

**MANAGEMENT OF PARIKARTIKA (ACUTE FISSURE IN ANO) WITH MATRA BASTI-
A CASE REPORT**¹Dr. Prerana Santosh Bandekar, ²Dr. Srinivas Turlapati¹MS (Shalya), PhD Scholar, Department of Shalyatantra, YAMC, Kodoli, Kolhapur.²MD (Shalyatantra), Guide, Professor and HOD, Department of Shalyatantra, YAMC, Kodoli, Kolhapur.

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Corresponding Author*Dr. Prerana Santosh****Bandekar**MS (Shalya), PhD Scholar,
Department of Shalyatantra,
YAMC, Kodoli, Kolhapur.
<https://doi.org/10.5281/zenodo.18440760>**How to cite this Article:** ¹*Dr. Prerana Santosh Bandekar, ²Dr. Srinivas Turlapati (2026). Management Of Parikartika (Acute Fissure In Ano) With Matra Basti- A Case Report. International Journal of Modern Pharmaceutical Research, 10(2), 34-36.**ABSTRACT**

Among anorectal diseases, Parikarthika (Fissure in ano) is considered one of the most painful diseases. Now a days the incidence rate of this disease became more due to the irregular food habits as well as unproper modern life style changes. Due to this its recent occurrence in all types of age groups irrespective of gender. This case study described the effective management of acute fissure in ano which was managed with ayurvedic treatment modalities. A 33-year female patient came with symptoms of pain and burning during and after defecation and also having the presence of blood streak while passing of stool. The patient was diagnosed as acute fissure due to the presence of a cut longitudinal ulcer in lower part of anal canal at the 12 o'clock position. Ayurvedic treatment approach both internally and externally were followed. Yahtimadhu taila matra basti and Jatyadi Ghritham application followed by a lukewarm water sitz bath was advised as external treatment. The complete improvement was found in this within 7 days of treatment. No reoccurrence was noted even after 3rd month of follow up.

KEYWORDS: Parikartika, fissure in ano, Yasthimadhutaila, oral medication.**1. INTRODUCTION**

In Ayurvedicsamhita this Parikartika is described in different place. In charak Samhita it describe as complication of VirechanaVyapad (therapeutic purgation), In Susruta Samhita it describe as Bastivhyapad, Kashyapa samhita mention it's as GarbhiniVyapad (Disease occurs in Pregnancy) Fissure-in-ano has become most common and painful condition in ano-rectal disease. It is commonly seen in young age peoples and pregnant women. It is a very painful because of injury to somatic nerve supply to the anal region. In modern science treatments includes Analgesics, Antibiotics, Laxatives and ointment and anal dilatation, sphincterotomy, fissurectomy. Surgeries of Fissurein-ano are expensive and require long stay in hospital. All these procedures having its own limitation and complications. In Ayurveda there are so many preparations and best surgery procedure also. The condition fissure-in-ano, commonly encountered in ano-rectal practice has similar location, pathology and clinical features of parikartika like anal pain, burning sensation at anal region, constipation, stools streaked with blood etc. Management approach selection in Parikartika should to be selected on the basis of medicines and treatments which one helps

for the healing of ulcer as well as to reduce the cutting and burning type of pain. The management protocols for fissure-in-ano in Ayurvedic science are Snehavasthi (Oil enema therapy), AvagahaSwedana (medicated lukewarm water sitz bath) and Lepamam (medicated ointments). Parikartika can be considered as Sadyo Vrana due to the presence of painful longitudinal ulcer. Hence drugpreparations that have Vranaropana properties are more effective in the management of Parikartika. yastimadhutaila is the one which is has properties like Saruja Shamana (Pain relieving), Vranasodhana (Wound cleansing) and Vranaropana (Wound healing) properties. Due to this properties is the good medical option in the management of Parikarthika.

CASE REPORT

In this case study A 33 year old female patient having chief complaint of A. cutting type of pain at anal region
B. swelling at anal region.
C. burning sensation at anal region,
D. Malavashtmbha (Constipation)
E. Saraktamalapravrutti (Stools streaked with blood)

Patient had above complaints since last 10 days. H/o – normal labour No H/o any major surgery. She came to our hospital.

PERSONAL HISTORY

Her Rajovruttanta was regular, menarche attained at 15 years of age and her married life of 3 years.

Investigation done

Hb -11 gm% Blood group -A positive

- BT -2 minutes 35 seconds
- CT -4 minutes 30 seconds
- RBS -92 mg/dl
- HIV -Negative
- HBsAG -Negative
- VDRL -Non reactive
- Urine routine and microscopic examination report-normal

HISTORY OF PRESENT ILLNESS

Before 10days back the patient was normal but Develops Suddenly symptoms like cutting type of pain and burning type of pain during the defecation and after the defecation, associated with bleeding per rectum and history of chronic constipation .patient came to our hospital for further management.

