

EFFECT OF UDUMBARADI TAIL PICHU (CLUSTER FIG PLANT OIL) IN THE MANAGEMENT OF ACUTE FISSURE IN ANO – A CASE STUDY

^{*1}Dr. Sachin Appasaheb Maledar, ²Dr. Elizabeth P. John and ³Dr. Deepa Devarajan

¹Pg Scholar, Surgery Department, Karnataka Ayurved Medical College Ashoknagar
Manglore-574227.

²Guide and Professor, Surgery Department, Karnataka Ayurved Medical College Ashoknagar
Manglore-574227.

³Co-Guide and Professor, Surgery Department, Karnataka Ayurved Medical College
Ashoknagar Manglore-574227.

Article Received on
10 August 2023,

Revised on 31 August 2023,
Accepted on 21 Sept. 2023

DOI: 10.20959/wjpr202317-29745

*Corresponding Author

**Dr. Sachin Appasaheb
Maledar**

Pg Scholar, Surgery
Department, Karnataka
Ayurved Medical College
Ashoknagar Manglore-
574227.

ABSTRACT

An individual's health relies heavily on their diet and lifestyle. Diet plays a crucial role in conditions like anal fissure (*Parikartika*), with references dating back to the ancient Sushruta Samhita (1500 B.C.). Anal fissure, accounting for 10-15% of anorectal disorders, causes severe pain during and after defecation, along with bleeding and anal sphincter spasms. It's a common and agonizing condition, often linked to factors such as hard stools, surgical procedures, and diseases like Crohn's disease and ulcerative colitis. In treating *Parikartika*, local remedies like ointments, Ghrita, Taila, and dilatation are employed. This clinical study focuses on the use of *Udumbara tail Pichu* (Cluster Fig Medicated Oil) as an external application for *Parikartika*.

KEYWORDS: *Parikartika*, Fissure in ano, *Udumbara tail Pichu*, Cluster fig Medicated Oil local Application.

INTRODUCTION

An anal fissure or rectal fissure, commonly known as *Parikartika* in Ayurveda, is a split in the skin of the distal anal canal due to stretching of the anal mucosa beyond its capability.

As per the Ayurvedic classics, on the basis of symptoms, the disease fissure-in-ano can be compared to the disease *Parikartika* where there is excruciating, cutting pain in the *Basti* and surrounding areas.

Acharya Dalhana has described the term *Parikartika* as a condition of *Guda* (Anus) in which there is cutting pain and tearing pain. According to Kashyapa the *Parikartika* is the one having cutting and tearing pain in Anus Region (*Guda pradesha*).^[1] Similarly, Jejjata and Todara have clearly described *Parikartika* as a condition which causes cutting pain in Anorectum. The factors responsible for causation of *Parikartika* (fissure in Ano) as found in various texts are *Vamana-Virechana-Vyapat*, *Bastikarma Vyapat*, *Atisara*, *Grahani*, *Arsha*, *Udavarta* etc. In the similar manner it has been described of three type's viz. *Vata*, *Pitta* and *Kapha*. Sushruta while describing the symptoms of the disease speaks of the features like; cutting or burning pain in anus. Sushruta has mentioned *Parikartika* as a *Basti vyapad* (Enema Complication) which is due to the administration of *Ruksha Basti* containing of *Teekshna* and *Lavana dravyas* in heavy doses.^[2] According to him, it is due to *Basti netra vyapad* which is due to inappropriate administration of defective *Basti netra* resulting in to cutting type of pain.^[3] Whereas Charaka has described the features like pricking pain in groins and sacral area, scanty constipated stools and frothy bleeding per rectum. *Parikartika* has been mentioned as *Purva rupa* of *Arsha* in Sushruta samhita^[4] and Ashtanga Sangraha.^[5]

An anal fissure is an elongated ulcer in the long axis of the lower anal canal.^[6] It is most painful condition affecting the anal region. 90% of fissure in ano occur in the posterior part of anal canal and 10% anteriorly. It is initiated by hard stool causing a crack which result painful defecation. Due to pain, spasm of internal anal sphincter takes place which makes constipation worse resulting in a chronic fissure.^[7]

In *Parikartika* the treatment is *Basti Karma* (Enema procedure) and some oral medications given by acharya Charaka^[8] and Sushuruta.^[9] Most of the *Basti* are prepared in *Ghrita*, *Taila* and milk with the help of other ingredients as per need.

In the present clinical study the *Udumbara tail Pichu* is taken as external application on fissure (*Parikartika*).

MATERIALS AND METHODS

Preparation of drug

- *Udumbara tail* will be prepared as per Tail kalpana described by Sharangadhar samhita^[11] in Rasashastra & Bhaishajya kalpana department of our institute.

