

ROLE OF INDIGENOUS COMBINATION IN THE MANAGEMENT OF PARIKARTIKA W.S.R. TO FISSURE IN ANO – A REVIEW ARTICLE

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ABSTRACT

In Ayurvedic Samhitas *Parikartika* is described in different places as complication of *Virechana vyapad*, *Basti vyapad*, *Garbhini vyapad*. This is most common and painful condition among ano-rectal diseases and can be correlated with fissure in ano. It is commonly seen in young aged peoples and pregnant women. In modern science there are various medical and surgical procedures for its management which are very expensive and all these having its own complications. In Ayurveda there are many combination of drug used for the management of *Parikartika* which are cost effective and complication free, So here we take an indigenous combination of Ayurvedic medicines ***Nimbadi Churna + Godanti Bhashma + Shankh Bhasma + Shudh Gandhak***,

Haritaki Churna & Jatyadi Tail. ***Nimbadi Churna*** itself has combination of 21 ayurvedic medicines and very effective in wound healing and has properties like antimicrobial, anti bacterial, antioxidant, anti ulcers, gastroprotective, laxative which is suitable for *Parikartika* (fissure in ano) and very effective. ***Godanti Bhashma*** is prepare from gypsum, in ayurvedic *samhitas*, it is used in in fever, leucorrhoea and pain so effective in *parikartika*. ***Shankh Bhasma*** is coolant by nature act as anti-inflammatory, anti-spasmodic, anti ulcer, digestive stimulant and a natural source of calcium and vitamin C. ***Shudh Gandhak*** is sulphur

containing compound and used in Ayurveda for treatment of wide varieties of diseases including *Kandu* (itching), *Kushtha* (diseases of the skin), *Dadru* (taeniasis) *netra rog* and It is well known medicine for diseases of skin and also useful in itching related to *parikartika*. ***Haritaki Churna* is a mild laxative effect on the body** and hence treats constipation by decreasing flatulence, cleansing the intestines and removing waste products from the body. It is also extremely effective in reducing stomach acidity and minimized the chances of various GIT ulcers. *Jatyadi tail* used widely for healing all types of wounds. It reduces the burning sensation, irritation and itching, which are commonly found in *Parikartika* fissure in ano.

KEYWORDS:- *Parikartika, Nimbadi churna, Haritaki churna, Jatyadi Tail.*

INTRODUCTION

In ayurvedic Samhita *Parikartika* is described in different place as complication of *Virechana vyapad*, *Basti vyapad*, *Garbhini vyapad*. This is most common and painful condition in ano-rectal disease related to fissure in ano. it is commonly seen in young age peoples and pregnant women. In modern science there are various medical and surgical procedures which are expensive and all these having its own complications. In Ayurveda there are many combination of drug used for the management of *Parikartika* which are cost effective and complication free. Fissure-in-ano is commonly encountered in ano-rectal practice has similar location, pathology and clinical features of *Parikartika* like anal pain, burning sensation, constipation. Streak of blood on stool etc.

METHODS AND MATERIALS

Indigenous combination of *Nimbadi Churna 3gm+Godanti Bhashma 500mg +Shankh Bhasma 250 mg +Shudh Gandhak 125mg* twice a day orally, *Haritaki Churna 5gm* with Luke warm water at bed time, *Jatyadi Tail 5ml* per anum at bed time was prescribed.

DISCUSSION

Pharmacological actions of ingredients of Nimbadi churna.^[1]

S. no	Sanskrit name	Botanical name	Part used	Quantity	Pharmacological actions
1	Nimba	Azadirachta indica A.Juss.	Stem bark	48g	Anti-microbial, Anti-inflammatory, Hepatoprotective, Anti-diabetic, Immunomodulation, Anti cancer, Antioxidant,

