THE EFFECT OF PRAPOUNDARIKADHYA TAILA IN THE MANAGEMENT OF PARIKARTIKA WITH SPECIAL REFERENCE TO ACUTE FISSURE IN ANO - A CONCEPTUAL STUDY

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ABSTRACT

Parikartika is most painful disease among the Gudagata Vikaras, Parikartika explained as one among Virechana Vyapat¹ and Basti Vyapat² by Bruhatrayi. Acharya Kashyapa explained Parikatika in Garbhini Chikitsadhyaya.³ Parikartika is characterized with kartanavat vedana and daha in guda pradesh. Fissure in ano is presents with symptoms like anal spasm, pain during and after defecation, constipation and bleeding. The management includes mainly reducing pain and healing of the fissure in ano. Parikartika is cause due to vitiated vata and pitta dosha, Acharya Sushruta has explained to use taila or ghrita prepared with kashaya and madhura rasatmaka dravyas for basti. Yastimadhu is one such drug which has been explained to be used in Parikartika.⁴ Matrabasti is type of anuvasana basti explained by Acharya Sharangadhara.⁵ Prapoundrikadhya taila is explained by Acharya Charaka in Dwivraniya Chikitsa, which contains ingredients as Prapoundarika, Madhuka, Kakoli, Ksheerakakoli, Rakta Chandana and Sweta Chandana⁶. Based on the rasapanchaka it does daha prashamana and vrana ropana.

Keywords: Parikartika, Acute fissure in ano, Matrabasti, Ropana, Daha Shamana, and Prapoundarikadhya taila.

INTRODUCTION

Parikartika is most painful disease among the gudagata vikaras. This is explained Parikatika as separate explained as one among Vamana Vyapata, Virechana Vyapat and Basti Vyapat by Parikartika is characterized with...
Fissure in ano presents in two forms as acute and chronic and presents with symptoms like anal spasm, pain during and after defecation, constipation and bleeding. Anal fissure occurs in men 95% posteriorly, 5% anteriorly and in females 80% posteriorly, 20% anteriorly are common. In acute fissure in ano conservative treatments are anal dilator, lubricants, analgesics and ointments. In Chronic fissure in ano surgeries are lateral anal sphincterotomy and fissurectomy.

Parikartika is cause due to vitiated vata and pitta dosha, while explaining the chikitsa are piccha basti, anuvasana basti, pichu, parisheka and lepa with sneha dravyas, which pacify vata and pitta dosha is advised. Basti karma is the first line of treatment for vata pradhana dosha. For basti Acharya Sushruta has explained to use taila or ghrita prepared with kashaya and madhura dravyas. Yastimadhu is one such drug which has been explained to be used in Parikartika.

Prapoundrikadhyya taila is explained by Acharya Charaka in Dwivraniya Chikitsa, based on the rasapanchaka madhura, kashaya and sheeta guna it does daha prashamana and vrana Ropana.

AIMS AND OBJECTIVES:
1. To evaluate the effect of Prapoundrikadhyya taila matrabasti in the management of parikartika.
2. To review in detail about partikartika.

REVIEW OF LITERATURE AND DRUGS
- Description of Parikartika, nidana, lakshana and chikitsa are collected available in Ayurveda classics like Brihatrayi and Laghutrayi.
- Description of fissure in ano in surgical text books like S. Das and Bailey and Love’s.

DISEASE REVIEW

Nidhana:
Persons who are krusha, ruksha and having sama dosha and indulge in the following some factors are more prone to Parikartika like excessive consumption of ati teekshna, ushna and lavana ahara, alpa ahara and upavasa, persons with mandagni, malabaddhata, atisara and grahani. Virechana Vyapat, Basti netra vyapat is cause trauma. Constipation has been the most common aetiological factor in modern science.

Lakshana:
One who having snigdha ahara, guru kosta and sama dosha and ruksha mrudukosta and alpabala persons or it expels impurity along with ama shortly on reaching the anorectal region and then causes above said complaints like severe colic pain, cutting pain and fresh bleed discharge from anus.

