

PARIKARTIKA (FISSURE-IN-ANO) AND ITS CERTAIN AND BEST MANAGEMENT THROUGH AYURVEDA

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ABSTRACT

Sushruta has explained about Guda-Rog i.e. Ano Ractal Disease in *Shalya Tantra*. Anal fissure is one of the most common caring anorectal conditions. Fissure-in-ano is can be associated with *Parikartika* as it is characterised by cutting pain (*Kartanwat Vedana*) in anal region. Chronic Constipation leads to hard stools and it result into tear or cut in anorectal mucosa along with signs and symptoms like which further become fissure in ano. Acute fissure in ano, presents symptoms like pain at the anal margin, severe and sharp cutting pain, bleeding per rectum, mucous discharge, itching. Local application of various medicated *Ghruta*, *tail* like *Yastimadhu ghruta*, *jatyadi ghruta*, *Basti* along with sitz bath (*Swedan*) are observed as best proven treatment can help in healing fissure in ano without side effects.

Keywords: *Guda Rog, fissure in ano, Yastimadhu ghruta, Parikartika.*

INTRODUCTION

Acharya Sushruta has explained about *Guda-Rog* (Ano Ractal disease) called as “Parikartika” i.e. Fissure – in – Ano which can be correlated with *Parikartika* as it is characterised by cutting pain (*Kartanwat Vedana*) in anal region. In *Parikartika*, *Vata* is the dominant *dosha*. *Guda* (anus) is actual site of *Vata* especially *Apanav-ayu*.¹

In Sushruta Samhita, the symptoms described as cutting or burning pain in anus, penis, umbilical region and neck of urinary bladder with cessation of flatus.²

Whereas Acharya Charaka has described the features like- pricking pain in groins and sacral area, scanty constipated stools and frothy per rectum bleeding.³

Etiological factors: Gastric problems refer to diseases of organs that are a part of digestive system including the stomach, intestine, oesophagus, rectum, etc. Unhealthy lifestyle such as smoking, poor sleep, intake of too much fried, junk food, bakery products increases risk of developing constipation, hyperacidity which results into peptic ulcers, gastroenteritis, etc. Chronic

constipation leads to hard stools and it result into tear or cut in anorectal mucosa, which further become fissure in ano. Firmness of a fissure is typically related with anal spasm or high anal pressure. Fissure in ano is a condition where a small elongated ulcer develops in the lower part of the anal canal, usually at 6° clock position. It occurs at the point where the soft internal mucosal lining of the anal canal changes into the external skin of the surrounding perineum. Acute fissure in ano the symptoms like pain at the anal region, severe and sharp cutting pain, bleeding per rectum, mucous discharge, itching (From mucous and stool that may now soil the skin around the anal canal), sometime Anal Skin Tag felt at the skin around the anal margin known as sentinel tag.⁴

Acharya Charaka has described various causative factors of *Parikartika* as found as *Vamana-Virechana-Vyapada*, *Atisara*, *Arsha*, *Grahani*, *Udavarta Basti-karma Vyapada*, etc. Depending upon the *doshaj* types, it is described in three types viz. *Vattaja*, *Pittaja* and *Kaphaja*.⁵

Objective:

To review *Parikartika* i.e. fissure in ano and to appraisal on effective management its management from Ayurveda texts, published journal.

Materials & Methods:

Review was done from various Modern and Ayurved text books, published journals.

DISCUSSION ON MANAGEMENT

The goal of treatment should have relieved pain and discomfort and heal the anal fissure. Acute anal fissures are common and usually heal on their own with self-care. Chronic anal fissures those that last longer than 6 weeks and need medicine or surgery to heal properly.

Conservative measures- work by softening the stool and reducing pain, muscle spasm and swelling:

1. Laxatives drug like *Triphala Churna*, *Panchasakar churna*
2. Topical local anaesthetic gels to relieve the pain
3. Hot sitz bath (*Swedan*)
4. Drug Treatments - work by causing anal muscle relaxation and increase blood flow to allow healing.

Local Treatment:^{6,7,8}

This local treatment is most of time the drug should be *Vata-Shamak*, *Vrana Sodhana-Ropak* and *Pitta Shamak*. e.g. *Jatyadi Ghruta*, *Yastimadhu ghruta*, *Kasisadi tail*, *Vranaropak tail* are used which are proven effective in healing of fissure in ano. *Anuvasana basti* with *Bala tail*, *Jatyadi tail* used to relieve constipation. These are either *Vata Shamak* or *Pitta Shamak* and found very effective.

General Treatment:

The oral preparation has many-fold objectives some drugs are used to correct the Gastrointestinal disorders other are used as laxative and few more as to increase the digestive fire (*Deepan*, *Pachan*) e.g. *Chitrakadi vati*, *khadiradi vati*, *Abhayarishta*, *takrarishta* etc.

Sitz bath:

A sitz bath is a warm, shallow bath that cleanses the perineum, rectum. It is one of type *swedan*. A sitz bath can also provide relief from pain or itching in anal region also help in healing of fissure.

Pathya for Parikartika:

1. *Langhana*, *pachana*, *ushna* and *laghu ahara* should be consumed.
2. *Madhura rasa* and *vata anulomaka ahara* and *vi-hara* should be taken.
3. Green leafy vegetables and avoidance of constipation and strain during defecation.
4. Old *Raktashali* and *shasti rice*, *yava* and *Kulatha* also recommended.

Apathya for Parikartika:

1. *Vegadharana*, *maithuna*, riding, sitting in *Utkata Asana*. (hard sitting place)
2. *Ati tikshna*, *atilavana*, *ati rooksha* diet.

CONCLUSION

Fissure in ano (*parikartika*) having best treatment in Ayurveda. The management with the help of *deepan* and *pachan* oral medication to improve *agni* of patients. Local application of *vranaropak Ghruta*, *Tail* and *Basti* treatment can help in healing fissure in ano early. Local application of *Yastimadhu ghruta*, *jatyadi ghruta* or *tail* along with sit'z bath practically observed as best proven treatment.

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