

# Role of Madhuyashtyadi Tail in the Management of Parikartika (Fissure-in-Ano)- A Case Study

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## Abstract

Ayurveda is the most ancient science of life. It is not only a type of pathy which focus on treatment but also a guide to live a life in a right way without any disease<sup>[1]</sup>. Shalyatantra is one of the eight main branches of Ayurveda which deals with the types of shalya i.e. foreign bodies and ways to remove them by surgical or para surgical procedures<sup>[2]</sup>. According to Ayurveda Marmas are the vital points in the human body, trauma/injury on which can cause a disease/deformity or even death<sup>[3]</sup>. Guda is one of the marma<sup>[4]</sup> which we can correlate with anus. Injury to anus can cause severe pain and discomfort to the patient. Parikartika is a disease in which there is a tear at mucocutaneous junction of anal canal. In western medical sciences we can match up it with Fissure-in-ano<sup>[5]</sup>. For this disease there are so many treatment modalities available now a days right from conservative management to surgery. But the main issue is with the severe pain experienced by the patient. So we can alleviate this pain with the help of Vranabasti. It is a type of wound enema/irrigation with medicated oil. In the present study a sincere attempt has been made to evaluate the role of Madhuyashtyadi tail<sup>[6]</sup> Vranabasti in fissure in ano. This case study concludes that Madhuyashtyadi tail Vranabasti is very simple and effective procedure that can implied as an outpatient procedure for treating fissure in ano.

**Keywords:** Parikartika, Fissure-in-ano, Madhuyashtyadi Tail, Vranabasti.

## Introduction

Nowadays change of food habits, stressful work & faster lifestyle made life busy & worst. Fast food devoid of fibres leads to constipation & loss of appetite (Agnimandya) resulting in ano rectal disorders like fissure in ano, haemorrhoids, fistula in ano. Among them fissure in ano is the disease which causes considerable discomfort & pain occur most commonly in the midline posterior.

Till today, many techniques have been tried, each by no means better than other. On the basis of clinical symptoms the disease fissure in ano has been classified into two varieties; viz. Acute fissure in ano & Chronic fissure in ano<sup>[5]</sup>. Either acute or chronic, pain & bleeding are the two main symptoms of this condition, pain is sometimes unbearable. In long standing cases it may be associated with haemorrhoids or sentinel tag. Pruritis ani may be another symptom of this condition.

## Aim & Objective

1. To assess the efficacy of Madhuyashtyadi tail in the management of Parikartika.
2. To find out alternative herbal remedy in the management of fissure in ano.

## Case Report

### History of Present Illness

Here we shall study a case of a 35 year old male patient who visited to OPD of Shalyatantra Department of KDMGS Ayurved Medical College, Chalisgaon, Dist. Jalgaon with complaint of pain during defecation, bleeding P/R, Anal itching and burning sensation at anal region since 10 days without any major illness. He had taken allopathic treatment for the same but got temporary relief. So he came to us for further management.

### Demographic data

Age - 35 years

Sex - Male

Occupation – Labourer

Diet - Mixed and spicy

Appetite - Moderate

Bowel - Irregular

Micturition - Normal (5-6 time/ day)

Sleep - Normal

Addiction – Tobacco chewing

### Local Examination

On examination there was a tear of skin of anal canal with slight bleeding at 6 o'clock position. The diagnosis was confirmed as Fissure in ano on the basis of signs and symptoms.

### Plan of Treatment

It was decided to give Vranabasti as a line of treatment with appropriate Anuloman therapy. Vranabasti was given daily for 7 days. Madhuyashtyadi tail was selected for Vranabasti. And Triphala churna with lukewarm water at bed time as an Anuloman. Patient was observed for pulse and blood-pressure before and after the procedure.

### Materials & Methods

#### Material

1. Madhuyashtyadi Tail 100ml

#### Equipments

1. Sterile disposable 10 cc syringe.
2. Simple Rubber Catheter No. 8.
3. Sterile cotton pad.

### Assessment parameters

Gradation of symptoms present at first visit and followed up after each Vranabasti is as follows-

	Severe	Moderate	Mild	Complete relief
Symptoms	++++	+++	++/+	-

**Procedure**

**Pre operative (Poorva karma)**

- ✚ Patients consent to undergo Vranabasti treatment.
- ✚ Patient was informed to get relieved from natural urges.
- ✚ Sitz bath with lukewarm water.

**Main Procedure (Pradhan karma)**

- ✚ Patients position: Left lateral.
- ✚ 10 cc Lukewarm Madhuyashtyadi tail taken into the 10 cc syringe.
- ✚ Later on syringe attached to simple rubber catheter No. 8.
- ✚ Another end of catheter was then lubricated with same tail i.e. Madhuyashtyadi tail.
- ✚ This lubricated catheter was then inserted into anal canal just above the fissure site.
- ✚ After this the piston of syringe pushed slowly to instil whole amount of tail in the anal canal.
- ✚ Catheter was removed and cotton pad placed at anal region.
- ✚ Position was maintained for 10-15 minutes.

**Post operative (Paschat karma)**

- ✚ Patient was advised not to go for sitz bath or wash just after the procedure.

**Clinical Observations**

Table 1. Clinical Observations According to Symptoms

Sr. No.	Symptoms	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1.	<b>Pain</b>	++++	+++	++	++	+	-	-
2.	<b>Bleeding P/R</b>	++	+	+	-	-	-	-
3.	<b>Itching</b>	+++	++	+	-	-	-	-
4.	<b>Burning Sensation</b>	+++	++	+	-	-	-	-

When the patient came to OPD for the first time he had severe pain and burning sensation at anal region associated with anal itching and bleeding P/R. Then after 1<sup>st</sup> vranabasti these complaints reduced to moderate to mild and gradually on the 4<sup>th</sup> day there were no Bleeding P/R, Itching and Burning sensation at anal region. Similarly there was also no pain at all on 6<sup>th</sup> day of treatment that means patient was completely relieved from complaints.

**Results**

- ❖ Complete relief from Pain was observed on 6<sup>th</sup> day of treatment.
- ❖ Complete relief from Bleeding P/R was observed on 4<sup>th</sup> day of treatment.
- ❖ Complete relief from Itching was observed on 4<sup>th</sup> day of treatment.
- ❖ Complete relief from Burning Sensation was observed on 4<sup>th</sup> day of treatment.

## Discussion

### Probable mode of action

In fissure-in-ano there is predominance of mainly two doshas i.e. Vata and Pitta. Due to these doshas pain and burning sensation is present in fissure in ano. Similarly inflammation and tear also present. So the treatment should be Vata - pittashamak and Vranaropak. Yashtimadhu has all these properties which are already proven in the ayurvedic texts. Tail has the Vatashamak properties as it decreases the ruksha guna of vata by its snigdha guna and also maintains the tone of muscles.

## Conclusion

From this study it can be concluded that-

1. Madhuyashtyadi taila vranabasti is clinically effective in patients of Parikartika. (Fissure in ano).
  2. This treatment is devoid of any side effects.
  3. This treatment can be used as a supportive treatment modality for early recovery.<sup>i</sup>
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