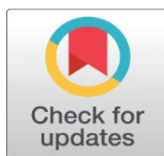
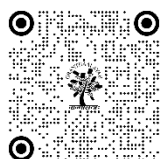


AYURVEDIC MANAGEMENT OF FISSURE-IN-ANO (PARIKARTIKA) - A CASE STUDY

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DOI

[10.29121/shodhkosh.v5.i3.2024.3679](https://doi.org/10.29121/shodhkosh.v5.i3.2024.3679)

Funding: This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

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ABSTRACT

One of the most painful anorectal ailments is Parikarthika (fissure-in-ano). The prevalence of this ailment has risen dramatically in recent years, owing primarily to irregular eating habits and the effects of an unhealthy modern lifestyle. As a result, fissure-in-ano is now common in all age groups and genders. This case study demonstrates how to successfully manage an acute fissure-in-ano utilizing Ayurvedic therapeutic approaches. A 29-year-old male patient complained of discomfort and burning during and after bowel motions, which were accompanied by blood streaks in the stool. A longitudinal ulcer was found at the 6 o'clock position in the lower anal canal, validating the diagnosis of an acute fissure-in-ano. The therapy program combined internal and external Ayurvedic remedies. Triphala Guggulu and Abhayarisa were used to enhance healing, reduce inflammation, and ease bowel movements. Externally, Jatyadi Taila Pichu (medicated oil-soaked gauze) was applied to the affected area to promote wound healing, and the patient was encouraged to take sitz baths with tepid water to relieve discomfort and improve local blood circulation. Within 10 days of treatment, there was a remarkable improvement, including total symptom alleviation. A two-month follow-up confirmed no recurrence of the disease. This case demonstrates the efficacy of Ayurvedic therapy approaches in controlling acute fissure-in-ano and underlines the significance of lifestyle changes for long-term healing.

Keywords: Parikartika, Fissure-in-Ano, Triphala Guggulu, Jatyadi taila, Sitz Bath

1. INTRODUCTION

In the modern era, sedentary lifestyles, high-stress levels, unhealthy dietary habits, prolonged sitting, frequent travel, irregular sleep patterns, and various lifestyle disorders have become increasingly prevalent. These factors often result in Agnimandya (weakened digestive fire), which significantly contributes to a rise in constipation among the population. Constipation, in turn, is a major contributing factor to the development of several anorectal conditions, with the most common being hemorrhoids, fistula-in-ano, and fissure-in-ano. Parikartika refers to "Parikruntavat Vedana," which translates to a cutting or tearing sensation that is most commonly felt in the Gudapradesha (anal area). The Brihatrayes and later Ayurvedic academics' works contain references to Parikartika. However, it is not classified as a separate disease, but rather as a complication of operations such as Virechan (purgation), Basti (enema), or pregnancy-related diseases (Garbhini).^{1,2}

In Parikartika, due to different causative circumstances (Nidanas), the exacerbated Apanavata rises upward and, after being repulsed by Udanavata, reaches the anal region (Guda). This causes obstruction in the transit of stool, resulting in extreme pain (Ruja), a burning sensation in the anus (Gudadaha), constipation (Malavasthamba), and blood-stained feces (Saraktamalapravrutti). These symptoms closely resemble the clinical presentation of fissure-in-ano as described in modern medicine, which includes anal pain, burning, constipation, and the presence of blood in the stool.³ The condition Parikartika is described in Charaka Samhita, notably in Siddhithana, chapter seven, as part of Niruhabasti Vyapada (enema therapy problems). It is also expanded upon in the Sushruta Samhita. In addition, the Kashyapa Samhita's Khilasthana section cites Parikartika as a problem in pregnant women (Garbhini).^{4,5}

Case Report:

A 29-year-old male patient complained of pain in the anal region, burning during defecation, bleeding, and constipation over the previous seven days. Despite taking painkiller drugs, he found no alleviation from his ailments and decided to seek Ayurveda treatment.

Aim:

To evaluate the effectiveness of Ayurvedic treatment modalities in the management of acute fissure-in-ano (Parikartika) and assess their potential to provide symptomatic relief, promote healing, and prevent recurrence.

2. OBJECTIVES

- To document the clinical presentation and diagnosis of acute fissure-in-ano based on Ayurvedic principles and modern medical understanding.
- To explore the role of internal Ayurvedic medications such as Triphala Guggulu and Abhayarisa in addressing the underlying causes and symptoms of Parikartika.
- To assess the efficacy of external therapies, including Jatyadi Taila Pichu and lukewarm water sitz baths, in promoting local healing and pain relief.
- To monitor the patient's progress during treatment and evaluate the long-term outcomes, including the prevention of recurrence.
- To highlight the holistic approach of Ayurveda in managing anorectal disorders and its relevance in modern healthcare.