					wound healing , Neuro protective. ^[2]
2	Amrita	Tinospora cordifolia Willd. Miers	Stem	48g	Anti-inflammatory , Hepatoprotective, Anti-diabetic, Treating Skin diseases , Immunomodulation, antineoplastic, Anti-pyretic. ^[3-4]
3	Abhaya	Terminalia chebula Retz.	Pericarp	48g	Anti-bacterial , Anti-viral, Hepatoprotective, Immunomodulation, Anti-neoplastic, Anti-pyretic, Anti-oxidant , Wound healing . ^[5]
4	Dhatri	Emblica officinalis Gaertn.	Pericarp	48g	Anti-cancer, Anti-ulcer , Cardioprotective, Anti oxidant , Immunomodulatory, Anti-pyretic, Analgesic, Hepatoprotective, Anti-tussive, Gastroprotective , Memory enhancer. ^[6]
5	Somaraji	Psoralea corylifolia Linn.	Seed	48g	Laxative , Anti-bacterial, Anti-inflammatory , Hepatoprotective, Anti-neoplastic, Anti-oxidant, Wound healing , Diuretic. ^[7]
6	Sunthi	Zingier officinale Rosc.	Rhizome	12 g	Anti-tussive, Anti-emetic, Anti-inflammatory , Antibacterial, Immunomodulatory effect, Anti-neoplastic, Anti-oxidant . ^[8]
7	Vidanga	Embelia ribes Burn.f	Fruit	12 g	Antibiotic , Antifungal, Antifertility, Diuretic, laxative. ^[9-10]
8	Edagaja	Cassia tora Linn	Seed	12 g	Anti-fungal , Anti-inflammatory, Hepatoprotective, Antinociceptive, Anticancer, Antioxidant, Anthelmintic, Hypolipidemic, Hypotensive. ^[11]
9	Kana	Piper longum Linn.	Fruit	12 g	Hepatoprotective, Antibacterial, Anti-inflammatory , Hepatoprotective, Immunomodulation, Anti-

					asthmatic, CNS stimulant. ^[12]
10	Yavani	Tracyspermum ammi Sprauge.	Fruit	12 g	Anti-microbial, Anti-hypertensive, Hepatoprotective, Immunomodulation, Anti-inflammatory , Hypolipidaemic, Diuretic, Anti-inflammatory , Antitussive. ^[13]
11	Uragandha	Acorus calamus Linn.	Rhizome	12 g	Anti-microbial, Hepatoprotective, Anti-diabetic, Antineoplastic, Anti-inflammatory , Anti-oxidant , Anti-ulcer , Anti-convulsant, Anti-anxiety. ^[14-15]
12	Jeeraka	Cuminum cyminum Linn,	Fruit	12 g	Anti-microbial, Anti-inflammatory , Immunomodulation, Anti-cancer, Anti-oxidant, Hypolipidemic, Anti-oesteoporotic, Hypotensive. ^[16]
13	Katuka	Picrorrhiza kurroa oyle.ex Benth	Rhizome	12 g	Anti-cancer, Anti-arthritic, Cardioprotective, Antioxidant , Nephroprotective. ^[17]
14	Khadira	Acacia catechu Linn	Heartwood	12 g	Anti-inflammatory , Anti-microbial, Hepatoprotective , Anti-diabetic, Anti-cancer, Anti-oxidant, wound healing , Anti-pyretic. ^[18]
15	Saindhava	Rock salt	-	12 g	Digestive disorders, Respiratory disorder, Rheumatoid arthritis, Anti-obesity. ^[19]
16	Yavakshara	Hordeum vulgare Linn	Water soluble ash	12 g	Laxative , Diuretic, Anti-hypercholesterolemic. ^[20]
17	Haridra	Curcuma longa Linn.	Rhizome	12 g	Anti-inflammatory , Hepatoprotective, Anti-diabetic, Anti-cancer, Anti-microbial, Anti-oxidant, Antiasthmatic, Alzheimer's disease. ^[21]
18	Daru haridra	Berberis aristata DC.	Stem	12 g	Anti-microbial, Anti-inflammatory , Anti-diabetic,

					Immunomodulation, Anti-cancer, Anti-oxidant, Antimalarial. ^[22]
19	Musta	Cyperus rotundus Linn	Rhizome	12 g	Anti-diarrheal, Anti-allergic, Anti-ulcer , Cardio protective , Anti-diabetic, Anti-inflammatory, Antioxidant, Wound healing . ^[23-25]
20	Devadaru	Cedrus deodara Roxb	Heartwood	12 g	Anti-tubercular, Anti-convulsant, Anti-arthritis, Antiulcer , Immunomodulator, Anti-oxidant, Wound healing , Anti-inflammatory, Diuretic. ^[26]
21	Kushta	Saussurea lappa C. B. Clarke	Root	12 g	Anti-spasmodic, Anti-inflammatory, Anti-ulcer , Hepatoprotective, Anti-diabetic, Immunomodulator. ^[27]

Godanti bhashma

It is an Ayurvedic Medicine prepared from gypsum. It is used in ayurvedic treatment of chronic fever, leucorrhea, headache having effect of antipyretic, antimicrobial and antiulcer. It is found in white color.^[28]

Chemically it is known as “Dihydrate of calcium sulphate”. Its chemical formula is $\text{CaSO}_4 \cdot 2\text{H}_2\text{O}$.

