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Management of *Parikartika* (Acute Fissure In Ano) with *Patoladi Taila Matra Basti* : A Case Study

Dr. Shivakumara B.¹, Dr. Shridhara Rao S.M.²

¹Post Graduate Scholar, ²Professor, Dept. of Shalya Tantra, Govt. Ayurveda Medical College & Hospital, Bengaluru, Karnataka, INDIA.

ABSTRACT

Parikartika is one of the Painfull condition in anal region Its references available in our classics as a complication of, virechana and basti karma by Acharaya Charaka and Acharya Sushruta respectively and also Acharaya Kashyapa has mentioned about parikartika as Garbhini vyapath. The word Parikartika means Parikartana vat vedana around Guda Pradesha. In modern science it can be correlated to fissure in ano. Here a case Report of a 33 Years-Male Patient suffering from Gudapradeshadaha (burning sensation at anal region), Malavasthambha (Constipation), Saraktamalapravrutti (Stools streaked with blood) since last 3-4 days with mild itching over anal region. He was treated with Patoladi taila Mathrabasthi for 7days, which gives effective result.

Key words: *Parikartika, Fissure-In-Ano, Triphaladi Taila, Matra Basti.*

INTRODUCTION

In this present era, due to sedentary life style, increased stress, unhealthy diet regimen, prolong sitting, continuous travelling, sleep habits and various life style disorders are increasing continuously. Thus, this leads to *Agnimandya* and leading to increase in incidence of constipation in population, which causes too many ano-rectal diseases, most commonly being Hemorrhoids, Fistula-in-ano and Fissure-in-ano.

Parikartika means “*Parikruntavat vedana*” i.e. cutting type of pain specially observed in *Gudapradesha* (anal region). We get description about *Parikartika* in *Brihatrayees* and later period

authors of Ayurveda, but not as an independent disease but as a complication of *Virecana*,^[1] *Basti*,^[2] *garbhini*^[3] (*vyapath*). In *parikartika* due to *nidanas* aggravated *apanavata* attains upward movement and repelled by *udanavata*, reaches *guda* and obstructs the passage of feces producing severe *Ruja*, *Gudadaha*, *malavasthamba* and *saraktamalapravrutti* which is very much suggestive of clinical feature of fissure-in-ano as per modern science commonly encountered in anal region with clinical features like anal pain, burning sensation, constipation and stool streaked with blood.^[4]

CASE REPORT

Patient name: Mr. A, 33 year male patient.

Complaints:

1. Gudapradeshadaha (burning sensation at anal region)
2. Malavashtambha (Constipation)
3. Saraktamalapravrutti (Stools streaked with blood) since last 3-4 days with mild itching over anal region.

Address for correspondence:

Dr. Shivakumara B.

Post Graduate Scholar, Dept. of Shalya Tantra, Govt. Ayurveda Medical College & Hospital, Bengaluru, Karnataka, INDIA.

E-mail: drkumar75@gmail.com

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History of present illness

The patient has history of constipation since last 7days. From last 3-4 days, the patient had been suffering from burning sensation at anal region, blood with stool associated with mild itching around anal region. The symptoms are unbearable so he came to our hospital for further management

Examination: No H/O – DM / HTN/ KOCH’S / Bronchical Asthama , No H/O – Any drug allergy. O/E – G.C- fair, T- Afebrile, Wt - 60 Kg, P- 80/ MIN, B.P.- 120/ 80 mm of hg, RS- NAD Clear, CVS- S1 ,S2- normal, CNS- conscious and oriented.

P/A- Soft and non tender. Bowel – irregular bowel habit, Bladder –normal habit, Sleep – normal, Appetite – normal, Addiction :- no any specific addiction

P/R- Acute fissure at 6 O`clock, severe spasm, Tenderness present, No discharge, Active bleeding ++

Investigations: Hb, HIV and HbsAg

MATERIALS AND METHODS

Treatment planned as follows

The patient was given *Patoladi Taila*^[5] *Matra Basti* in the dose of 48 ml intrarectally once a day for 7 days.

Assesment Criteria:

1.	<i>Gudadaha</i> (anal burning)
2.	<i>Gudapeeda</i> (cutting pain)
3.	<i>Raktasrava</i> (bleeding)
4.	Constipation
5.	Sphincter tone

NIDANA

Ahara

- *Rukshannasevan* (daily intake of weat/barly product like biscutes, chapati, roti)

- *Ruksha-Amla-lawana Ahara* (intake of junk foods).
- *Madhaypaan* (Alcoholism)
- *Mamsahara* (non-veg weekly 3 times)
- Low intake of water.

Vihara

- Prolong standing.
- *Jagarana* (late night sleeping hour).

Samprapti^[6]

Nidhana Sevana (*Ruksha, Ati Ushna Ahara* and *Jagarana*) → Vitiation of *Vata-Pitta Dosha* → Reaches *Guda Pradesha, Medra Pradesha* → Again does *Apana Vayu Avarodha* → Constipation → Straining during defecation → Leads to cracks over anal region and blood streaks → **Parikartika**.

Treatment course in hospital

Treatm ent	Dose	Day	Observation			
			Burnin g sensati on at anal region	Pain	Stools streaked with blood	Sphinc ter tone
Patoladi Taila Matra Basti	48ml	1st	+++	++	++	++
		2nd	+++	++	++	++
		3rd	++	+	+	+
		4th	++	+	+	+
		5th	+	0	0	0
		6th	0	0	0	0
		7th	0	0	0	0

Triphala Churna - 12 gms with warm water at bed time for 7 days.



Before treatment



After treatment

DISCUSSION

Clinical examination patient started showing regressive improvement on 3rd day itself sphincter spasm, constipation and stool with blood streaks was also significantly reduced, symptoms like burning pain around anal region reduced on 6th day. Patient got better improvement with Patoladi taila Matra basti. Drugs like *Patola Nimbapatra, Lodhra, Priyangu, Dhataki Sarjarasa, Khadira, Agar, Chandana, Vidanga, Triphala, Vastaka, Bala* are processed with *Taila* and reduced to *Taila Paka Avashesha* has been used for present study. *Patola* being *Tridosha Samaka*

helps in wound healing and reduces pain, *Anulomana* and *Rechana Karma* helps in reducing constipation, being *Dahahara* and *Pittagna* helps in reducing burning sensation.

CONCLUSION

The use of *Patoladi Taila* 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. In the present study it can be concluded that *Patoladi Taila Matra Basti* showed effective in the management of fissure-in-ano (*Parikartika*).

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