

**PARIKARTIKA: CASE STUDY****Amol Ashok Dipke**

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**ABSTRACT**

In the winter season, peoples are more likely to be healthy but they usually suffer from constipation with ano-rectal diseases. most common vary from unhealthy diet regimens to hectic lifestyles. It is common in working individuals as heavy work, sedentary work. Longitudinal tear in the lower end of the anal canal results in fissure-in- ano. It is most the painful condition affecting the anal region. Various factors which contribute to the development of fissures are hard feces, surgical procedures, diseases like Crohn's disease, ulcerative colitis, enthusiastic usage of ointments and habit of laxatives, sphincter hypertonia, spicy diets, etc. Constipation results in hard stool passage which is painful and results in a fissure. In some cases, a fissure may be associated with a small perianal abscess resulting in worsening pain. Clinical features include pain during and after defecation, burning in nature, lasting for half to one hour because of which defecation is postponed. Stools are hard, pellet-like and there is a drop of blood or streak of fresh blood. Acute and chronic are two types of fissures. In Ayurvedic samhitas, Parikartika (fissure in Ano) resembles fissure-in-ano having cut and burning pain at Guda (Anus). The factors responsible for Parikartika are found as Basti-Virechana Vyapad (Complication of the Basti and Virechana procedures), Arsha (piles), Atisara, Grahani, etc. The objective of this short case study was to demonstrate the effectiveness of Ayurvedic medicines so as to treat the disease. The patient had a working sedentary lifestyle which had been treated earlier, but it had re-occurred. With the help of Ayurvedic medicines, parikartika had been cured completely.

Keywords: Guda, Parikartika, Malavashtambha, , Kartanvata vedana, Basti Netra, Fissure in Ano.

INTRODUCTION

The vyadhi Parikartika has been described in Charaksamhita Siddhisthana chapter seven in Niruhastivypada¹. Sushrut samhita has also described the disease². It has also been described in the complications of Garbhini (pregnant lady) in the Kashyapa samhita, Khilasthana³.

Case-

Patient Name-XYZ

Age-33yrs

Occupation- Office work

Diet- Mixed.

Table 1: Rugna Parikshana (Patient Examination)

S. No	Parikshana (Examination)	Findings
1	Nadi (pulse)	prakrut, kaphapittanubandhi, 78/min
2	Jivha (tongue)	Niram (not coated)
3	Kshudha (hunger)	prakrut (normal)
4	Trushna (thirst)	prakrut (normal)
5	Nidra (sleep)	prakrut (normal)
6	Mutra (urine)	prakrut (normal)
7	Mala (stool)	2-3 times morning, every alternate day, with pain and itching at the anus and stool passage with blood streak sometimes.
8	Udar parikshana (per abdomen examination)	Prakrut (no abnormality found)
9	Sthanik parikshana (local examination)	Redness and itching at the anal region with a few tiny cracks at the anus.

Past History

The patient had suffered from the fissure problem last year winter also. The problem was resolved after the winter by taking medications.

Hetu (causes)

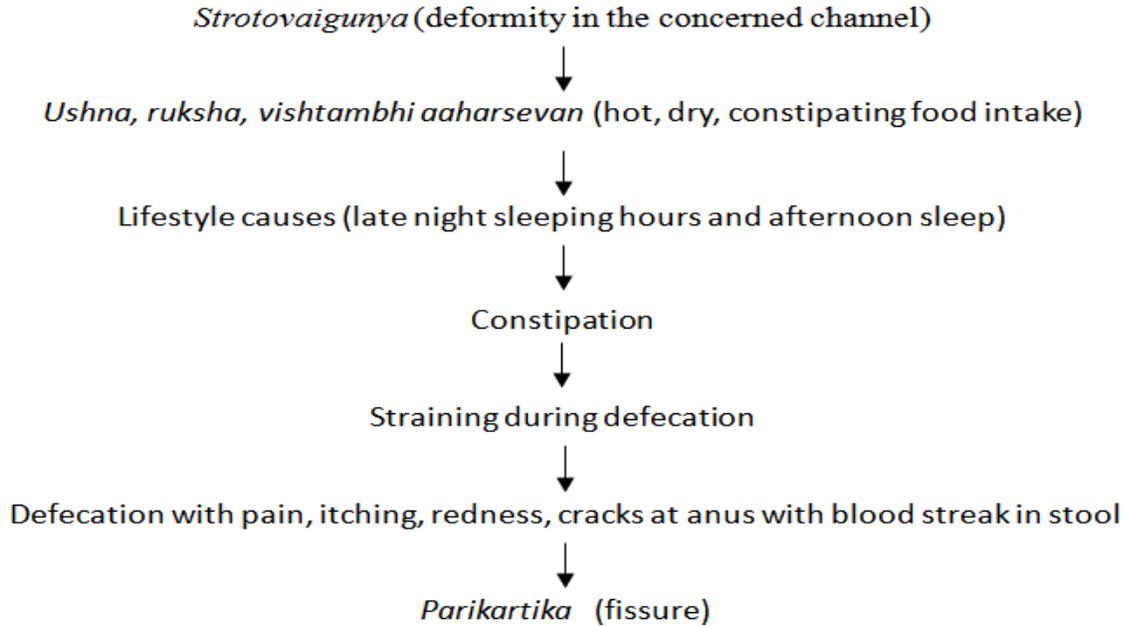
Excessive and frequent intake of virudhakas¹ (sprouts-like moth beans, kidney beans, chickpeas, etc.) 4-5 times a week. Low intake of liquids (drav Ahaar). Dislike ghee and fruits. Frequent outings and consumption of Chinese, spicy food. food, paybhaji, junk food, and bakery products-2-3 times in 15 days.