**Samprapti:**

![Diagram of Samprapti](image)

**Samprapti Ghataka**

- **Dosha**: Vata & Pitta
- **Dushya**: Twak, Rakta and Mamsa
- **Agni**: Jatharagni
- **Dhatwagni**: Rakta & Mamsa
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Ama : Dhatwagnimandya
Srotas : Purishavaha, Rakta & Mamsavaha Srotas
Srotodusti Prakar : Sanga
Udbhava Sthana : Pakwashaya
Sanchara Sthana : Gudagata Sira
Vyakta Sthana : Gudanalika
Roga Marga : Bahya
Sadhyasadyata : Kasta Sadya
Swabhava : Chirakaleena

Prakara: 11 kalka along with madhu and ghrita, in Kashyapa Samhita, Acharya Kashyapa has described it according to patient having food with milk doshas in the chapter Garbhini Chikitsa which can be enlisted as anuvasana with ghritamanda or
✓ Vatika Parikartika
✓ Paitika Parikartika
✓ Shelesmika Parikartika

Chikitsa: Yastimadhu sidda taila should be given
 Patients who are treated with internally and sprinkleed with cold picchabasti by Yastimadhu, krishnatila water.12

DRUG REVIEW: Ingredients of Prapoundarikadhya Taila explained in Acharya Charaka in Dwivraniya Chikitsa.

<table>
<thead>
<tr>
<th>Sl.No</th>
<th>Ingredients</th>
<th>Latin Name</th>
<th>Used part</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Prapoundarika</td>
<td>Nelembo nucifera</td>
<td>Flower</td>
<td>1 Part (250gm)</td>
</tr>
<tr>
<td>2</td>
<td>Madhuka</td>
<td>Madhuka indica</td>
<td>Flower</td>
<td>1 Part (250gm)</td>
</tr>
<tr>
<td>3</td>
<td>Kakoli</td>
<td>Roscoea procera</td>
<td>Root</td>
<td>1 Part (250gm)</td>
</tr>
<tr>
<td>4</td>
<td>Ksheera kakoli</td>
<td>Lilium polyphyllum</td>
<td>Root</td>
<td>1 Part (250gm)</td>
</tr>
<tr>
<td>5</td>
<td>Sweta chandana</td>
<td>Santalum album</td>
<td>Heart wood</td>
<td>1 Part (250gm)</td>
</tr>
<tr>
<td>6</td>
<td>Raktachandana</td>
<td>Pterocarpus santalinus</td>
<td>Heart wood</td>
<td>1 Part (250gm)</td>
</tr>
</tbody>
</table>
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<table>
<thead>
<tr>
<th>7</th>
<th>Tila taila</th>
<th>Sessamum Indicum</th>
<th>Oil</th>
<th>4 Part (6000ml)</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Jala</td>
<td>-</td>
<td>-</td>
<td>16 Part (2400ltr)</td>
</tr>
</tbody>
</table>

Taila was prepared according to Tailapaka vidhi mentioned in Sharangadhara Samhita, Madhyama Khanda.13

MATERIAL AND METHODS
All the references regarding Parikartika are collected from Samhita and various textbooks.

- Concept of Parikartika and Prapoundarikadhya taila is studied in detail.
- Prapoundarikadhya taila is prepared under observation.

Material required for clinical study:
1. Syringe 50ml
2. Red rubber catheter, number 8.
3. Gauze
4. Gloves
5. Bowl
6. Torch
7. Whole towel

METHADOLOGY
Method of preparation: 13

Classical preparation of sneha as explained in Sharangdhar Samhita.

- Yavakuta churna of above mentioned kwatha dravyas (1500gms) mixed with water (2400ltr) heated on mandagni till it reduced to one fourth quantity (6000ml).
- The prepared kwata was added with murchita tila taila (6000ml) and kalka dravya heated on mandagni till the sneha siddhi lakshana.
- Prepared Prapoundarikadhya taila (6 litre) is stored in air tight container.

