

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

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### **ABSTRACT**

Parikartika is most painful disease among the Gudagata Vikaras, Parikartika explained as one among Virechana Vyapat<sup>1</sup> and Basti Vyapat<sup>2</sup> by Bruhatrayi. Acharya Kashyapa explained Parikatika in Garbhini Chikitsadhyaya.<sup>3</sup> 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.<sup>4</sup> Matrabasti is type of anuvasana basti explained by Acharya Sharangadhara.<sup>5</sup> Prapoundrikadhyta taila is explained by Acharya Charaka in Dwivraniya Chikitsa, which contains ingredients as Prapoundarika, Madhuka, Kakoli, Ksheerakakoli, Rakta Chandana and Sweta Chandana<sup>6</sup>. Based on the rasapanchaka it does daha prashamana and vana ropana.

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

### **INTRODUCTION**

Parikartika is most painful disease among the Gudagata Vikaras. This is explained as one among Virechana Vyapat<sup>1</sup> and Basti Vyapat<sup>2</sup> by Bruhatrayi. Parikartika is characterized

with Kartanavat Vedana and Daha in Guda Pradesh.

Parikartika is cause due to vitiated vata and pitta dosha, while explaining the chikitsa are piccha basti, anuvasana

basti<sup>3</sup>, 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 rasatmaka dravyas. Yastimadhu is one such drug which has been explained to be used in Parikartika<sup>4</sup>. In acute fissure in ano conservative treatments are anal dilator, lubricants, analgesics and ointments<sup>5</sup>. In Chronic fissure in ano surgeries are lateral anal sphincterotomy and fissurectomy<sup>6</sup>. Prapoundarikadhya taila is explained by Acharya Charaka in Dwivraniya Chikitsa<sup>7</sup>, based on the rasapanchaka madhura, kashaya and sheeta guna it does daha prashamana and ropana.

A single case study of acute fissure in ano was reported here which was treated by Prapoundarikadhya taila application for 7 days and was followed up to 15 days for observation.

### CASE REPORT

A 45 year old male patient of Parikartika (Acute fissure in ano) visited OPD of Shalyatantra Department on 24<sup>th</sup> July 2020 with OPD No.34104. Complains of gradually developed with passing hard

stool on & off since 1year. There was severe pain in anal region along with that burning sensation for 3 hours after defecation since 5days and bright red drop wise bleeding per anus since 2days. After careful assessment and examination done, patient was treated with Prapoundarikadhya taila application.

### MATERIAL:

The following materials used for study:

1. Prapoundarikadhya Taila
2. Syringe 50ml
3. Red rubber catheter, number 8.
4. Gauze
5. Gloves
6. Bowl
7. Torch
8. Whole towel

### METHODS

After taking written informed consent

#### Procedure:

#### 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.<sup>8</sup>

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.

#### **Observations:**

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

#### **Follow-Up:**

After completion of the treatment patient was asked to report for follow-up on 11<sup>th</sup> and 15<sup>th</sup> day.

#### **OBSERVATION AND RESULTS**

In the present study, weekly assessment was done to find the symptoms like pain while defecation, constipation. Patient was getting relief from the pain, constipation and bleeding within 7-8days with Procedure

of Matrabasti by Prapoundarikadhya taila and in follow up patient kept without medication up to 15 days.

#### **DISCUSSION**

Patient complaints were passing hard stool on & off, severe pain along with that burning sensation after defecation and bright red drop wise bleeding per anus. As per the symptoms were treated by Prapoundarikadhya Taila which has madhura rasa, sheeta virya, madhura vipaka and vata-pitta shamaka property. Laghu, snigdha, pichhila guna did soften the stool. It also has shodhana, ropana and daha shamana property helps to healing the fissure in ano.

#### **CONCLUSION**

Change in lifestyle and diet, it helps a lot difference along with medications used in ano-rectal diseases. Prapoundarikadhya taila was shown dahashamana and vrana Ropana effect and also helped in relief in constipation. Ayurveda shows miracle result in such kinds of diseases.

Before treatment



After treatment



Followup



During treatment



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