

ROLE OF KASISADI GHRITA IN PARIKARTIKA (FISSURE-IN-ANO)

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ABSTRACT

Fissure in ano is a troubling and painful condition that affects a great majority of the population the world over. Chronic anal fissures are associated with persistent hypertonia and spasm of the internal anal sphincter and they have conventionally been treated surgically. However, concerns have been raised about the risk of faecal incontinence after surgical sphincterotomy. Ancient text could not give a brief idea about this condition. Mainly it is described as complication of Basti karma and Atisar. Present management of fissure is to give some laxatives, local anaesthetic agent, antibiotics and analgesics. If this treatment fails, then patient is recommended for surgical procedure but it also leaves many problems after operation. In this study Kasisadi ghrita was selected which is having effective Vrana shodhana and Vranaropan properties. Also, the drugs in the Ghrita medium give good lubricating action relieving muscular spasm. A total 15 patients having signs and symptoms of Parikartika (Fissure in ano) were selected and Kasisadi ghrita was given in the dose of 10 ml intra-rectally once a day for 15 days. Patients were assessed on parameters such as Pain, Bleeding per rectum, Itching and Burning Sensation. The Significant relief was observed in sign and symptoms after treatment and it was concluded that Kasisadi Ghrita as an effective and a safe alternative method to surgical treatment.

KEYWORDS -: Parikartika, anal fissure, Kasisadi Ghrita.**INTRODUCTION**

Parikartika (anal fissure) is a commonest and painful condition of anal canal. It is an elongated ulcer in lower most region, midline posteriorly, but in reality it is a true ulcer of the skin of the wall of the anal canal. Anal fissure may be acute or chronic. As there is burning sensation with cutting pain hence the condition is named. The disease fissure-in-ano can be compared to the disease *Parikartika* according to *Ayurveda*. *Parikartika* (fissure in Ano) is very common and painful condition. In *Ayurveda*, we cannot find brief description of this disease. *Parikartika* (fissure in Ano) is very common and painful condition. The factors responsible for causation of *Parikartika* are found in various texts as *Vamana –Virecana Vyapada*, *Basti Karma Vyapada* and *Upadrava of Atisara, Grahani, Arsa, Udavarta* etc.^[1,2,3] In the modern science, fissure-in-ano has been classified into two viz. acute and chronic. In both condition pain and bleeding are two main symptoms. On the basis of symptoms, the disease fissure-in-ano can be these procedures like recurrence;

incontinence and pruritus are even more agonizing than the actual pathology. If acute fissure is not treated properly it becomes chronic with or without complication. In chronic condition the spasm of anal sphincters stop the fissure from healing.^[4,5]

Hence in such cases anal dilatation (sphincter stretching) is required as advocated by Lords. Even after dilatation the healing of fissure again remains the problem as the site is dirty and likely to get infected. According to literature, there are several methods of treatment i.e. *Bhaisaja-Ksara-Sastra Karma* etc. Among them *Bhaisaja Karma* – medicinal treatment is the first line of treatment. Nowadays, various topical remedies are available for local application for wound healing in the market including for fissure-in-ano. In the present study, an attempt is made to derive a standard and easily accessible treatment for fissure-in-ano from classical resources. *Kasisadi Ghrita* is having ingredients with *Vrana Shodhana* and *Ropana* Properties^[6] which can help the *Vrana* (wound) to heal rapidly. Its base is *Ghrita* which itself is having *Samskara Anuvarti* and healing

properties. *Kasisadi Ghrita* is economic by virtue of less number of easily available ingredients and a time tested classical formulation. Hence, it was selected for the clinical evaluation in the compared to the disease *Parikartika* described in *Ayurveda*. *Acharya Susruta* has described the term '*Parikartika*' as a condition of *Guda* (anus) where cutting and burning pain is there. The treatment of fissure in Ano depends on type of disease. In acute fissure-in-ano treatment is painkiller, stool softener and soothing ointment. In chronic fissure treatment is anal dilatation, sphincterotomy, fissurectomy are in vague but the complication of present study.

AIM AND OBJECTIVE

To study the efficacy of *Kasisadi Ghrita* in the management of *Parikartika*.

MATERIALS AND METHODS

In this study 15 cases were included to evaluate the result of local application of *Kasisadi Ghrita*. Patients suffered from the fissure-in-ano were selected from OPD.

All the clinical details were recorded in case report form (CRF). All the symptoms like P/R bleeding, *Vedana* (pain), *Guda kandu* (itching) and *Guda daha* (burning sensation) were recorded daily. Specially prepared proforma was used to evaluate the patients during the study and follow up.

Selection of patients

Inclusion criteria

- Patients of acute fissure in ano presenting with complaints of bleeding per rectum, pain, and pruritis were selected.
- Patients with age between 18-60 years old.
- Patients were selected irrespective of sex, religion, education and socioeconomic status.

Exclusion criteria

- Patients having fissure-in-ano secondary to tuberculosis, crohn's disease, Ulcerative colitis, CA rectum and anal canal were excluded from study.
- Patients suffering from diabetes mellitus, Leprosy.
- Patients with chronic sentinel pile and associated with condition like hemorrhoids, fistula in ano.
- Patients with infectious diseases like HIV and HbsAg.

