



A Comparative study of *Yashtimadhukadivarti* & Diclofenac Sodium Suppositories in the management of *Parikartika* W.S.R to Fissure in ano

Research article

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Abstract

Now a days many people are suffering from problem of *Malavashtambha* (Constipation) and that is the main cause of *Parikartika* present study is designed for evaluation of efficacy of *Yashtimadhukadivarti* as a local application in comparison of Diclofenac Sodium suppositories. The study is a randomised, Single blind, Comparative Study of 60 Patients of Fissure in ano. The patients were divided into two Groups i.e trial group consisting of 30 patients treated with *yashtimadhukadivarti* in the Morning after defecation for 21 days while in control group 30 patients were treated with Diclofenac Sodium Suppositories in morning after defecation for 21 days. The Observations are done and result are obtained using 't' test.

Result and conclusion: Majority of the cases show a complete healing of the ulcer or fissure in ano within three weeks under the influence of *Yashtimadhukadi Varti* & this formulation is economical, easy to apply with no side effect.

Key words - *Yashtimadhukadivarti*, Suppositories, *Parikartika*, Fissure in ano, Constipation, *Toda*, Burning sensation, Anal sphincter spasm.

Introduction:

In *Ayurveda*, *Parikartika* is mentioned as a *Vaman*, *Virechan* and *Basti vyapat*. (1)

Parikartika is defined as localized cutting pain within the region of *guda* (2). *Chakrapani* mentioned synonyms of *Parikartika* as a *Kshatgud* and *Vikartika* (3). According to modern science fissure is defined as longitudinal ulcer in the lower anal canal.

Acharya *Vagbhata* also explained *parikartika* in the Chapter of '*Atisar Grahni Dosha Nidan*'. According to

Vagbhata the patient suffering from *Vatik atisar* has complaints of scanty motion and Hard stool while passing through anal canal it tears the anal margin causing *parikartika*. This disease also most commonly seen during pregnancy period in the females. *Kashyapa* has stated 3 types of *parikartika* i.e. *vataj pittaj*, & *kaphaj* & treatment accordingly in pregnant lady (4). *hetu* of *parikartika* are *tikshna*, *lavan yukta*, *ruksha aushadhi* in patient suffering from *Shram*, *Mandagni* & *Mrudu koshtha* (5). Acharya *Sushruta* has mentioned treatment of *Parikartika* as *Deepan*, *Pachan*, *Anuloman*, *Sthanik Snehana*, *Swedan* and *Dusta Vranavat Chikitsa*, Application of *Yashtimadhukadi varti* having properties of *vranashodan* &

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ropan which comes under heading of *dustha vrana chikitsa*.

Aims & Objectives:

1. To evaluate the efficacy *Yashatimadhukadivarti* for local application.
2. To compare the effect of *Yashatimadhukadivarti* & Diclofenac Sodium Suppositories in the management of Parikatika w.s.r to fissure in ano.
3. To derive a standard an easily accessible and Cost effective treatment for fissure in ano.

Materials & Methods:

Clinical study –

- A) Study design – A randomized single bind comparative study in 60 patients.
- B) Selection of Patient – Patient with Sign & Symptom of fissure.

Method:

Examination

- i) History of Patients
- ii) Systemic examination
- iii) Local examination
 - a) Inspection
 - b) Palpation
 - c) Digital rectal examination
- iv) Investigation: Routine blood investigation e.g. CBC, BSL, BT, CT, Blood Urea, urine routine & microscope examination, stool examination for Ova & Cyst.
- v) Specific investigation like VDRL, Culture & Sensitivity of wound if discharged presents & histopathological examination when required.

Selection of the patients:

Inclusion criteria

1. Age – all age groups
2. Sex – both male & female
3. Acute fissure (within 21 days)

4. Primary fissure

Exclusion criteria

1. Chronic fissure with tag
2. Secondary fissure
3. Internal piles
4. Ext. Thrombosed piles
5. Rectal polyp
6. Proctitis
7. CA of Anus & Rectum
8. HIV anal syndrome.

Total number of the patients taken for the study was divided in two groups

- **Group A** (Experimental Group): 30 patients were treated with *yashatimadhukadivarti* 10 gm.
- **Group B** (Control Group): 30 patients were treated with Diclofenac Sodium 100 mg Suppositories.

Drug study

Drug Material:

Yashatimadhukadivarti was prepared with *Yashatimadhu kalka, Krushna Tila Kalka, Ghruta and Madhu* (6)

Yashatimadhukadivarti was prepared at S.V.N.H.Ayurved College Rahuri, in the Department of *shalya tantra* & Diclofenac sodium suppositories were used from college medical stores of Neon Pharma (Brand name-Justin) .

