

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

Dr. Shriram Bhang<sup>1</sup>, Dr. Shushilkumar Wairagade<sup>2</sup>, Dr. Nita Kedar<sup>3</sup>

<sup>1</sup>PG Scholar, Shalyatantra Department, Government Ayurved College and Hospital, Nagpur, Maharashtra, India

<sup>2</sup>Guide and Assistant Professor, Shalyatantra Department, Government Ayurved College and Hospital, Nagpur, Maharashtra, India

<sup>3</sup>HOD and Professor, Shalyatantra Department, Government Ayurved College and Hospital, Nagpur, Maharashtra, India

**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. Parikartikais 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 Atiyog along with complication of some diseases like Arsh, Grahani, Atisar. Many herbal drugs are used in the management of Parikartika effectively. Manjishta, Yastimadhu, Dhataki Pushpa, Shwetchandan Dravya's is mentioned in Sandhaniya Mahakashaya by Acharya Charaka and in Priyangu and Ambstadi Gan by Acharya Sushruta. As a Vrana Ropan, taking this into consideration pain and healing can be achieved by using Basti, Pichudharan. Manjishtadi Dravya's is indicated as Sandhaniya Dravya by Charaka and Vrana Ropana Dravya by Sushruta.

**Keywords:** VranaRopan, Manjishtadi Dravys, Local management, Parikartika.

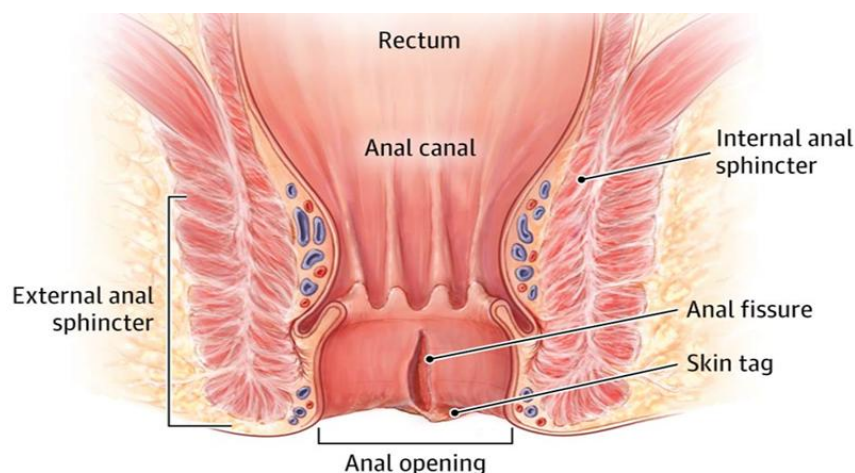
## 1. Introduction

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 Acharya Sushruta described 60 different solutions in Sushruta Samhita termed as Shashtiupkrama. Basti, Pichudharan is one of the treatments of Vrana from Shashtiupkrama.

Many herbal drugs are being used for treating the cases of fissure in ano effectively. Manjishta, Yastimadhu, Dhataki Pushpa and Shwetchandan Dravyas are mentioned in Sandhaniya Mahakashaya by Charaka and in Priyangu and Ambastadi Gan by Sushruta As a Vrana Ropan. These are indicated as Sandhaniya 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.

Volume 12 Issue 12, December 2023

[www.ijsr.net](http://www.ijsr.net)

Licensed Under Creative Commons Attribution CC BY

- 2) To treat abdominal disorders due to which *Doshas* are mostly vitiated to many complications.

### Diet management

In *Saama* condition, *Deepan*, *Pachan*, *Langhan*, *Ruksha*, *Laghu*, *Ushna* diet, *KoshnaJal*.

### Local Management

Different types of *Basti karma*, *Pichu Dharan*, *Malhar* are described for the local management. *Basti* is prepared in *Ghrta* 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 are as follows:

### Review of Dravya's

#### 1] *Manjishtha*

Latin Name-*Rubia Cordifolia*

Family-*Rubiaceae* *Gun-Guru*, *Ruksha*

*Ras-Tikta*, *Kashaya*, *Madhur*, *Vipak-Katu*, *Virya-Ushna*.

*Karma-Shothahar*, *Vranaropan*, *Kushtghna*, *Raktprasadhan*.

Action-Due to its *Raktprasadhan*, *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] *Dhatakpushpa*

Latin Name-*Woodfordia Fruticosa*.

Family-*Lytheraceae*. *Gun-Ruksha*, *Laghu*.

*Ras-Kashaya*, *Vipak-Katu*, *Virya-Sheet*.

*Karma-Raktstambhan*, *Vranaropan*.

Action-Due to its *Raktstambhan* and *Vranaropan* properties.

#### 4] *Shwetchandan*

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.



Yasti Madhu



Manjishtha



Shwet Chandan



Manjishtha



Dhataki Pushpa

## 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 Pradhanya* 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, and if the patient is weak and his body is *Ruksha* then *Madhura*, *Snigdha* and *Brihaniya* 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 *Manjishtha*, *Madhuk*, *Dhataki Pushpa*, *Shwetchandan*. In tear and cutting pain of lower anal canal *Ropaniya*, *Vedana Shamak Dravya's* are used in the form of *Manjishthadi Ghrita Basti*, *Pichudharan Malhar*.

These *Dravyasare Madhur*, *Tikta* and *Kashay Rasatmak* and help the *Vedna Shamak*, *Raktsthamban*, *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*, *Manjishthadi Ghrita Basti*, various *Malhar*. Therefore, before prescribing the drastic [*Teekshna*] 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.

*Manjishtha*, *Dhataki Pushpa*, *Yastimadhu* and *Shwetchanadi Dravya's* are *Tikta*, *Madhur* and *Kashay Rasatmak* and used in the form of *ghritamatrabasti*, *Pichudharan*, *Malhar* in the management of *Parikartika* due to its *Vedanashamaka*, *Raktshthapan*, *Dahashamak* and *Vrana Ropan* properties.

## References

- [1] Shukla V. Charak Samhita Vol 2, Siddhistan chapter 6/63, 64, 65, 67 Editor Varanasi Choukhamba Surbharti Publication pg. no.926, 927 [2019]
- [2] Shukla V. Charak Samhita Vol.2 Siddhistan chapter 7/35, 36 Editor Varanasi Choukhamba Surbharti Publication pg. no.936 [2019]

- [3] Shastri A. Shushrut Samhita vol.1, Sutrasthan chapter 21/40 Editor Varanasi Choukhamba Publication pg. no.122 [2017].
- [4] Shastri A. Shushrut Samhita vol.2, Chikitsasthan chapter 01/08 Editor Varanasi Choukhamba Publication pg. no.109 [2015].
- [5] Shukla V. Charak Samhita vol.1, Sutrasthan chapter 4/5 Editor Varanasi Choukhamba Publication pg. no.72 [2019].
- [6] Shastri A Sushrut Samhita Sutra 38/45, 46, 47 pg. no.186 [2017].
- [7] Shastri A Sushrut Samhita Sutra 38/47 pg. no.187 [2017].
- [8] Shastri A Sushrut Samhita Chikitsasthan 34/16 Editor Varanasi Choukhamba Surbharti Publication pg.187 [2017].
- [9] Tiwari P. V. Kashyap Samhita Khilasthan chapter no.10 Editor Choukhamba Bharti Academy
- [10] Manipal Manual of Surgery fourth edition Fissure in ano pg. no.802, 803 [2018].