

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*

I. INTRODUCTION

Parikartika is characterized with *Tivrashoola*, *Daha*, *Vibandha*, *Sapicchastrava*, *Ruja* and *Aruchi*⁴. Similarly, fissure in ano⁵ is characterized with severe pain before and after defecation, burning sensation, severe constipation, and hard stool and blood drops or streak of fresh blood along with stools.

longitudinal epithelial split because of their location involving the exquisitely sensitive anoderm in the lower end of anal canal leads to fissure in ano⁶, the pain is so severe that patient develops fear for defecation this condition causes distress and daily routine is hampered drastically and hence the condition must be taken under consideration.

In males fissure usually occur in the midline posteriorly- 90% and much less commonly anterior-10%, in case of females it occurs midline posteriorly are slightly common than anteriorly in the ratio of 60:40. Anterior anal fissure is much more common in women and may arise following vaginal delivery⁶.

Management approach selection in *Parikartika* should be to be selected on the basis of medicines and treatments which one helps for the healing of ulcer as well as to reduce the cutting and burning type of pain. The management protocols for fissure-in-ano in Ayurvedic science are *Snehabasthi* (Oil enema therapy), *Avagaha Swedana* (medicated lukewarm water sitz bath) and *Lepanam* (medicated ointments), *Pichu*. *Parikartika* can be considered as *Sadya Vrana* due to the presence of painful longitudinal ulcer⁷.

Hence drug preparations that have *Vranaropana* properties are more effective in the management of *Parikartika*. *Aragvadhakshara Siddha Taila Pichu* which has properties like *Saruja Shamana* (Pain relieving), *Vranashodhana* (Wound cleansing) and *Vranaropana* (Wound healing) properties⁸.

Objectives – Pain management in *Parikartika*.

II. METHODOLOGY

Case study –

A 36 years old male patient visited in OPD of *Shalya tantra* presenting with the complaints of Pain & burning sensation in anal region, Constipation (On & off) since from 8 – 10 days.

Name of patient - XYZ, 36 years old, Male



Chief complaints -

- Pain in anal region
- Burning sensation in anal region
- Constipation (on & off)

Ashtavidha Pariksha -

- *Nadi* = 78 / min
- *Mala* = *Samyaka*
- *Mutra* = *Samyaka*
- *Jivha* = *Sama*
- *Shabda* = *Prakruta*
- *Sparsha* = *Anushna*
- *Druka* = *Prakruta*
- *Akruti* = *Madhyam*

General examination -

- PR – 78 / min
- BP - 110/70 mm of Hg
- RS - AE= BE, Clear
- CVS – S₁ S₂ N
- CNS - Conscious, Oriented
- P/A - Soft, No Tenderness
- P/R – Anal spasm +++
- Fissure-in-Ano at 5 'o' clock

Past History -

- No history of any major illness
- No H/O – DM, HTN

Management -

In *Parikartika*, the conservative management works by softening the stool, reducing the anal pain, muscle spasm and swelling.

Avagaha swedana [Hot sitz bath] -

Avagaha Swedana was given with the help of *Triphala Kwatha*⁸. This helps to clean the perineum & rectum. It has antimicrobial, anti-inflammatory, *Kandughna*, *Vataghna*, *Kaphaghna* etc. properties. This all properties helps to reduces pain, spasm and itching in anal region.

Aragvadhakshara Siddha Taila Pichu -

Pichu being the most easy to use, effective and less time consuming, *Aragvadhakshara siddha taila pichu* was selected for pain management.

This was taken from *Sushruta Samhita* where he mentioned that *Kshara Siddha Taila* can be used for *Vrana Shodhana*, so considering fissure ulcer as a *Dushta Vrana*⁹. So, this drug was used for the pain management of *Parikartika* which is having properties *Mrudushodhana*, *Shothahara*, *Vedanasthapana*, *Kushtaghna*¹⁰.



Observations –

The effect of pain management on Pain & Burning sensation in anal region & constipation is as follows;

| | Symptoms | Before treatment | After treatment |
|-----------|----------------------------------|------------------|-----------------|
| VAS Scale | Pain in anal region | 9 | 4 |
| | Burning sensation in anal region | 9 | 3 |
| | Constipation | 8 | 1 |

Gradation of Symptoms -

- 1 - 3 = Mild
- 4 - 6 = Moderate
- 7 - 10 = Severe

III. DISCUSSION

In this case study observations of were done before and after treatment based on symptoms.

Triphala Kwatha Avagaha Swedana - was given to the patient which helps to reduces spasm, pain and helps to clean the perineum & rectum. *Triphala Churna* acts as *Kandughna*, anti-inflammatory, anti-bacterial.

Aragvadhakshara Siddha Taila Pichu – *Aragvadh* possess *Madhura Rasa*, *Madhura Vipaki*, *Sheeta Virya* and reduces *Ruja*, *Stambha* in anal region. This all having properties like *Vrana Shodhana*, *Vrana Ropana*.

IV. CONCLUSION

Parikartika is one of the commonly found disorder in daily practice. It can be correlated with Fissure in ano in modern science. *Ayurveda* has mentioned different managements for *Parikartika*. In this case study, pain management in *Parikartika* was done with the help of *Avagaha Swedana* and *Aragvadhakshara Siddha Taila Pichu* followed by proper *Pathya* and *Apathya*.

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