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**Ausadhi Chikitsa in Parikartika**

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**Abstract**

*Ayurveda is a Science which deals with good health of human and living beings. It is divided in 8 main branch known as "AshtangAyurved".*

*Ayurveda describednidanparivarjan of aahar and vihaar of the causative factors of roga i.e. Disease . Aushadh is the main part of any disease treatment with nidan-parivarjan.*

*In modern view primary treatment of any disease is conservative treatment only. conservative treatment with some restrictions of foods and bed rest is advocated in ano-rectal diseases.*

*In the treatment of any disease, Acharya Sushruta had told that,First we should treat the disease with Aushadh i.e. Medicine only and if all measures fails,AcharyaSushrut suggested the Shalya Karma i.e. Surgery.*

*Fissure can be cured by medicines only. Only a very few cases require surgical intervention.*

*My topic deals with the Ausadhichikitsa in Parikartika i.e. Fissure in Ano.*

*Pari = Sarvato Bhaavaha.*

*Kartika = sharp shooting pain (especially in rectum).*

*Parikrit = Krintati = to cut off, cut round, clip.*

*Kartana = to cut off.*

**Introduction –**

In the era of fast food, there is irregularity in diet and its timings and also sedentary life style, in addition to this one is always under tremendous mental stress. All these causes disturb in digestive system which results in to many diseases, ano-rectal disorder constitute an important group amongst them. Parikartika is one amongst them which affects the normal life of the individual. So the Ayurveda with its eminent treatment solution may extend the scope of the hope in the management of Parikartika or fissure in ano.

Parikartika as a condition which is having cutting pain in anus. Acharya Kasyapa described three types of Parikartika- 1) Vataja, 2) Pittaja and 3) Kaphaja. Whereas, MaharshiCharaka has mentioned the features like pricking pain in groins and sacral region, scanty constipated stools and bleeding per anus.

In the modern science, fissure-in-ano has been classified into two types-

1) Acute and 2) chronic.

Contributory factors which are primary like constipation, spasm of internal sphincter, surgical catastrophe during operation for hemorrhoids followed by anal stenosis which may ultimately result into fissure in ano. Similarly secondary factors like ulcerative colitis, Crohn's disease, syphilis and tuberculosis have also been held responsible for the formation of the disease fissure-in-ano.

Pain and bleeding are two main symptoms in both the conditions.

**Causes of Parikartika -**

The underlying cause of Parikartika is constipation i.e. passing of hard stool that itself is due to various factors like, inadequate intake of water and fluids, lack of exercise or physical activity, inadequate intake of dietary fibres, junk food, excessive use of alcohol or excessive smoking, excess intake of spicy etc. These all may lead to constipation and the hard stool may sometimes become a cause of Anal fissure.

**Ausadhichikitsa** - According to Sushrutsamhita, Chikitsasthan, Adhyay 38<sup>th</sup> – 4<sup>th</sup>Shloka,

Sushruta has given a much description and strong consideration to Parikartika than any other authors, who have mentioned the Chikitsa for this in a brief manner. It is true that none of them have described any surgical intervention as the disease was completely cured by the conservative method itself and were much satisfied with the management.

The oral preparation has many fold objectives like some drugs are used for the correction of AnnavaSrotas, while some for Deepana - Pachana etc. the Shamana of Tridoshha. Even Charaka for the same has mentioned drinking of milk and intake of AmlaDravya.

**Conclusion-**

If we can modify our life style and can be able to avoid constipation, we can prevent Parikartika easily. If however constipation is already there, some Ayurveda medicines like Haritaki, Triphala, Isabgol husk etc. can work effectively to relieve it and Parikartika can be healed by application of Ayurvedic oils like Jatyadi oil.

Doing routine physical work and exercises, practicing yogasanas, Pranayam will help to improve digestion and to relieve constipation too.

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