



## EVALUATION OF YASHTIMADHU GHRITA PICHU EFFICACY IN THE TREATMENT OF ACUTE FISSURE IN ANO: A CASE STUDY

Shital Dinkarrao Londhe<sup>1</sup>, Supriya Mali Revade<sup>2</sup>

1. MS( Shalya), Ph.D. scholar, Consultant, New Life Ayurvedic Hospital, Koregaon Bhima.
2. MD (Dravyaguna) Deputy superintendent, new life ayurvedic Hospital Koregaon Bhima

Corresponding Author: [drsheelallondhe85@gmail.com](mailto:drsheelallondhe85@gmail.com)

<https://doi.org/10.46607/iamj3511022023>

(Published Online: February 2023)

### Open Access

© International Ayurvedic Medical Journal, India 2023

Article Received: 03/01/2023 - Peer Reviewed: 20/01/2023 - Accepted for Publication: 29/01/2023.



## ABSTRACT

Among anorectal disorders, *parikartika* is a frequent painful ailment that resembles a fissure-in-ano. The prevalence of numerous lifestyle disorders is continuously rising in the modern day as a result of changing lifestyle factors like sedentary job patterns, elevated stress levels, and poor nutritional and sleeping habits. There are currently numerous therapy options, however, not all of them are efficient. The purpose of the study was to assess *Yashtimadhu ghrita pichu's* effectiveness in treating acute ano fissures. For a fissure in the ano, modern medical science has provided numerous surgical methods including anal dilatation, sphincterotomy, etc. A 37-year-old male patient with acute ano fissure underwent a clinical trial at our hospital, and the results showed a considerable improvement in ano fissure symptoms. *Sharangdhar madhyamkhand* was followed in the preparation of *Yashtimadhu ghrita*. Up to 15 days of treatment were given through the *pichu* in the anal canal. The patients received relief from pain, pruritus, discharge, discomfort, ulcer condition, and constipation at the end of the 15-day treatment period, according to an analysis of the results conducted both before and after the procedure. The affordable and efficient treatment for an acute ano fissure is *yashtimadhu ghrita pichu*.

**Keywords:** *Yashtimadhu*, Fissure in ano, *pichu*.

## INTRODUCTION

The most distressing type of pain is that from the anus, which is brought on by a fissure in the ano. Anal fissures are more frequently found in the posterior midline, however, 10% to 20% of women and 1% to 10% of men have them there as well [1]. *Arsha* and the fissure in the ano are associated with haemorrhoids and *Parikartika*, respectively. from the symptoms and indicators. *Arsha* and *Parikartika* are *Chhedya Vyadhi*, according to *Acharya Sushruta*. For these disorders, modern medical research has provided numerous surgical techniques such as open and closed hemorrhoidectomy, anal dilatation, sphincterotomy, etc. These surgical procedures come with inevitable post-operative symptoms like pain, discharge, and inflammation, among others.[2].*Ayurvedic* writings In the *Charak Samhita*, *Parikartika* is listed as a side effect of therapeutic enema (*Bastivypad*), in pregnancy (*Garbhini vyapad*), and as a symptom of diarrhoea (*Vataja atisara*) in the *Vagbhat*. In the lower anal canal, it is a longitudinal ulcer. The signs and symptoms of an ano fissure include pain, a burning sensation, and blood while urinating.

The use of local anaesthetics, anal dilation, fissurectomy, and sphincterotomy are typically used, and laxatives are recommended to make sure the motion is gentle. However, these therapeutic methods have their own drawbacks and complications, such as post-operative anal stenosis and incontinence. I, therefore, decided to pursue the current study in order to handle an acute fissure in ano more effectively than the current line of treatment, etc.

#### AIMS AND OBJECTIVES

to evaluate *Yashtimadhu ghrita pichu's* effectiveness in treating acute fissures in ano.

- 1) Researching the efficacy of medical care for surgical conditions
- 2) To investigate whether *Yashtimadhu ghrita pichu* in an acute fissure in ano can prevent surgery.

#### Need of Study-

In this case, *Ayurveda* offers a therapy option indicated by *Acharya Sushruta* as a glimmer of hope. He claims that some conditions, such as *Arsha* and *Parikartika*, are *Chhedya*, or surgically treatable, and he has suggested *Yashtimadhu Ghrita* in *Shastranipataja Vedana*. Hence Installing medicinal ghee containing glycyrrhiza glabra (*Yashtimadhu Ghrita*) through the anus can enable the modified release of trial medicine at this level. Ghee was applied to the wound after being boiled in *Yashtimadhu* [3]. The wealth of information found in the scriptures of *Ayurveda* needs to be verified by scientific studies and clinical studies. Therefore, this study was chosen with the aim of validating *Yashtimadhu Ghrita* Instillation through the anus as "*Gudapichu*" while also taking into account all conceptual and practical aspects of the most common ano-rectal disorders, post-operative pain stigma, and restrictions and disadvantages of required analgesic use.

#### MATERIALS AND METHODS

According to *Sharangadhar Samhita Madhyamkhand 9/1*, *Yashtimadhu ghrita* was prepared in our college's Department of *Rasshatra*.