During fasting, frequent and heavy intake of vāri (samo rice), sabudana (sago), curd, etc. Divaswap (sleep during the afternoon). Jagarana (late night sleeping hours).

Symptoms

The patient used to strain during defecation. Due to constipation, He had the tendency to defecation in 2-3 times in the morning. Painful defecation with itching at the anus and passing the stool with blood streaks sometimes were the main symptoms.

Samprapti-



The above-mentioned causes of food led to severe constipation like low intake of liquids, excessively spicy food intake, sago, samo rice and curd combination, and frequent Chinese food. The other lifestyle causes like late night sleeping hours (jagarana) and sleep in the afternoon (diwaswapna) increase the vitiation and imbalance of the pitta and kapha doshas, which ultimately lead to Malavastambha (constipation) and then to Parikartika (fissure). These were caused by the favorable condition of the past history of the same problem, in which there was already the weakness of the purishavaha strotas (Strotovaigunya). treatment is given according to its Vataj, pittaja, and kaphaj types³.

Main cause of Parikartika is ruksha guna, due to vataprakopa and malavarodha (constipation).

The formation (utpatti) of the guda (anal canal) during intrauterine life is from the essence of the rakta (blood), kapha, pitta, and vayu².

Review of Literature

In Charak samhita, sprouts have been described as the constipating cause in Sutrasthana¹.

In Charak samhita Siddhisthana (chapter7/5), the disease Parikartika has been mentioned, as the niruha basti vyapada¹.

Tikshna basti given in excess quantity to the person having mrudu koshta and alpa dosha results in Parikartika. The main symptoms are Kartanvata vedana at the anus during and after defecation. The patient postpones defecation which results in constipation again. It becomes a vicious cycle. Bleeding through the stool may be present in the form of a streak of blood in the stool.

In Kashyap samhita Khila sthana, it is mentioned as the garbhini upadrava (pregnancy-related complication) and

treatment is given according to its Vataj, pittaja, and kaphaj types³. The main cause of Parikartika is ruksha guna, due to vataprakopa and malavarodhaka (constipation). The formation (utpatti) of the guda (anal canal) during intrauterine life is from the essence of the rakta (blood), kapha, pitta, and vayu². According to modern science, it consists of a longitudinal tear (crack) at the anus, i.e., a fissure in the ano. The patient shows symptoms like pain during and after defecation, constipation, redness, itching at the anus, hard stool, and stool with a streak of fresh blood.

Chikitsa (Treatment) - Nidanaparivarjana (remove the cause): - The patient was asked to stop the food-related and lifestyle-related causes mentioned earlier. Aragvadhakapila vati: - At Apankali, i.e., before

meals 2 times. As Aragvadhā and Kapilā are smooth laxatives, they relieve constipation. Abhayarishṭa-Atapankal, i.e., before meals. Abhaya (*Terminalia chebula*) is a laxative and other ingredients in the decoction help to correct constipation. Eranda tailam (Castor Oil): - It is vata nashaka and laxative to be used in the making of dough while making roti daily. Yashtimadhu Tailam-To is Applied at the anus region locally, as Yashtimadhu is madhur, madhur, sheet in properties so works as vaatnashak, jivaniya, Vranaropak in nature Tail (oil) is lubrication, and vaatnashak. It reduces pain and cracks in the anus.

The patient was advised to increase the intake of liquids like water and buttermilk (good for anal diseases), homemade butter, and ghee to reduce constipation.

RESULTS

In the present study, the weekly assessment was done to find out the symptoms like pain during defecation, constipation tendency, etc. The patient started getting relief from pain and constipation within 7-8 days. Medicines were asked to continue for 1-2 months. The patient was advised to continue with black raisin decoction for a period of 3-4 months.

DISCUSSION

It can be said that young middle-aged patients are more sufferers because they use to eat spicy and junk food and have an unhealthy lifestyle. In this case past history of Parikartika (Fissure in Ano) during pregnancy was the root cause along with the above-mentioned factors. The removal of these causes along with proper Ayurvedic treatment and consulta-

tion regarding diet and lifestyle has given excellent results.

CONCLUSION

Changes in lifestyle and food help a lot along with medicines for anorectal diseases. Ayurveda has miraculous results in these kinds of diseases.

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