

LITERATURE REVIEW OF PARIKARTIKA IN AYURVEDA

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ABSTRACT

Parikartika is one of the ano-rectal diseases. The earliest reference of Parikartika is available from Brihatrayees. In modern we compare Parikartika with fissure in ano. It is a most painful condition. In Samhitas, Parikartika is not described as an entirely different disease but as a complication of Arsha, Atisara, Grahani, and different Ayurvedic panchkarma procedures such as Virechana and Basti. This condition affects a large number of populations in the world. Ano-rectal diseases like fissure in ano, hemorrhoid, fistula, etc. could be considered a problem due to irregular and unhealthy food habits and improper lifestyle. In Ayurveda, Parikartika is treated with internal medication and local applications formulated by Madhura, Sheeta, Snigdha dravyas. Piccha basti and Matra basti are also used in the treatment of Parikartika.

Keywords: Parikartika, Basti, Vedana, Guda, Virechana.

INTRODUCTION

The first aim of Ayurveda is to keep a person healthy, and the second aim is to cure the disease.¹ Nowadays our lifestyle has been changed and that affects our

health badly. In the present era due to imperfect lifestyle, 30-40% of the population suffering from constipation with a rectal disease is quite common.² In Pari-

Parikartika sharp cutting pain all around the anus. In modern science, Parikartika can be correlated with fissure in ano. Fissure in ano consists of a longitudinal tear (crack) at the anus. It has symptoms like pain during and after defecation, constipation, redness, itching of anus, and stool with streaks of fresh blood. Fissure in ano occurs most commonly in the midline posteriorly, the protected part of the anal canal. Anal fissure affects males and females equally; however, in males' fissure in ano usually occurs in the midline posteriorly (90%) and much less commonly anteriorly (10%). In females' fissure in ano on the midline posteriorly are slightly commoner than anteriorly (60:40)³. Anal fissure in children may indicate sexual abuse. In Ayurveda, the description of parikartika has been found in scattered manners as a complication of various diseases such as Vatika jwara, Vatika Pakwa atisara, Sahaja arsha, arsha purvarupa, kaphaja arsha, udavarta, Garbhini and some ayurvedic procedure like Virechana and Basti Vyapada (unlawful administration of purgatives or enema). Aushadha Chikitsa of parikartika includes Dipaniya, Pachaniya Ropaniya, Anulomaka, Virechak aushadhas, and Local therapies includes Matra Basti, Sneha Basti, Madhura Kashaya dravya Siddha Basti, Taila Poorana, Lepa, and Pichu Dharana.

AIM- To study the literary review of Parikartika in Ayurvedic text.

Objective – To understand the Ayurvedic concept Nidana, Rupa, Bheda, Samprapti, and Treatment of Parikartika disease.

Material And Method: The ayurvedic classics in the library of the govt ayurveda college Raipur (C.G.) were used to compile the textual references for Parikartika. Pancha Nidana of Parikartika and its manifestations in Ayurvedic literature as well as in contemporary science are discussed here.

Historical Review

Acharya Sushruta - Acharya Sushruta extended his knowledge about parikartika in Sushruta Samhita 2nd chapter in Nidana sthana and 34th, 36th chapter of Chikitsa sthana.

ACHARYA CHARAKA – Acharya Charaka explained about Parikartika in the 3rd chapter Chikitsa sthana and the 6th, 7th, and 12th chapters of Siddhi sthana of Charaka Samhita.

Acharya Vagbhata: Acharya Vagbhata described Parikartika in 7th chapter Nidana Stana of Ashtanga samghraha and 3rd chapter Kalpa Stana of Ashtanga Hridaya.

Acharya Kashyapa - Acharya Kashyapa described Parikartika in 10th chapter Khila sthana and 2nd chapter Garbhini chikitsa of kasyapa Samhita.

Acharya Madhava: Acharya Madhava described Parikartika in the 4th chapter Nidana sthana of Madhava nidana.

