

ROLE OF YASHTIMADHU GHRITA LOCAL APPLICATION IN A CASE OF PARIKARTIKA (FISSURE-IN-ANO) - A CASE STUDY

^{*1}Dr. Durbadal Majumdar, ²Dr. Subhalakshmi Maity and ³Dr. Dipanjan Jana

¹Assistant Professor, Dept. of Shalyatantra, Raghunath Ayurved Mahavidyalaya & Hospital, Contai, Purba Medinipur, West Bengal.

²Assistant Professor, Dept of Prasuti Tantra & Stree roga, Raghunath Ayurved Mahavidyalaya & Hospital, Contai, Purba Medinipur, West Bengal.

³Associate Professor, Dept of Panchakarma, Raghunath Ayurved Mahavidyalaya & Hospital, Contai, Purba Medinipur, West Bengal.

Article Received on
12 July 2021,

Revised on 1 Aug. 2021,
Accepted on 21 Aug. 2021,

DOI: 10.20959/wjpr202111-21525

*Corresponding Author

Dr. Durbadal Majumdar

Assistant Professor, Dept. of
Shalyatantra, Raghunath
Ayurved Mahavidyalaya &
Hospital, Contai, Purba
Medinipur, West Bengal.

ABSTRACT

Fissure- in -ano is one of the commonest ano-rectal disorders, it can be associated with *Parikartika* as it is characterized by cutting pain in anal region. The disease *Parikartika* is mentioned not as a separate disease entity but as a complication of different *Ayurvedic* procedures such as *Vaman*, *Virechana*, and *Basti Vyapad*, *Garbhini Vyapad* and complication of some diseases like *Arsh*, *Atisar*, *Grahani*. In *Ayurvedic samhitas*, *Parikartika* having cutting, burning pain at *Guda*. In Allopathic system, treatment of acute fissure-in-ano is analgesics, antibiotics, laxatives and ointment containing anesthetic agent, vasodilator and steroids for topical use according to severity of case, but it has definite side effects after delay use. In surgical techniques

like Lord's anal dilatation, Lateral Sphincterotomy, Fissurectomy are having due risk such as incontinence and abscess formation and Reactance etc. The patient had a history of *Parikartika* two year ago Which had been treated earlier, The objective of this short case study was to demonstrate the effectiveness of *Yastimadhu Ghrita* local application on *Parikartika* (Fissure-in-ano). Here need to establish *Ayurvedic* nonsurgical treatment modality which proves effective and complication free. *Yashtimadhu Ghrita* has good *Vrana Ropana Dahashamana*, *Vata Pitta Shaman* properties which can help the fissure in ano rapidly.

KEYWORDS: *Parikartika*, Fissure-in-Ano, *Garbhini vyapad*, *Guda*.

INTRODUCTION

Term “*PARIKARTIKA*” is available in different contexts Charak Samhita Siddhithana Virechan vyapad, Vasti Vyapad.^[1] *Sushrut samhita* has also described in *Vasti Vyapad*.^[2] *Acharya kashyap* also been described in the *Garbhini Vyadhi adhyaya* in the *Kashyapa Samhita, Khilasthana*.^[3] Modern era, peoples are addicted to late night sleep (*Ratri jagoran*), unhealthy junk food (*Ahitakor bhojana*) and mental stress due to aggravated *Vata_Pitta Dosha* leads to unsatisfactory hard-stool. Clinical features of Fissure- in -ano associated severe pain and fear when passing stool. while the pain may persist after a few minutes, it can recur farther defecation time and flatus. Fresh blood may be visible on the outside surface of the stool or on the toilet tissue and other common symptom is itching around the anus. This may worsen the tear in the anus. The severe pain occurs due to sphincter muscles spasms leads to difficulty to defecation. Longitudinal tear in lower end of anal canal result in Fissure in ano.^[4] *Parikartika* is characterized by *Kartanwat*.^[5] and *Chhedandvat* stool in *Guda*. According to modern various treatment are explain to treat Fissure in ano like analgesics, antibiotics, laxatives and ointment various techniques like lateral Sphincterotomy, Fissurectomy, Lods anal dilatation etc but having risk of incontinence.^[6] and Stricture formation, bleeding etc. In *Ayurveda Acharya* has described various treatments, *Yashtimadhu Ghrita* locally application is more effective and significant remedy for management of pain, bleeding, itching, and for healing of ulcer.