Route of administration – Anal Route

Dose –

Yashtimadhukadi varti 10 gm & Diclofenac Sodium Suppositories 100 mg once in a day

Time –morning after defecation

Duration of treatment - 21 days

Follow up – Every 5 days

**Criteria of Assessment:**

Sr. No.	Symptoms	Absent	Mild	Moderate	Severe	Makedly Severe
1	<i>Gudashula</i>	0	1	2	3	4
2	<i>Gudadadha</i>	0	1	2	3	4
3	<i>GudaRaktasrava</i>	0	1	2	3	4
4	<i>Kandu</i>	0	1	2	3	4
5	<i>Gudasrava</i>	0	1	2	3	4
6	<i>Malavashthmba</i>	0	1	2	3	4
7	<i>Mutrasang</i>	0	1	2	3	4
8	<i>Aruchi</i>	0	1	2	3	4

Result obtained from the study was assessed in the terms of percentage of relief as follows:-

Incurable	-	Below 25%
Improved	-	25% to 50%
Markedly improved	-	51% to 75 %
Cured	-	More than 75%

Observation & Result**Table No 1: Observation according to Nature of Diet**

.Diet	Group A	Group B
Veg	6 (20%)	5 (16.67%)
Non- Veg	24 (80%)	25 (83.33%)
Total	30 (100%)	30 (100%)

Table No 2 Observation According to *Kostha*.

Kostha	Group A	Group B
<i>Krura</i>	19(63.33%)	20 (66.67%)
<i>Madhyam</i>	11(36.67%)	10 (33.33%)
<i>Mruda</i>	00	00

Table No 3 Observation according to Sphincter Spasm

Spasm	Group A	Group B
Present	28 (93.33%)	29 (96.67%)
Absent	02 (6.67%)	1 (3.33%)

Table No 4 Statistical analysis for Improvement in *Gudshula* in two groups

Variable	Mean Difference	S.E	Applied test	Calculated 't' Value
1 day	1.43	0.21	Unpaired test	6.97
6 day	0.87	0.18	Unpaired test	4.89
11 day	0.83	0.17	Unpaired test	4.84
16 day	0.17	0.14	Unpaired test	1.15



21 day	0.03	0.07	Unpaired test	0.46
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The table shows the statistical analysis for relief in *gudshula* in two different group where the 't' value shows the significant value at 1st day & there after till 11 day after 11 day of treatment both group shows equal results in *gudshula*. It means that said formulation can be used to relieve *gudshula*.

Table No 5 Statistical analysis for Improvement in Guddaha in two groups

Variable	Mean Difference	S.E	Applied test	Calculated 't'Value
1 day	0.3	0.15	Unpaired test	2.0
6 day	0.43	0.15	Unpaired test	2.85
11 day	0.7	0.13	Unpaired test	5.52
16 day	0.73	0.14	Unpaired test	5.27
21 day	0.73	0.09	Unpaired test	8.38

The table shows the statistical analysis for relief in *Guddaha* in two different group where the 't' value shows the significant value at 1 day & there after till 21 day of treatment both group shows equal results in *Guddaha*. It means that said formulation can be used to relieve *Guddaha*.

Table No 6 Cardinal Symptoms Wise % of Relief at 21 Day

Symptoms	Group A	Group B
<i>Gudashula</i>	95.92	96.81
<i>Gudadaha</i>	97.70	75.00
<i>Gudasrava</i>	100	56.00
<i>Malavashtmbha</i>	89.66	65.63
<i>Kandu</i>	100	53.66
<i>Mutrasang</i>	80.00	00
<i>Aruchi</i>	100	18.18

Table No 7 Total Effect of Therapy on 60 Patient of Parikartika in Both Group.

Criteria	Group A		Group B		Total
	Patients	%	Patients	%	
Cured	30	100	11	36.66	68.33
Markedly improved	0	0	19	63.33	31.66
Improved	0	0	0	0	0
Unchanged	0	0	0	0	0

Mode of Action:

Yashatimadhukadivarti contain drugs which are having *Vrana Shodhana* & *Ropana* Properties. These drugs posses *Vata – Pitta, Shaman* Properties. The disease is a *Vata Pitta* predominant (7). *Ghrita & madhu* in Combination possesses *Vrana Shodhan & Ropana* Properties & they reduce *Vata Pitta*. Therefore the action of the drug is enhanced by *Ghrit*. It

also reduces the *Rukshata of Vayu* & Maintains the normal tone of muscles. According to morden pharmacological action this combination has a potent Anti inflamataory and steroidal activity.(8) The relief of severe pain within 24 hours is remarkable about this drug.



DISCUSSION & CONCLUSION

Majority of the cases show a complete healing of the ulcer or fissure within 3 weeks time under the influence of *Yashtimadhukadi varti* & by the end of 4 weeks almost all the cases have a complete healing while with Diclofenac sodium this period is extended to 4 weeks in most of the cases.

The use of *Yashtimadhukadi varti* has a definite advantage in the treatment of fissure in ano in terms of relief of cardinal symptoms, spasm & quick healing of the ulcer. Lastly the experimental management was found to be very effective in this disease.

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