INTRODUCTION

The vyadhi Parikartika has been described in Charakasamhita Siddhisthana chapter seven in Niruhabastivyapada¹. Sushrut samhita has also described the disease². It has also been described in the complications of Garbhi (pregnant lady) in the Kashyapa samhita, Khilasthana³.

Table 1: Rugna Parikshana (Patient Examination)

<table>
<thead>
<tr>
<th>S. No</th>
<th>Parikshana (Examination)</th>
<th>Findings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Nadi (pulse)</td>
<td>prakrut, kaphapittanubandhi, 79/min</td>
</tr>
<tr>
<td>2</td>
<td>Jivha (tongue)</td>
<td>niram (not coated)</td>
</tr>
<tr>
<td>3</td>
<td>Khuddha (hunger)</td>
<td>prakrut (normal)</td>
</tr>
<tr>
<td>4</td>
<td>Trushha (thirst)</td>
<td>prakrut (normal)</td>
</tr>
<tr>
<td>5</td>
<td>Nidra (sleep)</td>
<td>prakrut (normal)</td>
</tr>
<tr>
<td>6</td>
<td>Mutra (urine)</td>
<td>prakrut (normal)</td>
</tr>
<tr>
<td>7</td>
<td>Mala (stool)</td>
<td>Once, every alternate day, with pain and itching at anus and stool passage with blood streak sometimes.</td>
</tr>
<tr>
<td>8</td>
<td>Udar parikshana (per abdomen examination)</td>
<td>Prakrut (no abnormality found)</td>
</tr>
<tr>
<td>9</td>
<td>Sthamik parikshana (local examination)</td>
<td>Redness and itching at the anal region with a few tiny cracks at the anus.</td>
</tr>
<tr>
<td>10</td>
<td>Menstrual history</td>
<td>Regular 4-5days cycle/month, 30 days regular monthly cycle. One girl child- two and half years old, operated for L.S.C.S.</td>
</tr>
</tbody>
</table>

Past History

The patient had suffered for the fissure problem during the pregnancy and also after the delivery about 2.5 years back. The problem resolved after the delivery by taking medications.

Symptoms

The patient used to strain during defecation. Due to the constipation, she had the tendency of defecation every alternate day. Painful defecation with itching at the anus and passing the stool with blood streak sometimes were the main symptoms.
Hetu (causes)

Excessive and frequent intake of virudhakas (sprouts-like moth beans, kidney beans, chickpeas etc.) 4-5 times a week. Low intake of liquids (dravahaar). Dislike for ghee and fruits. Frequent outings and consumption of Chinese food, pavbhaji, junk food and bakery products 2-3 times in 15 days. During fasting, frequent and heavy intake of vari (samo rice), sabudana (sago), curd etc. Divaswap (sleep during afternoon). Jagarana (late night sleeping hours)

Samprapti (Course of the disease)

The above mentioned causes of food led to severe constipation like low intake of liquids, excessive sprout intake, sago, samo rice and curd combination, frequent Chinese food. The other lifestyle causes like late night sleeping hours (jagaran) and sleep at afternoon (divaswap) increase the vitiation and imbalance of the pitta and kapha doshas, which ultimately lead to malavashtambha (constipation) and then to Parikartika (fissure). These causes with favorable condition of past history of the same problem, in which there was already the weakness of the purishavaha strotas (strotovaigunya).

Review of Literature

In Charak samhita, sprouts have been described as the constipating cause in Sutrasthana. In Charak samhita Siddhisthana (chapter 7/5), the disease Parikartika has been mentioned, as the niruha basti vyapada. Tikshna basti given in excess quantity to the person having mrudu koshtha and alpa dosha, results in Parikartika. Main symptoms are kartanvat vedana at anus during and after defecation. Patient postpones defecation which results in constipation again. It becomes a vicious cycle. Bleeding through the stool may be present in the form of streak of blood in the stool.

Chikitsa (Treatment) - Nidanaiparivarjana (remove the cause):- The patient was asked to stop the food related and lifestyle related causes mentioned earlier.

Aragvadhakapila vati:- At apankal, i.e. before meals 2 times. As aragvadhaka and kapila are smooth laxatives, they relieve constipation.

Abhayarishta - At apankal, i.e. before meals. Abhaya (haritaki-Terminalia chebula) is laxative and other ingredients in the decoction help to correct constipation.

Eranda tailam (-Castor Oil) :- It is vatanshaka and laxative to be used in the making of dough while making roti daily.

Yashtimadhu tailam :-To be applied locally at the anus. As yashtimadhu (Glycerrhiza glabra) is madhur, madhur, sheet in properties, it is vatanshaka, jeevaneeya,
vranaropaka (healing in nature). Tail (oil) is lubrication and vatanashak. It reduces pain and cracks at the anus.

Black raisin decoction- Patient is asked to make a decoction of 4-5 soaked black raisins and drink the lukewarm decoction with a pinch of salt (saindhava) and ghee in her daily routine before meals. It gives excellent results correcting the constipation, as black raisins does have smooth laxative property. It is also very good rasadhatuposhaka dravya.

Patient advised to increase the intake of liquids like water and buttermilk (good for anal diseases), homemade butter and ghee to reduce the constipation.

RESULTS
In the present study, weekly assessment was done to find out the symptoms like pain during defecation, constipation tendency etc. Patient started getting relief from pain and constipation within 7-8 days. Medicines were asked continued for 1-2 months. Patient was advised to continue with black raisin decoction for a period of 3-4 months.

DISCUSSION
It can be said that young middle-aged patients are more sufferer because they use to eat spicy and junk food and unhealthy life style. In this case past history of Parikartika (Fissure in Ano) during pregnancy was the root cause along with the above mentioned factors. The removal of these causes along with proper Ayurvedic treatment and consultation regarding diet and life style has given excellent result.

CONCLUSION
Changes in lifestyle and food help a lot along with the medicines in anorectal diseases. Ayurveda has miraculous results in these kinds of diseases.

REFERENCES

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