



THE EFFICACY OF *NYAGRODADI* RECTAL SUPPOSITORY IN THE MANAGEMENT OF *PARIKARTIKA* WITH SPECIAL REFERENCE TO ACUTE FISSURE-IN- ANO -A CASE STUDY

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ABSTRACT

Background:

Parikartika is one of the most painful anorectal disorder .It can be correlated with fissure in ano in contemporary science and characterized by severe cutting pain in the anal region during and after defecation .This condition commonly arises due to *nidanas* such as intake of *ruksha ,katu ahara* , irregular bowel habits ,excessive straining during defecation¹ . Clinically, patients present with pain, burning sensation, bleeding per rectum and sphincter spasm. **Aims and Objectives:**To study the effect of *Nyagrodadi* Rectal suppository in the management of *Parikartika* w.s.r acute fissure in ano.

Materials and Methods: The case registred at shalyatantra OPD with chief complaints of *Kartanavat Vedana* in the anal region, *Gudadaha, Gudagata Raktasrava, vibandha*. **Intervention:** *Nyagrodadi* Rectal Suppository for 7 days **Result:** Significant result was seen in signs and symptoms and improvement in quality of life after treatment **Conclusion:** The study proved that *Parikartika* can be effectively managed by *Nyagrodadi* Rectal Suppository.

Key words: *Parikartika*, Acute fissure in Ano , *Nyagrodadi* rectal Suppository.

I. INTRODUCTION

Ayurveda is the science of life aims to cure the disease and to keep persons healthy. The word *Parikartika* is a combination of two words: *Pari* (around the anus) and *kartika* (Cutting Pain). It is a condition characterized by cutting pain around the anus. Acharya Sushruta, Charaka and Vagbhata have described *Parikartika* as a complication of various diseases or procedures, only Acharya Kashyapa has highlighted *Parikartika* as an individual disease in *Garbhini Vyapada*, and it is a very painful condition

due to somatic nerve supply to the part. In *Parikartika* due to *Nidanas* aggravated *Apanavata* attains upward movement and repelled by *Udanavata*, reaches *Guda* and obstructs the passage of faeces producing severe *Ruja*, *Gudadaha*.

Acharya *Vagbhata* explained that diseases are consequence of *Mandagni*². This leads to *Vibhanda* (Constipation). *Vibhanda* is the major feature of anorectal disorders. Constipated persons when passes hard stools with straining which causes longitudinal ulcer in the lower anal canal, this condition is called as *Parikartika* (Fissure- in-Ano).

Anal fissure is longitudinal split in anoderm of the distal anal canal, which extends from the anal verge proximally towards but not beyond the dentate line.³ it is characterized by severe pain and burning sensation during and after defecation, severe constipation, and there is a drop of blood or streak of fresh blood on stool.⁴

Parikartika is considered as *Sadyovrana*, Acharya *Sushruta* has mentioned *Varti* Prayoga in the context of *Shashti Upakrama* in the management of *Vrana*⁵. The *Varti* enhances drug delivery by increasing the contact time between the tissue and drug. As a result the drug's bioavailability improves hence leading to faster symptom relief and ulcer takes less time to heal.

Acharya *Sushruta* has explained about *Nyagrodadhi* Drugs in *Sutra* sthana 38th chapter *Dravya Sangrahaniya Adhyaya*. Having properties like *Lekhana*, *Krimigna*, *Shodhana* and *Ropana*, it acts as *Vranashodhaka* and *Vranaropaka*, so it was taken in the management of *Parikartika*.

The objective of present study is to evaluate the efficacy and applicability of present therapeutic measure which can be practiced even in clinics on O.P.D basis with minimum facilities.

METHODS AND MATERIALS

CASE REPORT

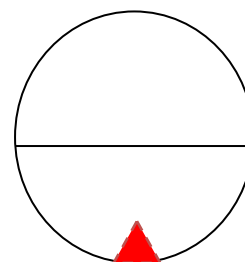
A 49 years male patient, businessman by profession came to our Shalyatantra OPD with complaints of *Kartanavat Vedana* (Pain) in the anal region, *Gudadaha* (Burning sensation), *Gudagata Raktasrava* (Bleeding per Anum), *Vibhanda* (constipation) since 20 days. There was no significant past history of any other chronic illness, no allergic or addictions. His personal history revealed constipated bowel. All the vitals were within the normal limits.

