



ROLE OF DURVA GHRIT IN PARIKARTIKA (FISSURE IN ANO)

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ABSTRACT

From the patients visiting to surgical OPD many patients are with pain at anal region. Among these patients with pain at anal region most are with parikartika a disease described by Sushruta. In the condition parikartika there is cutting pain at anal region with a longitudinal ulcer at anal margin. Similar condition described as fissure in ano in modern surgery. Modern treatment includes stool softeners, pain killer, soothing ointment etc. surgical management includes anal dilation, fissurectomy, sphincterectomy. But these treatments are with the fear of some complications like recurrence, incontinence etc. so there is a need to find an alternate and better treatment to treat the condition parikartika. In the present study we use durva ghrith to treat parikartika w.s.r. to fissure in ano. The results found in the study are very encouraging.

INTRODUCTION

In the present era due to changing lifestyle the diseases related to digestive system are occurring commonly which also results in some anorectal problems. Fissure in ano is one of such disease in which there are pain at anal region. (Das and Somen, 2008) the condition can be correlated with parikartika in ayurveda. Parikartika is a disease present with cutting and tearing at anus (Guda) as described by Dalhana (Sushruta et al., 1993). Depending on the dosha there are three types of parikartika as vattaj, pittaj and kaphaj (Charaka Samhita, 1991). In modern science fissure in ano is classified in two types i.e. acute fissure and chronic fissure. It is a 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 ointments, laxatives, fissurectomy, lateral sphincterectomy (Das and Somen, 2008). But the surgical managements are with fear of recurrence and complications such as anal incontinence.

The rising incidence of the disease in the community but with no any reliable satisfactory remedies available gives a curiosity in mind to search the ancient books for any management. In searching various samhitas we found the medicine named as durva ghrith described in bharat bhaishayji ratnakar⁵. Hence the present study entitled 'to evaluate use of durva ghrith in parikartika w.s.r. to fissure in ano' was carried out.

Aim- to evaluate the local application result in parikartika.

MATERIALS AND METHODS

Drug – Durva Ghrith

Study type- open clinical trial

Place of study- O.P.D. & I.P.D. of shalyatantra department.

Sample size- 30 patients

Inclusive criteria

1. Age between 20 to 50 years
2. Diagnosed case of parikartika.
3. Co operative patient

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Exclusive criteria

1. Non co operative patient
2. Patients with any major illness
3. Patients taking any other medicine
4. Pregnant women

Study procedure

Durva ghr̥it was prepared as described by snehakaḷpana vidhi by aacharya sharn̄gdhar (Aacharya radhakrishna parashar et al., ?) durva ghr̥it was locally applied two times daily for 10 days. Sitz bath with luke warm water daily for 20 mins was given. Changes in pain, bleeding and size of ulcer was noted on 5th, 7th and 10th days.

gradation for gudagat raktastrav

bleeding present 1
bleeding absent 0

gradation for discharge

discharge present 1
discharge absent 0

gradation for itching

itching present 1
itching absent 0

gradation for pain (on VAS)

worst (intensity on VAS 10) 4
Sever (intensity on VAS 7-9) 3
Moderate (intensity on VAS 4-6) 2
Mild (intensity on VAS 1-3) 1
No pain (intensity on VAS 0) 0

Gradation for size of ulcer

>20mm 4
15-20mm 3
10-15mm 2
5-10mm 1
<5mm 0

Observations and results

During the present study following observations are done

During the study no any adverse reaction was noted. The patients were satisfied with the treatment.

Sex wise distribution of the patients

Male	Female	Total
21	09	30

In the present study total 30 patients were treated. Among these patients 21 patients are male and 09 are female

Percentage of relief in each symptom of patients

Sr No	symptom	BT	AT	Difference	%relief
1	Gudagat raktastrav	24	08	16	33.33
2	Discharge	20	10	10	50.00
3	Itching	17	10	07	58.82
4	Pain at anal region	45	10	35	22.22

In the current study wicoxon signed ranked test was used to see whether the difference obtained in each symptoms was by chance or they are really significant. In the study, regarding the Symptom gudagat raktastrav the Mean and SD value obtained Before Treatment was 0.71 & 0.67. After Treatment it was changed to 0.16 & 0.55 which was statistically extremely significant ($P < 0.0001$). In Discharge the mean & SD value obtained before treatment was 0.50 & 0.48, after treatment it was changed to 0.25 & 0.33 which was statistically significant ($p < 0.0005$). In the symptom Itching mean & SD was 0.40 & 0.45 before treatment. After treatment it was changed to 0.23 & 0.30 which was statistically significant ($P < 0.005$). In the symptom pain at anal region the mean & SD was 1.51 & 0.37 before treatment. After treatment the values changed to 0.18 & 0.11. the difference seen was statistically significant ($P < 0.005$)

Mean score change in size of ulcer

Mean score		SD		P value
BT	AT	BT	AT	<0.001
2.5	0.860	0.30	0.501	

Above table shows that the healing of ulcer was occurred and the change was statistically significant ($P < 0.001$).

DISCUSSION

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. The medicine used in the current study was durva ghr̥it which posses vrana ropana and raktastambhan as well as dah shaman properties. Durva ghr̥it is kashay in rasa so it helps in healing in ulcer. The ghr̥it used for the preparation of the medicine helps in smoothening effect. Goghrit also has sanskarānuvarti property i.e. it carries all the properties of the drug used without any decrease in potency⁷. In the present study total 30 patients were studied. The patients get various results. In all the symptoms the medicine durva ghr̥it acts on itching somewhat better than the other symptoms. The results we got are encouraging. The medicine may be more and more effective if used for some more days.

wilcoxon signed ranked test of symptoms of patients

Sr no	symptoms	mean		± SD		±S Ed		P value
		BT	AT	BT	AT	BT	AT	
1	Gudagat raktastrav	0.71	0.16	0.67	0.55	0.20	0.11	<0.0001
2	Discharge	0.50	0.25	0.48	0.33	0.17	0.10	<0.0005
3	Itching	0.40	0.23	0.45	0.30	0.15	0.08	<0.005
4	Pain at anal region	1.51	0.18	0.37	0.25	0.11	0.09	<0.005

Conclusion

Durva ghrut was found effective in the disease parikartika. All the sign and symptoms were decreasing after application of durva ghrut. Durva ghrut might be more effective on itching causing due to fissure in ano. There were no any complication of durva ghrut. Majority of the patients were from male group and mix diet.

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