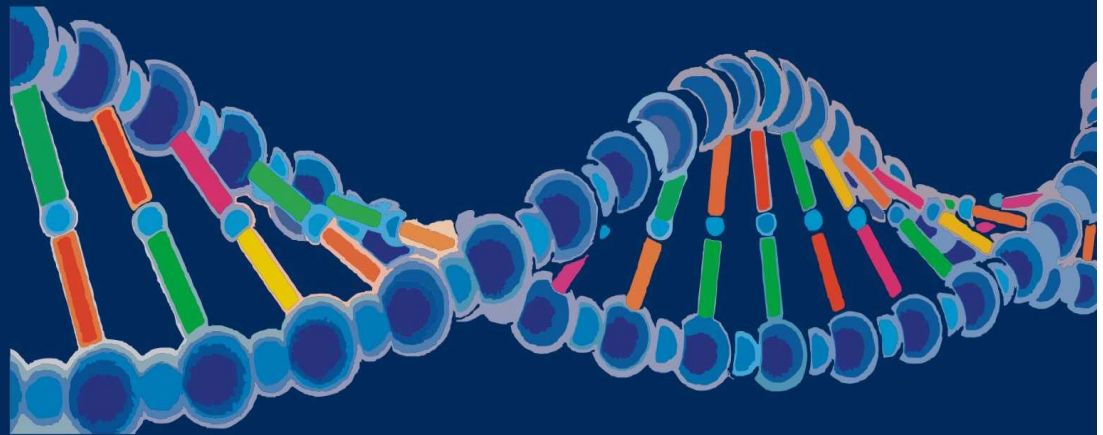


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**Science**  
**Papers**

Physiological Basis of Addiction and Its Co-relation with Modalities for Cure 1-9  
*Sharadendu Bali*

Anatomy of Trigeminal Nerve: A Review 10-17  
*Dr Amit Kumar Singh*

Role of Triphala Eye drops in the Management of Abhisyanda (Acute conjunctivitis) 18-27  
*Dr Dileep Kumar, Dr. M Sahu and Dr O.P.S Maurya*

The Study of Accumulation of Cadmium in the biomass of Different Plant Species 28-33  
*Darpan Singh and Vishrut Chaudhary*

Electrified Hybrid Vehicles State of Current Technology, Challenges and Future Developments 34-53  
*Gaurav Bali*

Study of Pond Fertilization for Fish Production : A Case Study of Saran Distric of North Bihar 54-58  
*Ajay Kumar*

Synthesis of Bi-metallic Nanoparticles and Analysis of their Performances 59-64  
*Anand Mohan*

Conept of Parikartika (Fissure in Ano)Parikartika 65-70  
*Dr. Sanjay Singh Chauhan*

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## CONEPT OF PARIKARTIKA(FISSURE IN ANO)PARIKARTIKA

DR. SANJAY SINGH CHAUHAN\*

### *Declaration*

The Declaration of the author for publication of Research Paper in The Indian Journal of Research Anvikshiki ISSN 0973-9777 Bi-monthly International Journal of all Research: I, *Sanjay Singh Chauhan* the author of the research paper entitled CONEPT OF PARIKARTIKA(FISSURE IN ANO)PARIKARTIKA declare that , I take the responsibility of the content and material of my paper as I myself have written it and also have read the manuscript of my paper carefully. Also, I hereby give my consent to publish my paper in Anvikshiki journal , This Research paper is my original work and no part of it or it's similar version is Published or has been sent for Publication anywhere else. I authorise the Editorial Board of the Journal to modify and edit the manuscript. I also give my consent to the Editor of Anvikshiki Journal to own the copyright of my Research Paper.

### *Abstract*

*Parikartika (Fissure-in-Ano) is a very common and most painful anorectal disorder. The condition Parikartika (Fissure-in-Ano) has not been described as an independent disease in Ayurvedic texts. The literal meaning of the term Parikartika i.e. Kartanavat Vedana (Cutting type of pain) and Guda vidara i.e. Vidarana in guda pradesha (Ulceration in Anal canal) are supportive evident references to compare this disease with fissure in ano.*

*Key word : Parikartika, Fissure in ano, Guda Pradesh and Basti karma.*

### *Introduction*

Acharya Sushruta has described the term “Parikartika” as a condition of Guda in which there is cutting and burning pain. Acharya Charaka and Vagbhata used two words, “Vikartika” as well as “Parikartika” for denoting the condition. Chakrapani also opines the same. The factors responsible for causation of Parikartika are found in various texts as Vamana-Virechana vyapad, Bastikarma vyapad, Atisara, Grahani, Arsha, and Udavarta etc. Later Acharya Kashyapa has described it in three types viz; Vataja, Pittaja and Kaphaja. The Ayurvedic principle regarding the management of this disease aims at, vata shaman and Vatanulomana. Snehana and swedana are the best remedies in the management of vata prakopa.