CASE REPORT

A 32 year male Patient, Bus driver by Profession presented with complaints of Gudapradesha Kartanavata Vedana (severe excruciating pain in the Anal region), Gudapradesha Daha (burning sensation at anal region), Malavasthambha (constipation), Saraktamala Pravrutti (stools streaked with blood) for 3 days. Interrogations revealed that the patient used some local application in the form of ointment but did not get any relief and approached in Surgery OPD of our institute for better management.

The patient had history of habitual constipation and is not a known case of Diabetes mellitus, Hypertension or underwent any surgery.

On physical examination pulse rate was 80/min, regular with normal volume. Blood pressure was 120/80 mmHg. All the laboratory investigations done were within normal limit.

Table 1: Rugna Parikshana (Patient Examination).

S. No	Parikshana (Examination)	Findings
1	Nadi (pulse)	prakrut, kaphapittanubandhi, 80/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)	Once, every alternate day, with pain and itching at 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.

Local Examination

Inspection

No Active bleeding was seen as the anal canal was visualized. On separation of anal verge, a longitudinal tear extending from the anal verge was seen at 6 o'clock position 1.0 cm inside the anus on the Posterior midline.

Palpation: Tenderness present over the Fissure area and Digital rectal examination was not done as patient had severe pain due to sphincteric spasm.

Etiology

The causes of food and low intake of liquids led to severe constipation. The other lifestyle causes like late night sleeping hours (Jagarana) and sleep at afternoon (diwaswapa) increase the vitiation and imbalance of the pitta and kapha doshas, which ultimately lead to malavashtambha (constipation) and then to Fissure in Ano (*Parikartika*)

DIAGNOSIS: Acute Fissure in Ano (Posterior).

MATERIALS AND METHODS

Table 2: Treatment plan.

<i>Sthanika Chikitsa</i>	<i>Samanya Chikitsa (Oral medication)</i>
<i>Udumbara tail Pichu</i> for 15 days (Cluster fig Plant Oil local Application for 15 days)	<i>Triphala Choorna</i> with warm water at bed time for 15 days
Daily Sitz bath with luke warm water	
Advise Rich fiber diet. Increased fluid intake	

Procedure

Application of *Udumbara tail Pichu* (Cluster fig Plant Oil local Application) preceded by sitz bath with luke warm water for 15 Days and internal administration of *Triphala Choorna* at bed time with luke warm water for the same period.

Application of *Pichu* (A tampon / sterile gauze soaked in the *Udumbara tail* (Cluster fig Plant Oil) is placed at anus or anal canal).

Initially per rectal examination is done while the patient is in Lithotomy position, to confirm the number and position of the Fissure. The sphincter tone is assessed with the digital examination. After giving warm water sitz bath for a period of 2 minutes, *Udumbara tail Pichu* is kept and advised the patient to keep it for 3-4 hours. A 'T' bandage will be applied so that the *Pichu* will be retained in situ till the desired duration. The *Pichu* is applied on daily basis for 15 days (at OPD level).

ASSESSMENT CRITERIA

Table 3: Assessment Criteria.

1.	<i>Guda Daha</i> (burning sensation at anal verge)
2.	<i>Guda Peeda</i> (cutting pain)
3.	<i>Rakta Srava</i> (bleeding)
4.	Constipation
5.	Sphincter tone

Table 4: Treatment course in hospital.

Treatment	Day	Observation			
		Burning sensation at anal region	Pain	Stools streaked with blood	Sphincter tone
<i>Udumbara tail Pichu</i> (Cluster fig Plant Oil Application)	2nd	+++	+++	++	Spasm ++
	4th	+++	++	++	Spasm ++
	6th	++	++	+	Spasm +
	8th	++	+	+	-
	10th	+	+	0	N
	12th	+	0	0	N
	14th	+	0	0	N

OBSERVATIONS AND RESULTS

Clinical examination of the patient revealed regression of symptoms with treatment on sixth day itself. On 8th day there was mild pain and scanty bleeding streaked to stools. On 10th day minimal burning sensation was seen and sphincter tone was normal on digital rectal examination and on last day of treatment, patient had mild burning sensation and other symptoms were completely cured.

DISCUSSION

The objective of the study was to Evaluation of clinical efficacy of *Pichu* application of *Udumbara tail* (Cluster fig Plant Oil) in the management of Fissure- in-ano (*Parikartika*) and study of unique drug delivery system - *Pichu* application with historical controls of simple local application of Ayurvedic drugs from published literatures.

Though the description about *Pichu* are not vividly available in Ayurvedic literatures, it is one of the important and effective modalities of drug delivery system having diversified applications in the management of various diseases / owing to its unique nature of drug delivery and enhancing bio-availability.

