

An Ayurvedic Approach for Treatment of Fissure in Ano: A Case Report of 32 Year Old Patient

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Abstract

Anal Fissure is one of the major causes for pain at anal region. In this case report we are presenting case of 32 year old male patient came to OPD of Shalya tantra with the chief complains of pain during defecation since 20days, itching at perianal region since 15 days and bleeding per rectum since 13 days. Intervention- In this case report patient is treated by using Go ghrita for the management of acute fissure in ano. Go ghrita was used for local application along with sitz bath. The effectiveness of Go ghrita was assessed by pain bleeding itching and healing. The patient has found effective relief from pain, bleeding, itching at perianal region using Go ghrita which has anti-inflammatory activity, antiulcer activity. The outcome of this management is that *Go ghrita is effective in the management of Fissure in ano*. Patients who take all follow-up after treatment will have less chance of symptom reoccurrence.

Keywords - Fissure in ano, Go Ghrita, Ayurveda, antiulcer activity

Introduction

In the age of alimentation, there's a shift within the habit of taking food and its timings in addition as within the manner that has become sedentary. Both of these causes turn out disturbance within the system that ends up in several diseases of digestive system like piles, fissure, fistula, prolapsed etc.

For pain at anal region fissure in ano is one among most common causes⁽¹⁾. The fissure-in-ano is categorized into two type on the basis of clinical symptoms & durations of the disease; viz. Acute and Chronic⁽²⁾. The two primary signs of this disorder are, bleeding and pain; pain is often unbearable⁽³⁾. In long-standing instances,

sentinel tag and haemorrhoids can be associated with this. Pruritus ani can be another symptom of this disorder⁽⁴⁾. In males anal fissure typically occurs in the midline posterior- 90 percent and 10 percent much less frequently. Subsequently, female fissures on the anterior midline are somewhat more common than before⁽⁵⁾.

Sources on Parikartika are available from all Bruhatrayi and corresponding writers of Ayurveda.. The factors responsible for the causation of *Parikartika* can be found in various ayurvedic texts such as *Vamana – Virecana Vypada, Basti Karma vypada and Upadrava of Atisara, Grahani, Arsa, Udāvta*. In this regard, *Acharya Sushruta* stated the aetiopathogenesis of disease that if a anyone is impaired, with *Mrudukoshta (mild digestive power), Mandagni (poor appetite)* in these circumstances, more intake of food has the quality of *Rukshna (dry), Ushna (hot), Lavana (salty)* etc⁽⁶⁾. Diet which is having such quality will vitiate Vata & Kapha & leads to Parikartika. Parikartika also has symptoms such as pain in the, penis, anus, neck of the urinary bladder and umbilical region with flatus cessation⁽⁷⁾. In

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Kashyap Samhita, in the chapter *Garbhini Chikitsa*, we receive *doshik* classification, aetiology, symptomatology and treatment of *Parikartika*⁽⁸⁾. *Acharya* Charaka further mentioned fissure in ano as a Vataj Atisara complication⁽⁹⁾. In ayurveda Go Ghrita is used for the treatment of vana. The latin name of Go Ghrita is *Butyrum departum*.

Case Report

In this case report we are presenting case of 32 year old male patient came to OPD of Shalya tantra with the chief complains of pain during defection since 20days, itching at perianal region since 15 days and bleeding per rectum since 13 days. The patient was suffering from constipation since 6 months. Patient has no history of any systematic disorder.

History of present illness

The patient was apparently normal 20 days before followed by he developed pain at perianal region, itching and bleeding per rectum. For that he has taken treatment to a modern medicine practitioner but he did not get relief. So for the Ayurvedic treatment he came to our hospital.

1. Nadi (pulse) = 82/min.
2. Mala (stool) = Malavashmbha, Sarakta.
3. Mutra (urine) = 3times/day.
4. Jihwa (tounge) = Saam.
5. Agni = Mandagni.
6. Shabda (speech) = prakrut (Normal).

7. Sparsha (skin) = Anushnasheeta.

8. Druka (eyes) = Prakrut

9. Akruiti = krusha.

10. Bala = Aavar.

11. Raktachaapa (B.P) = 130/80 mm/Hg

Investigation: Hb-12.2 gm%. TLC: White blood count (WBC) 7000/mm³. Kidney function test was normal. Liver function test was normal. Human immunodeficiency virus-I (HIV-I) testing was negative and Hepatitis B surface antigen, non reactive.

Per rectal examination –Per rectum examination reveals fissure in ano at 6'o clock.

Spasm-Grade 1

Tenderness- Grade 2

No active bleeding present

Intervention-In this case report patient is treated by using Go ghrita for the management of acute fissure in ano Go ghrita was used for local application along with sitz bath. The effectiveness of

Go ghrita was assessed by pain, bleeding, itching and healing. Assessment was done on 0th day, 15th da., 30th day follow up was taken on 45th day.

Observation & Results

After the study Significant reduction was observed in all subjective and objective parameters (Table no.1, Table no.2)

Table no.1 Assessment of SubjectiveParameter

Sr. No.	Parameter				Follow up
		Day 0	Day 15	Day 30	Day 45
1	Pain(0-4)	3	1	1	0
2	Bleeding(0-1)	1	0	0	0
3	Itching(0-3)	2	1	0	0

Table no.2 Assessment of Objective Parameter

Sr. No.	Parameter				Follow up
		Day 0	Day 15	Day 30	Day 45
1	Parikartika Healing(0-3)	2	1	0	0



Figure1 Fissure in ano 1st day



Figure 2 Fissure in ano 30th day

Discussion

As per *Ayurveda Go Ghrita* is Rakshoghna, Balya, Vranahara, Vishahara, Rasayana, Ayuvardhaka, Balakaraka, Agnivardhaka, Jivaniya, Varnya, Prasadana, Rasapanchak of *Go Ghrita* is Rasa- Madhura, Guna-Shita, Guru, Rasayana, Virya-Sheeta, Vipaka-Madhura, Karma – Tridoshahara. It is known for *Vranaropak* properties. Fissure in ano is longitudinal tear in the anoderm distal of anal canal. In contemporary sciences surgical treatment available for fissure in ano are sphincterotomy, lord's dilatation, fissurectomy, but these surgical procedure having adverse effects such as bleeding, infection, incontinence. ⁽¹⁰⁾ Ghee is a complex lipid of glycerides (majorly triglycerides), free fatty acids, phospholipids, sterols, sterol esters, fat soluble vitamins, carbonyls, hydrocarbons, carotenoids, (only in ghee derived from cow milk). ⁽¹¹⁾ Go-Ghrita has a soothing property and form a thin-film layer over them and that allows early epithelization of wound. ⁽¹²⁾ To sort out these problem we need treatment which is easily applicable and non surgical.

Conclusion

The patient has found effective relief from pain, bleeding, itching at perianal region using. Ghrita does not contains water, and as per ayurvedic literature it has long shelf-life, and having healing properties which improves with age. The outcome of this management is that *Go Ghrita* is effective in the management of Fissure in ano (Figure1, Figure2). Patients who take all follow-up after treatment will have less chance of symptom reoccurrence.

Conflict of Interest: None

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Ethical Clearance- Taken from Institutional ethical committee

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