*Vyutpatti;* The term Parikartika composed of two words Pari and Kartika.

The prefix Pari in Parikartika resembles with prefix Peri in English which means “around”.

Kartika is derived from verb “Krita”, which means “to cut”.

\*[MS (AY) IMS BHU] Assistant Professor, Dept of Shalya Shalakyas, Jeevak Ayurved College, Chandauli (U.P.) India. e-Mail : [drsanjaybhu06@gmail.com](mailto:drsanjaybhu06@gmail.com)

Thus the word Parikartika comes to mean, that “to cut circumferentially” or “to cut all around” *Nirukti*; It is a condition in which patient experiences a sense of pain as if the suffering site is being cut around with scissor. Chakrapani had stated this the definition.

Jejjata Dalhana and Kashyapa also gives the similar definitions.

*Synonyms*; Kartika, Vikartika, Guda vidara, Guda Kshata and Kasta Guda.

### *Hetu (Causative Factor)*

*Diet or medicine as a causing factor :*

*Habits of diet*: sandusta ahara, alpa ahara, atitakalin ahara sevana, upavasa , excess use of teekshna, ushna, lavana and dry diet or medicine for long time may lead to parikartika.

*Systemic factors* : Vitiation of Pachaka agni and Dosha :

1. One of the systemic cause vagbhata stated that poor digestion and metabolism (mandagni).
2. Sushruta mentioned Pitta and Vata are the main culprits or causing agents of prakartika. where as kashyapa included the third dosha as well i.e. kapha.

*Traumatic factors* : Internal factor like very hard stool and external factor like rough vasti netra or rough handling of vasti netra(nozzel)

*Complication of methods of panchkarma*: All Acharya agreed that, parikartika a kind of pain occurs due to negligence of vaidya, patient in order to follow the rules of taking panchakarma specially vamana virechana and vasti karma, disease of our concern get produced as a vyapad (complication).

*As Associated symptom in other diseases :*

1. Vataja Jvara
2. Kaphaj arsha
3. Vataj grahani
4. Vyanaavritta apan vayu
5. Malavritta Vata lakshana
6. Vataaj pakwaatisaar
7. Apatthya bhojan janya udaavart
8. Pureeshaavrodhotpanna udavart
9. prior sign of Arsha
- 10.constipation diarrhea associated with kapha
- 11.Due to excess diarrhea.

### *Lakshana*

1. Severe life threatening pain in anus with massive stricture.
2. Constipation associated with severe cutting pain in sacral, umbilical, pelvic and groin region.
3. Sushruta states the occurrence of this cutting pain in more precise manner and also in specific order i.e. firstly in anus followed by umbilical region, penis and in neck of urinary bladder, he also coats that pain is usually associated with burning sensation and blockage of even flatus.
4. Chakrapani, Dalhan and kashyapa clarified the type of pain as, cutting means as if someone is incising.
5. Pichhila and rakta yukta srava, bleeding before or after defecation or stool stained with blood, itching and pricking pain in the guda

### *Types of parikartika*

(a) According to charaka there are two types of parikartika with reference to their place of origin.

1. Amashyoththa parikartika.

2. Pakwashayoththa parikartika.

(b)Kashyapa has given management of parikartika according to their type i.e.

1. Vataja Prikartika.
2. Pittaja Parikartika.
3. kaphaja Parikartika.

*Principles management of Parikartika*

*Vasti*; According to Ayurveda Vasti is the main Chikitsa for Parikartika.

*Vasti Karma*; Vasti is a procedure, in which, a special instrument is used, named as vasti (urinary bladder of animals like goat).

*Types of vasti :*

*Niruha*: in which main ingredient used is, the decoction.

*Snaihik*: in which main ingredient used is, the oil.

*Synonym of snaihik basti*; Ardha, matraa, apariharyo, anuvasan.

