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Jyoti Saini

P.G. Scholar, Pg. Department of Shalya Tantra, Patanjali Bhartiya Ayurvedic Evum Anusandhan Sansthan, Haridwar, Uttarakhand, India

Sachin Gupta

Professor, Pg. Department of Shalya Tantra, Patanjali Bhartiya Ayurvedic Evum Anusandhan Sansthan, Haridwar, Uttarakhand, India

Saurabh Sharma

Assistant Professor, Pg. Department of Shalya Tantra, Patanjali Bhartiya Ayurvedic Evum Anusandhan Sansthan, Haridwar, Uttarakhand, India

Kainat Ansari

Assistant Professor, Pg. Department of Shalya Tantra, Patanjali Bhartiya Ayurvedic Evum Anusandhan Sansthan, Haridwar, Uttarakhand, India

Shruti Saraswat

Assistant Professor, Pg. Department of Shalya Tantra, Patanjali Bhartiya Ayurvedic Evum Anusandhan Sansthan, Haridwar, Uttarakhand, India

Corresponding Author:

Jyoti Saini

P.G. Scholar, Pg. Department of Shalya Tantra, Patanjali Bhartiya Ayurvedic Evum Anusandhan Sansthan, Haridwar, Uttarakhand, India

Parikartika: A literary review based on various ancient classical ayurvedic lexicons

Jyoti Saini, Sachin Gupta, Saurabh Sharma, Kainat Ansari and Shruti Saraswat

Abstract

Health of an individual depends upon his diet, environmental condition and lifestyle. In the present era of fast food, due to busy schedule, there is great irregularity in the dietary habits and people are adopting sedentary life style. Due to which there is disturbance in the digestive system which results in many diseases. Anorectal diseases like fissure in ano, haemorrhoid, fistula in ano etc. could also be considered as a problem originated from disturbed digestive system due to bad food habits and improper lifestyle.

Fissure-in-ano is a common painful anorectal disease. In *Ayurveda* it can be correlated to *Parikartika*. *Parikartika* is not mentioned as a separate disease entity in *Ayurvedic* text. It is described as complication of *Bastikarma Vyapad*^[1], *Vamana-Virechana Vyapad*^[2] and as *Garbhini Vyapad*^[3]. It is also explained as the *Arsh Purva Roopa*, *Updrava of Atisar* and *Vyapad of Grabhini*. The first reference of the disease *Parikartika* is presented by *Sushruta Samhita*. It has symptoms like pain, burning, sensation, bleeding per rectum, constipation etc. According to modern texts the secondary factors responsible for disease are Crohn's disease, tuberculosis, ulcerative colitis etc.

Keywords: basti, Kartanwat, Vaman, Virechana, Parikartika, fissure-in-ano

Introduction

Ayurveda is a science of life. The first aim of *Ayurveda* is to keep a person healthy and second aim is to cure the disease. *Parikartika* is the most common cause of pain in anal region. It is commonly found in pregnant women, purpureal period and youngsters. Nowadays, it is most painful condition affecting the anal region. About 30 to 40% of the population suffer from anal problems and anal fissure comprises of 10 to 15% of anorectal disorder and is characterized by excruciating pain during and after defecation and strike wise bleeding along with stool with spasm of anal sphincter. *Parikartika* means *Parikartanavat Vedana* around *Gudapradesh*. It means cutting type of pain, but the sentinel tag like features are not in the reference of *Parikartika*. Sentinel tag can be compared with *Shuskarsh* as mentioned by *Charak Samhita*.

Definition: According to *Acharya Sushruta*, *Parikartika* is a situation in which there is cutting pain in *Guda*, *Nabhi* and surrounding areas. An anal fissure (synonym; fissure-in-ano) is a longitudinal split in the anoderm of the distal anal canal which extends from the anal verge proximally towards, but not beyond, the dentate line^[4].

