



Case Study

MANAGEMENT OF *PARIKARTIKA* (FISSURE-IN-ANO) WITH *JATYADI GHRIT* LOCAL APPLICATION ALONG WITH *VATIKA GUGGULU* ORALLY

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ABSTRACT

The current generation includes younger and middle-aged people who lead a sedentary lifestyle, have high levels of stress, unhealthy diets, and lack of sufficient sleep, all of which result in increased lifestyle diseases, including disorders affecting the digestive system, which causes many diseases, including anorectal disorders. *Parikartika* (fissure in ano) is a common ano-rectal condition characterized by a linear tear in the anal canal mucosa, typically caused by trauma from hard stools, constipation, or prolonged straining. It presents with severe pain during defecation, rectal bleeding, and local irritation. *Parikartika* is derived from Sanskrit word '*Pari*' which denotes 'all around' and '*Kartanam*' it means that excessive cutting pain around the anus is seen in *Parikartika*. This disease develops because of injury in the mucosa of the anal canal, usually caused by constipation, diarrhoea, and passage of hard stool. In this case study, a 35-year-old male patient diagnosed with acute anal fissure was managed using *Jatyadi Ghritha* for local application, along with oral administration of *Vatika Guggulu*. Additionally, a hot sitz bath was advised twice daily for 15 consecutive days. The patient was assessed on the basis of subjective parameters- pain, burning sensation, bleeding per rectum, constipation, and itching- as well as the objective parameter, namely the size of the ulcer. After completion of the treatment, a significant improvement in both signs and symptoms was observed.

INTRODUCTION

Parikartika (fissure-in-ano) is among most common anorectal digestive complications^[1] where diet plays an important role. In Ayurvedic texts *Parikartika* is not referred as independent disease whereas it is referred as a complication of Ayurvedic procedures. *Acharya Sushruta* states that the symptoms of *Parikartika* include the cessation of flatus and cutting and searing pain in the anus, penis, umbilical region, and neck of the urinary bladder^[2]. *Acharya Sushruta* also referred it as *Basti vyapad*^[3]. *Acharya Charaka* referred it as *Vaman* and *Virechana Vyapad*^[4]. *Acharya Kashyap* referred as a *Garbhini Vyapad*^[5].

Acharya Vagbhata referred it as a *Atisaar Vyapad*. *Acharya Dalhana* characterize *Parikartika* as cutting and tearing like pain in *Guda*^[6]. *Parikartika* is also referred as a symptom of numerous diseases like *Vataja Atisar*, *Vatika Jwara*, *Purishaj Udavarta*, and *Purva Rupa* of *Arsha*^[7].

On the basis of symptoms, disease is of two types i.e., acute and chronic fissure-in-ano. Regardless of type, patient will experience pain, bleeding and burning sensation during and after defecation. Anal fissures commonly present along the midline, often posteriorly in males and anteriorly in females. The relative frequency of the anterior Fissures in the females may be explained by the trauma caused by the foetal head on the anterior wall of the anal canal during delivery. Midline fissures typically occur posteriorly (90%) and anteriorly (10%) far less frequently in males. Posterior midline fissures are slightly more common than anterior ones (60:40) in females^[8]. A slightly higher percentage of anterior fissures was observed among women because of

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trauma during delivery from the fetus head pushing against the anterior part of the anal canal. In *Parikartika*, the management approach should be chosen based on medicines and treatments that promote ulcer healing and pain relieving. According to Ayurveda, the management protocols for anal fissure include *Snehavasthi*, *Avagaha Swedana* (medicated lukewarm water sitz bath), and *Lepanam*. *Parikartika* is a case of *Sadya Vrana* since it has a longitudinal ulcer causing pain. The medication used for such conditions should consist of drugs that have qualities of *Vranaropana*, which aid in wound healing. *Vatika Guggulu*^[9], as described in the *Sadhyovrana Chikitsa* chapter of *Cakradatta*, is noted for its effectiveness in wound cleansing, promoting healing, and relieving constipation. *Jatyadi Ghrita*^[10] is a preparation that possesses *Saruja Shamana* (pain-relieving), *Vranasodhana* (wound-cleansing), and *Vranaropana* (wound-healing) properties. Based on these properties, it was selected for use in this study.

CASE REPORT

A 35-year-old married male, presented to the *Shalya Tantra* OPD at Patanjali Ayurved Hospital, Haridwar, presented with constipation accompanied by pain and a burning sensation in the perianal region during and after defecation for the past 10 days. Initially, the pain was mild to moderate and subsided within 15 minutes after bowel movements. However, over the last 5 days, the pain progressively worsened, with discomfort and burning persisting for up to half an hour post-defecation. The patient also reported associated symptoms, including constipation and streaks of blood in the stool. He had been taking analgesics, which provided only temporary relief, with symptoms recurring once the effect of the medication wore off. The patient had a history of chronic constipation but no history of diabetes mellitus, hypertension, or previous surgical interventions. On physical examination, the pulse rate was 78 beats per minute, regular and of normal volume, and blood pressure was 120/80 mmHg.

Inclusion Criteria

- Participants aged 16 to 70, encompassing all genders and regardless of religious affiliation, socioeconomic status, or occupation, exhibiting clinical features of *Parikartika* will be included in the study.
- Patients of having clinical features of acute fissure-in-ano.

Exclusion Criteria

- Patients with *Parikartika* secondary to diagnosed cases of ulcerative colitis, Crohn's Disease, tuberculosis, and syphilis will be excluded from the study.

- Patients who have positive result of HIV 1 & 2 and hepatitis B & C.
- Patient suffering with any type of malignancy.

