CRITICAL ANALYSIS OF KASISADI GHrita IN PARIKARTIKA (FISSURE-IN-ANO)

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KEYWORDS: Parikartika, anal fissure, Kasisadi Ghrita.

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 sphcterotomy. 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 Vrana ropan 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 ghritha 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.

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. 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. 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. Bhaishajya–Ksara–Shashtra Karma etc. Among them Bhaishajya 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 Sodhana and Ropana Properties 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 softner 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 & 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 of Shalya tantra Department of Jammu Institute of Ayurveda and Research, Nardani, Jammu. 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

1. Kasisa
2. Haridra
3. Daruharidra
4. Haritaka
5. Manahshila
6. Kampilaka
7. Gandhaka
8. Vidanga
9. Guggulu-shuddha
10. Sikthaka
11. Maricha
12. Kushtha
13. Tutthaka
14. Gaura sarshapa
15. Rasanjana
16. Sindura
17. Shrivasas
18. Raktaacandana
19. Irmeda
20. Nimba patra
21. Karanja
22. Sariva
23. Vaca
24. Manjishtha
25. Madhuka
26. Mansi
27. Shirisha
28. Lodhra
29. Padmaka
30. Haritaki
31. Prapunnata
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

<table>
<thead>
<tr>
<th>S. NO.</th>
<th>Symptoms</th>
<th>Total Score</th>
<th>Percentage Relief</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>B.T</td>
<td>A.T</td>
</tr>
<tr>
<td>1</td>
<td>Pain</td>
<td>24</td>
<td>08</td>
</tr>
<tr>
<td>2</td>
<td>Bleeding</td>
<td>17</td>
<td>03</td>
</tr>
<tr>
<td>3</td>
<td>Burning Sensation</td>
<td>30</td>
<td>05</td>
</tr>
<tr>
<td>4</td>
<td>Itching</td>
<td>27</td>
<td>04</td>
</tr>
</tbody>
</table>
Probable Mode of Action of Kasisadi Ghrita

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; Vrana Sodhana, Vrana Ropana, Vedana Shapana and Vatapittahara action, is more suitable. Here Kasisadi Ghrita 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 Ghrita 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 Vrana Sodhana, Vrana 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 Yamana Karma. But the fact is that the occurrence of Parikartika is a sequel of Atisara, Jwara, Pravahika etc. Acharya Kasypa 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 Ghrita. 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 Ghrita facilitates transportation to a target organ and finally delivery inside the cell because cell membrane also contains lipid. This lipophilic nature of Ghrita 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 Ghrita 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 Ghrita.
- Kasisadi Ghrita has a definite effect in the treatment of fissure-in-ano in terms of earlier relief in all kinds of symptoms.

REFERENCES


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