STHANIKA PAREEKSHA (Local Examination):

Per Rectal Examination

DARSHANA(Inspection):

- 1. **Number of ulcers** : Solitary ulcer over anal mucosa
- 2. **Position** : 6 o' clock
- 3. **Bleeding** : Present
- 4. **Ulcer length** : 6 mm



SPARSHANA (Palpation):**Digital Examination**

- **Tenderness** : Present + + +
- **Sphincter tone:** Due to pain per rectal examination and Proctoscopy was not done

Investigations

All hematological investigations were within normal range.

Treatment Plan: Insertion of *Nyagrodadi* Rectal Suppository for 7 days.

Advice:

1. Patient was advised for sitz bath with Luke warm water for 15minutes before procedure.
2. *Triphala Churna* 12 gm with Luke warm water at night was given.

Method of Insertion of *Nyagrodadi* Rectal Suppository

- Drug: *Nyagrodadi* Rectal Suppository
- Site: anal verge
- Dosage: 2 gm
- Timing: once a day at night
- Duration: 7 days

PROCEDURE***Purva karma-***

- Informed consent was taken.
- Patient was advised for sitz bath with Luke warm water for 15 minutes prior to the procedure.
- Collection of all the materials required for the procedure.

Pradhana karma-

- Patient was asked to lie comfortably in the left lateral position.
- Patient was asked to relax and take deep breaths and then gently *Nyagrodadi* Rectal Suppository was inserted into the anal canal.
- The patient was instructed to perform the same procedure for the following six days.

Paschata karma-

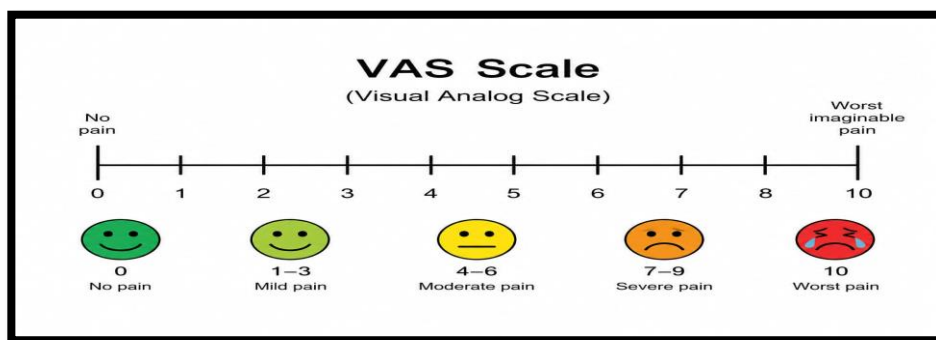
- Gauze piece is kept, and dressing was done.
- Patient was advised to follow *Pathya*.

Duration of Treatment: 7 days

Assessment criteria: Changes in the subjective and objective parameters were considered for the assessment of results.

Subjective parameters

A.Kartanavat Vedana (Pain): Visual Analogue Scale (VAS)1 to 10 was used for grading the pain.



<i>Kartanavat Vedana (Pain)</i>	VAS Score	Grade
No pain	0	0
Mild pain	1-3	1
Moderate pain	4-6	2
Severe pain	7-10	3

B. Gudadaha (Burning sensation):

<i>Gudadaha (Burning sensation)</i>	Grade
No burning Sensation	0
Mild burning Sensation	1
Moderate burning Sensation	2
Severe burning Sensation	3

C. Gudagata Raktasrava (Bleeding per Anum): Bleeding in Fissure in Ano is usually seen as streaks over the stools or few drops on toilet pan.