*Definition of anuvasan vasti*; Anuvasan vasti is that vasti, which does not vitiate the doshas even after daily application.

Vasti should be given with medicated milk, which is enriched with herbs having sheet potency and sweet taste and unctus in nature.

T A B L E No. 01 showing Different types of chikitsa yoga in Parikartika

Sr. No	Formulations	Reference	Ingredients
1	Bilwaadi peya	ch.chi.3/186	Bala, Vrukshamla, Kolamla, Kalashi, Dhavani
2	Errand muladi kshirpak	Ch.chi.3/235	Eranda mula, Milk
3	Shatapushpadi basti.	Ch.si. 12/17	Shatapushpa, Madhu, Ghrita
4	Pichha Basti	ch/chi/14/228	Salmali, Kusha, Bahupada, Kutaja, Utpala, Chandana mixed with Madhu Ghrita.
5	Basti:	ch/si/6/67	Madhuyashti, Tila-Kalka along with Milk
6	Pichha basti.	su/chi/34/16	Yastimadhu, Krishna Tila along with Madhu and Ghrita.
7	Pichha basti.	su/u/38/85	Badara, Nagbala, Slesmataka, Salmali, Dhanvana, boiled in Dugdha and later added with Madhu and Rakta.
8	Anuvasana basti	su/chi/37/27	Madhuyashti, Usira, Gambhari, Kutaki, Utpala, Chandan, Shyama, Padmaka, Jeemoota, Indrayava, Ativisha, Tail, Ghrita along with milk and decoction of Nyogradhadgana.
9	Anuvasana basti Kashyapa	ka/khi/8/98	Laghu Panchamoola, Triphala, Bala, Rasna, Madanphala, Punarnava, Compounds Author Ingredients Guduchi, Aragvadha, Daru, Palasa, Madhuka, Musta, Priyangu, Hapusa, Rasa gana, Pippali and Kutaja along with Madhu, Taila, Lavana, Gomootra, Mamsa rasa.
10	Leha yoga:	ka/khi/10/103 -106	Madhura Dravyas along with Milk, Sugar, Madhu, Tila tail.
11	Yusha (Vatika):	ka/khi/10/103 -106	Yusha (Paitika) Khila Sthana Madhuyashti, Hanspadi, Dhanayaka, Madhu and Tandulodaka.

*Local Treatment*: Local treatment is aimed at Vedana shaman and Vruna ropana.

For Vedana shaman Avagaha sweda with vata and pitta shaman sukhoshna kwatha is beneficial. For avagaha sweda Triphala kashaya and Pancha Valkala kashaya are used.

Nadi Sweda is advised to relieve severe pain .

Luke warm water sitz bath so as to subside pain

Parisheka with cold water, milk and drug having Kashaya Rasa and Sheetal Guna

For *Vruna ropana* the principles of *Vruna Chikitsa* has to be adopted. *Ropana* of *Vruna* is achieved by application of tailas like *Jatyadi taila*, *Kaseesadi taila*, *Doorvadi taila* etc. *Bhrati*, *Bilva*, *Ananta moola*.

#### *Upadrava(Complication)*

If *Parikartika* is not treated properly it may lead to formation of *Bahya Vataja Arsha*. *Sushruta* has considered *Parikartika* as *purva rupa* of *Vataja Arsha*. Further this condition i.e. *Parikartika janya Vataja Arsha*, if neglected it may result into *Arsho Bhagandara*.

#### *Sadhyasadyata(Prognosis )*

The disease is characterized by formation of *Vruna* in *guda nalika*. *Guda* is a *marma sthana* and adequate rest to this part is not possible. These factors make this condition very difficult for the treatment. Hence it is categorized as *Kruchra Sadhya vyadhi*. However if the *Vruna* is restricted only to *twak* and the patient is having good *agnibala* and *Malabaddhata* is not severe then it becomes *Sukha sadhya*.

#### *Pathya for Parikartika*

1. *Kshira bhojana*
2. *Madhura Rasa & Vata Anulomaka Ahara-Vihara* should be taken
3. Old *Rakta Shali* and *Shasti rice Yava* and *Kulutha daal* also recommended

#### *Apathya for Parikartika*

1. *Vegadharana*, *maithuna*, *riding*, *sitting in utkata-asana*
2. *Vyayama*, *Krodha*, *Guru Ahara Sevana*
3. *Ati tikshna*, *Ati-lavana*, *Ati-ruksha diet*

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