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Clinical evaluation of *Kasisadi Ghruta* local application in *Parikartika* (Fissure-in-ano)

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ABSTRACT

Background: *Parikartika* is characterized by sharp cutting pain in anal region. In *Parikartika*, *Teevrashoola*, bleeding is seen, similarly severe pain and slimy blood discharge are seen in Fissure-in-ano. **Objective:** To assess the efficiency of *Kasisadi Ghruta* local application in the management of fissure-in-ano. **Methods:** The patient having classical signs and symptoms of *Parikartika* (fissure in ano) having Age group 20 to 60 years were recruited for the study. Trial group was treated with *Kasisadi Ghruta* twice a day local application for 28 days. **Results:** Average relief observed was 62.5% in most of symptoms. *Kasisadi Ghruta* is having *Shothahara*, *Vedanasthapana* and *Ropana* properties due to which it helps in healing of fissure in ano. **Conclusion:** *Kasisadi Ghruta* local application is having better results in fissure-in-ano.

Key words: *Parikartika*, *Vedanasthapana*, *Shothahara*, *Ropana*, *Kasisadi Ghruta*.

INTRODUCTION

Fissure-in-ano is very usually encountered in current day to day practice. *Parikartika* is characterized by *Kartanavatvedana* in *Guda*. Similarly, Fissure-in-ano is also characterized by sharp cutting pain in anal region.^[1] In *Parikartika*, *Teevrashoola*, bleeding is seen, similarly severe pain and slimy blood discharge are seen in Fissure-in-ano. The factors accountable for *Parikartika* are found as *Basti-Virechana Vyapada* (complication of the *Basti* and *Virechana* procedures), *Vamana*, *Virechana*, *Arsha* (piles), *Atisara*, etc., are stated in various texts.^{[2],[3]}

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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.^{[4],[5]}

The common site of fissure-in-ano is 6 o'clock, that is, midline posterior, lower half of the anal canal which is commonly found in young adults. In males' fissures usually occur in the midline posterior- 90%, and much less commonly anterior 10%. In females' fissures on the midline posteriorly are slightly commoner than anteriorly (60:40).^[6]

OBJECTIVE

To assess the efficiency of *Kasisadi Ghruta* local application in the management of fissure-in-ano.

MATERIALS AND METHODS

Kasisadi Ghruta

Ingredients of *Kasisadi Ghruta*

1. *Shudha Kasisa*
2. *Katuki Mula*

3. Jati Mula
4. Haridra
5. Goghruta

Method of preparation

Shudha Kasisa, Katuki, Jati, Haridra each were taken 1 part where as Goghruta were added 4 parts. Jala were poured 16 parts then Ghruta prepared by Snehapak Vidhi.

Drug administration details

Drug : Kasisadi Ghruta

Rout of Administration : Local Application

Duration : 28 days

Follow up : 7, 14, 28 days.

Diet Regimen : All patients were advised Pathya-Apathya related to Guda Vikara, light fiber diet was advised as per the status of Agni.

Criteria of selection

Inclusion Criteria

The patient having classical signs and symptoms of fissure in ano having age group 20 to 60 years were invited to take part in this study from Shalyatantra OPD of M. S. Ayurveda College & Hospital, Gondia.

Exclusive Criteria

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

Ethical Clearance

A well informed consent was obtained from patients and study was also approved from institutional ethics committee.

RESULTS

After complete examination treatment was started while patients were assigned randomly in groups. Trial group was treated with Kasisadi Ghruta 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 Trial group, Wilcoxon Signed Rank Test was applied for Symptom score of Fissure-in-ano.

