



COMPARATIVE STUDY OF *KASISADI GHRITA* AND *JATYADI TAIL* IN THE MANAGEMENT OF *PARIKARTIKA* WITH SPECIAL REFERENCE TO FISSURE-IN - ANO

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ABSTRACT

Background: Acharya Sushruta has described aetiology and management of *Parikartika* in details. Signs and symptoms of the disease fissure-in-ano can be co-related with *Parikartika* according to *Ayurveda*. There is sharp cutting pain in anal region. In *Parikartika*, *Teevra shoola*, bleeding is seen sometimes with stool or after defecation, similarly pain and creepy blood discharge are seen in Fissure-in-ano. **Objective:** To assess the efficiency of *Kasisadi Ghruta* local application and to compare the efficacy of *Kasisadi Ghruta* and *Jatyadi Tail* in the Management of *Parikartika* with special reference to fissure-in - ano. **Methods:** The patient having classical signs and symptoms of *Parikartika* (fissure in ano) having Age group – 20 to 60 years was included in the study. Experimental group was treated with *Kasisadi Ghruta* and Control group treated with *Jatyadi Tail*. Patients were advised to apply locally at the site of fissure in ano for 28 days. **Results & Conclusion:** *Kasisadi Ghruta* and *Jatyadi tail* are highly significant in symptoms *Kartanavat Vedana*, Bleeding per rectum, Itching in anus, Burning, Discharge, Inflammations, Tenderness, Sphincter spasm except Sentinel tags. *Kasisadi Ghruta* and *Jatyadi tail* found equally effective in Fissure-in-ano.

Keywords: *Parikartika*, *Vedanasthapana*, *Shothahara*, *Ropana Kasisadi Ghruta*.

INTRODUCTION: *Parikartika* is can be correlated with fissure-in-ano as it is characterised by cutting pain in anal region.¹ In *Parikartika*, *Vata* is the dominant *dosha*. *Guda*(anus) is actual site of *Vata* especially *Apanavayu*. Also, the kind of pain and etiological factors associated point towards vitiation of *vata*. In *Sushruta Samhita*, the symptoms described as cutting or burning pain in anus, penis, umbilical region and neck of urinary bladder with cessation of flatus. *Acharya Charaka* has described the

features like- pricking pain in groins and sacral area, scanty constipated stools and frothy per rectum bleeding.^{2,3} The factors accountable for causation of *parikartika* are found in various texts as *Vamana-Virechanavyapada*, *Bastikarmavyapada*, *Atisara*, *Grahani*, *Arsha*, *Udavarta*.^{4,5}

In most of cases, the site of fissure-in-ano is 6 o'clock, that is, midline posterior, lower half of the anal canal. In modern medical science, the fissure-in-ano is treated with the surgical management, however sometimes it leads to other

complications or it might recur. According to *Acharya Charaka and Vagbhat*, there is good treatment of *Parikartika* in details. There are several oral medicine and local oil or *ghrut* which having healing properties.^{6,7}

In this study, *Jatyadi Taila*⁸ mentioned by *Acharya Sharangdhara and Kasisadi Ghruta*⁹ mentioned by *Acharya Sushrut* were used to evaluate and compare the result of local application in fissure in ano.

OBJECTIVE:

1. To evaluate the efficacy of *Kasisadi Ghruta* in the management of fissure – in – ano.
2. To compare the efficacy of local application of *Kasisadi Ghruta and Jatyadi Tail* in the Management of *Parikartika* with special reference to fissure-in - ano.

MATERIALS & METHODS:

Study design : Interventional, open-labelled clinical trial.

Sample size: Total 60 patients of fissure in ano were registered randomly in two groups, viz. Experimental and control. Patients with classical sign and symptoms of *Parikartika* (fissure-in-ano) visiting O.P.D.Dept of Shalya Tanta Department of M.S. Ayurveda Hospital,Gondia were selected.

