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## MANAGEMENT OF PARIKARTIKA WITH SIKTHAHARIDRADI OINTMENT

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### ABSTRACT

'Parikartika' is a disease of anal region, itself denotes the cutting pain. Fissure-in-ano is a small longitudinal ulcer in long axis of lower anal canal which is very painful among all anorectal disorders. For the management of Parikartika a cheap and effective medicine is needed to be found. Siktha Haridradi ointment which contained Siktha Taila, Haridra and Pudina Satwa i.e. menthol is prepared and used topically. The study was completed in two groups 30 patients in each group with randomized pattern. Group A (Application of sikhthaharidradi ointment with Pathya) and Group B (Only Pathya). Criteria for assessment is set as Pain at anal region, Anal spasm and P/R bleeding. Siktha Taila was effective in relieving friction and also dryness at anal region. Haridra is useful in healing of fissure in ano due to its property of *Vranashodhana* and *Ropana*. It also helps in reducing inflammation and spasm at anus. Menthol has soothing effect and relieves pain with its cooling effect. Compare to Group B, Group A was more effective in relieving pain and anal spasm and P/R bleeding as well. 33.33% patient in Group-A show complete cure and rest 66.67% show improvement in symptoms. In Group-B no total cure is seen, only improvement in symptoms is observed in a patient. From the observation and analysis it can be concluded that application of Siktha Haridradi ointment with pathyakalpana is effective in management of fissure in ano.

**Keywords:** Parikartika, Fissure-in-Ano, Siktha Haridradi ointment, Pathya.

### INTRODUCTION

'Parikartika' is a disease of anal region, itself denotes the cutting pain. Though now a days, 'Parikartika' is a separate disease, but in the history, it was mentioned as a complication of other disease or some Ayurvedic procedure [1]. While working as an ayurvedic consultant, it was observed that major numbers of patients are suffering from parikartika as acute or chronic fissure in Ano. Fissure-in-ano is a small longitudinal ulcer in long axis of lower anal canal which is very painful among all anorectal disorders [2]. Many modalities of treatment are available for management of fissure in Ano and also many market preparations are there which are costly at the same time. After review of literature, simple remedy was tried in O.P.D. based patients. It was Siktha Haridradi ointment which contained Siktha Taila [3], Haridra [4] and Pudina Satwa [5] i.e. menthol which was very effective.

### Aim and Objectives

1. To develop simple and effective remedy for management of fissure in Ano.
2. To get the relief of symptoms like pain, bleeding and overall cure in Parikartika.

### MATERIALS AND METHODS

#### Selection of Patients

All patients of Parikartika who attended O.P.D of our clinic and willing for Ayurvedic management only, were selected irrespective of sex, occupation duration of complaints etc. Strict inclusion, exclusion, withdrawal criteria was followed.

#### Inclusion criteria

1. Patients of either sex or age group between 16 to 60 years.
2. Patient suffering from either acute or chronic fissure in ano with presenting sign and symptoms. E.g. Pain, Anal spasm, P/R bleeding.
3. Patients ready to give written consent only was selected.

#### Exclusion criteria

1. Patients taking other treatment from any pathy for the same problem during clinical trial.
2. Pregnant females and children were not selected.

- 3. Patients who were suspected of serious systemic disease i.e. DM, TB, Syphilis.
- 4. Patients Suspected of carcinoma of rectum, proctalgia fugax, crohn’s disease, internal & external hemorrhoid.

The study was completed in two groups 30 patients in each group with randomized pattern.

**Group A (Application of sikhthaharidradi ointment with Pathya)**

Preparation of Ointment:

- 1 part Bee Wax
- 8 part TilTaila
- 1/2 part Haridra [4]
- 1/20 part Putiha Satwa [5] (Menthol)

After preparation of Sikhtha taila [6] as per above textual reference other ingredients were added as per above ratio.

**Group B (Only Pathya)**

- Hotsitz bath twice a day
- Advice the patient to keep the local site hygienically clean.
- Laxative - Panchasakarchurna 2 - 6 gm at bed time with lukewarm water.
- Dietary control was advice.

**Treatment of subject:**

- Period-15 days
- Dosage of Ointment-approx 1-2 gm(as required)

**Observation and Results**

After the entire period of treatment collected data of observation of sign and symptoms were summarized and analyzed statistically as follows.

**Table 1. Parameters**

Sr.no	Parameter	χ <sup>2</sup>	P
1	Age wise	0.07	>0.05
2	Sex wise	0.07	>0.05
3	Diet veg/nonveg	0.28	>0.05
4	Diet spicy/nonspicy	0.09	>0.05
5	Position of fissure	0.96	>0.05
6	Sentinel tag yes/no	0.07	>0.05

Statistically the distribution of patients in all incidences was insignificant in both Groups hence both Groups are homogenous in distribution in all incidences.

