

Pain Management in Parikartika – A Case Study

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Abstract: *Ayurveda Shastra* aims at keeping a healthy person healthy and managing or curing diseases (mind, body or both) that manifest in a person¹. *Shalyatantra* is the branch related to various surgical diseases which cannot be cured by oral medications and therefore needs surgical intervention². As per *Ayurveda* the derangement of *Jatharagni* leads to all the disease³. Improper *Agni* causes constipation and other associated symptoms which leads to ano-rectal diseases *Parikartika* (Fissure-in-Ano) is one of the *Gudagata Vyadhi* that is ano-rectal disease. In today's era, of western lifestyle, IT professionals and pandemic leading to a sedentary work from home, lack of exercise unhealthy eating habits, irregularity in diet, in addition to this one is always under tremendous stress causing disturbance in digestive system along with anorectal pathology, *Parikartika* is one of them. Here in this case study, pain management were done through the help of *Pichu*..

Keywords: *Parikartika*, Pain management, *Pichu*