“*Pichu sthoola kavalika*” - A thick swab or a cotton pad is called as *Pichu*. *Pichu Dharana* (placing of soaked linen) is a process in which a piece of cloth, gauze or linen is soaked in the

medicated oil and placed in the desired position over the body or in the body parts according to the site of the treatment.

In this study Patient got relieved from all the symptoms and improved with *Udumbara tail Pichu*.

Probable mode of action



(Cluster fig Plant)

Table 5: *Udumbara Properties* Cluster fig Plant properties).

Properties	<i>Udumbara</i>
<i>Rasa</i>	<i>Kashay</i>
<i>Guna</i>	<i>Guru, Ruksha</i>
<i>Veerya</i>	<i>Sheeta</i>
<i>Vipaka</i>	<i>Katu</i>

Udumbara tail is prepared out of *Udumbara* (Cluster fig /*Ficus racemosa*) and *tila tail*. *Udumbara* possess properties like *Pittahara*, *Sheeta Veerya*, *Vrana-Shodhana* and *Vrana ropana*^[10] by which there is *Vrana-Shodhana* (Cleaning wound) and *Vrana ropana* (Healing wound) helps in healing of the fissure wound where *Sheeta Veerya* and *Pittahara* helps to relieving burning pain.

Tila tail is useful for pacifying Vata. It is rich in linoleic acid, and has anti-bacterial, anti-inflammatory and antioxidant properties. *Udumbara tail* selected in the present study helped healing the fissure along with reduction of pain.

Triphala choorna was given for *Vatanulomana* which relieved constipation. Local action of *Pichu* is based on cellular absorption of medicine, acts as *Snehana*, *Lekhana* etc.

CONCLUSION

In this single case study *Udumbara taila Pichu* (Cluster fig Plant Oil) has showed excellent results. The use of *Udumbara taila Pichu* (Cluster fig Plant Oil) 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.

But time demands to work on more patients and detail research.

REFERENCES

1. Kashyapa, kashyapa Samhita, 1st Edition, Edited by P V Tewari, Varanasi; Chaukhambha orientalia publishers, 1996; Pp-792, Pg no-280, (Ks, S 3/18).
2. Sushruta; Sushruta Samhita; with the Nibandha sangraha commentary of Sri Dalhana charya; 1st edition, Edited by Priyavrat Shartma, Varanasi; Chaukhambha orientalia publishers, 2000; Pp- 695, Pg No- 613, (Su, Chi 36/36).
3. Sushruta; Sushruta Samhita; with the Nibandha sangraha commentary of Sri Dalhana charya; 1st edition, Edited by Priyavrat Sharma, Varanasi; Chaukhambha orientalia publishers, 2000; Pp-695, Pg No- 609, (Su, Chi 36/3, 7).
4. Sushruta; Sushruta Samhita; with the Nibandha sangraha commentary of Sri. Dalhana charya; 1st edition, Edited by Priyavrat Sharma, Varanasi; Chaukhambha orientalia publishers, 2000; Pp-695, Pg No-20, (Su, Ni 2/8).
5. Vagbhata; Astanga Sangraha; 1st Ed, Edited by Dr. K.R. Srikantha Murthy Varanasi; Chaukhambha orientalia publishers, 1996; Pp-627, Pg No-189, (AS.N 7/7).
6. Baily and love's Short Practice of surgery. Edited by R.C.G. Russell, Norman S. Williams & Christopher J.K. Bulstrode. 23th edition; Arnold, a member of Hodder Headline Group, London, 2000; 1125p.
7. Rajgopal Shenoy K. Manipal Manual of Surgery. Second edition. CBS Publishers & Distributors; New Delhi, 2005; 531p.
8. Pandit Kashinath Shastri. Charaka Samhita of Agnivesha. vol 1. Sutrasthan 30/26. Chaukhambha Sanskrit Sansthan; Varanasi, 2009; 1028p.
9. Kaviraja Ambikadutta Shastri. Sushruta Samhita of Maharshi Sushruta vol 1. Chaukhambha Sanskrit Sansthan; Varanasi, 2010; 187p.
10. Dvivedi Vishvanath., editor. 9th ed. Varanasi: Motilal Banarasidas prakashan; 1998. Bhavamishra, Bhavaprakash Nighantu, Vatadi Varga / 8-9; p. 339.
11. Acharya Sharangdhar, Sharangdhar Samhita with commentary Adhamall's dipika and Kasirama's Gudhartha Dipika, Madhyam khanda, 9th Chapter, Shloka no.1, Editor -Pandit Parasurama sastri, Vidyasagar, Edition-5th 2002. Chaukhambha orientalia, Page No.-212.