**Table 2. Pain During Defecation:**

**Group A (Ointment and Pathya)**

Follow up	X	SD	SE	T	P
0-7 <sup>th</sup>	1.80	0.48	0.09	20.36	p<0.05
7-15 <sup>th</sup>	0.83	0.53	0.10	8.60	p<0.05
BT-AT	2.63	0.49	0.10	8.60	p<0.05

**Group B (Pathya)**

Follow up	X	SD	SE	T	P
0-7 <sup>th</sup>	1.07	0.45	0.08	12.99	p<0.05
7-15 <sup>th</sup>	0.37	0.56	0.10	3.61	p<0.05
BT-AT	1.43	0.57	0.10	13.81	p<0.05

- Dosage schedule-Before defecation, after defecation and at bed time
- Route of administration-Topical (Locally anal region)

**Criteria of assessing the improvement:**

1. **Pain:** Severe pain becoming mild was considered as improved and pain completely relieved is considered as cured.

0	1	2	3
No	Mild	Moderate	Severe

2. **Spasm:** Completely relieved spasm was considered as cured.

0	1	2	3
No	Mild	Moderate	Severe

3. **P/R bleeding:** If P/R bleeding completely absent then it was considered a cured.

0	1
Absent	Present

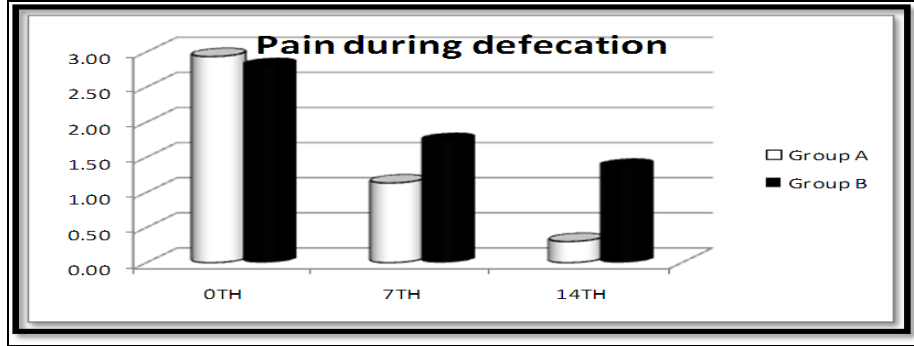
**Criteria for assessing the Result:**

- **Completely Cured:** Improvement in all parameters
- **Improved:** Improvement in 1 or 2 parameters
- **Uncured:** When there was no improvement in any parameter.
- **Complication:** When there was any complication due to hypersensitivity reaction to malahar (ointment)

**Follow up:** 0th, 7th, 15th day.

**Comparative Effect**

Follow up	X	SD	SE	T	P	
0-7 <sup>th</sup>	1.80	1.07	0.12	6.08	<b>p&lt;0.05</b>	<b>p&lt;0.001</b>
7-15 <sup>th</sup>	0.83	0.37	0.14	3.33	<b>p&lt;0.05</b>	<b>p&lt;0.001</b>
BT-AT	2.63	1.43	0.11	11.40	<b>p&lt;0.05</b>	<b>p&lt;0.001</b>



Above observations and significance test shows the effect of treatment on pain during defecation in fissure in Ano during follow up and at the end of treatment on both groups was significant. Hence it can be said that both groups were effective in pain management. Also difference is highly significant; hence comparatively Group A with ointment was more effective in pain management.

**Table 3. Spasm of anal sphincter:  
Group A (Ointment and Pathya)**

Follow up	X	SD	SE	T	P
0-7 <sup>th</sup>	0.80	0.66	0.12	6.60	p<0.05
7-15 <sup>th</sup>	1.33	0.80	0.15	9.10	p<0.05
BT-AT	2.13	0.78	0.14	15.06	p<0.05

**Group B (Pathya)**

Follow up	X	SD	SE	T	P
0-7 <sup>th</sup>	0.70	0.66	0.11	6.43	p<0.05
7-15 <sup>th</sup>	0.33	0.76	0.14	2.41	p<0.05
BT-AT	1.03	0.61	0.11	9.20	p<0.05

**Comparative Effect**

Follow up	X	SD	SE	T	P	
0-7 <sup>th</sup>	0.80	0.70	0.16	0.61	<b>p&lt;0.05</b>	<b>p&lt;0.001</b>
7-15 <sup>th</sup>	1.33	0.33	0.20	4.96	<b>p&lt;0.05</b>	<b>p&lt;0.001</b>
BT-AT	2.13	1.03	0.18	6.08	<b>p&lt;0.05</b>	<b>p&lt;0.001</b>

Above observations and significance test shows the effect of treatment on relieving Spasm of Sphincter in fissure in Ano during follow up and at the end of treatment on both groups was significant. Hence it can be said that both groups were effective in relieving Spasm of Sphincter. Also difference is highly significant, hence comparatively Group A with ointment was more effective in relieving Spasm of Sphincter. Relief in spasm of Sphincter was very less in Pathya Group-Group B.