<i>Gudagata Raktasrava (Bleeding per Anum)</i>	Grade
No bleeding	0
Mild bleeding < 5 drops/in streaks	1
Moderate bleeding – 5-10 drop	2
Severe bleeding - > 10 drops	3

D. Vibhanda (constipation): This feature was graded based on consistency of stool and how often the patient passed stools and graded as follows:

Vibhanda (constipation)	Grade
No constipation	0
Patient Passes irregularly hard and soft stool	1
Passes irregularly hard and soft all the time but does not need laxative	2
Patient need laxatives to pass stool	3
Patient need purgative to relieve constipation	4

Objective parameters:

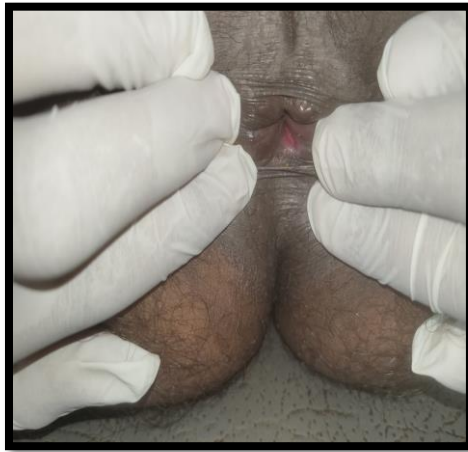
A. Size of ulcer

Size of the ulcer	Grade
No ulcer	0
1 – 4 mm	1
4.1 – 8 mm	2
8.1– 12mm	3
12.1-16mm	4

RESULT

The fissure healed completely by 7th day and patient could do his daily routine work from next day. The follow up was on 10th day, and no reoccurrence of the complaints till 2 months of follow up.

Symptoms	Before treatment grading	After treatment grading
<i>Kartanavat Vedana</i> (Pain)	2	0
<i>Gudadaha</i> (Burning Sensation)	3	0
<i>Gudagata Raktasrava</i> (Bleeding per	2	0
<i>Vibandha</i> (Constipation)	2	0
Size of ulcer	2	0



Before treatment

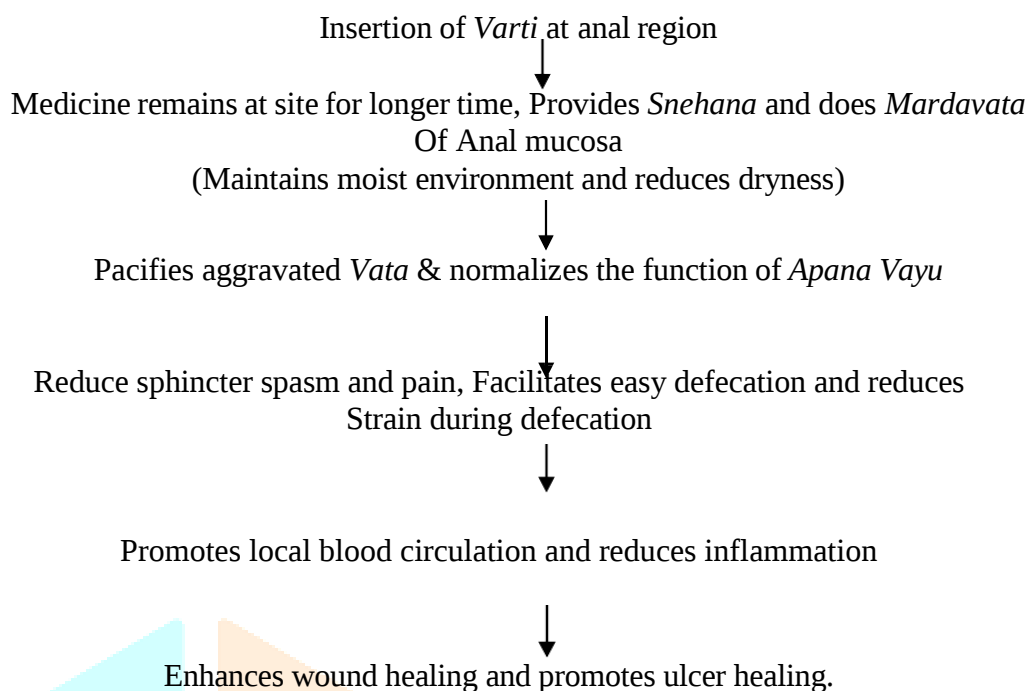


After treatment

Mode of Action of Varti (Suppository)