Nirukti: *Parikartika* word is derived from the *Sanskrit* word "*Pari*" which means "all around" and "*Kartanam*"^[5] means "the act of cutting"^[6]. So in *Parikartika* there is excessive cutting pain around the anus. According to *Dalhana*, there is cutting and tearing pain everywhere around the anus.

Synonyms: The synonyms for *Parikartika* are *Ksata Guda* and *Ksata Payu*.

Nidana: *Acharya Sushruta* and *Acharya Charaka* described about *Nidana*, *Samprapti*, *Lakshana*, and *Chikista* of *Parikartika* at different places. The precipitating and predisposing factors of any disease are commonly called its *Nidana*. The etiological factors of *Parikartika* can be divided in three types as per *Acharya Sushruta*.

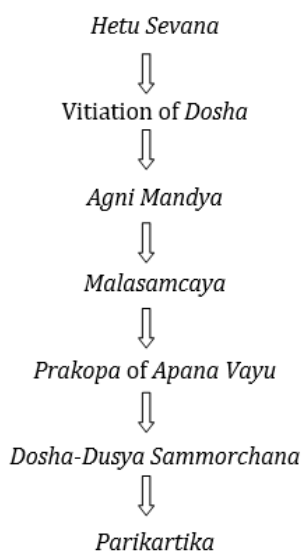
1. Nija Hetu (Endogenous factors): *Nija Hetu* means *Dosha Prakopak Hetu*. Hence, all factors responsible for vitiation of *Vata Dosha* [7] can be considered under *Nija Hetu* of *Parikartika* because *Vedana* (pain) is the chief symptom of *Parikartika* and also *Guda* is the main site for *Vata Dosha* especially *Apana Vayu*. Some factors responsible for vitiation of *Vata Dosha* mentioned in classics, are *Tikta*, *Lavana* and *Kasaya* food, *Ruksha* and *Alap Anna Sevan*. *Pitta* vitiated factors like *Katu*, *Amla*, *Lavana Ahara*; *Krodha*; diurnal etc are also responsible for disease.

2. Aagantuja Hetu (Exogenous factors): The trauma at *Guda* leads to *Parikartika*. During the procedure of *Basti* or *Virechana*, iatrogenic complications may develop in the form of *Parikartika*. It may happen due to rough and thick *Basti Netra*. [8]

3. Nidanarthakari Roga (Complications of other diseases)- Like due to faulty procedure-

- If *Vamana* and *Virechana* with *Teekshna*, *Ushna* and *Pitta Prakopaka* medicine is given to the patients having *Mridu Koshta* and *Mandaagni* then *Pitta* and *Vata Prakopa* leads to *Parikartika* [9].
- The Rough introduction of *Basti Netra* also causes ulcer in anus and related pain [10].
- *Basti Netra* which is big in size and having rough surface also causes ulcer in anus [11].
- If *Basti* of *Ati Tikshna*, *Ushna* and *Lavana Dravya* given to patient [12].
- *Atiyoga* of *Virechana* [13].
- *Charaka* has also mentioned *Parikartika* as complication of *Vamana* and *Virechana* [14].
- *Sharangadhara* has also mentioned 76 complications of *Basti* and *Parikartika* is one among them.
- In *Charakasamhita*, *Sushruthasamhita* and in *Astanga Sangraha Parikartika* is mentioned as one among the *Lakshanas* of *Basti Karma Vyapat* [15-17].

Samprapti: *Acharya Sushruta* has described very beautifully the pathogenesis of each disease in the form of *Shatkriya Kala* [18]. These are *Sanchaya*, *Prakopa*, *Prasara*, *Sthana Sanshraya*, *Vyakti* and *Bheda*. In *Parikartika* the main vitiated *Dosha* is *Vata*. *Dushya* are *Twak*, *Rakta*, *Mansa*.



Lakshana of parikartika: The patient suffers from cutting pain with burning sensation in anus, umbilicus, penis and neck of bladder, retention of flatus, wind formation and anorexia [19].