MATERIALS:

Kasisadi Ghruta:

Ingredients of Kasisadi Ghruta

- 1) *Shudha Kasisa*
- 2) *Katuki Mula*
- 3) *Jati Mula*
- 4) *Haridra*
- 5) *Goghruta*

Ingredients of Jatyadi Taila

1. *Jati Patra*
2. *Nimba Patra*

3. *Patola Patra*
4. *Naktamala Patra*
5. *Siktha*
6. *Madhuka*
7. *Kustha*
8. *Nisa*
9. *Katurohini*
10. *Manjistha*
11. *Padmaka*
12. *Lodhra*
13. *Abhaya*
14. *Neelam*
15. *Utpala*
16. *Tuttha*
17. *Sariva*
18. *Naktamala Beeja*
19. *Tila Taila*
20. *Jala*

Drug administration : Local application of *Kasisadi Ghruta* were given in experimental group while control was treated with *Jatyadi Tail* for the period of 28 days. Patients were advised properly the procedure of application, 20 ml bottle of medicine along with rubber catheter were provided to the patients.

CRITERIA OF SELECTION:

Inclusion Criteria

The patient having classical signs and symptoms of fissure in ano having Age group – 20 to 60 years were registered in this study from Shalyatantra OPD of M.S. Ayurveda College & hospital ,Gondia.

Exclusion Criteria

Patients suffering from fissure – in – ano due to any secondary cause, Perianal Abscess, Chronic Fissure.

Ethical Clearance: Institutional ethics committee approval was received before start of this clinical Experimental .

Inform consent: A well written informed consent was obtained from all the

participants explaining the details about the treatments given.

Method of assessment:

1. Assessment of pain: Kartanavat

Vedana

- No Pain at rest 0
- Pain at rest, mild tolerable pain while walking 1
- Mild pain at rest, moderate tolerable pain at walking 2
- Disturbances of sleep due to pain, severe pain while walking 3
- Severe pain at rest, patients' needs medicine for relief 4

2. Bleeding per rectum :

- No bleeding 0
- Bleeding with stool strip 1
- Bleeding and required flush in latrine 2
- Massive bleeding 3

3. Itching in anus

- No itching 0
- Itching only when defecation 1
- Itching after defecation 2
- Itching occasionally during whole day. 3
- Frequent itching during whole day. 4

4. Burning

- No Burning 0
- Burning only when defecation 1
- Burning after defecation 2
- Frequent Burning during whole day. 3

5. Discharge

- Absent 0
- Present 1

6. Sentinel tags

- Absent 0
- Present 1

7. Inflammations

- No inflammation 0
- Slight inflammation 1
- Moderate inflammation 2
- Severe inflammation 3

8. Tenderness

- No tenderness. 0
- Subjective experience of tenderness. 1
- Moving on pressure. 2
- Extremely oppose on touching. 3

9. Sphincter spasm

- Normal sphincter 0
- Very slight spasm 1
- Moderate spasm 2
- Very intense spasm 3

Results : After complete examination treatment was started while patients were assigned randomly in two groups. Experimental group was treated with *Kasisadi Ghrita* while Control was treated with *Jatyadi Tail* twice a day local application for 28 days. The subjective assessment was made before and after the treatment on scoring of signs and symptoms of *Parikartika* (Fissure-in-ano). For the analysis of subjective criteria in Experimental and Control group, Wilcoxon Signed Rank Test was applied for Symptom score of Fissure-in-ano.

Table No.1 Wilcoxon Signed Rank Test of Symptoms in Experimental Group:

No	Symptoms	Mean ± SD		Median		p Value
		BT	AT	BT	AT	
1	<i>Kartanavat Vedana</i>	1.70±1.26	0.56±0.62	2.0	0.5	<0.001
2	Bleeding per rectum	1.26±0.86	0.40±0.49	1.0	0.0	<0.001
3	Itching in anus	1.4±1.22	0.43±0.62	1.5	0.0	<0.001

4	Burning	1.46±0.86	0.53±0.62	1.5	0.0	<0.001
5	Discharge	0.66±0.47	0.13±0.34	1.0	0.0	<0.005
6	Sentinel tags	0.60±0.49	0.40±0.49	1.0	0.0	0.12
7	Inflamations	0.60±0.67	0.20±0.40	0.5	0.0	<0.005
8	Tenderness	1.0±0.98	0.40±0.62	1.0	0.0	<0.001
9	Sphincter spasm	1.03±0.71	0.46±0.57	1.0	0.0	<0.001

In Experimental Group, regarding symptom *Kartanavat Vedana*, Bleeding per rectum, itching in anus, Burning, Discharge, Inflamations, Tenderness was statistically considerably highly significant

in before and after treatment gradation as p value observed was <0.05 (p<0.001). However, in parameter Sentinel tags there is no significant difference observed after treatment as p value observed was >0.05.

