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Role of *yastimadhu taila matra basti* in *parikartika* (fissure-in-ano): a single case study**Sheth Sachin¹, Asore G. R.², Rankhamb Tejas*³**¹ Assistant Professor,² HOD & Professor,³ PG Scholar,Dept. of Rasashastra and Bhaishajya Kalpana,
APM's Ayurved Mahavidyalaya, Sion, Mumbai-22.***Corresponding author:** tejasrankhamb777@gmail.com**ABSTRACT:**

Many *Gudagata Vikara* like *Arsha*, *Bhagandara*, *Parikartika*, *Guda Kandu*, etc. are explained in *Ayurveda*. *Parikartika* is one of the ano-rectal diseases which can be correlated with fissure-in-ano. It is the most common ano-rectal disease seen in surgical practice. The word *Parikartika* means “*kartanavat Vedana*” i.e. cutting like pain around *Guda Pradesha*. Here is a case report of 30 years male patient suffering from *Guda Pradesh Shula* (Pain at anal region), *Guda Pradesh Daha* (Burning sensation at anal region), *Sarakta mala pravrutti* (Blood along with stool), *Malavastambha* (Constipation) since last 2 days. He was treated with *Yashtimadhu Taila Matra Basti* for 6 days. He got significant positive relief within 6 days.

Keywords: *Parikartika*, Fissure-in-ano, *Yashtimadhu Taila*, *Matra Basti*.**INTRODUCTION:**

In *Ayurvedic samhita* *parikartika* is explained at different places, not as an independent disease but as a complication. In *Charak Samhita* it is described as *Virechan Vyapad*^[1], in *Sushruta Samhita* it is described as *Basti Vyapad*^[2] and in *Kashyapa Samhita* it is described as a *Garbhini Vyapad*^[3].

Parikartika is one of the ano-rectal diseases which can be correlated with fissure-in-ano. The word *Parikartika* means “*kartanavat Vedana*” i.e. cutting like pain around *Guda Pradesha*. This painful condition is found most commonly due to Sedentary life style, unhealthy diet regimen and improper sleeping habits which leads to imbalance of *agni* and *tridosha*.

The cutting pain and burning like sensation are the cardinal symptoms of *Parikartika*. Hence, we can understand that there is an involvement of Vata and Pitta Dosha. Involvement of *Vata dosha* is because

of the site i.e. *Guda*, which is actual site (*sthana*) of *Vata* especially *Apanavata*.

The approach towards the treatment of *Parikartika* should be decided on the basis of medicines and procedures which one be helpful in healing of ulcer as well as which will reducing cutting type pain and burning like sensation around anal region. Hence, the selection of *Yastimadhu taila* is preferred.

CASE REPORT:

Patient name: - A.B.C.

Age – 30 years / Male

Occupation - Driver

Complaint of

- Guda Pradesh Shula* (Pain at anal region)
 - Guda Pradesh Daha* (Burning sensation at anal region)
 - Sarakta mala pravriti* (Blood along with stool)
 - Malavastambha* (Constipation)
- Patient had above complaints since last 2 days.

History of present illness

Patient had the above complaints from 2 days. The symptoms were unbearable so he came to our hospital OPD for further management.

Past history

Patient was having complaints of constipation since one month with frequent intervals.

Examination

No H/O - DM / HTN / KOCH'S / Bronchical Asthama.

No H/O - Any drug allergy.

No H/O - Fever

O/E - G.C- fair, P- 80/ MIN, B.P. - 130/ 80 mm of hg,

S/E- RS- AEBE Clear,

CVS- S1, S2- normal.

CNS - conscious and oriented.

P/A - Soft and non-tender.

Bowel - irregular bowel habit,

Stool – Hard.

Bladder - normal habit,

Sleep - normal.

Appetite - normal,

Addiction - no any specific addiction.

P/R - Acute fissure at 6 O'clock, PR painful.

MATERIAL AND METHODS:

Disease Review-

It is well accepted that *Parikartika* as per *Ayurvedic* terminology resembles much to Fissure-in-ano as described in Modern medicines. 'Fissure-in-ano' clinically presents as a fissure or a crack in the anal orifice. The prominent symptoms include severe pain during and following defecation, burning sensation, sometimes associated with bleeding.

Acharya Sushruta has described *Parikartika* somewhat in descriptive manner not as a separate disease identity, but as a complication of other diseases or a condition produced by the *Vaidya* while conducting therapies for other diseases. He has also described its treatment, local as well as internal. *Acharya Charaka* and *Vagbhatta* have described about treatment of *Parikartika* in detail. *Acharya Kashyapa* has elaborated various types of *Parikartika* and its treatment. *Ashtanga Sangrah* and *Ashtanga Hridaya* have also supported the above description, but without going into the details.^[4]

Hetu- Irregular meals, junk food, fast food, frequent tea, late night sleep, no physical activity, *malbaddhata* (hard stool) and straining during defecation.