On Per rectal examination was done to analyse the proper diagnosis.

On inspection, a cut longitudinal ulcer with indurated margin was identified at 12 clock position in the anterior upper part of anal verge. Hypertonicity of anal sphincter was analysed with digital rectal examination using a little finger. there is no any external pile mass, nothing fistula opening.

MATERIALS AND METHOS

Material used

- A. Yastimadhutaila in quantity of 30ml

B. Sterile cotton pad

C. Red rubber catheter no.8

D. Basti Syringe

Chikitsa (Method of Treatment procedure)

A single case study was conducted in our Hospital. Advised to patient lie on left lateral position, all aseptic precaution done perianal part cleaned with betadine liquid, insert the red rubber catheter no.8 to anal canal and push the quantity of matra30ml of matrastasti of Yastimadhutaila, after that locally applied jatyadi ghrita on external part of anus and dressing done with sterile cotton pad,patient advised to take rest for 15 mins, the duration of treatment is 7 days. Selected patient were noted before, during and after the proposed treatment. Total duration of treatment was 7 days.

Drug review of action Yastimadhutaila action

Yastimadhutaila(mulethi) benefits & medicinal uses Mulethi contains a Glabridin compound, which reduces colonic inflammation. It can speed up healing process in inflamed mucosa and prevent ulceration of mucosa of the intestines. Mulethi contains Glycyrrhizin, which is sweet in taste and reduces inflammation of gastrointestinal tract. The main beneficial effects of Mulethi (Yashtimadhu) are on digestive system and It helps in relieving gastric symptoms such as heartburn, burningsensation in the abdomen, peptic and duodenal ulcer, abdominal colic, GERD and chronic gastritis, Ulcerative colitis.

Other oral medication given

Triphalaguggulu 2 tds after food

Trivrutavaleha 1 tsp at bed time

Showing Regression of symptoms during treatment

Sr.No	Symptoms	1 st day	2 nd day	3 rd day	4 th day	5 th day	6 th day	7 th day
1	Cutting Pain/Burning Pain	+++	+++	+++	+	0	0	0
2	Sphincter spasm	+++	+++	+++	+	0	0	0
3	Constipation	+++	+++	+++	+	0	0	0
4	Stool streaks with blood	+++	+++	+++	+	0	0	0

Pathya

DIET RECOMMENDATIONS (AAHAR).

Increased liquid intake. Fibres food in diet. Recommended food plan consists of cow milk, butter, buttermilk, wheat, ghee, rice, inexperienced vegetable, and normal food plan. Avoid chilies, fried meals and meals that can reason constipation.

LIFESTYLE CHANGES (VIHAR)

Sitz baths (immersing decrease frame in heat water) are beneficial, Avoid consistent sitting and immoderate straining for the duration of defecating.

DISCUSSION

Fissure in ano is one of the painful anorectal diseases which presents as an acute superficial break in the continuity of the anal canal. Parikartika can be considered as Sadyo Vrana due to the presence of painful longitudinal ulcer Treatment protocols for fissure in ano should be based on the medicines which aid the healing of ulcers as well as to reduce the cutting and burning type of pain. Each medicine used in the patient has different properties as mentioned previously. The main advantage of this treatment is the complete reduction of complaints like pain, burning sensation, oozing of blood during and after defaecation within 5 days after the

treatment. Complete healing of ulcer in fissure in ano within 7 days is one of the another advantage noted.

Yastimadhutaila helps to keep Vrana moist and thus promotes the healing process through its above mentioned properties. Jatyadi Ghritha helps to increase granulation tissue formation thus promoting ulcer healing.

Due to these properties of yastimadhutaila matrabasti 30ml makes it a good treatment option in the management of Parikarthika. Pachana, vranashodhana, vranaropana, and Rakta Shodhana property of improves the vascular circulation in the anorectal region and reduces spasms and congestion. Due to these properties, helps in the healing of anal fissures.

Triphalaguggulu also heals and pain killer as well as laxative work, the tissue along with increasing the digestion of the patient at the same time acting as a mild laxative. Constipation is one of the reasons for the occurrence of fissure in ano. Trivrutavaleha (sukhavirechaka) helps in easy bowel movements and thus relieves constipation. Lukewarm water Sitz bath with triphaladichurna helps to clean the fissure wound area, improve the blood flow of the regions, and thus helps to relax the anal sphincter.

CONCLUSION

A case having features of Parikartika (fissure in ano) was selected from OPD, Hospital for case study and Yastimadhutaila were give as matrabasti 30ml in quantity to patient and patient advised to take basti for 7 days advised. Assessment was done based on features like pain, burning sensation and sphincter tone. Significant improvement was observed after treatment. the treatment principle of acute fissure in ano should be based on the aim to healing of ulcer, reduction of pain and burning sensation and also to correct the constipation. Both internal and external treatments formulated in this case are to satisfy the above mentioned treatment principles.

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