphincterotomy, fissurectomy. Surgeries of Fissure- in - ano are expensive and require long stay in hospital. All these procedures having its own complications.

In Ayurveda there are so many preparations and best surgery procedure also. The condition fissure-in-ano, commonly encountered in ano-rectal practice has similar location, pathology and clinical features of Parikartika like anal pain, burning sensation at anal region, constipation, stools streaked with blood etc.[4]

CASE REPORT

A 37-year-old male patient came to us with chief complaint of –
A. Gudapradeshi kartanvat vedana (Excruciating pain)
B. Gudapradeshi alpa shoth (swelling at anal region)
C. Gudapradeshi daha (burning sensation at anal region)
D. Malavashtmbha (Constipation)
E. Sarakta malapravrutti (Stools streaked with blood)

Patient had above complaints since last 8 days. No H/o any major surgery.

HISTORY OF PERSONAL ILLNESS

The patient has history of fissure since last 2 years. He was taken modern medicine for that. The patient was normal before 8 days ago. From last 8 days, then patient had been suffering from a typical symptom Gudapradeshi kartanvat vedana (Excruciating pain), Gudapradeshi alpa shoth (swelling at anal region), Gudapradeshi daha (burning sensation at anal region), Malavashtmbha (Constipation), Sarakta malapravrutti (Stools streaked with blood).

This time all symptoms were unbearable and pain with burning sensation didn’t relieved with
modern medicines. For Ayurvedic Treatment he came to our Ayurved hospital.

A. *Nadi* (pulse) = 86/min.
C. *Mutra* (urine) = *Prakrut*.
D. *Jihwa* (tounge) = *Saam*.
E. *Agni* = *Kshudhamandya*.
F. *Shabda* (speech) = *prakrut* (Normal).
G. *Sparsha* (skin) = *prakrut*.
H. *Druka* (eyes) = *prakrut*.
I. *Akruti* = *krusha*.
J. *Bala* = Madhyama.
K. *Raktachaapa* (B.P) = 130/80 mm/Hg.

**MATERIAL AND METHOD**

**Method:** Center of study: C.S.M.S.S. Ayurved Mahavidyalaya Kanchanwadi Aurangabad. simple Random Single Case Study.

**Material**

**Table 1:** Showing Internal Medicines used in Case Study.

<table>
<thead>
<tr>
<th>No</th>
<th>Name of Drug</th>
<th>Dose</th>
<th>Frequency</th>
<th>Anupana</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Aragvadhakapila vati</td>
<td>250 mg</td>
<td>Twice a day before Meal</td>
<td>Koshna Jal</td>
</tr>
<tr>
<td>2</td>
<td>Abhayarishta</td>
<td>15ml</td>
<td>Twice a day before Meal</td>
<td>Koshna Jal</td>
</tr>
<tr>
<td>3</td>
<td>Eranda tailam (CastorOil)</td>
<td>10ml</td>
<td>Before Sleep</td>
<td>Koshna Jal</td>
</tr>
<tr>
<td>4</td>
<td>Yashtimadhu tailam</td>
<td>Local Application</td>
<td>Two to three times a day on clean surface</td>
<td>Not required</td>
</tr>
</tbody>
</table>

**Table 2:** Showing Procedure used in Case Study.

<table>
<thead>
<tr>
<th>AWAGAHA</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Trifala Choorna</em> + <em>Daruharidra choorna</em></td>
</tr>
</tbody>
</table>

**Table 3:** Showing Mode of Actions of *Dravyas*.

<table>
<thead>
<tr>
<th>No</th>
<th>Name of Drug</th>
<th>Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Aragvadhakapila vati</td>
<td>As <em>Aragvadha</em> and <em>kapila</em> are smooth laxatives, they relieve constipation</td>
</tr>
<tr>
<td>2</td>
<td>Abhayarishta</td>
<td><em>Abhaya</em> (<em>Haritaki-Terminalia chebula</em>) is laxative and other ingredients in the decoction help to correct constipation.</td>
</tr>
<tr>
<td>3</td>
<td>Eranda tailam (CastorOil)</td>
<td>It is <em>vatanshaka</em> and laxative to be used in the making of dough while making roti daily.</td>
</tr>
<tr>
<td>4</td>
<td>Yashtimadhu tailam</td>
<td>To be applied locally at the anus. <em>Yashtimadhu</em> (<em>Glycerrhiza glabra</em>) is madhur, madhur, sheet in properties, it is vatanshak, jeevaneeya, vranaropaka (healing in nature). Tail (oil) is lubrication and vatanshak. It reduces pain and cracks at the anus.</td>
</tr>
</tbody>
</table>
Table 4: Showing Regression of Symptoms during Treatment.