Ingredients of *kasisadi ghrita*^[6]

1. *Kasisa*
2. *Haridra*
3. *Daruharidra*
4. *Haritala*
5. *Manahshila*
6. *Kampillaka*
7. *Gandhaka*
8. *Vidanga*

9. *Guggulu-shuddha*
10. *Sikthaka*
11. *Maricha*
12. *Kushtha*
13. *Tutthaka*
14. *Gaura sarshapa*
15. *Rasanjana*
16. *Sindura*
17. *Shrivasa*
18. *Raktacandana*
19. *Irimeda*
20. *Nimba patra*
21. *Karanja*
22. *Sariva*
23. *Vaca*
24. *Manjishtha*
25. *Madhuka*
26. *Mansi*
27. *Shirisha*
28. *Lodhra*
29. *Padmaka*
30. *Haritaki*
31. *Prapunyata*
32. *Ghrita*

The patient was given *Kasisadi Ghrita* in the dose of 10 ml intra-rectally once a day for 15 days.

Assessment criteria: All the patients registered for the current study were assessed on following parameters during the course of treatment.

Bleeding per rectum

- 0 Bleeding
- 1 Mild bleeding during defecation
- 2 Moderate bleeding
- 3 Profuse bleeding

Burning sensation

- 0 No burning sensation
- 1 Mild degree of burning sensation after defecation
- 2 Moderate degree of burning sensation after defecation
- 3 Unbearable burning sensation after and before defecation

Guda kandu (Itching)

- 0 No itching
- 1 Itching for 1 hour after defecation
- 2 Itching for 4-5 hours after defecation
- 3 Persistent itching for whole day

Vedana (pain)

- 0 No pain
- 1 Pain for 1 hour after defecation
- 2 Pain for 4-5 hours after defecation
- 3 Persistent pain for whole day.

RESULTS AND OBSERVATIONS

S. NO.	Symptoms	Total Score			Percentage Relief
		B.T	A.T	DIFF.	
1	Pain	24	08	16	66.66%
2	Bleeding	17	03	14	82.35%
3	Burning Sensation	30	05	25	83.33%
4	Itching	27	04	23	85.18%

Probable mode of action of kasisadi ghṣita

The important factors which keep a fissure-in-ano away from normal healing are constant. Contamination of the wound by frequent friction and fecal matter with the mucosa while there is continuous spasm of the sphincter muscles. In such situation, a drug which produces a soothing effect; *Vraṇa Sodhana*, *Vraṇa Ropana*, *Vedana Shapana* and *Vatapittahara* action, is more suitable. Here *Kasisadi Ghṣita* has been selected for the present study due to having the same properties and good soothing effect. *Vata-pittahara* property may be due to its *Ghrīta* base and it probably removes the accumulated secretions in the fissure bed, promotes healing and reduces secondary infection too. It may be due to its *Vraṇa Sodhana*, *Vraṇa Ropana*, *Sothahara* and *Vedanasthapana* properties.

DISCUSSION

Ano-rectal disorders are progressively increasing in society. Few important causes are sedentary life style, irregular and inappropriate diet, prolonged sitting and psychological disturbances like anxiety and depression etc. Ano-rectal problems are coupled with psychological manifestations, as all the causes are interrelated to each other. *Parikartika* is such a condition that has come up as an alarming problem in recent times. As described earlier, it is not described as any separate disease, but its existence is found as a complication of *Virecana*, *Basti* and also *Vamana Karma*. But the fact is that the occurrence of *Parikartika* is a sequel of *Atisara*, *Jwara*, *Pravahika* etc. *Acharya Kasyapa* has mentioned this disease as a complication of pregnancy in women which is very keen observation from the modern point of view and also as is seen in everyday practice even today. In the present clinical research work, there was significant relief from the symptoms of *Parikartika* with the *Kasisadi Ghṣita*. It contains Vitamin A, D, E & K in which Vitamin A and E are antioxidant and are helpful in preventing oxidative injury to the body. Vitamin A keeps epithelial tissue of the body intact. It also contains 4-5% linolenic acid as essential fatty acid, which promotes proper growth of human body. Lipophilic action of *Ghrīta* facilitates transportation to a target organ and finally delivery inside the cell because cell membrane also contains lipid. This lipophilic nature of *Ghrīta* facilitates entry of the formulation into the cell and its delivery to the mitochondria, microsome and nuclear Membrane.

CONCLUSION

On the basis of Ayurvedic texts, views of ancient scholars, facts and observations done in the present clinical research work some points can be concluded like.

- The site of *Parikartika* is *Guda*, which is similar to the site of fissure-in-ano. *Vata* and *Pitta Dosha* have dominancy in the development of the disease *Parikartika*, but *Vata* is predominant. In the cases of *Rakta Srava*, the application of *Kasisadi Ghṣita* showed effective results and good control after 3 – 4 days.
- The most evident symptom present i.e. pain and spasm of anal sphincters in fissure-in-ano can be relieved much earlier by the application of *Kasisadi Ghṣita*.
- *Kasisadi Ghṣita* has a definite effect in the treatment of fissure-in-ano in terms of earlier relief in all kinds of symptoms.

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