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# Role of Triphladi Taila Matra Basti in Parikartika : A Single Case Study

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## ABSTRACT

*Parikartika* is one of the ano-rectal diseases. Its references are available in *Bruhatrayees*. The word *Parikartika* means *Parikartanavat Vedana* around *Guda Pradesha*. In modern science it can be correlated to fissure-in-ano. Here a case report of a 29years Male Patient suffering from *Guda Pradesha Daha* (burning sensation at anal region), *Malavasthambha* (constipation), *Saraktamala Pravrutti* (Stools streaked with blood) since last 3-4 days with mild itching over anal region. He was treated with *Triphaladi Taila Mathra Basthi* for 7 days, which gives effective result.

**Key words:** *Parikartika, Fissure-in-ano, Triphaladi Taila, Matra Basti.*

## INTRODUCTION

In this present era, due to sedentary life style, increased stress, unhealthy diet regimen, prolong sitting, continuous travelling, sleep habits and various life style disorders are increasing continuously. Thus, this leads to *Agnimandya* and leading to increase in incidence of constipation in population, which causes too many ano-rectal diseases, most commonly being Hemorrhoids, Fistula-in-ano and Fissure-in-ano. *Parikartika* means "*Parikrunnavat Vedana*" i.e. cutting type of pain specially observed in *Gudapradesha* (anal region). We get description about *Parikartika* in *Brihatrayees* and later period authors of Ayurveda, but not as an independent disease but as a complication of *Virecana*,<sup>[1]</sup> *Basti*,<sup>[2]</sup> *Garbhini*<sup>[3]</sup>

(*Vyapath*). In *Parikartika* due to *Nidanas* aggravated *Apanavata* attains upward movement and repelled by *Udanavata*, reaches *Guda* and obstructs the passage of feces producing severe *Ruja*, *Gudadaha*, *Malavasthamba* and *Saraktamala Pravrutti* which is very much suggestive of clinical feature of fissure-in-ano as per modern science commonly encountered in anal region with clinical features like anal pain, burning sensation, constipation and stool streaked with blood.<sup>[4]</sup>

## CASE REPORT

Patient name: Mr. A, 29 year male patient.

### Complaints

- Gudapradeshidaha* (burning sensation at anal region)
- Malavashtambha* (constipation)
- Saraktamalapravrutti* (Stools streaked with blood) since last 3-4 days with mild itching over anal region.

### History of present illness

The patient has history of constipation since last 7days. From last 3-4 days, the patient had been suffering from burning sensation at anal region, blood with stool associated with mild itching around anal

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region. The symptoms are unbearable so he came to our hospital for further management.

**Examination**

No H/O - DM / HTN / KOCH'S / Bronchical Asthama.

No H/O - Any drug allergy.

O/E - G.C- fair, T- Afebrile, Wt - 56 Kg, P- 80/ MIN,

B.P. - 120/ 80 mm of hg, RS- NAD Clear, CVS- S1 , S2-normal.

CNS - conscious and oriented.

P/A - Soft and non tender.

Bowel - irregular bowel habit.

Bladder - normal habit, Sleep - normal.

Appetite - normal, Addiction - no any specific addiction.

P/R - Acute fissure at 6 O'clock, severe spasm, Tenderness present, No discharge, Active bleeding ++

**Investigations:** Hb,HIV and HbsAg

**MATERIALS AND METHODS**

**Treatment planned as follows**

The patient was given *Triphaladi Taila*<sup>[5]</sup> *Matra Basti* in the dose of 48 ml intrarectally once a day for 7 days.

**Assesment criteria**

1. *Gudadaha* (anal burning)
2. *Guda Peeda* ( cutting pain)
3. *Raktasrava* (bleeding)
4. Constipation
5. Sphincter tone

**Nidana**

**Ahara**

- *Rukshannasevana* (daily intake of weat/barly product like biscutes,chapatti,roti)

- *Ruksha-Amla-Lavana Ahara* (intake of junk foods).
- *Madhaypaan* (Alcoholism)
- *Mamsahara* (non-veg weekly 3 times)
- Low intake of water.

**Vihara**

- Prolong standing.
- *Jagarana* (late night sleeping hour).

**Samprapti**<sup>[6]</sup>

*Nidana Sevana* (*Ruksha, Ati Ushna Ahara* and *Jagarana*) → Vitiation of *Vata-Pitta Dosha* → Reaches *Guda Pradesha, Medra Pradesha* → Again does *Apana Vayu Avarodha* → Constipation → Straining during defecation → Leads to cracks over anal region and blood streaks → *Parikartika*.

**Treatment course in hospital**

| Treatment                           | Dose  | day             | Observation                                       |          |                                     |                    |
|-------------------------------------|-------|-----------------|---|----------|-------------------------------------|--------------------|
|                                     |       |                 | Burnin<br>g<br>sensat<br>ion at<br>anal<br>region | Pai<br>n | Stools<br>streaked<br>with<br>blood | Sphinct<br>er tone |
| <i>Triphaladi Taila Matra Basti</i> | 48 ml | 1 <sup>st</sup> | +++   | ++       | ++                                  | ++                 |
|                                     |       | 2 <sup>nd</sup> | +++   | ++       | ++                                  | ++                 |
|                                     |       | 3 <sup>rd</sup> | ++  | +        | +                                   | +                  |
|                                     |       | 4 <sup>th</sup> | ++  | +        | +                                   | +                  |
|                                     |       | 5 <sup>th</sup> | +   | 0        | 0                                   | 0                  |
|                                     |       | 6 <sup>th</sup> | 0   | 0        | 0                                   | 0                  |
|                                     |       | 7 <sup>th</sup> | 0   | 0        | 0                                   | 0                  |

*Triphala Churna* - 1tsp with warm water at bed time for 7 days.



Before treatment



After treatment

## DISCUSSION

During clinical examination patient started showing regressive improvement on 3<sup>rd</sup> day itself, sphincter spasm, constipation and stool with blood streaks was also significantly reduced, symptoms like burning pain around anal region reduced on 6<sup>th</sup> day. Patient got better improvement with *Triphaladhi Taila Matra Basti*. Drugs like *Amalaki, Musta, Ushira, Chandana, Guduchi, Ksheera* all being cooling agent *Sheeta Virya* reduces burning sensation. *Triphala* relives constipation by its *Bedhana* action. *Eranda* helps in *Vathanulomana*, *Yastimadhu* helps in *Vrana Ropana*

and *Dahaprashamana*, *Musta* helps in *Deepana* and *Pachana*, *Daruharidra* helps in reducing itching around the anus, *Ashwagandha* helps in *Vrana Ropana*.

## CONCLUSION

The use of *Triphaladi Taila* has a definite role in the treatment of fissure-in-ano in terms of earlier relief in cardinal and general symptoms and quick healing of ulcer too. In the present study it can be concluded that *Triphaladi Taila Matra Basti* showed effective results in the management of fissure-in-ano (*Parikartika*).

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