Acharya Charaka has mentioned the symptom i.e. severe pain in ano while describing *Parikartika* as a complication of *Vamana* and *Virechana*. *Acharya Sushruta*, in chapter of *Vamana Virechana Vyaapada* has mentioned the cardinal symptom of *Parikartika* that is sharp cutting and burning pain in *Guda*. In *Parikartika*, *Dushta Vrana* in *Guda* is one symptom in the form of longitudinal shaped ulcer in anal region. The description of symptoms of *Parikartika* mentioned in *Sushruta Samhita* is absolutely correct because clinical symptoms of fissure in latest text of surgery are same.

Types: *Acharya Kashyapa* described about 3 types of *Parikartika* in the *Garbhini Chikitsa* according to *Dosha-Vatika*, *Patika*, *Kaphaja*.

Sadhyasadhya: The *Vrana* which occurs in *Guda Pradesh* can be easily cured (Su.Su.23/5). When *Parikartika* is in its *Vayakti Avastha* then it is *Sukhasadhya* because it affects the superficial layer of *Guda Pradesh*. But when it affects the deeper layer of *Guda Pradesh* in *Bhedaavastha*, it becomes *Krichchhasadhya* which need *Sastra Karma*.

When we consider *Parikartika* as *Varna* then it can be easily treated if patient have good *Satva*, *Mamsa Dhatu*, *Agni*, and ii in younger stage. If it is left untreated then it becomes *Yapya* and finally to *Asadhyatwa* stage.

Treatment: *Parikartika* is treated as a complication of *Sansodhana Chikitsa* and certain diseases. *Kashyap* mentioned its management according to *Doshik* involvement of *Parikartika*. None of *Samhitas* described about surgical management, so it indicates that conservative treatment is sufficient for the treatment of *Parikartika*. In chronic *Parikartika* when local and medical treatment is failed then parasurgical and surgical procedures can be done. Principal of treatment of *Parikartika* is mainly based on following factors.

1. To check the vitiated *Vata* and *Pitta*.
2. To combat the abdominal disorder because *Vata* and *Pitta* are mostly vitiated which leads to many complication.

Diet [20]

- *Madhura* and *Brihaniya* diet, advised in thin & lean patient.
- *Langhana- Deepana* and *Ruksha - Ushna - Laghu* diet, advised in *Sama* condition.
- *Devdaaru* and *Tila Kalka* with *Ushnodaka*
- In severe *Vata Prakopa Avastha*, *Ghrit* with *Daadima Rasa* should be given.
- *Ashvattha*, *Udumbaar*, *Plaksha* and *Kadamba Siddha* milk.

Local Treatment: Different type of *Basti Karmas* are described for local management.

Patient should be treated with *Karbudaaradi Basti* mixed with paste or decoction of *Karbudaar*, *Aadhki*, *Kadambchaal* and *Vetas Siddha* with *Ksheer* along with *Madhu* and *Sharkara*. *Gambhaar* and *Kachanaar Vrint's* paste mix with milk, honey, *Sharkara* and give *Sheetvasti*. (Su. Chi.34/16).

Most of the drugs, which are used in *Basti Karma* are *Vata Shamak*, *Vrana Ropak* and *Pitta Shamak*.

Surgical procedures: In chronic fissure –Lord's dilatation, posterior sphincterotomy, lateral anal sphincterotomy, excision of anal ulcer, anal advancement flap.

Conclusion

Parikartika is very common among ano rectal diseases which occur due to improper *Aahar-Vihar*. Most of the acute cases get cured by *Ayurvedic* management whereas modern treatment does not gives response in more than 50% cases. Therefore, before prescribing the drastic purgatives for *Sanshodhan Chikitsa* or during the treatment of *Parikartika*, the condition of *Sama-Nirama*, body constitutions, *Kostha* and secondary causes of *Parikartika* should be examined properly. In *Parikartika* there is cutting type of pain in anal region which resembles the symptom of Fissure-in-ano. That's why *Parikartika* is correlated with Fissure-in-ano in modern science.

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