Local Examination

- **Inspection:** on examination of the anal canal, active bleeding was noted. Upon separating the anal verge, a longitudinal tear was present at the 6 o'clock position on the posterior midline, extending approximately 1cm inside the anus.
- **Palpation:** Tenderness was present over the fissure site. Digital rectal examination was not performed due to severe pain caused by sphincteric spasm.

Table 1: DashavidhaPariksha

<i>Prakriti</i>	<i>Vata-Kapha</i>
<i>Vikriti</i>	<i>Vata</i>
<i>Sara</i>	<i>Meda</i>
<i>Samhanan</i>	<i>Madhya</i>
<i>Pramana</i>	<i>Madhya</i>
<i>Satva</i>	<i>Madhya</i>
<i>Satmya</i>	<i>Madhur</i>
<i>Aharashakti</i>	<i>AbhyavaranShakti- Madhya</i> <i>Jaran Shakti- Madhya</i>
<i>Vyayama Shakti</i>	<i>Avara</i>
<i>Vaya</i>	<i>Yuvavastha</i>

Diagnosis: *Parikartika*- Acute fissure in ano (posterior)

Chikitsa (Method of Treatments)- The patient received a combination of internal and external treatment approaches. *Vatika Guggulu* 250mg (2 Tab with lukewarm water) was given after food twice a day. For external treatment, *Jatyadi Ghrita* was applied once daily following a hot sitz bath. The total duration of treatment was 15 days, and there was no recurrence of the condition even after 3 months of follow-up.

Jatyadi Ghrita

Jatyadi Ghrita is a classical Ayurvedic medicinal preparation indicated for ulcers at vital points, oozing or weeping ulcers, deep-rooted ulcers, painful ulcers, bleeding ulcers, and non-healing ulcers.

Ingredients

- *Purana Ghritam* (clarified butter)
- *Jati Patra (Jasminum Officinale)*
- *Nimba Patra (Azadirachta indica)*
- *Patola Patra (Trichosanthes dioica)*
- *Katuki (Picrorhiza kurroa)*
- *Darvi (Berberis aristata)*
- *Nisha (Curcuma longa)*
- *Sariva (Hemidesmus indicus)*

- *Manjishta* (*Rubia cordifolia*)
- *Ushir* (*Vetiveria zizanioides*)
- *Tutha* (Blue vitriol)
- *Madhuka* (*Glycyrrhiza glabra*)
- *Naktahva Bija* (*Pongamia pinnata*)
- *Sikta* (Beeswax)

Vatika Guggulu

Ingredients used in *Vatika Guggulu* include:

- *Emblica officinalis* (*Amla*)
- *Terminalia chebula* (*Haritaki*)
- *Terminalia bellerica* (*Bibhitaki*)
- *Commiphora mukul* (*Guggulu*)

Properties

- *Triphala* is well known for its wound-healing properties.
- It has wound cleansing effects.
- Acts as a mild laxative, promoting bowel regularity.

- Supports tissue healing and improves digestion, aiding overall recovery.
- *Guggulu* has anti-inflammatory properties that helps in reducing pain.

This combination makes *Vatika Guggulu* effective in managing anal fissure.

This combination provides *Saruja Shamana* (pain relief), *Vranasodhana* (wound cleansing), and *Vranaropana* (wound-healing) properties, making it highly effective in the management of Anal fissure.

RESULT

Symptoms of anal fissures- such as pain during and after bowel movements, post-defecation burning, bleeding from the ulcer, and ulcer healing- were used to evaluate treatment outcomes. By the 3rd day of treatment, Pain was noticeably decreased, burning sensations reduced by the 5th day, bleeding resolved by the 7th day, and complete ulcer healing was observed by the 15th day.



DISCUSSION

The majority of fissure-in-ano is a linear ulceration from dentate line to anal verge. Constipation is a prime cause of fissure-in-ano. Irregular diet, consumption of spicy food, fast food and lack of local hygiene aggravates constipation. In Ayurveda, *Nidanas* (causative factors) initiate the development of *Agnimandya* (impaired digestive fire), which subsequently leads to the vitiation of *Doshas*-predominantly *Vata*, along with *Pitta*. These aggravated *Doshas* localize in the *Guda Pradesha* (anal

region), affecting the *Twak* (skin) and *Mamsa* (muscle tissue). This results in *Rukshata* (dryness) of the skin, making it prone to cracking. Such longitudinal fissure in the perianal area is referred to as *Parikartika*.

Fissure-in-ano, known as *Parikartika* in Ayurveda, is a painful anorectal disorder characterized by intense pain, a burning sensation during and after defecation, constipation, and occasional bleeding. In this case study, an Ayurvedic approach was employed to manage acute fissure-in-ano effectively and

holistically by targeting both the symptoms and their underlying causes. *Vatika Guggulu* played a key role due to its anti-inflammatory, wound-cleansing and healing, and mild laxative properties, which helped reduce inflammation and promote easier bowel movements. *Jatyadi Ghrita* is a preparation that possesses *Saruja Shamana* (pain-relieving), *Vranasodhana* (wound-cleansing), and *Vranaropana* (wound-healing) properties. *Jatyadi ghrith* helps maintain moisture in the *Vrana* (wound), thereby promoting the healing process through its therapeutic properties. It also enhances the formation of granulation tissue, which further supports and accelerates ulcer healing. A lukewarm water sitz bath helps cleanse the fissure wound area, improves blood circulation in the region, and aids in relaxing the anal sphincter, thereby promoting healing and relieving discomfort.

CONCLUSION

This case study highlights the effectiveness of Ayurvedic management in treating acute fissure-in-ano. The combined use of internal medications and external therapies successfully relieved symptoms, promoted faster ulcer healing, and helped prevent recurrence. Ayurveda thus offers a safe, holistic, and sustainable approach for managing anorectal disorders, underscoring its potential as a valuable alternative to conventional treatments.

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