



Efficacy of *kasisadi ghrita* in *parikartika*

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ABSTRACT:

In the era of fast food, there is change or irregularity in diet and diet timings and also sedentary life style. All these causes disturb in digestive system which results into many diseases amongst them ano-rectal disorder constitutes an important group. *Parikartika* (fissure in Ano) is very common and painful condition with many contributory factors According to *Ayurvedic* literature. There are several methods of treatment i.e. *Bhaisaja – Kshiara – Shashtra Karma* etc. Among them *Bhaisaja Karma* – medicinal treatment is the first line of treatment. In the present study, an effort is made to derive a standard and easily accessible treatment for fissure-in-ano from classical resources. *Kasisadi Ghrita* is having ingredients with *Vraṇa Shodhana* and *Ropaṇa*.

INTRODUCTION:

In the era of fast food, there is change or irregularity in diet and diet timings and also sedentary life style. In addition to change in diet and life style, one is always under tremendous mental stress. All these causes disturb in digestive system which results into many diseases amongst them ano-rectal disorder constitute an important group.

Parikartika (fissure in Ano) is very common and painful condition. The factors responsible for causation of *Parikartika* are found in various texts as *Vamana –*

Virecana Vyapada, Basti Karma Vyapada and Upadrava of Atisara, Grahaṇi, Arsa, Udavarta etc.

The other contributory factors which are primary like constipation, spasm of internal sphincter, surgical catastrophe during operation for hemorrhoids followed by anal stenosis which may ultimately result into fissure in ano. Similarly secondary causes like ulcerative colitis, Crohn's disease, syphilis and tuberculosis have also been held responsible for the formation of the disease fissure-in-ano.

In the modern science, fissure-in-ano has been classified into two viz. acute and chronic. In both condition pain and bleeding are two main symptoms.

On the basis of symptoms, the disease fissure-in ano can be these procedures like recurrence; incontinence and pruritus are even more agonizing than the actual pathology.

According to *Ayurvedic* literature, there are several methods of treatment i.e. *Bhaiṣaja – Ksara – Śhastra Karma* etc. Among them *Bhaiṣaja Karma* – medicinal treatment is the first line of treatment.

Nowadays, various topical remedies are available for local application for wound healing in the market including for fissure-in ano. In the present study, an effort is made to derive a standard and easily accessible treatment for fissure-in-ano from classical resources. *Kasisadi Ghṛita* is having ingredients with *Vraṇa Śodhana* and *Ropaṇa* Properties which can help the *Vraṇa* (wound) to heal rapidly (Su. Su.36/16). Its base is *Ghṛita* which itself is having *Samskara Anuvarti* and healing properties. *Kasisadi Ghṛita* is economic by virtue of less number of easily available ingredients and a time tested classical formulation. Hence, it was selected for the clinical evaluation in the compared to the disease *Parikartika* described in *Ayurveda*. *Acharya Susruta* has described the term '*Parikartika*' as a condition of *Guda* (anus) where cutting and burning pain is there.

The treatment of fissure in Ano depends on type of disease. In acute fissure-in-ano treatment is painkiller, stool softener and soothing ointment. In chronic fissure treatment is anal dilatation, sphincterotomy, fissurectomy are in vague but the complication of present study.

AIMS AND OBJECTIVE

To assess the efficacy of *Kasisadi Ghrita* in the management of Fissure-in-ano.

MATERIAL AND METHOD

- **Patients : Source of the data :** study is carried out in “IPD of *Shalyatantra* , Y.M.T. Ayurvedic Medical College and Hospital , Kharghar , Navi Mumbai
- **Drugs :** The drugs were prepared by the pharmacy of Y.M.T. Ayurvedic Medical College And Hospital , Kharghar , Navi Mumbai
- **Type of study:** single case study
- **Research Proforma :** A detailed proforma was prepared for the study incorporating all the relevant point from both the *Ayurvedic* as well as modern point of view.

CASE REPORT:

Patient name: Mrs. P S

Age: 32 ,Sex: female

Complaints: Burning Pain at anal region during and after defaecation

Per rectal bleeding during defaecation since 3-4 days.

Mild itching at anal region

No H/O – DM / HTN/ KOCH’S / Bronchical Asthama

No H/O – Any drug allergy.

P/M/H – NIL

P/S/H- NIL

O/E – G.C- fair

T- Afebrile

Wt - 56 Kg

P- 80/ MIN

B.P.- 120/ 80 mm of hg.

S/E- RS- AEBE Clear

CVS- S1 ,S2- normal

CNS- conscious and oriented.

P/A- Soft and non tender.

P/H- Bowel – irregular bowel habit

Bladder –normal habit

Sleep – normal

Appetite - normal.

Addiction :- no any specific addiction

P/R- fissure at 6 O'clock.

Mild spasm

Tenderness present

No discharge

No fresh bleeding

INVESTIGATIONS: HIV and HbsAg

METHOD:

Treatment planned as follows:

The patient was given *Kasisadi Ghrita* in the dose of 10 ml intrarectally once a day for 28 days.

CRITERIA FOR ASSESSMENT

Local Symptoms :

1. *Gudadaha* (burning pain) :

0 - No *Gudadaha*.

1 -Patients complains of *Daha* only during interrogation.

2 -Patients complains of *Daha* during and after defaecation which is relieved after some time without medicine.