Samprapti Representation-

Mithya Aahar-vihar (Nidan Sevan)



Vitiation of *Doshas*



Agni Vaishyamy



Apan Vayu Dushti



Constipation and straining during defecation
Causes Crack over anal region



Fissure in ano



PR Pain, burning, spasm, bleeding,

Drug Review-

The information is mainly compiled from Ayurvedic Pharmacopoeia ^[5] and *Bhavaprakash Nighantu*.^[6]

The theory of *Tridosha* is unique to the science of *Ayurveda*, so that even the drugs and medicinal plants are described for their properties and uses in view of their impact specifically on the *Tridosha*. According to the predominance of a particular *dosha* in a disease the symptoms may present themselves. The selection of drug is also to be made according to keeping the three *Doshas* in view.

In fissure-in-ano cutting and burning types of pain is usually present. According to

the *Ayurvedic* point of view, it can be said that in fissure-in-ano there is preponderance of mainly two *Doshas* viz. *Vata* and *Pitta*. Due to this *Doshic* predominance the two major symptoms of pain and burning sensation are present. For the relief of these symptoms a drug which is *Vata* and *Pitta Shamaka* is more suitable.

Yashtimadhu has *Vatahara*, *Pitta shamak* and *Vrana-sodhan-ropana* properties. It has been advocated by various ancient authors in the treatment of ulcers, surgical wounds and inflammatory conditions.

The *Sneha* (generally, *Ghrta* or *Taila*) processed with *Yastimadhu* is indicated for healing of wounds and the burn injuries. Among the medical diseases it has been mainly advised in diseases and symptoms of *Pittaja* origin. Among the surgical diseases its use has been advocated in traumatic wounds.

Method-

The patient was advised *Yashtimadhu Taila Matra Basti* in the dose of 50 ml intra-rectally once a day for 6 days.

Also, patient is advised to taken *Triphala churna* 4gm with warm water during bed time for *Vatanulomana*.

Assessment Criteria

1. *Gudadaha* (Anal Burning)
2. *Gudashula* (Cutting pain)
3. *Raktastrava* (Bleeding)
4. Constipation
5. Sphincter tone (Spasm)

Treatment course in hospital

Treatment	Dose	Day	Observation			
			Gudadaha (Anal Burning)	Gudashula (Cutting pain)	Raktastrava (Bleeding)	Sphincter tone (Spasm)
YASTIMADHU TAILA MATRA BASTI	50 ml	1st	++	+++	++	++
		2nd	+	++	+	+
		3rd	0	+	0	0
		4th	0	0	0	0
		5th	0	0	0	0
		6th	0	0	0	0



Fig 1:- Before treatment

Fig 2:- After treatment

DISCUSSION:

Discussion on the symptoms

In this case patient had started showing improvement with *Yashimadhu Taila matra basti* from 3rd day of treatment, almost all symptoms are reduced by 4th day.

Discussion on the probable mode of action

In fissure-in-ano there is predominance of mainly two *Doshas* viz. *Vata* and *Pitta*. Due to this *doshic* predominance the two major symptoms of pain and burning sensation are present. Therefore, the drugs used should possess the properties such as *Vata pitta shamaka* and *vraha ropaka*.

Yashtimadhu has *Madhura rasa*, *Sheeta Veerya*, *Madhur vipaka* and has *vata-pitta shamaka* property. *Yashimadhu* also has *vraha shodhana* and *vraha ropana* properties that help for healing of anal fissure. *Yashtimadhu* is also reported to possess anti-

inflammatory, anti-ulcerative, and antimicrobial properties.^[7]

Tila taila has *Snigdha* property. *Tila Taila* is also used in *Shula* (Pain), *Vatavikara* (Disorders due to Vata Dosha), *Vrana* (Ulcer), to enhance flexibility of muscle tissues, tones up skin and makes it smooth, helps in reducing swelling.

Matra Basti was chosen as it alleviates *doshas*, does not need strict regimen, and eliminates waste easily & comfortably.^[8]

CONCLUSION:

The use of *Yasthimadhu Taila* has a definite role in the treatment of fissure-in-ano in terms of early relief in symptoms and quick healing of ulcer. The above case study concludes, the use of *Yasthimadhu Taila Matra Basti* has significantly effective results in the management of *Parikartika* (fissure-in-ano).

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