Procedure for Matrabasti

Purva Karma:
1. Procedure is explained and informed written consent was taken.
2. Sthanika abhyanga followed by mrudu sweda over kati and udara pradesh.
3. The procedure was carried out in aseptic conditions.
4. Perianal region was cleaned by gauze.

Pradhana Karma:
1. Patient position - left lateral position.14
2. Basti was administered to patient at ardrpani (immediately after food).
3. Prapoundarikadhya taila matrabasti (lukewarm) was administered through anal route by syringe and sterile red rubber catheter no.8.

**Paschat Karma:**
1. Dry sterile gauze was kept.
2. After giving basti, tadana karma was done.
3. Mrudu abhyanga was done over the abdomen in anti clockwise direction.
4. Rest was advised for half an hour.

**Duration of Treatment:**
- Matrabasti was given once in a day for consecutive 07 days.

**OBSERVATION AND RESULT**

<table>
<thead>
<tr>
<th>Result</th>
<th>After Treatment (7th day)</th>
<th>Follow up(15th day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kartanavat vedana</td>
<td>76.92%</td>
<td>100%</td>
</tr>
<tr>
<td>Daha</td>
<td>93.8%</td>
<td>100%</td>
</tr>
<tr>
<td>Bowel habits</td>
<td>97.08%</td>
<td>100%</td>
</tr>
<tr>
<td>Bleeding per rectum</td>
<td>93.8%</td>
<td>100%</td>
</tr>
<tr>
<td>Ulcer in anal verge</td>
<td>13%</td>
<td>100%</td>
</tr>
</tbody>
</table>

**Observations:**
1. Observation was done in following stages:
   - Before, after treatment and follow up.

**Follow-Up:**
After completion of the treatment patient was asked to report for follow-up on 15th day.

**Assessment Criteria:**
The results of treatment were assessed on the basis of subjective & objective criteria by a suitable grading to each parameter.
DISCUSSION

Among Astanga Ayurveda, Shalyatantra is one among them it deals with the etiology, diagnosis, prognosis, prevention and treatment of diseases which are aharaja and viharaja etiological factor considered to precipitate the clinical entity of fissure in ano.

Parikartika is cause due to vitiated vata and pitta dosha, while explaining the chikitsa are piccha basti, anuvasana basti, pichu, parisheka and lepa with sneha dravyas, which pacify vata and pitta dosha is advised. Basti karma is the first line of treatment for vata pradhana dosha. Acharya Sushruta has explained basti to use taila or ghrita prepared with kashaya and madhura dravyas. In modern science fissure in ano is treated by surgical, parasurgical and conservative methods. The suitable conservative treatments are anal dilator, lubricants, analgesics and ointments.

Probable mode of action of prapoundarikadhya taila

- In Parikartika, vata and pitta dosha are aggravated which causes increase in the pain, burning sensation and bleeding per rectum.
- The drugs of Prapoundarikadhya taila are having madhur rasa, laghu, snigdha, pichhila guna, sheeta verya and madhura vipaka, thus acts as pitta and vata hara, daha prashamana and vrana ropaka.
- Chandana is having the tikta and madhura rasa which acts as ropaka.
- Kashaya rasa will do the ropana, rakta sthanbhana karma and sheeta veerya drugs shows daha prashamana effect.
- Laghu, snigdha, pichhila guna softens the stool.
• Murchita tila taila acts as Yogavahi in bringing out on pharmacological actions in the formulation.

CONCLUSION

In present era, the disease Parikartika is very common in the human population due to sedentary life style and unwholesome dietary factor. Fissure in ano is very painful and unstable condition. Healing of ulcer is not only the intension along with reduce the pain, burning sensation and relieving the constipation. Hence Prapoundarikadhya taila needs to be explored by scientific research. It is having vrana ropana and dahashamaka property by the ingredients.

REFERENCES


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