Review on Various Ayurvedic Dravya’s in Local Management of Parikartika [Fissure in Ano]

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Abstract: In present era lifestyle disorders like hypertension, diabetes mellitus, hypothyroidism, obesity, ano rectal diseases are affecting large number of populations in the world. Anorectal diseases like fissure in ano, haemorrhoids could be considered as a problem originated from bad food habits and improper lifestyle. Parikarikais characterised by Kartanwat Pida and Chhedanvat Shool in Guda. Parikartika is a common anorectal disease can be correlated with fissure in ano. It is a very painful condition. In Ayurvedic text, Parikartika is mentioned not as a separate disease entity but as a complication of different Ayurvedic procedures such as Virechana and Niruh Basti Atyog along with complication of some diseases like Arsh, Granthi, Aitisar. Many herbal drugs are used in the management of Parikarikia effectively. Manjishta, Yastimadhu, Dhataki, Pushpa, Shwetachand Dravya’s is mentioned in Sandhiniya Mahakashaya by Aacharya Charaka and in Priyangu and Ambstadi Gan by Aacharya Sushruta. As a Vrana Ropan, taking this into consideration pain and healing can be achieved by using Basti, Pichudharan. Manjishthi Dravya’s is indicated as Sandhiniya Dravya by Charaka and Vrana Ropana Dravya by Sushruta.

Keywords: Vrana Ropan, Manjishthi Drvys, Local management, Parikartika.

1. Introduction

Ayurveda, the science of life, is comprehensive system of health, based on experimental knowledge and grown with perpetual additions. Our life style is change, so as nature, which has reflection in our health.

In Charaka Samhita in Siddhishthana mentioned Parikartika as a complication of Virechana and Niruha Basti. The symptoms of Parikartika which are given in Ayurveda can be correlate with fissure in ano in modern science. The term fissure in ano is the condition in which an ulcer is form in longitudinal tear at lower anal canal.

According to Ayurveda the ulcer can be termed as Vrana. For Vrana Aacharya Sushruta described 60 different solutions in Sushruta Samhita termed as Shasthiprakrama. Basti, Pichudharan is one of the treatments of Vrana from Shasthiprakrama.

Many herbal drugs are being used for treating the cases of fissure in ano effectively. Manjishtha, Yastimadhu, Dhataki Pushpa and Shwetachand Dravyas are mentioned in Sandhniya Mahakashaya by Charaka and in Priyangu and Ambstadi Gan by Sushruta As a Vrana Ropan. These are indicated as Sandhniya Dravya by Charaka. Hence it helps in the healing of Parikartika due to its Vrana Ropana properties.

Ayurvedic view of Parikartika Chikitsa

Parikartika is treated as a complication of Sansodhan Chikitsa and certain diseases. According to Kashyap as per Dosha involvement of Parikartika. Samhitas not described about surgical management, so it indicates conservative management is sufficient for the treatment of Parikartika.

Principal of treatment of Parikartika is mainly
1) To treat the Vridhi of Vata and Pitta.
2) To treat abdominal disorders due to which *Doshas* are mostly vitiated to many complications.

**Diet management**

**Local Management**
Different types of *Basti karma, Pichu Dharan, Malhar* are described for the local management. *Basti* is prepared in *Ghrita* and *Milk* with help of various *Dravya’s* are used for this *karma*. These *Dravya’s* used in *Basti karma as it has Vata Pitta Shamak, Vrana Ropak, Vedana Shamak* properties as are follows:

**Review of Dravya’s**

1] **Manjishtha**
Latin Name-Rubia Cordifolia
Family-Rubiaceae  *Gun-Guru, Raksha*
*Ras-Tikta, Kashaya, Madhur, Vipak-Katu, Virya-Ushna.*  
*Karma-Shothahar, Vranaropan, Kushtghna, Raktprasadhan.*
Action-Due to its *Raktparasadhan, Vranaropan* properties

2] **Yasti Madhu**
Latin Name-Glycyrrhiza Glabra
Family-Leguminosae  *Gun-Guru, Snigdha.*  
*Ras-Madhur, Vipak-Madhur, Virya-Sheet*
*Karma-Dahashaman, Shonitshthapan, Vranaropan.*
Action-Due to its *Dahashaman and Vranaropan* properties.

3] **Dhatakipushpa**
Latin Name-Woodfordia Fruticosa.
Family-Lytheraceae  *Gun-Ruksha, Laghu.*  
*Ras-Kashaya, Vipak-Katu, Virya-Sheet.*
*Karma-Raktpasbhan, Vranaropan,*
Action-Due to its *Raktpasдобhan and Vranaropan* properties.

4] **Shwet Chandana**
Latin Name-Santalum Album
Family-Santalaceae  *Gun-Laghu, Ruksha.*  
*Ras-Tikta, Katu, Vipak-Katu, Virya-Sheet.*
*Karma-Dahashamak, Raktpittashamak*
Action-Due to its *Dahashamak and Raktpittashamak* properties.
2. Discussion

On the basis of location, pathology and clinical features, Gudparikartika can be correlated to fissure in ano. The detail description about Nidana, Samprapti, Lakshana, and Chikitsa is mentioned in Sushruta Samhita, Astang Hridaya, Kashyap Samhita.

The disease is common in all age group. Bad food habit, constipation, passage of hard stool is main causes of tear in lower part of anal canal.

The disease Parikartika occurs due to Pitta and Vata Pradhanaya due to these etiological factors vitiated Doshas get accumulated in the Guda region. Vata and Pitta Doshas are mainly involved in Parikartika.

In the treatment of Parikartika if the patient having Aama, then Langhan Pachan is indicated in which, hot and light food should be prescribed, if the patient is weak and his body is Raksha then Madhura, Snigdha and Brihiya food should be recommended. Different types of Basti Karmas, Pichudharan, Malhar are used for local management. Basti is prepared in Ghrita and Milk with help of various drugs like Manjistha, Madhuk, Dhataki Pushpa, Shvetchandan. In tear and cutting pain of lower anal canal Ropaniya, Vedana Shamak Dravya’s are used in the form of Manjisthadi Ghrita Basti, Pichudharan Malhar.

These Dravyasare Madhur, Tikta and Kashay Rasatmak and help the Vedna Shamak, Rakshthbhan, Vrana Ropana.

3. Conclusion

Improper dietary regimen and stressful life are found to have influenced the high incidence observed today. Bad food habit, constipation, passage of hard stool the prime cause of tear in lower anal canal which results in cutting and burning pain during and after defaecation, the cardinal feature of fissure in ano. Ayurvedic preparation are all effective most of acute cases get cured by Ayurvedic management like Pichudharan, Manjisthadi Ghrita Basti, various Malhar. Therefore, before prescribing the drastic [Teeksha] purgatives for Sansodhan Chikitsa or during the treatment of Parikartika, the condition of Sama Nirama, Parikartika should be examined properly and Sneha Basti, Pichudharan given.

Manjistha, Dhataki Pushpa, Yastimadhu and Shwetchanadi Dravya’s are Tikta, Madhur and Kashay Rasatmak and used in the form of ghritamatra-basti, Pichudharan, Malhar in the management of Parikartika due to its Vedanashamaka, Rakshshapan, Dahashmak and Vrana Ropana properties.

References

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