**Table 4. Bleeding P/R:  
Group A (Ointment and Pathya)**

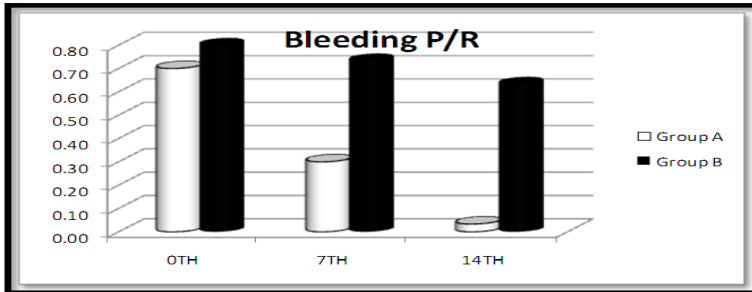
Follow up	X	SD	SE	T	P
0-7 <sup>th</sup>	0.40	0.50	0.09	4.40	p<0.05
7-15 <sup>th</sup>	0.27	0.45	0.08	3.25	p<0.05
BT-AT	0.67	0.48	0.09	7.62	p<0.05

**Group B (Pathya)**

Follow up	X	SD	SE	T	P
0-7 <sup>th</sup>	0.07	0.25	0.05	1.44	p<0.05
7-15 <sup>th</sup>	0.10	0.40	0.07	1.36	p<0.05
BT-AT	0.17	0.38	0.07	2.41	p<0.05

**Comparative Effect**

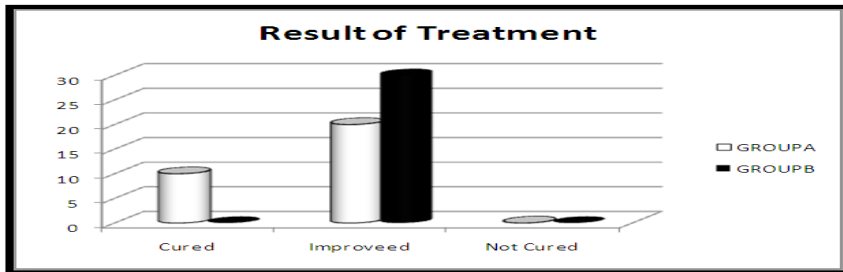
Follow up	X	SD	SE	T	P	
0-7 <sup>th</sup>	0.40	0.07	0.10	3.27	<b>p&lt;0.05</b>	<b>p&lt;0.001</b>
7-15 <sup>th</sup>	0.27	0.10	0.11	1.51	<b>p&lt;0.05</b>	<b>p&lt;0.001</b>
BT-AT	0.67	0.17	0.11	4.48	<b>p&lt;0.05</b>	<b>p&lt;0.001</b>



Above observations and significance test shows the effect of treatment on bleeding P/R in fissure in Ano during follow up and at the end of treatment on both groups was significant. Hence it can be said that both groups were effective in relieving bleeding P/R. Also difference is highly significant; hence comparatively Group A with ointment was more effective in relieving bleeding P/R. Relief in bleeding P/R was very less in Pathya Group-B.

**Table 5. Result of Treatment**

Result	Group A	Group B
<b>Cured</b>	<b>10</b>	<b>0</b>
<b>Improved</b>	<b>20</b>	<b>30</b>
<b>Not Cured</b>	<b>0</b>	<b>0</b>
<b>Complication</b>	<b>0</b>	<b>0</b>
<b>Total</b>	<b>30</b>	<b>30</b>
<b>Chi Square 12.00</b>		<b>P &lt;0.05, &lt;0.001</b>



Above observations and significance test shows the overall result of treatment in fissure in ano, in which 10(33.33%) patients cured with application of ointment along with pathya and improvement in all other patients (66.67%) was observed. Hence comparatively Group A with ointment was more effective in management of Fissure in ano.

**DISCUSSION**

The effect of ointment was due to combined action of their ingredients in the management of fissure in ano. Sikthataila is used as a base for preparation of ointment [7]. Sneha from Siktha Taila was effective in relieving friction and also dryness at anal region. Siktha i.e. bee wax acts as layer between passage of stool and maintained lubrication while passage of stool. Haridra with Sikthataila used as a substitute for snehakalpaie Haridra taila [8]. Haridra acts as Vranashodhana and Vranaropana in parikartika. Haridra is useful in healing of fissure in ano and helps in reducing inflammation and spasm. Menthol [9,10] has soothing effect and relieves pain with its cooling effect.

Ultimately overall action of above drug helps in relieving complaints of fissure in ano. Drug is cost effective and easily available. Preparation of drug is very simple procedure and time saving. After fortnight relief in complaint was excellent. Some patient needed surgical management as they were not cured completely. Overall drug was very effective as conservative line of treatment.

**CONCLUSION**

From above observation and analysis it can be concluded that application of Siktha Haridradi ointment with pathyakalpana is effective in management of fissure in ano.

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