3. MATERIALS & METHODS

This is a single-case observational research that examines the Ayurvedic treatment of fissure-in-ano (Parikartika). The patient was assessed and treated using Ayurvedic principles, which included a combination of internal and exterior therapeutic measures.

Diagnostic Assessment:

- The condition was diagnosed as acute fissure-in-ano based on classical Ayurvedic references and clinical examination.
- A longitudinal ulcer at the 6 o'clock position in the lower anal canal confirmed the diagnosis.

Internal Medications:

- Triphala Guggulu: Administered to reduce inflammation, improve digestion, and facilitate smooth bowel movements.
- Abhayarisa: Prescribed to address constipation and enhance digestive health, reducing strain during defecation.

External Therapies:

- Jatyadi Taila Pichu: Application of medicated oil-soaked gauze to the affected area for wound healing and pain relief.
- Sitz Bath: Daily lukewarm water sitz baths were advised to soothe the anal region, relieve pain, and improve local blood circulation.

Systemic Examination

- Cardiovascular System: S1 and S2 heard without any additional sounds.
- Central Nervous System: aware and orientated.
- Clear air passage on both sides. - Soft, non-tender abdomen.

Past History:

No/H/O- HTN, DM, etc

Surgical procedure- No

Personal History:

Occupation: Teacher

Lifestyle: Sedentary

Food habit: Irregular

Diet: Mixed

Bowel: Constipated

Micturition: 7-8 times/day

Appetite: poor

Sleep: disturbed

On Examination:

BP: 110/70 mmhg

PR: 74/Min

RR: 16/Min

Temp: 97 F

Inspection:

Revealed active bleeding in the anal canal. Upon separation of the anal verge, a longitudinal rip was observed at 6 o'clock position, 1 cm within the anus on the posterior midline.

Intervention:**Internal Medication:**

Sl. no	Drugs	Application/ Dose
1	Triphala Guggulu	2 tab BD
2	Abhayarista	20 ML with equal water

External medication/ Procedure:

Sl. no	Drugs	Application/ Dose
1	Jatyadi Taila	L/A , Anal Canal
2	Sitz Bath after defecation	15 min After Defecation

4. OBSERVATION & RESULTS

The patient received Ayurvedic treatment for 10 days, and the following observations were made over the course of therapy:

Follow up: At the two-month follow-up, there was no recurrence of symptoms, and the patient maintained a healthy bowel routine through food and lifestyle changes.

Day	Symptoms	Observations
Day 1	Severe anal pain, burning, and bleeding	Pain and burning sensation persisted; bleeding observed during defecation.
Day 3	Moderate pain and burning	Reduced intensity of pain and burning; bleeding frequency decreased.
Day 5	Mild discomfort during defecation	Noticeable improvement in symptoms; minimal bleeding observed.
Day 7	Minimal pain and no bleeding	Pain and burning significantly reduced; defecation became smoother.
Day 10	Complete symptom relief	No pain, burning, or bleeding; patient reported normal and strain-free defecation.

5. DISCUSSION

Fissure-in-ano, also known as Parikartika in Ayurvedic words, is a painful anorectal ailment that causes acute pain, burning feelings during and after feces, constipation, and occasional bleeding. In this case study, the Ayurvedic approach effectively and holistically managed an acute fissure-in-ano by addressing both the symptoms and the underlying reasons. Triphala Guggulu played an important role because of its anti-inflammatory, wound-healing, and mild laxative characteristics, which helped reduce inflammation and facilitate defecation. Abhayarisa enhanced digestive function and relieved constipation, addressing the underlying cause and preventing additional strain on the anal region. Jatyadi Taila Pichu, a medicinal oil treatment, improved local healing, reduced pain, and calmed the irritated tissue. Lukewarm water sitz baths alleviated sphincter spasms, increased local blood flow, and hastened the healing process.

6. CONCLUSION

This case study demonstrates the success of Ayurvedic treatment for acute fissure-in-ano. The combination of internal drugs and exterior therapies effectively alleviated symptoms, accelerated ulcer healing, and prevented recurrence. Ayurveda provides a safe, holistic, and long-term approach to treating anorectal problems, highlighting its potential as a viable alternative to current techniques.

CONFLICT OF INTERESTS

None.

ACKNOWLEDGMENTS

None.

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