The study's 37-year-old male patient also received 250 mg of *Arogyavardhini vati* twice daily. *Yashtimadhu ghrita pichu* was given up until the fifteenth day using a medicated cotton ball sacked with the herb. The patient was checked every third day using the following parameters after receiving a dose of up to 10 ml, which was put into the anal canal.

Table no.: 1, Parameters

1	<b>Pain</b>
2	<b>Pruritus</b>
3	<b>Discharge</b>
4	<b>Tenderness</b>
5	<b>Constipation</b>

After the completion of 15 days of treatment, the following observations were noted.

1. Pain was relieved by the patient.
2. Patient experienced relief from pruritus.

3. No evidence of any Discharge
4. Tenderness relieved.
5. Mild Constipation,

*Parikartika* has been characterised as a *Vata-Pitta* dominating disorder by *Acharya Sushrut*. One of the greatest treatments for *Pitta* is *Yashtimadhu*. *Vranropak* and *Anuloman* are there. The finest treatment for *vata* is *Goghrita*. *Arogyavardhini* was included in this study since it is *Agnideepan* and *Agnidushti* is the main cause of *Parikartika*.

## DISCUSSION

*Yashtimadhu* is the owner of the properties *Madhura Rasa*, *Madhur Vipaka*, *Sheet Virya*, and *Vata Pit-tashamak* [4]. Additionally, *Yashtimadhu* has property in *Vranaropana* and *Vrana Shodhana* [5]. *Be Ghrita* has a calming effect, forms a thin film layer over them, and then permits early skin epithelization. The therapeutic, anti-ulcerogenic, anti-inflammatory, and skin regeneration properties of *Yashtimadhu* have been demonstrated [6]. Sodium Glycyrrhizate has anti-ulcer properties and promoted skin regeneration [7]. Asparagine is a type of amino acid that acts as an analgesic (a natural painkiller) and an anti-inflammatory agent. Glycyrrhizine is a saponin that is frequently used as an anti-inflammatory agent. According to certain reports, the *Vednashamak* effect of *Yashtimadhu Ghrit Local Application* without Using also causes a reduction in pain. Along with reducing pain, it also serves as *Vatahara*, *Pitta Shamak*, *Ropaka*, *Dahashamak*, and *Stambhak* in *Vrana*. [8].

## CONCLUSION

The cost-efficient and successful treatment for fissures in ano is *pichu* with *Yashtimadhu ghrita*. [9] The average time it took for Fissure in ano symptoms to go away was 12 days, which is shorter than the time needed for surgery and post-operative care. The *pichu* can be given at home by family members or the patient themselves, cutting down on time, money, and treatment resistance. With *Yashtimadhu ghrita* in an acute fissure in ano, surgery can be avoided.

## REFERENCES

1. Steele SR et al. Systematic review: the treatment of anal fissure, Alimentary pharmacology, and therapeutics, 2006: (24): 246-257.
2. Narinder Rawal et al, post-operative pain management after Haemorrhoidectomy, IASP (The International Association for the Study of Pain), 2013: 11(1): 1-5.
3. Dr. Anantram Sharma, *Sushruta Samhita Sutrasthan*; chap5/42, Choukhamba surbharati prakashan, Varanasi, 2017, 1-44.
4. Priyavat Sharma, *Sushruta Samhita. Sutrasthan 5/42 Choukhamba* orientalia in publishers, Varanasi, 1993: 2:46.
5. Dr. Dwivedi Amarprakash et al., A clinical study to evaluate the antiseptic and bactericidal effect of *Yashtimadhu Ghrita* in non-infected surgical wounds, IJAAR, 2015, 2(3).
6. Jigna Rati Lal Patel et al. A comparative clinical study of *Yashtimadhu Ghrita* and lignocaine-nifedipine ointment in the management of *Parikartika* (acute fissure-in-ano), Department of *Shalya Tantra*, IPGT & RA, Gujarat Ayurved University, Jamnagar, Gujarat, India, AYU, 2017: 38(1-2): 46-51.
7. Dr. Ravindra Bhati. Role of *yashtimadhu ghrita Pratisarana* in management of oral cancer, WJPR, 2020: 9(3) 352-360.
8. Waghmare Dinesh. A Comparative Study of Effect of *Yashtimadhu Ghrita* and *Tikdadi Ghrita* Locally in the Management of Post-Operative Fistulectomy Wound, IJAHM, 2016: 6(5)2359-2365.
9. Dakhole PP. Management of fissure in ano (*Parikartika*) by *Yashtimadhu Ghrita* and *Awagah swedan*. Int J Appl Ayurved Res. 2015;2:98-104. [Google Scholar]

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Shital Dinkarrao Londhe and Supriya Mali Revade: Evaluation of Yashtimadhu Ghrita Pichu Efficacy in the Treatment of Acute Fissure in Ano: A Case Study. International Ayurvedic Medical Journal {online} 2023 {cited February 2023} Available from: [http://www.iamj.in/posts/images/upload/431\\_433.pdf](http://www.iamj.in/posts/images/upload/431_433.pdf)