

CLINICAL EVALUATION OF ANAL DILATATION AND MATRA BASTI WITH JATYADI TAIL IN THE MANAGEMENT OF GUDPARIKARTIKA W.S.R. FISSURE IN ANO**Dr. Rajendra Kumar Dixit¹, Dr. Vivek Kumar Tiwari² and Dr. Prafull Kumar Rekwat^{*3}**¹Asst. Prof., ²Asst. Prof., ³P.G. Scholar,
Department of Shalya Tantra, R.D. Memorial Ayurved P.G. College and Hospital, Bhopal (M.P.).***Corresponding Author: Dr. Prafull Kumar Rekwat**

P.G. Scholar, Department of Shalya Tantra, R.D. Memorial Ayurved P.G. College and Hospital, Bhopal (M.P.).

Article Received on 01/06/2023

Article Revised on 21/06/2023

Article Accepted on 11/07/2023

ABSTRACT

Acharya Sushrut mentions that Ayurveda originated from Atharveda. Shalya Tanta is the main branch of Ayurveda.^[1] Acharya Sushrut was the first to put forward the basic ideological principles of Shalya Tantra, based on which surgeries were performed in ancient India. The health of an individual depends on his diet and lifestyle. Diet plays a very important role in Parikartika. The choice of management method in Parikartika should be selected on the basis of drugs and treatments that help heal ulcers as well as reduce pain types such as cuts and pain.^[2] The fissure-in-ano management protocol in Ayurvedic science is Matra Basti with Jatyadi Tail.

KEYWORDS: Ayurved, Atharved, Diet, Parikartika, Matra Basti, Jatyadi Tail.**INTRODUCTION**

Anal fissure is the most commonest disease in the anorectal region. Currently, anal fissure is more common due to unhealthy lifestyle and diet. Anal fissure is a painful anorectal condition that affects the daily activities of the patient. The term fissure itself represents the meaning of "crack". It is described as fissure in the surface of the anal canal.^[3] In Ayurvedic science, it is called Parikartika which refers to a condition where the patient feels pain as if the anal canal was cut with scissors. There are two types of parikartika - Acute and Chronic.^[4]

Case History

A 48 year old female patient had complaints of constipation from 2month and pain during and after defaecation for two year. Patient also had complaints of blood streak while passing the stool. The patient was using analgesics for this but it was giving short term relief and the symptoms was aggravating again after completing drug acting period.

MATERIAL AND METHOD

A single case study was conducted in the *Shalya Tantra* OPD of R.D. MEMORIAL AYURVED P.G. COLLEGE AND HOSPITAL, BHOPAL. All points of history taking, physical examination and lab investigation were noted in a special case proforma. Selected patients were noted before, during and after the proposed treatment.

Single clinical case study was conducted after obtaining voluntary informed consent.

Examination

On Inspection: Sentinel tag on 6 and 12 o'clock position.

AIM AND OBJECTIVE

To evaluate the effect of Matra Basti with Jatyadi Tail on Gudparikartika w.s.r. of fissure in ano.

Surgery Plan

The patient was admitted to the R.D. MEMORIAL AYURVED P.G. COLLEGE AND HOSPITAL. Where she is under went following treatment

Laboratory Test – Blood and urine test, BTCT, CBC, Blood urea, FBS, HIV, HbsAg1.

Instruments – Mosquito forcep, Pile holding forcep, Suturing needle, Suture cutter, Catheter, Allis forcep, spong holding forcep, artery forcep, towel clamp, syringe, thread, scissor should be placed ready on trolley.

Pre Operative Plan

- Patient NBM before 6 hrs of surgery.
- Inj. Xylocaine sensitivity 2% was done.
- Inj. TT 0.5ml was given.
- Enema was given.
- Cleaning and draping was done

- Consent of the patient and his attender was taken before the procedure.

Operative Procedure

The patient lies in the lithotomy position. Painting of anus and peri-anal area with sterile and antiseptic solution is done. Followed by aseptic draping. Under local anaesthesia anal dilatation was done their after Sentinel tag at 6 o'clock and 12 o'clock position was ligated and excised. Dressing was done and patient shifted to IPD ward with stable vitals.

Post Operative

- Hot sitz bath with *Tankan Bhasma*
- *Matra Basti with Jatyadi Tail*
- Syp. Amlycure DS 2tsf BD
- *Abhyarisht* 20ml BD

- *Erand Bhrith Haritaki Churna* 5gm HS
- Oint. Arshita for local application

By the end of 21th postoperative day all tears were observed healed and there was no complications.

Diet

Pathya – Daal, Daliya, Green vegetables, Fruits and plenty of water.

Apathya – Spicy food, junk food, non-veg.

OBSERVATION AND RESULT

Complete recovery of the tear took place in about 21 days. *Matra Basti* with *Jatyadi Tail* applied with successful treatment without any complication.



Fig. 1: During Procedure.



Fig. 2: Follow Up After 14 Days During Treatment.

DISCUSSION

Gudparikartika can be correlated to Fissure-in-ano. The detail description *Gudparikartika* about *Nidana*, *Samprapti*, *Laxana* & *Chikitsa* is mentioned in *Sushruta samhita*, *Astanga Hridaya*, *Kashyapa samhita* etc. In this *samhitas* detailed description is given about conservative and surgical treatment for *gudparikartika* w.s.r. fissure in ano.

CONCLUSION

This case of *Gudparikartika* w.s.r. chronic fissure in ano which is treated by *Matra Basti* with *Jatyadi Tail* without any complication. The rate of recurrence is minimum and

no side effects during this procedure and the experienced *Vaidhya* can be practiced safely.

REFERENCES

1. Ambika Dutt Shastri, *Shusrut Samhita* Vol.1, Chaukhamba Prakashan, Varanasi.
2. Anantram Sharma, *Sushruta Samhita Part-2* Chokhamba Prakashan, Vanarasi.
3. Kumar Praveen, Sijoria KK. *Diagnosis and management of anorectal diseases*, First ed, Delhi: Chaukhamba SanskritPratishthan.
4. Vaidya Anantrao Shekokar *Shalya Tantra Part 2*, Shantanu Prakashan.