In Ayurvedic Practice godanti bhashma play a crucial role and useful in various diseases.

It is very effective in all type of chronic fever, Pain, headache, calcium deficiency disorders, cough, gastric problems like GIT ulcers, dysentery and hyperacidity, reduces inflammation and also useful in burning sensations. It is also used as a Carrier for many drugs.

Few texts like Rasa Tarangini, Rasamritum, Siddha Bhasajya Sangraha and Rasadarpan listed it as Rasa Dravya

Its adult dose 250 mg -1 gram.

Shankh bhasma

Conch is a common name that is applied to a number of medium to large-sized shells of large snails (*Turbinella pyrum*) from the family Turbinellidae.^[29] Structurally, conch is a porcelaneous shell of an oblong or conical form with bulging in the middle and tapering at each end.^[30] Conch (*Shankha*) prepared as conch shell ash, known in Ayurvedic literature as *Shankha Bhasma*, is traditionally used in Ayurveda to treat many ailments.^[31]

It has cooling (*sheetal*), alkaline (*kshariya*) and adsorbent (*grahi*) properties; has detoxifying (*vishahara*), complexion enhancing (*varnya*) and strengthening (*balya*) actions and is useful for hyperacidity (*amlapitta*), loss of appetite (*agnimandya*), irritable bowel syndrome (*grahani*), pain in the abdomen (*parinaam shool*) and acne vulgaris (*tarunya pidika*) when administered within the maximum therapeutic dose of 250 mg per dose.^[32]

Shudh gandhak

Almost all acharya mentioned Gandhak in uparasa varga. It is sulfur containing compound. well-known to boost immunity, fertility, and potency, enhances body strength, stamina, and nourishment, while it also aids in stimulating the digestion process and uplifts the reproductive health in men and women. It works by purifying the blood, clearing dirt, impurities, unclogging pores and averting the risk of secondary infections. For best results, it is blended along with Shankh bhasma and Mukta Sukti Bhasma. it act as antioxidant, anti inflammatory, Antimicrobial, Antiviral, Anti-inflammatory, Antipruritics, Anthelmintic, Digestive stimulant (mild effects), Antioxidant, Antipyretic (mild effects), Analgesic (reduces tenderness and pain of soft tissues).

Almost all Acharyas included Gandhaka in Uparasa Varga. Gandhaka seems to be best among all Rasa and Uparasa varga dravya.

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Haritaki churna

Haritaki (*Terminalia chebula*) is a wonderful herb with versatile effects. It possesses many medicinal properties such as antipyretic, antihelminthic, carminative, purgative and shows effective results in digestive problems, it acts as an appetizer, useful in swelling and edema. It also used as rasayan.

Jatyadi tail

In Ayurvedic *Samhitas* there are several Ayurvedic formulations mentioned which have been claimed as potential wound healing agents like *Jatyadi Taila*. *Jatyadi Taila* is a medicated oil formulation (*Taila*) popularly used in the treatment of various topical wounds (*Dushta vran*), non healing wound as local application. It is used for speeding up healing processes and in fast recovery. It also used anal itching, irritation and burning sensation. All these complains are present in *Parikartika* (fissure in ano). So *Jatyadi tail* is very effective in *Parikartika* (fissure in ano).

CONCLUSION

In ayurvedic Samhita there are two types of treatment one is Antah-parimarjan (internal used of medicines) and Bahi-parimarjan (external use of medicine) which gives more effective treatment for any wound or other diseases. The given ayurvedic indigenous combination are better in the management of fissure in ano because of its **anti-inflammatory, antimicrobial, anti-spasmodic and laxative** property which reduces the burning pain, itching in perianal region and anal spasm. *Jatyadi Tail* used locally for soothing and healing effect.

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