Table No.2 Wilcoxon Signed Rank Test of Symptoms in Control Group:

No	Symptoms	Mean ± SD		Median		P Value
		BT	AT	BT	AT	
1	<i>Kartanavat Vedana</i>	2.00±1.01	0.73±0.63	2.0	1.0	<0.001
2	Bleeding per rectum	1.20±0.84	0.36±0.49	1.0	0.0	<0.001
3	Itching in anus	1.36±0.96	0.43±0.62	1.0	0.0	<0.001
4	Burning	1.06±0.78	0.36±0.55	1.0	0.0	<0.001
5	Discharge	0.63±0.49	0.26±0.44	1.0	0.0	<0.001
6	Sentinel tags	0.53±0.50	0.40±0.49	1.0	0.0	0.25
7	Inflamations	0.76±0.67	0.23±0.43	1.0	0.0	<0.002
8	Tenderness	1.10±0.92	0.36±0.55	1.0	0.0	<0.001
9	Sphincter spasm	1.10±0.80	0.46±0.57	1.0	0.0	<0.001

In Control Group, regarding symptom *Kartanavat Vedana*, Bleeding per rectum, itching in anus, Burning, Discharge, Inflamations, Tenderness, Sphincter spasm the p value obtained was

<0.005 which was statistically considerably highly significant (p<0.001).

However, in parameter Sentinel tags there is no significant difference observed after treatment as p value observed was >0.05.

Table No. 3 Comparison between Two Group w.r.t Symptoms Score of 60 Patients in Fissure-in-ano.

No	Symptoms	Mean ± SD		Sum of Rank		Test static		p Value
		Gr-A	Gr-B	Gr-A	Gr-B	U	U'	
1	<i>Kartanavat Vedana</i>	1.13±1.04	1.26±0.78	859	971	506	394	0.4074

2	Bleeding per rectum	0.86±0.77	0.83±0.79	913	917	448	452	0.9821
3	Itching in anus	0.96±0.92	0.93±0.69	914	916	451	449	0.9941
4	Burning	0.93±0.78	0.70±0.59	978	852	513	387	0.3676
5	Discharge	0.53±0.50	0.36±0.55	982	848	517	383	0.3174
6	Sentinel tags	0.20±0.61	0.13±0.50	945	885	480	420	0.6552
7	Inflamations	0.40±0.49	0.53±0.77	870	960	495	405	0.5051
8	Tenderness	0.60±0.72	0.73±0.78	885.5	944.5	479.5	420.5	0.6644
9	Sphincter spasm	0.56±0.56	0.63±0.80	890.5	939.5	425.5	474.5	0.7196

Comparison between Two Group w.r.t Symptoms Score: The Difference between before treatment and after treatment score of both groups compared by ‘Mann-Whitney U Test’. It was found that the sum of rank of experimental group for the symptom *Kartanavat Vedana* was 859 for Group-a and 971 for group-B, Test statistic (U) was 506, where the test statistic U was not lies between Population Mean ±1.96 SD which was not significant at 5% level of significance as $p = 0.4074$. ($p > 0.05$) Therefore the difference between Symptom Score of *Kartanavat Vedana* of Experimental group (group-A) and control (group-B) is statistically not significant, so therefore we can conclude

that in the symptom *Kartanavat Vedana*, trial drug and control drug are equally effective statistically.

Likewise in all symptoms viz. Bleeding per rectum, Itching anus, Burning Discharge, Sentinel tags, Inflamations, Tenderness, Sphincter spasm, the test statistics U was not lies between Population Mean ±1.96 SD which was not significant at 5% level of significance as $p > 0.05$ So from this we can conclude that experimental group treatment is not found statistically significant compare to control group or both group are equally effective statistically.