- *Varti* has been explained as *Sthanika Chikitsa* in *Vrana*.
- It helps the medicine to remain at the site for longer time for better action.
- *Varti* provides *Snehana* and *Mardavata* in the anal mucosa (maintains moist environment and reduces dryness) and normalizes the function of *Apana Vata*, by reducing *Ruksha* and *Khara Guna* of *Prakupita Vata*.
- It facilitates the healing process of the wound by maintaining hydration and decreasing the chance of infection at the wound site.
- It enhances angiogenesis and collagen synthesis and also increases break down of dead tissue and fibrin at wound site. Thus enhances the wound healing process

Probable mode of action of Varti



Nyagrodadi Rectal Suppository – Acharya Sushruta has explained about *Nyagrodadi* Drugs which are having *Vedana Shamaka Vranashodhana, Vranaropana* properties. The ingredients are *Nyagroda, Udumbar, Yastimadhu, Shallaki, Rohini, Jambu*. *Nyagrodadi* gana of drugs are having Anti-bacterial, anti-inflammatory and anti-microbial actions.

Nyagrodha, Udumbara, Shallaki, Yastimadhu, Rohini and *jambu* are having *kashaya, Madhura rasa, sheeta veerya* and *stambhana* properties which helps in reducing *Daha, Rakthasrava* and *Shotha* in *Parikartika*. The *Snigdha* and *Mrudu guna* of drugs helps in reducing the *Ruksha* and *Khara Guna* of *Vata* and thus, helps in reducing *Vedana*.

Madhura, Kashaya Rasa Sheeta Veerya and *Snigdha guna* of *Nyagrodha, Yastimadhu* and *Udumbara* drug reduce the *Ushna* and *Teekshna Guna* of *Prakutipa Pitta*. Their cooling and soothing action helps in reducing *Daha*.

Kashaya Rasa, Sheeta Veerya, Stambhana and *varan ropana* properties of the drugs help in constricting the blood vessels and controlling *Rakthasrava* also promotes healing of ulcer.

Madhura, Kashaya Rasa, Lagu, Snigda Guna, Sheeta Veerya and *Tridoshaghata* of drugs which are present in *Nyagrodadi Rectal Suppository* help in healing of ulcer. Anti-inflammatory, anti-microbial properties of the *Yastimadhu* and *Shallaki* prevents the infection and enhances the healing process.

Snigdha and *Mrudu gunas* brings *Mardavata* in the anal mucosa and helps in easy evacuation of the stool without injuring the anal mucosa, decreases the *Ruksha & Khara Guna* of *Vata* and helps in relaxation of anal sphincters.

DISCUSSION:

Parikartika, also known as fissure in ano, is one of the most painful anorectal conditions, presenting as an acute superficial break in the continuity of the anal canal due to its painful longitudinal ulcer. This treatment protocol has not only promote ulcer healing but also alleviate the burning and cutting pain. Each component of the formulation offers distinct properties, and key benefits are reduction of pain, burning, bleeding during defecation-often within 7 days. Complete healing is typically observed by 10th day. *Nyagrodadi* rectal Suppository is having properties like *Vedana shamaka* (Pain relieving), *Vranasodhana* (Wound cleansing), and *Vranaropana* (Wound healing) properties helps to keep *Vrana* moist and thus promotes the healing process through its above-mentioned properties. *Nyagrodadi* rectal suppository showed good treatment option in the management of *Parikartika*. *Triphala* has *Deepana*, *Pachana* properties increases the digestion and at the same time acting as a mild laxative. *Triphala* is well known for its wound healing quality. Constipation is one of the reasons for the occurrence of fissure in Ano. *Triphala churna* helps in easy bowel movements and thus relieves constipation. Lukewarm water sitz bath helps to clean the fissure area, improve the blood and thus helps to relax the anal sphincter.

CONCLUSION

Parikartika is a painful anorectal disorder that significantly affects the quality of life of affected individuals. In this present case report the *Nyagrodadi* Rectal Suppository showed effective in reducing the major symptoms of *parikartika* including pain, burning sensation, bleeding per rectum on 4th day and complete healing of the ulcer was seen on 7th day. The treatment plan was opted under OPD basis and was found to be very effective safe, well tolerated and free from adverse effects during the study period. Thus, *Nyagrodadi* Rectal Suppository can be considered a safe and effective conservative treatment modality for the management of *parikartika*.

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