



Yashimadhu ghruta matra basti an effective treatment in parikartika- **A single case study.**

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Abstract:

Parikartika is a Guda-gata vyadhi related to Ano rectal diseases. This disease has been explained by all acharyas in bruhatrayee. Is the nirukti of parikartika i.e. cutting type of pain observed in Guda pradesha. Parikartika is a common painful condition among Anorectal diseases which resembles with fissure in ano. This Is a case report of 33yr male patient with complaints of Guda Pradesh Daha (Burning sensation at anal region), Sarakta mala pravrutti (stool mixed with blood), Malavasthambha (Constipation) since last 4 days. He was treated with Yashtimadhu Ghruta Matra Basti for 7days.He got significant positive relief within 7 days.

Keywords: Parikartika, Guda-gata vyadhi, Malavasthambha, Constipation, Yashtimadhu Ghruta Matra Basti

Introduction:

In *Ayurveda*, Parikartika disease has been explained as complications of various disease like

Vatika jwara,kaphaja arsha,Udavarta,Garbhini. As per the classical description of signs and symptoms, the disease *Parikartika* can be correlated with fissure in ano. Sushruta has mentioned its name as *Parikartika*, which means cutting type of pain. Fissure-in-ano is a most troubling and painful condition found in majority of population irrespective of gender.This happens due to secondary life style, irregularity of diet, consumption of spicy and pungent food, faulty bowel habits and lack of local hygiene can contribute for initiation of this pathology. The cutting pain and burning pain are the cardinal symptoms of *Parikartika*. Hence, we can understand that there is an involvement of *Vata* and *Pitta Dosha*. Due to dushit apanavayu, while passing faces guda develops symptoms like Gudadaha,Sarakta malpravrutti,malavstambha. *Yashtimadhu Ghruta* has been recommended to subside the immediate pain in fresh wound. Basti is a shreshta chikitsa for adhobhaga sharir dhoshas.Hence this study of Yashimadhu

ghruta matra basti for 7 days has been selected for this disease.

A Case Report as follow:

Age-33 yrs; Sex- Male

Complaints-

1. Gudapradesh daha(Burning sensation at anal region)
2. Sarakta mala pravrutti(stool mixed with blood)
3. Malavasthambha (Constipation) Since 4 days.

History of Present illness-

The patient had history of constipation since last 10 days and from last 4 days he had been suffering from burning sensation at anal region, stool mixed with blood. The pain was unbearable so patient came to hospital for further management.

Examination-

P/H/O- Not known case of DM/HTN/COPD/ASTHAMA

Not known case of any allergy

O/E-

PULSE -82/MIN

B.P.-118/82 mm of hg

Temp- Afebrile

S/E-

RS-AEBE Clear

CVS- S1S2 Normal

CNS- Conscious, oriented

P/A- Soft, Non tender

Urine- 7-8times/day, Normal

Motion-Irregular bowel habit

Sleep-Normal

Appetite-Normal

Addiction- Smoking (since 5 yrs);

Alcoholism (since 5yrs)

P/R- Acute fissure at 6'o clock, severe spasm, Tenderness present, no sign of discharge, mild active bleeding.

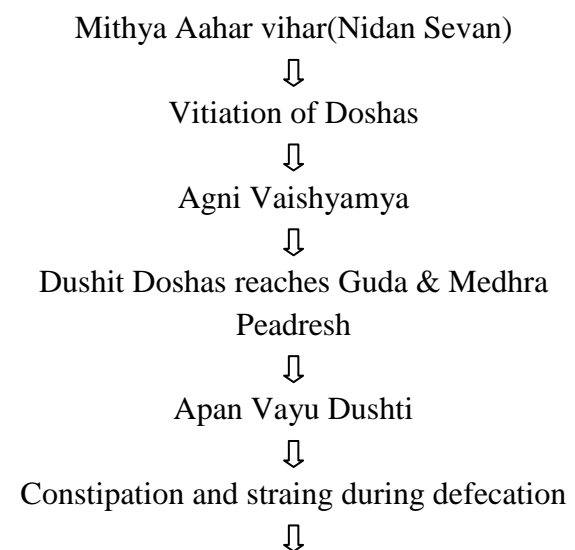
Investigations- CBC, HIV, HbsAg

MATERIAL AND METHODS:

Disease Review-

The term parikartika is a condition in which patient experiences a sensation of pain as if guda is being cut around with scissor. This disease is characterized by excessive cutting pain around the anus. Kashyapa says that Parikartika is the one having cutting and tearing pain in guda pradesha. In Madhav nidana the term Parikartika has been used in the description of Vataja Grahani. When a person consumes sandusta ahara, alpa ahara, atitakalin ahara sevana, upavasa by these causes vata gets vitiated and does the vitiation of Pachaka agni and produce cutting type of pain in the guda pradesha i.e. Parikartika. (Parikartika gude kartanvatpeeda).

Samprapti Chart-



Causes Crack over anal region and blood streaks



Parikartika

Drug Review-

- Yashtimadhu Ghruta has been prepared by Yashtimadhu with classical Ghruta Kalpana.
- Rasa- Madhur, Vipak- Madhur, Veerya- Sheet, Guna- Snigdha & Guru.
- Gana- Jeevaneeya, Sandhaneeya, Shonitsthapana

(Charak agrasangraha) and Kakolyadi, Sarivadi (Sushruta).

Method-

The patient was given Yashtimadhu Ghruta Matra Basti in the dose of 48ml intra-rectally once a day for 7 days. Also, patient is advised to taken Triphala churna 1tsf with warm water during bed time for Vatanulomana.

Assessment Criteria-

1. Gudadaha (Anal Burning)
2. Gudapeeda (Cutting pain)
3. Raktastrava (Bleeding)
4. Constipation
5. Sphincter tone

Hospital Treatment-

Treatment	Dose	Day	Observation			
			Burning sensation At anal region	Pain	Stool Streaked With Blood	Sphincter Tone
<i>Yashtimadhu Ghruta Matra Basti</i>	48 ml	1 st	+++	++	++	++
		2 nd	+++	++	++	++
		3 rd	++	+	+	+
		4 th	++	+	0	+
		5 th	+	0	0	0
		6 th	0	0	0	0
		7 th	0	0	0	0

Discussion:

In this clinical examination patient started showing regressive improvement with Yashimadhu Ghruta matra basti. On 3rd day of treatment sphincter spasm, constipation, stool with streaked blood got reduced and on 6th day onwards patient did not show any sign and

symptoms of the disease. This improvement was achieved with Yashtimadhu Ghruta matra basti. *Yashtimadhu has Madhura rasa, Sheeta Veerya, Madhur vipaka and has vata-pitta shamaka property. Yashimadhu also has vrana shodhana and vrana ropana properties that help for healing of anal fissure. Go-Ghruta has soothing property*

and form a thin film layer over them and that allows early epithelization of wound. Yashtimadhu has proven healing, anti ulcerogenic, anti inflammatory and skin regeneration activity. Sodium glycyrrhizate possessed anti ulcer activity and stimulation of regeneration of skin.

Conclusion:

The use of Yashtimadhu Ghruta matra basti has a definite role in the treatment of fissure in ano in terms of cardinal and general symptoms & quick healing of ulcer too. So, on this basis it can be concluded that Yashtimadhu Ghruta matra basti showed effective in the management of parikartika(fissure in ano).

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