

REVIEW OF FISSURE IN ANO WSR TO PARIKARTIKA-A BRIEF POSTULATION**Jay Chandragupta Makadia^{1*} and R. C. Yakkundi²**¹PG (Sch.), ²Professor & Head

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A disorder known as parikartika causes the patient to feel as though scissors are being used to cut around the Guda (Anus). Its origins are in the Sanskrit words "Parikṛ," which means "all around," and "Kartanam," which refers to severe pain from cutting around the anus. Because Guda is the actual location of Vata, particularly Apana Vayu, Vata is the dominant or primary dosha in Parikartika. A painful linear ulcer in the lower third of the anal canal's long axis is known as a fissure-in-ano. An anal fissure is a clinical manifestation of superficial ulceration of the squamous mucosa of the lower half of the anal canal. This type of ulcer is linear and typically seen in the posterior commissure of the anal canal.

KEYWORDS: Anal Fissure, Parikartika, Fissure in Ano, Anal Pain.**INTRODUCTION**

The science of life, or Ayurveda, is a complete system of health that has been developed by constant additions and is founded on experience knowledge. Nature and our way of life are evolving, and this has a significant impact on our health. Anal fissures have also appeared in the same circumstances as other ano-rectal disorders were previously mentioned. It now has a distinct illness entity.^[1] In Ayurvedic terms, the equivalent term for anal fissure is Parikartika. Kartanwat and Chhedandvat shool in Guda are two of Parikartika's most notable features. These days, a large proportion of patients with rectal diseases suffer from constipation as a result of poor lifestyle choices. Ano fissure is caused by a longitudinal tear in the lower end of the anal canal. The anal region is the most painful part of the illness. Anal fissure, which accounts for 10 to 15% of anorectal disorders, affects approximately 30 to 40% of the

population. It is characterized by severe discomfort during and after feces, as well as drop-by-drop hemorrhage per anus with anal sphincter spasm.

Definition

Parikartikais derived from root 'Parikṛt' which denotes, to cut around. (Pari = all around, Kartanam = the act of cutting).

An anal fissure (Synonym: Fissure-in-ano) is a longitudinal split in the anoderm of the distal anal canal which extends from the anal verge proximally towards, but not beyond, the dentate line. So basically Parikartika is a sharp shooting pain, especially in the rectum.^[2] Whereas an anal Fissure is an elongated ulcer in the long axis of the anal canal.^[3]

Aetiology^[4]

In Parikartika, Vata is the dominant Dosha. The etiological factors of Parikartika can be divided in three types as per Aacharya Sushruta-

1. Nija Hetu (Endogenous factors)
2. Aagantuja Hetu (Exogenous factors)
3. Nidaanarthakaaree Roga (Complications of other diseases)

Nija hetu (Endogenous factors)

Since pain (Vedana) is the primary symptom of Parikartika, there is vitiation of the vata dosha. Therefore, under the Nidana of Parikartika, all things that cause the vitiation of Vata Dosha can be taken into consideration.

Aagantuja hetu (Exogenous factors)

The Guda trauma results in Parikartika. Parikartika is one of the iatrogenic problems that might arise from a Basti or Virechana procedure. It could occur as a result of dense, tough Basti Netra.

Nidaanaarthakaree roga (Complications due to procedures or other diseases)

1. Due to faulty procedure If Vamana and Virechana with Teekshna, Ushna and Pittaprakopaka medicine is given to the patients having Mridu Koshtha and Mandaagni then Pitta and Vata Prakopa leads to Parikartika, Atiyoga of Virechana.
2. If basti of Tikshna, Ushna & Lavan Dravya is given to the patient.
3. The Rough introduction of Basti Netra also causes ulcer in anus and related pain.
4. Basti Netra which is big in size and having rough surface also causes ulcer in anus.

5. Charaka has also mentioned Parikartika as complication of Vamana and Virechana. He has quoted that if strong medicine is given to atisnigdha and gurukosthee patient in Saamavastha or very thin, Mridu kosthee and weak patient, it causes Parikartika with severe pain in ano.
6. Sharangadhara has also mentioned 76 complications of Basti and Parikartika is one among them.

Parikartika due to other diseases^[5]

Vaataja Pakvaatisaara, Aadhmaana, Urdhva Vaayu, Urdhvavaata, Purvaroop of Arsha, Vaataja Arsha, Sahaja Arsha, Vaatika Grahane, Garbhaavastha.

Clinical features

1. Sharp cutting and burning pain in Guda.
2. Sort of cutting pain in penis, umbilical region and neck of urinary bladder.
3. Pain persists before and after defecation.

Samprapti^[6]

- a. Vata is the most common vitiated dosha. In particular, Dushya are Twak, Rakta, and Mamsa in Guda Pradesa. When the Vyana Vayu blocks the Apana Vayu's route, parikartika connected with udavarta is formed. Dusti of Purisavaha Srotas exists as a result of the etiological cause. The natural path of Apana Vata also vitiates Vayu when Purisha is impeded. Because of the pathophysiology, Vata develops Ruksha guna and exhibits a tendency to crack, when it localizes in Twak. As the illness worsens, vitiated Vayu localizes in Rakta, where ulcers begin to form. After that, it causes knotty swelling, tags and discomfort when it localizes in Mamsa.
- b. Agni impairment is also a major factor in the development of illness. Individuals with compromised Agni are more likely to experience Parikartika. Additionally due to Vamana-Virechan and Vasti Vyapada, or connected to another illness.
- c. Agantuja Nidana is the cause of the third type of Samprapti, in which the Doshas first locate in the Vrana and cause initial signs of wound formation. When the wounds are created concurrently, Dosha becomes vitiated, eventually leading to Parikartika.

Sadhyasadhyatva (Prognosis)^[7]

In Payu, Vrana is typically quickly curable. A Vrana may progress to the Yapyatwa stage and ultimately the Asadhyatwa stage if treatment is not received. Parikartika, which affects the Twak (Anal skin's) outermost layer, is quickly and simply treated. As a result, it qualifies for the Sukhasadhya group. It slows down the healing of wounds if it affects the deeper layers. Its association with Madhumeha, Kustha, Vishodusti, and Sosha will cause a delay in Vrana's healing. Parikartika is regarded as Yapyatwa if it is connected to Sanniruddha Guru.

Management

1. Treatment of Vibandha is very important. Generally, the goal of treatment is Samprapti Vighatana, or lessening the strength of Vyadhi Ghatakas. Purisavega Avaroadha causes vitiation of Vayu (Apana Vayu), which causes Vibandha and Parikartika. Thus, the cycle needs to be stopped.
2. The Mandagni is the most crucial element of Arsha, Atisara, Grahani, and Parakartika. Thus, it's essential to raise and keep the Agni in a balanced state.

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