Definition – The word Parikartika is made up of 2 words pari + Kartika. Pari which denoted all around, 'Kartanam' which denoted Kartanvata vedana.

According to acharya dalhana, Parikartika means cutting and tearing pain everywhere⁴.

Nidana – The precise classification of Nidana, Rupa, and Samprapti, among other aspects of Parikartika, is not found in any Ayurvedic scriptures. However, various Nidana that may yield Parikartika directly or indirectly is detailed by Acharya's strewn throughout the literature. Vata and pitta are the predominant Dosha in Parikartika. According to Acharya Sushruta, the etiological components of Parikartika can be separated into three categories⁵.

1. Nija nidana.
2. Aagantuja nidana.
3. Nidanarthakara roga.

Nija nidana – Vatika Pakwa atisara (Ch. Chi 19/5), Vataj grahani, (Ch. Chi 15/62) Kaphaja arsha (ch.chi.14/17), Arsha purvarupa (Sus. Ni.2/9), Vibandha, Agnimandhya⁶.

Agantuja nidana – Aaghataja chata (Bastineta vyapada), Inappropriate use of Basti yantra, abusive use of laxatives, Garbhini stree etc⁷.

Nidaanarthakaree roga - If patients with Mridu Koshtha and Mandaagni are given Basti and Virechan with Tikshna, Ushna, and Pitta prakopaka medication, Pitta and Vata Prakopa leads to Parikartika. If the patient is given a Basti of Tikshna, Ushna, and Lavana Dravya or Basti Netra is introduced too quickly, caus-

ing an ulcer in the anus and suffering from parikartika. An ulcer in the anus can also be caused by Basti Netra, which is large and has a rough surface⁸. Parikartika is a complication of Basti and Virechana, according to Charaka. In Saamavastha, if strong medicine is administered to Atisnigdha and Gurukosthee patients, or very thin, Mridu Kosthee and weak patients, it creates Parikartika with terrible pain in ano, according to him⁹.

Samprapti Ghataka¹⁰ :-

Dosha – vata pitta (Ch. Su.)

Vata, Pitta, Kapha (Kashyap)

Dushya – Mansa

Adhithana – Guda

Srotodushti – Purisha vaha Srotas

Srotodushtiprakara – Sanga

Udbhava sthana - Pakwashaya

Sanchar Sthana - Gudagata sira

Vyaktasthana – Gudanalika

Rogamarga – Bahya

Sadhya-asadhyatva- Kashta sadhya

Swabhava – Chirakaleena

Symptoms¹¹ –

1. Daha. (Burning sensation)
2. Vedana. (pain)
3. Raktastrava. (bleeding)
4. Vibandha. (constipation)
5. Strava and kandu. (Secretion and itching)
6. Sthanik shotha. (Local swelling)

Table 1: Acharya kashyapa has mentioned 3 types of parikartika- Vatika, Paittika and Kaphaja¹².

S.N.	TYPES	NATURE OF PAIN
1.	Vatika	Cutting or pricking in nature.
2.	Paittika	Burning in nature.
3.	Kaphaja	Dull ache pain.

MANAGEMENT-

Parikartika is a complication of Sansodhana Chikitsa and certain disorders, and their surgical management is not mentioned in any of the Samhitas. it is

assumed that conservative care is sufficient for the treatment of Parikartika. It is treated as such- According to Kashyapa mentioned that Parikartika can be managed through Doshika involvement¹³.

