

## **Ayurvedic Management of Parikarthika (Acute Fissure in Ano) in Garbhini – A Case Study**

**Dr Prerana Santosh Bandekar**

(Asst.Professor Shalya Tantra Department)

Hon.Shri.Annasaheb Dange Ayurvedic Medical College Ashta Sangli Tal-  
Walwa,Dis-Sangli

Corresponding Author : Email Id- Prerana5218@gmail.com, Mobile no- 8073726123

### **ABSTRACT:**

Among anorectal diseases, Parikarthika (Fissure in ano) is considered one of the most painful diseases. Now a days the incidence rate of this disease became more due to the irregular food habits as well as unproper modern life style changes. now a day's Parikartika is separate disease but in the history it was mentioned a complication of some other disease or some Ayurvedic procedures like Basti.Acharya .Kashyap has described Parikartika as complication in pregnancy. This case study described the effective management of acute fissure in ano which was managed with ayurvedic treatment modalities. A 27-year female patient came with symptoms of pain and burning during and after defecation and also having the presence of blood streak while passing of stool. The patient was diagnosed as acute fissure due to the presence of a cut longitudinal ulcer in lower part of anal canal at the 6 o'clock position. Ayurvedic treatment approach both internally and externally were followed. Jatyadi Ghritham Pichu application followed by a lukewarm water with panchvalkala kwatha sitz bath was advised as external treatment. The complete improvement was found in this within 8 days of treatment. No reoccurrence was noted even after 3rd month of follow up..

**KEYWORDS** Parikarthika, fissure in ano , jatyadi ghritham, Triphala guggulu.

## **INTRODUCTION:**

In Ayurvedicsamhita this Parikartika is described in different place. In charakSamhita it describe as complication of VirechanaVyapad (therapeutic purgation) 1. In Susruta Samhita it describe as Bastivhyapad 2. Kashyapa Samhita mention it's as Garbhini 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 Fissurein-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, constipation, stools streaked with blood etc<sup>4</sup>.

## **CASE REPORT**

A27year female patient,Primigravida, 12 weeks of gestation came to us on 28/10/2021 with chief complaint of-

- A. Gudapradeshikartanvatvedana (Excruciating pain)
- B. Gudapradeshidaha (burning sensation at anal region)
- C. Malavashtmbha (Constipation)
- D. Saraktamalapravrutti (Stools streaked with blood)

✓ Patient had above complaints since last 15 days

## **PERSONAL HISTORY**

- ✓ Her Rajovruttanta was regular, menarche attained at 15 years of age and her married life of 2 years and she is not known case of thyroid dysfunction, diabetes mellitus.

- ✓ Dietary habits (Ahara) revealed quantitatively less intake of meals along with non vegetarian diet. She had history of irregular bowel habits (once in 2 days) since 15 days and no history of day sleep.

### **Dashavidha Pareeksha**

- Prakruti :Vata-Kapha
- Vikruti : Hetu -Akalahojana, Asatmyabhojana, Dauhruda.
- Dosha : Vatapradhanatridosha
- Dushya : Rasa
- Desha : Sadharana
- Bala : Madhyama

### **Ashta Sthana Pareeksha**

- Nadi -78/min
- Mootra -Prakrut.
- Mala -once in 2 days, irregular(Malavshambha)
- Jivha -Saam
- Shabda -Prakruta
- Sparsha -Prakruta (Anushnasheeta)
- Druk -Prakruta
- Akuti -Madhyama

### **LOCAL EXAMINATION**

**Inspection:** Active bleeding was seen as the anal canal visualized

A longitudinal tear extending from anal verge was seen at 6 o clock position

**Digital rectal examination:** was not done as patient had severe pain due to sphincteric spasm

**Diagnosis-** Acute fissure in ano( Parikarthika)

### **Investigations**

## **On 12/10/2021**

- Hb -11 gm%
- Blood group -B positive
- BT -2 minutes 35 seconds
- CT -4 minutes 30 seconds
- RBS -92 mg/dl
- HIV -Negative
- HBsAG -Negative
- VDRL -Non reactive
- Urine routine and microscopic examination report-normal

## **USG report**

- Single gestational sac in with an embryo with CRL of 50mm which corresponds to 12weeks, of gestational age.

## **MATERIAL AND METHOD**

Center of study: Hon. Annasaheb Dange Ayurved college Post graduate and Research center ,Ashta, Sangli, simple Random Single Case Study.

## **MATERIAL**

**Table 1: Internal and External application medicine in case study.**

<b>Sr. No</b>	<b>Dravya</b>	<b>Dose</b>	<b>Duration</b>	<b>Anupana</b>
1	Triphala guggulu <sup>5</sup>	250mg	1 tid after food	Koshnajala
2	Jatyadi Ghrita <sup>6</sup>	-	Twice in day	For local application

**(Source:Primary Data)**

**Table 2: Awgaha procedure in case study**

<b>Awagaha</b>	<b>Duration</b>
Panchvalkala kwatha	Twice in days

**(Source:Primary Data)**

**Table 3:Pathya**

Nidan Parivarjanam- Avoid spicy, oily food
Increased liquid intake,Drink more water
Lajamanda
Mudgayusha
Milk

**(Source:Primary Data)**

**Table 4: Showing Regression of symptoms during treatment**

Sr no	Symptoms	1 <sup>st</sup> day	2 <sup>nd</sup> day	3 <sup>rd</sup> day	4 <sup>th</sup> day	5 <sup>th</sup> day	6 <sup>th</sup> day	7 <sup>th</sup> day	8 <sup>th</sup> day
1	pain	+++	+++	++	++	+	+	0	0
2	Sphincter spasm	+++	++	++	+	+	0	0	0
3	Burning sensation	+++	+++	++	++	+	+	0	0
4	constipation	+++	++	++	+	+	0	0	0
5	Stools streaked with blood	+++	++	++	+	+	0	0	0

**(Source:Primary Data)**

## DISCUSSION:

- ✓ Patient got relieved of the symptoms and improved with Jatyadi Ghrita Pichu.
- ✓ Probable mode of action of Dravyas as below it is.

**Table 5: Mode of action of Dravyas**

Dravya	Mode of action
Triphala Guggulu	Shothgha, malasarak, Tridoshnashk, Prevent constipation, help for healing fissure.
Jatyadi ghrita pichu	Vranaropak, Vatshamak, Lubrication
Awagahan	Shotaghan, Vatashamak, Healing activity

- ✓ In this case Pregnancy is the root of cause along with the diet and unhealthy lifestyle factor.
- ✓ The removal of these causes along with proper ayurvedic treatment and consultation regarding diet and lifestyle has given excellent result.

## CONCLUSION

All said that Ayurved has slow result, but if we give proper treatment in specific condition than Ayurved show magical result. This case is one of best example of Magic of Ayurveda.

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