

**SINGLE CASE STUDY OF DURVA *GHRITA PICHU* IN THE MANAGEMENT OF *GUDA PARIKARTIKA* (FISSURE IN ANO)****Vd. Aapsing G. Vasave\*<sup>1</sup> and Vd. Shankar V. Annapure<sup>2</sup>**<sup>1</sup>PG Scholar, Dept. of Shalyatantra, Govt. Ayurvedic College, Vazirabad, Nanded.<sup>2</sup>Professor and Guide, Dept. of Shalyatantra, Govt. Ayurvedic College, Vazirabad, Nanded.**ABSTRACT**

*Guda Parikartika* is second most common condition seen in an ano rectal clinic & by far most common cause of ulceration, there is longitudinal tear at anal region. according to modern science it can be compared with fissure in ano. Patients visiting to surgical OPD many patients are with pain & burning at anal region. In Ayurvedic terms, it is termed as '*Guda Parikartika*' and is characterized by *Kartanavat* and *Chhednavat shoola* in *Guda*. The condition mainly caused due to aggravation of *Pitta* and *Vata Dosha*. *Parikartika* is treated with internal medications and local application formulated by using *Madhura*, *Sheeta* and *Snigdha dravyas*. I recommended to patient the *Durva Ghritaa pichu* local application once a day for 1week. *Durva*

*Ghritaa* have much better result in fissure in ano. These patients with pain at anal region most are with the *Parikartika* a disease described by *Sushruta*. In the condition of *Parikartika* there is cutting type pain at anal region. Similar condition described as fissure in ano in modern science. There is mainly two types i.e. acute & chronic fissure in ano. In the present era it is due to changing lifestyle such as sedentary work pattern, increased stress, improper dietary and sleeping habits, various lifestyle disorders are increasing continuously.

**KEYWORDS:** *Guda Parikartika* (fissure in ano), *Durva Ghritaa pichu*.**INTRODUCTION**

*Parikartka* is a disease present with cutting & tearing at *Guda* (anus) described by *Dalhana*. On the basis of *dosha* there are three types of *Parikartika* as *vataj*, *pitaj* & *kaphaj* (Charak Samhita). In modern science fissure in ano is classified in two types i.e. acute fissure & chronic fissure. In the present era due to lifestyle the diseases related to digestive system are

commonly which also results in some anorectal problem. It is very common condition which also hampers the quality of life. The main causative factor is hard stool in fissure in ano. In modern medicine we found the treatment such as local pain killer ointment, laxatives, fissurectomy, lateral sphinctectomy. But surgical managements are fear of recurrence & complications such as anal stenosis, incontinence of stool etc. The rising incidence of the disease in the community but with no any reliable satisfactory remedies available gives a curiosity in mind to search ancient books for any management. In samhitas *Bharat Bhaishajya Ratnakar*. Hence the present study “to evaluate the use of *Durva Ghritaa pichu* in *Parikartika* w.s.r. to fissure in ano ” was carried out.

**AIM:** To Evaluate the effect of local application of *Durva Ghritaa pichu* in *Parikartika*.

**OBJECTIVE:** To evaluate the efficacy of the *Durva Ghritaa pichu* in the *Guda parikatika*.

## MATERIALS AND METHODS

Drug – *Durva Ghritaa pichu*.

Place of study – Minor O.T. of Shalyatantra department.

Study type – Open clinical study.

### Inclusion Criteria

- Diagnosed case of *Parikartika*.
- Age 18 to 60 years.
- Co-operative patient

### Exclusive Criteria

- Non co-operative patients.
- Patients with major illness.
- Patients taking any other treatment.
- Pregnant women.
- Children.
- Old age.

## CASE REPORT

A 45 years old male patient came to OPD for complaints of severe painful & burning defaecation, hard stool, per rectal bleeding, general weakness Since 20 days. He took many treatments but didn't get relief.

**ON EXAMINATION**

- P/A – soft, non tender.
- Perianal region – NAD.
- Anal verge – longitudinal tear at 6 ‘O’ clock.
- P/R digital- tenderness & spasm present.
- PS- not done.