3- Patient complains of *daha* during and after *defeacation* for some hours and relieved only with some medicine.

4 -Patient complains of *daha* that is sour all through the day hampering his normal routine work.

2. *Guda Pida* (cutting pain) :

0 - No pain.

1 -Patients complain only when interrogated and pain is relieved after defecation immediately on its own.

2- Patients complain of pain during after defecation for few hours but pain is relieved without medicine and not hampers normal routine.

3- Patient complains of executing pain during and after defecation for few hours, but pain is relieved only with some medicine and not hampers normal routine.

4- Patient struggles due to pain all the daylong and his normal routine is hampered and he had drastic medicine for same.

3. *Raktasrava* (bleeding) :

0 -No bleeding

1 -Bleeding along with defecation streak wise only over the stool
/noticed on fissure rarely

2 -Drop wise bleeding during after defecation 0-10 drops
occasionally.

3 -Drop wise bleeding during and after defecation 10-20 drops
stopped.

4- Profuse bleeding drop wise or stream wise amounting more than
20 drops in each defecation

4. *Kandu* (itching) :

0- No *Kandu*.

1- Patients complains only when asked.

2 -Once or twice in a day relieved with seitzbath.

3 -Patients complains of itching sensation many often in a day and discomfort.

4 -Severe and constant itching sensation all the day long.

5. Tenderness :

0 -No tenderness

1 -Pain on deep palpation

2 -Pain tenderness on light pressure.

3 -Pain on touch

4 -Patient does not allow palpation due to pain even on touching of under clothes and difficulty in sitting.

FOLLOW UP STUDY

After the completion of therapy the patients were asked to come weekly for one month for checkup. It was to be noted whether the relief provided by therapy was permanent or there was any recurrence.

PROBABLE MODE OF ACTION OF KASISADI GHṚITA

The important factors which keep a fissure-in-ano away from normal healing are constant contamination of the wound by faeces and frequent friction with the mucosa while there is continuous spasm of the sphincteric muscles. In such situation, a drug which produces a soothing effect; *Vraṇa Sodhana*, *Vraṇa Ropaṇa*, *Vedana Shapana* and *Vata-pittahara* action, is more suitable. Here *Kasisadi Ghṛita* has been selected for the present study due to having the same properties and good soothing effect. *Vata-pittahara* property may be due to its *Ghṛita* base and it probably removes the accumulated secretions in the fissure bed, promotes healing and reduces secondary infection too. It may be due to its *Vraṇa Sodhana*, *Vraṇa Ropaṇa*, *Sothahara* and *Vedanasthapana* properties.

EFFECT OF THERAPY:

Effect of therapy on cardinal symptoms in the patient of *Parikartika* (Fissure in ano) :

- **Effect on Guda Daha :** Before starting the treatment, mean gradation of *Guda Daha* 3 was reduced to 1.
- **Effect on Guda Pida :** It was reported that initial mean of *Guda Pida* was 4 and after treatment it reduced to 0.
- **Effect on Rakta Srava :** score was 2, which reduced to 0 after the treatment.
- **Effect on Kandu :** It was found that the mean score of *Knandu* before the treatment was 3 and after the completion of the course, it decreased to 0.
- **Effect on Tenderness :** In present study, it was found that the mean gradation of swelling before treatment was 3 which decreased to 0 after the treatment .

DISCUSSION:

Ano-rectal disorders are progressively increasing in society. Few important causes are sedentary life style, irregular and inappropriate diet, prolonged sitting and psychological disturbances like anxiety and depression etc. Ano-rectal problems are coupled with psychological manifestations, as all the causes are interrelated to each other.

There is a proverb used by modern surgeons about this disease that

Nowadays, fissure-in-ano is a big challenge as recurrence rate is almost high. '*Parikartika*' is such a condition that has come up as an alarming problem in recent times. As described earlier, it is not described as any separate disease, but its existence is found as a complication of *Virecana*, *Basti* and also *Vamana Karma*. But the fact is that the occurrence of *Parikartika* is a sequel of *Atisara*, *Jwara*, *Pravahika* etc. AchArya *Kasyapa* has mentioned this disease as a complication of pregnancy in women which is very keen observation from the modern point of view and

also as is seen in everyday practice even today. In the present clinical research work there were significant relief from the symptoms of *parikartika* with the *kasisadi ghrita*.

CONCLUSION:

On the basis of Āyurvedic texts, views of ancient scholars, facts and observations done in the present clinical research work some points can be concluded like –

- The site of *Parikartika* is *Guda*, which is similar to the site of fissure-in-ano.
- Vāta and Pitta Doṣa have dominancy in the development of the disease *Parikartika*, but *Vata* is predominant.
- The most evident symptom present i.e. pain and spasm of anal sphincters in fissure-in-ano can be relieved much earlier by the application of *Kasisadi Ghrita*.
- In the cases of *Rakta Srava*, the application of *Kasisadi Ghrita* showed effective results and good control after 3 – 4 days.
- In the follow up study, it was observed that the results achieved in are effective and stable during follow up period too.
- The use of *Kasisadi Ghrita* 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 application of *Kasisadi Ghrita* is effective in the management of fissure-in-ano (*Parikartika*).

*PG Scholar, (*Shalya-Tantra Kshar Karma Avum Anushastra Karma*)

**Guide, (*Shalya-Tantra*)

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