CASE REPORT

A male patient named XYZ and having 36 years of age and residing at Contai, Purba Medinipur, West Bengal came to Shalya Tanyra OPD of Raghunath Ayurved Mahavidyalaya & Hospital on 12/06/20.

Chief complain: The patient use to stain during defecation due to constipation, sharp, cutting or tearing painful defecation persists for one hour or more after defecation with burning or gnawing discomfort with pruritus ani and passing the stool with bright red streak.

Past History: The patient two years back suffered by same problem(Fissure in ano) in that time problem resolve by taking some medication.

Drug history

No history of regular medication.

Physical Examination

1. *Nadi* (pulse)-(Vata++, Pitta+), 79/min
2. *Mala* (stool)-once, every alternate day with bleeding and pain 3. *Mutra*(urine) – *Pakrut*(normal) 4. *Jeevha* (tongue) - *Ama*(coated) 5. *Nidra* (sleep)-*Prakrut*(normal) 6. *Trushna*(thirst)-*Prakrut* (normal), 7. *Udar prarikshana* (per abdomen examination) – *prakruta* (no abnormality found), 8. *Sthanik parikshana* (local examination)-Redness and itching at the peri anal region with cracks at the anus.

Investigations

Hb%-11.9 g/dl Red cell count - 5.9×10^{12} /cmm

Total leucocyte count - 6.2×10^9 /cmm Neutrophils - 70%

Lymphocyte - 26% Basophils - 1%

Eosinophils - 1% Monocytes - 2%

Fasting blood glucose - 89 mg/dl, HbsAg- Negative

HIV I & II -Non Reactive

On examination- Fissure is visible in midline

Per rectal examination- done (with lignocaine jelly application) and sphincter spasm can be appreciated.

Proctoscopy is contraindicated because the condition is very pain ful.

Chikitsa (Treatment)- Patient was asked to stop the food like junk food and bakery products, intake of chickpeas, low in- take of fiber diet and water, consumption of Chinese food, and lifestyle related cause like *Divaswapna*(sleep during afternoon), *Ratri jagarana*(late night sleeping hours).

Only Per Rectal local applica-tion of *Yastimadhu Ghrita* (Two time a day)

MATERIAL: Raw materials like *Yashtimadhu churna* (*Glycyrrhiza glabra* Linn.)^[7] And *Go-Ghrita*.^[8] (Clarified Butter).

METHODOLOGY- Method of preparation:-*Yashtimadhu ghrita* –

Yashtimadhu Ghrita was prepared by *Snehapak vidhi* according to *Sushrut samhita*.^[9]

Proportions used were {1:4:16}

1 part = *Yashtimadhu churna*; 4 part = *Goghrita*; 16 parts = *Water*.

Yashtimadhu kwatha is prepared with the 1 part of *yashtimadhu churna* and 16 parts of water taken in a vessel and boiled together till it reduced to *Chaturamsha* i.e. $\frac{1}{4}$ of the quantity. This is subjected to filtration. To this then 4 parts of *Goghrita* was added to the *Yashtimadhu kwath* & cooked over *Mandagni* till only *Ghrita* part remains. Afterwards *Yashtimadhu ghrita* was collected and measured.