<table>
<thead>
<tr>
<th>No</th>
<th>Symptoms</th>
<th>0&lt;sup&gt;th&lt;/sup&gt; Day</th>
<th>1&lt;sup&gt;st&lt;/sup&gt; Day</th>
<th>2&lt;sup&gt;nd&lt;/sup&gt; Day</th>
<th>3&lt;sup&gt;rd&lt;/sup&gt; Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Gudapradeshi kartanvatvedana (Excru ciating pain)</td>
<td>+++</td>
<td>++</td>
<td>+</td>
<td>NIL</td>
</tr>
<tr>
<td>2</td>
<td>Gudapradeshi alpashoth (swelling at anal region)</td>
<td>++</td>
<td>+</td>
<td>+</td>
<td>NIL</td>
</tr>
<tr>
<td>3</td>
<td>Gudapradeshi daha (burningsensation at anal region)</td>
<td>+++</td>
<td>++</td>
<td>+</td>
<td>NIL</td>
</tr>
<tr>
<td>4</td>
<td>Malavashtmbha (Constipation)</td>
<td>+++</td>
<td>+</td>
<td>+</td>
<td>NIL</td>
</tr>
<tr>
<td>5</td>
<td>Sarakta malapravritti (Stoolsstreaked with blood)</td>
<td>++</td>
<td>+</td>
<td>NIL</td>
<td>NIL</td>
</tr>
</tbody>
</table>

**DISCUSSION**

1. **Hetu**

   a. **Ahar**

      A. *Ruksh Annasevan* (daily biscuit & other bakery product consumption)
      B. *Ruksha-Amla-lawana Ahar* (fast food and junk food weekly).
      C. *Madhaypaan* (Alcoholism)
      D. Heavy food (sabudana –once in week)
      E. Low intake of water.

   b. **Vihar**

      A. Prolong standing.
      B. *Jagarana* (late night sleeping hour)

   c. **Manasika Nidan:** Chinta, krodha causes vata vrudhi.

2. **Samprapti**<sup>51</sup>

   Hetu Sevan
   (Ushna, Ruksha, Vishtambhi Aahar)

   Strotodushti

   Straining during defecation

   Defecation with pain, itching, cracks at anal, blood streak with stool

   Parikartika

Main cause of Parikartika is *Ruksha Guna* of *vata Dosha*. Prolong Standing, late night
sleeping, alcohol consumption and dry diet & low intake of water, all this cause vata prakop (due to increased Ruksha Guna of vata Dosha).[6-9] In this case study previously patient doesn’t get relief from modern treatment, it may be due to resistance of medicine due to prolong consumption of same medicine.

3. **Pathya:** Patient has advised to -
   
   A. Increased liquid intake.
   
   B. Fibres food in diet.
   
   C. Buttermilk (with mire and badishop powder).
   
   D. One TSF of cow Gruta before starting the food.
   
   E. Avoid late night sleep.
   
   F. Seat for 5 min after 1 hour standing.

**OBSERVATIONS AND RESULT**

Clinical examination of the patients revealed the dramatic regression of patient symptoms on the first day only and complete regression at the end of 3rd day is observed due to our Ayurvedic management.

**CONCLUSION**

It is wrongly propagandaic statement given by people that Ayurved has slow result, but with proper line of treatment according to patient’s condition, Ayurved shows magical result. This case is one of best example that establishes the authority of ayurveda line of treatment in cases of Parikartika or Fissure in Ano. Along with internal medications, changes in lifestyle and food help a lot along with the medicines in anorectal diseases. Ayurveda has miraculous results in such cases of Fissure in Ano.

**REFERENCES**