Table No.4 Percentage of Relief (Subjective Criteria) in each Symptom of Fissure-in-ano.

Sr. No	Symptoms	Experimental Group			Control Group		
		BT	AT	% of Relief	BT	AT	% of Relief
1	<i>Kartanavat Vedana</i>	51	17	66.66	60	22	63.33
2	Bleeding per rectum	38	12	68.42	36	11	69.44
3	Itching in anus	42	13	69.04	41	13	68.29
4	Burning	44	16	63.63	32	11	65.62
5	Discharge	20	04	80.00	19	08	57.89
6	Sentinel tags	18	12	33.33	16	12	25.00
7	Inflamations	18	6	66.67	23	7	69.56
8	Tenderness	30	12	60.00	33	11	66.67
9	Sphincter spasm	31	14	54.83	33	14	57.57

Percentage of Relief in Symptoms Score: (Subjective Criteria) In experimental group percentage of relief noted in *Kartanavat Vedana* was 66.66%,

while in other symptoms like Bleeding per rectum percentage of relief was noted as 68.42%, 69.04 % in Itching in anus, 63.63% in Burning, 80.0% in Discharge,

33.33% in Sentinel tags, 66.67% in Inflammations, 60% in Tenderness, 54.83% % in Sphincter spasm and respectively.

The relief in percentage in symptoms like *Kartanavat Vedana* was 63.33%, In other symptoms like Bleeding per rectum percentage of relief was noted as 69.44%, 68.29% in Itching in anus, 65.62% in Burning, 57.89% in Discharge, 25% in Sentinel tags, 69.56% in Inflammations, 66.67% in Tenderness, 57.57% in Sphincter spasm and respectively. Average relief was 62.5% in Experimental group and 60.37% in Control Group.

DISCUSSION: Fissure-in-ano is very common and painful condition to the patients hampering quality of life. The ingredients of *Jatyadi Taila* like *Jati*, *Nimba*, *Patol*, *Manjishtha* are *Kushthaghna* and *Krimighna*, it can be attributed to check wound infection. The *Neem* and *lodhra*, *Sariwa* of *Jati*, *Niha* along with *Til tail* are proven drugs to check bacterial growth and promotes wound healing. *Katuka* improves re-epithelialization, neo-vascularization and migration of endothelial cells, dermal myofibroblasts and fibroblasts into the wound bed. *Kushtha*, *Nisha* and *Sikta*, *Lodhra*, *Abhaya*, *Neelam*, *Utpala*, *Tuttha*, *Sariva* have *vrunaropana* (Wound healing) action *Kushta* has anti-inflammatory action. The *Jatyadi Taila* provided a highly significant effect on the symptoms; burning pain, cutting pain, bleeding, itching, tenderness, inflammation, sphincter spasm, discharge and swelling.¹⁰ *Kasisadi Ghruta* has described by *Acharya Sushruta* for healing *vrana*, it contains *Shudha Kasisa*, *Katuki Mula*, *Jati Mula*, *Haridra* and *Goghruta* which having *pittnashak*, *Vranaghana*, *Kandughna*

properties. *Vata-pittahara* property of *Kasisadi Ghruta* is may be due to *Ghruta* base and it probably removes the accumulated secretions in the fissure bed, promotes healing and reduces secondary infection too. It having properties like *Vrana Sodhana*, *Vrana Ropana*, *Sothahara* and *Vedanasthapana* properties. Patient counselling need to be done for diet management. Study can be done on large sample size with more duration to generalize the results. Medicinal treatment can be given along with local application.

CONCLUSION:

Kasisadi Ghruta and *Jatyadi tail* are highly significant in symptoms *Kartanavat Vedana*, Bleeding per rectum, Itching in anus, Burning, Discharge, Inflammations, Tenderness, Sphincter spasm except Sentinel tags. Overall 69.37% percentage of relief was observed in Experimental group while 63.88% in Control group in each patient of fissure-in-ano. *Kasisadi Ghruta* and *Jatyadi tail* are equally effective in fissure in ano.

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