Table 2: Different Types Of Ausadha Yogas And Procedures Mentioned By Various Acharyas, Which Described Here

S. N.	AU-THOR	YOGAS AND PROCESSES	CONTENTS	REFERANCES
1.	Sushruta	Parisheka.	Cold water.	Sus. Chi. 34/16
		Anuvasana Basti.	Ghritamanda and Yastimadhu sidhha taila.	
		Pichha Basti.	The paste of Yastimadhu, Krishnatila kalka along with madhu and ghrita.	
2.	Charaka	Pichha Basti.	Kashaya and Madhu dravya Siddha Basti.	Ch. Si 6/67
		Anuvasana basti.	Yastimadhu kalka and kwatha sidhha Sneha.	
		Parisheka.	Milk.	Ch. Si 5/16
		Peya.	The Peya of Raktashali is made from decoction of Vrakshamla, Badara, and Kantakari with powder of unripened fruit of Bilva.	Ch. Chi 3/186
3.	Kashyapa	Yusha (Vatika Parikartika)	Brihati, Bilva and Anantmula yusha.	Ka. Khil. 10/102-103
		Yusha (Paittika Parikartika).	Yastimadhu, Hanspadi, Dhanyaka with honey and anupan of Tandulodaka.	Ka. Khil. 10/103-104
		Yusha (Kaphaja Parikartika).	Equal quantity Kalka of Kantakari,	Ka. Khil. 10/103-104

		Gokshura, Aswatha with Saindhava in form of food and liquid diet.	
	Pichha Basti.	Yavakshara mixed with Dadim swarasa yukta ghrit.	Ka. Khil. 10/104-105
	Anuvasana Basti.	Yastimadhu kalka siddha oil.	

Diet¹⁴ -

1. Langhana- Deepana and Ruksha- Ushna- Laghu diets are recommended in Saama patients.
2. Madhura and Brihaniya diets are recommended in thin and lean patients.
3. Ghrita with Daadimarasa should be given in cases of severe Vata Prakopa Avastha.
4. Ashvattha, Udumbaar, Plaksha, and Kadamba Siddha milk.
5. Ushnodaka with Devadaaru and Tila Kalka.

Local treatment- For local management, various types of Basti Karmas are described¹⁵. This is done using Basti made from Ghrita and milk, as well as numerous additional medications. Vata Shamaka, Vrana Ropak, and Pitta Shamak are the most common medications utilized in Basti karma.

Complication¹⁶ –

1. Guda vidhradhi. (abscess)
2. Arsho-bhagandra. (Sentinel piles with fistula)
3. Shuskarsha. (Sentinel piles, hypertrophied papilla)
4. Guda sankocha. (Anal contracture)

DISCUSSION

Parikartika is not mentioned as a different disease but complication of some diseases and procedure. The basic cause of Parikartika is constipation which happens as a result of Agnimandhya and Apana vayu dusti. As it causes severe and excruciating pain parikartika affects day-to-day life and needs management as fast as possible. Ayurveda provides conservative management using Pachana, Deepana, and Anulomana drugs and the same sort of pathya -aphya. Mudga, Kodrava, Chanaka, and other pulses, as well as Rooksha aharas that are water absorbent in nature (Sangrahi), cause constipation and lead to parikartika. According to modern science, parikartika can be compared with fissure in ano. In Acute condition fis-

sure, in ano primary treatment is Conservative treatment including oral pain medication, stool softener, soothing ointment, and analgesics may be used. In the chronic condition of fissure in ano the treatment is Anal dilation, Fissurectomy, Sphincterotomy, Excision of anal ulcer.

CONCLUSION

Parikartika can be correlated with fissure in ano. Due to improper Aahara- vihara and stressful life, peoples are suffering from constipation which leads to parikartika. Ayurvedic medicine cures most of the acute cases of Parikartika when modern treatment fails to provide a better result. Therefore, the status of Samanirama kosta, body constitutions, and secondary reasons for parikartika should be thoroughly investigated before administering extreme purgatives for Sanshodhana chikitsa or during the therapy of Parikartika. Patients who are not ready for operations such as Heart patients, Diabetes patients, AIDS patients, Hypertension patients, Hepatitis B, can be treated with the help of Matra Basti (type of anuvasana Basti) Taila Poorana, Taila/Ghrita Pichu, and Kshara lepana

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