The efficacy of karpoor ghrit in the management of parikartika (fissure in ano)

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ABSTRACT :
Fissure in Ano ( Parikartika) is a vertical tear or an elongated longitudinal ulcer in the long axis of stratified squamous epithelium of the lower anal canal. Ancient text couldn’t give a brief idea about this condition. Mainly it has been described as complication of Bastikarma and Atisar. It is so named in which sharp cutting pain is felt in the anus. For that Modern surgical treatment of choice is again has limitations such as faecal incontinence. Hence, karpoor Ghrita having effective Vranaropan & vedanashamak, tridoshaghnā property i.e. it relieves burning sensation quickly. So we modified a method of Local Application is conceived for this study.

Key words:
Fissure in Ano, karpoor Ghrit,parikartika,parikartika, Bhaishajya ratnawali , Sushrut samhita.

INTRODUCTION:
Fissure in Ano is very common and most painful anorectal disorder in day today practice. parikartika is one of the the most common disorder of anorectal diseases Aacharya sushrut has mention the cardinal symptom of parikartika as Sharp cutting and burning pain in guda the causative doshas are are vata and pitta and the pain predominantly display a vatika and pittika character by the sensation of cutting and burning respectively1. acute fissure in ano is characterized by spasm, pain on defecation and passes of bright streaks of blood along with stool. and if this fails to heal it gradually develops into chronic fissure in ano. ayurvedic literatures this condition is described as parikartika. mainly it has been described as complication of basti Karma and atisara.

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In modern science, Lord’s Anal Dilatation & Lateral sphincterotomy are treatment of choice which is again has limitations such as faecal incontinence & prolonged healing. Hence, in this study, karpoor Ghrit selected for study which is having effective Vranropan & vedanashamak, tridoshaghna property i.e. it relieves burning pain sensation quickly.²

So we modified a method of Local application which is found to be effective and increase the quality of life in patients suffering with fissure.

Case report:

36 year old male patient having complaint of per rectal bleeding, sever pain at anal Region.

There is no history of diabetes, hypertension, IHD, colitis, IBD. The family history was not suggestive of anything Specific.

On inspection: No fistula or hemorrhoids Or pilonidal sinus or any discharge.

**Per rectal examination:**

Digital examination: Sphincter tone normal feeling.

Fissure in ano at 6 and 12 o clock position Color- reddish.

Routine investigations haemogram, urine(R), B.T.-C.T, BSL(Fasting, PP) were within normal limits.

**AIM:** To study the karpoor Ghrit in the management of Parikartika (Fissure in Ano).

**OBJECTIVES:**

1. To observe the effect of karpoor Ghrit in the management of Parikartika (Fissure in Ano)

2. To re-establish effective, alternative & easily available conservative management of fissure in Ano.

3. To study the various treatment of fissure in Ano both in Ayurvedic & Modern science which are in practice.

**METHODS & MATERIALS:**

The patients having classical signs & symptoms of fissure were examined & selected for the present study.

**Method:** Clinical study is as follows-

- **Study Design:** Randomized control open clinical Trial
- **Source of Data:** Patients were selected from Shalyatantra 0PD/IPD of Dr D Y Patil College of Ayurveda and rec center pimpri Pune 18.

**Drug profile:**

Ingredients: karpoor, Ghrit

**Dose:** karpoor 10 g

Ghrit 100g

**Selection of Patient:**

A) Inclusive Criteria:

1) Patients aged between 20-60 years
2) Patients of both Acute & Chronic fissures.
3) Patients of either sex taken, female patients with pregnancy also included.

B) Exclusive Criteria:
1) Patients who have systemic diseases like Tuberculosis, Diabetes Mallets.
2) Patients suffering from any other anorectal diseases like Fistula, Haemorrhoids, Perianal Abscess.
3) Patients of HIV, HBsAg, are excluded.

Withdrawal criteria:
1) If patient develop any adverse effect.
2) If patient refuse to continue with treatment.

• Inform Consent:
The patients were explained about the purpose, procedures and possible danger of the study and it was taken.

• Criteria for Assessments

A) SUBJECTIVE CRITERIA
1. PAIN:
   1: Mild - Without Analgesic pain can be bearable
   2: Moderate - Respond to analgesics
   3: Severe – Does not respond to Analgesics

2. P/R BLEEDING:
   0: No bleeding
   1: Mild – Intermittent, very slight streak on fecal matter.
   2: Moderate - Streak with intermittent drops.
   3: Severe – Drops with streak during & after defecation associated with anxiety, weakness, uneasiness & anemia.

3. BURNING SENSATION:
   0: No burning sensation
   1: Mild – Slight burning after defecation last upto 1 hr
   2: Moderate – Burning after defecation last upto 6 hrs.
   3: Severe – Burning with discomfort after defecation lasts Upto 12 hrs.

4. TENDERNESS:
   1: Mild - Pain on deep stretching
   2: Moderate – Pain on superficial stretching
   3: Severe – Patient doesn’t allow to touch

5. ITCHING:
   0: No Itching
   1: Mild – Very slight, intermittent without excoriation.
   2: Moderate – Intermittent without excoriation.
   3: Severe – Continuous with perianal excoriation.

B) OBJECTIVE CRITERIA:

1. SIZE OF ULCER:
   0: No ulcer
   1: Small (1mm – 4mm)
   2: Medium (5mm- 8mm)
   3: Large (9mm- 12mm)
2. SPHINCTOR TONE:

0: Normal
1: Spasmodic

Materials:
Preparation of karpoor Ghrit was prepared according to standard Snehalakpana as told in Sharangdhar Karpoor Ghrit (2)
- Karpoor
- Goghrit

Route of Administration: It is applied locally in the form of pichu dipped in ghrit twice in a day.

Duration of Treatment: 1 month or upto complete relief of the symptoms (whichever is less)

Statistical Analysis: The obtained data were analyzed with the help of statistical tests.

DISCUSSION: Parikartika can be correlate with Fissure in ano, according to Kashyapa it is classified in 3 types Vatik, Paittik, Kaphaja. The incidence of Parikartika is found more in middle age male persons with Vat-Pitta Prakriti, mix diet, irregular bowel habit and service job with sitting work. Pittaja type of Parikartika is found more with 6o’clock position.

OBSERVATION & RESULTS: Effect of therapy on clinical parameters: It has been explained in the criteria of assessment that the effect of therapy will be evaluated on clinical features by adopting GRADE system. These symptoms were pain, Pr Bleeding, itching. Each of these symptoms was assessed before the start of treatment and after the treatment. Relief in the symptoms was assessed on follow up.

CONCLUSION:
- On observing the overall effect of karpoor Ghrit was found to be more effective in relieving pain, burning sensation and itching.
- Karpoor Ghrit preparation method is easy and less time consuming.
- Vata-Pittahara, VednaSthapana, Vrana Sodhana, Vrana Ropana and influences reduction of inflammation will be more suitable than drug which may act as the best healer of ulcer on other parts of the body.
- Karpoor Ghrit probably is able to counteract these two factors more efficiently than the other drugs. The relief of severe pain within 24 hours is something remarkable about this drug although the ulcer takes as many as three to four weeks for complete healing.

It is this soothing effect of karpoor Ghrita in combination with other mentioned drugs which makes this combination an ideal drug group for the treatment of fissure –in-ano.

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