**Investigations:** In all patients general, systemic & local examination along with lab. Investigations were carried out before treatment to rule out any other diseases.

**Blood Investigation Done**

- Hb% - 11.5gm%
- BT- 2.15min
- CT -4.40min
- BSL R -85mg%
- HIV- Non reactive.
- HBsAg- Negative

**Duration of Treatment:** 1 week

**Subjective Parameters**

- Pain in ano.
- PR bleeding.
- Burning in ano

**Objective Parameters**

- Tenderness at anal region.
- Spasm at anal region.

**Study Procedure**

Durva *Ghritaa* prepared as described in *Snehakalpana vidhi adhyaya* by acharya *Sharangdhara*.

*Durva Ghritaa pichu* was locally kept 1 times daily for 7 days.

Sitz bath with lukewarm water for 20 min twice a day given.

*Haritaki churna* 3gm HS for 15 days.

Changes in PR bleeding, size of ulcer & pain is noted on 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup> days.

## OBSERVATIONS AND RESULTS

In this present study following observations are seen.

No any adverse reaction was noted during the study.

Patient was satisfied with treatment.

*Parikartika* completely heald.

## DISCUSSIONS

*Gau Ghrita* also has *Sanskaranuvarti* property. *Durva Ghrita* is *kashay* in *Rasa* so it helps in healing in ulcer. The medicine used in the current study was *Durva Ghrita* which possess *Vrana ropana* and *Raktastambhan* as well as *dah Shaman* properties. The *Ghrita* used for the preparation of the medicine helps in smoothening effect. In the disease *Parikartika* there are cutting pain at anal region. The term *Parikartika* was mostly found as a complication in various ancient texts. The main reason for the disease was hard stool.

### Properties of *Durva*

*Cynodon dactylon* (*Durva*) is *Tridoshashamak* especially *Kapha- Pitta Shamak* and known antimicrobial, antiviral and antiulcer drug. *Durva* is anti-allergic by antiphylactic and mast stabilization mechanism. The *Anurasa* of *Durva* grass which are *Tikta* and *Kashaya* are *Pittashamaka* with *Krimivishahara* and *Ropana* properties. It has inhibitory activity against increased amount of peroxides found during the inflammation. The flavanoid present in *Durva* facilitate the healing process by increase in collagen and protein and decrease in lipid peroxide in granulation tissue.

### Properties of *Ghrita*

*Ghrita* is the medium of combination. It possesses *Vrana Sodhana* and *Ropana* property and is *Vata - Pitta shamana*. Therefore, *Ghrita* enhances the action of the drug. It also reduces the *Rukshata* of *Vayu* and maintains the normal tone of muscles. Cow ghee is considered to be extremely useful for treating wounds, inflammatory swellings and blisters for promotion of quick healing. It is a rich sources of essential fatty acids. It also also has a smoothening property. It form a thin film over them and that allows early epithelization of wound. It also protects wound from invasion of any microbes. *Madhura Rasa* is *Sandhanakara*. This drug has haemostatic, antiinflammatory, anti-microbial activity and are having *Vrana Sodhana* and *Ropana* properties. The disease is *Vata - Pitta* dominant. Drugs used to prepare *Durva*

*Ghrita*. are having dominantly *Madhura Rasa*, *Sheeta Virya* and *Madhura Vipaka*. Because of these properties it is *Vata-Pittashamana* property.

## CONCLUSION

**On the basis of the entire study, the following points are selected that should be concluded**

Sedentary life style, hard work and stressful life too, in the modern era, is having a key role in occurrence of the disease *Guda-Parikartika* (fissure-in-ano). On the basis of causes and pain dominant symptoms of *Guda-Parikartika* described by Sushruta, this disease resembles with disease fissure-in-ano. According to chief complaints of the patients, *Guda Parikartika* is found as *Vata-pitta Pradhana* disease which is as similar to classics. *Durva Ghrita* has better results in pain in ano, bleeding per anum, tenderness and on anal sphincter tone.

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