Table 1: Wilcoxon Signed Rank Test of symptoms in Trial Group

S N	Symptoms	Mean ± SD		Median		p value
		BT	AT	BT	AT	
1.	Kartanavat Vedana	1.70±1.2 6	0.56±0.6 2	2. 0	0. 5	<0.00 1
2.	Bleeding per rectum	1.26±0.8 6	0.40±0.4 9	1. 0	0. 0	<0.00 1
3.	Itching in anus	1.4±1.22 2	0.43±0.6 2	1. 5	0. 0	<0.00 1
4.	Burning	1.46±0.8 6	0.53±0.6 2	1. 5	0. 0	<0.00 1
5.	Discharge	0.66±0.4 7	0.13±0.3 4	1. 0	0. 0	<0.00 5
6.	Sentinel tags	0.60±0.4 9	0.40±0.4 9	1. 0	0. 0	0.12
7.	Inflammation s	0.60±0.6 7	0.20±0.4 0	0. 5	0. 0	<0.00 5
8.	Tenderness	1.0±0.98 2	0.40±0.6 2	1. 0	0. 0	<0.00 1
9.	Sphincter spasm	1.03±0.7 1	0.46±0.5 7	1. 0	0. 0	<0.00 1

In Trial Group, regarding symptom Kartanavat Vedana, Bleeding per rectum, itching in anus, Burning, Discharge, Inflammations, 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 2: Percentage of Relief (Subjective Criteria) in each Symptom of Fissure-in-ano.

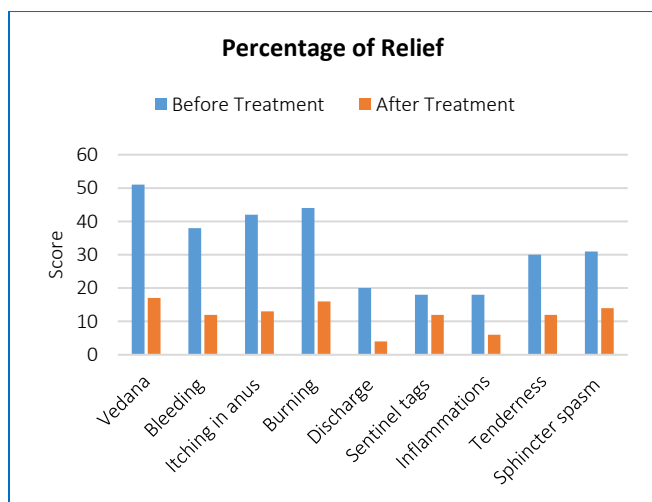
SN	Symptoms	Before Treatment	After Treatment	% of Relief
1.	Kartanavat Vedana	51	17	66.66
2.	Bleeding per rectum	38	12	68.42
3.	Itching in anus	42	13	69.04

4.	Burning	44	16	63.63
5.	Discharge	20	04	80.00
6.	Sentinel tags	18	12	33.33
7.	Inflamations	18	6	66.67
8.	Tenderness	30	12	60.00
9.	Sphincter spasm	31	14	54.83

Percentage of Relief in Symptoms Score: (Subjective Criteria)

In Trial 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 Inflamations, 60% in Tenderness, 54.83% % in Sphincter spasm and respectively. Average percentage was 62.50% in all symptoms.

Graph 1: Percentage of Relief in Symptoms Score



In Trial Group, 13 [43.3%] patients were markedly improved, 08 [26.7%] were moderately, 08 [26.7%] patients were mild improved, while single patients have no improvements.

DISCUSSION

In the era of fast food, there is change or irregularity in diet and diet timings and sedentary life style. In addition to change in diet and life style, most of people are always under tremendous mental stress. All these causes disturb in digestive system which

results in to many constipations further it results into *Parikartika*, due to hard stoolleads in tears at anal region. Anal Fissure is one of the major causes for pain at anal region. Fissure-in-ano is very common and painful condition to the patients hampering quality of life. Acharya Dalhana has described the term *Parikartika* as a condition of *Guda* in which there is cutting and tearing pain.^[7]

In this study, Trial group was treated with *Kasisadi Ghruta* twice a day local application for 28 days. *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 *Vedana Sthapana* properties. In *Parikartika*, there is dominance of *Vata* and *Pitta Dosh*a causing the clinical features and for treating this disease the *Vata-Pitta Shamak* drugs to be used.^[8]

CONCLUSION

Ingredients used in *Kasisadi Ghruta* are *Shothahara*, *Vedanasthapana* and *Ropana* due to which it helps in healing of fissure in ano. Along with diet and oral medicine *Kasisadi Ghruta* could be the best option for healing wound of *Parikartika* without any side effects.

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