DISCUSSION

The drug *Yastimadhu* (*Glycyrrhiza glabra* Linn.) which is *Vata Shamak* and *Pitta Shamaka*^[10] is always suitable to treat *Parikartika* because in *Parikartika* preponderance of mainly two *Doshas* viz. Vata and Pitta. Due to this doshic predomence the two major symptoms of pain and burning sesation are present which is reduces by using *Yastimadhu Ghtita*. *Ghrita* also reduces the *Rukshata* of *Vayu*, *Daha Samaka*^[11] and maintain the normal tone of muscles. *Goghrita*, which itself is having, analgesic and healing proper ties. *Ghrita* have “*Samskaraanuvarti*” property it is a process of transformation of inherent attributes of substance, it adoption potency of *Yasthimadhu*. *Yashtimadhu* contains glycyrrhizine and asparagines as active ingredients. Glycyrrhizine is a saponin widely used as an anti inflammatory¹² agent. Asparagine is a type of amino acid and act as analgesic^[13] and anti inflammatory. Pain is reduced due to *vedanashamak* effect of *Yashtimadhu ghrita* local application.

CONCLUSION

In this case study, *Yastimadhu Ghrita* has been found *Vata Pitta Shaman*, *Vedanashamana*, *Vrana Ropana*, *Dahashamana*, properties which is help for treat *Parikartika* (Fissure in Ano). Further study can be done on Acute as well as Chronic Fissure in ano irrespective of size of ulcer with large sample size.

REFERENCES

1. Vd. Kushbaha Harishchandra Singha Edited, *Charaka Samhita Ayurveda Dipika's Hindi Commentary* 2st Part, Publishers Chaukhambha Orientalia, Reprint Edition 2012, Siddhi Sthana 7/54-57 Page No-1048.
2. Kaviraj Shastri Ambika dutta Edited *Sushruta Samhita Ayurveda-Tattva-Sandipika Hindi Commentary* 1st Part Published by Chaukhambha Sanskrit sansthan Edition:Reprint,

2016. Chikitsashtan 36/37. Page n.o.196.
3. Pandit Hemraj Nepalrajguru Edited, Kashyap samhita-Vruddhajeetvakiya tantram va Hindi Commentary Publishers Chaukhambha Sanskrit sansthan, Edition: Reprint, 201; 95.
 4. Dr.K Shenoy Rajgopal Manipal Manual of Surgery Published by Cbs Publishers& Distributors (Pvt.)Ltd Edition- 2nd Reprint, 2009; 531.
 5. .Kaviraj Shastri Ambika dutta Edited Sushruta Samhita Ayurveda-Tattva-Sandipika Hindi Commentary 1st Part Published by Chaukhambha Sanskrit sansthan 8th 1993. Chikitsashtan 35/32. Page n.o.115.
 6. Dr.K Shenoy Rajgopal Manipal Manual of Surgery Published by Cbs Publishers& Distributors(Pvt.)Ltd Edition- 2nd Reprint, 2009; 532.
 7. Dr.Deshpande A.P- Ranade Subhash Dravyaguna Vijnyan (Ayurvedic medicinal plants) part 1and 2 Anmol Prakashan, Pune, p.g. no-349-352.
 8. Prof P V Sharma edited and translated Kaiyadeva Nighantu Published Choukhamba oriental, 1st edition, 696,p.g no-368
 9. Kaviraj Shastri Ambika dutta Edited Sushruta Samhita Ayurveda-Tattva-Sandipika Hindi Commentary 1st Part Published by Chaukhambha Sanskrit sansthan Edition:Reprint, 2016. Chikitsashtan 31/8. Page n.o.167.
 10. Acharya Yadav ji Trikam ji Edited Sushruta Samhita Nibandha Sangraha commentary by Dalhana 1st Part, Publishers Choukhamba Sanskrit Sanasthan edition. 8th Nidansthana 16/12,37,39.p.no.382.
 11. Vd. Kushbaha Harishchandra Singha Edited, Charaka Samhita Ayurveda Dipika's Hindi Commentary 1st Part, Publishers Chaukhambha Orientalia, Reprint Edition 2014, Sutrashtana 14/13 Page No-201.
 12. Journal of Agricultural Technology 2011 Vol. 7(3): 815-823 Available online <http://www.ijat-aatsea.com>.
 13. Vd. Shastri Ravidatta Edited Chakradatta of Shri Chakrapani Datta with the Padarthabodhini Hindi Commentary Publishers Chaukhambha Surbharti Prakashan Reprint, 2006: 160.