



Review Article

YASHADAMRITA MALAHARA APPLICATION IN THE MANAGEMENT *PARIKARTHIKA* - A COMPREHENSIVE ANALYTICAL REVIEW

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ABSTRACT

Parikartika is one among the anorectal diseases, which can be correlated with fissure in ano in the contemporary medicine. *Parikartika* is a disease condition rather than a single entity disease, which is usually triggered by other factors as per Ayurveda classics. It is usually described as a very painful condition which mostly affects the quality living. The disease pathology should be analyzed, studied and appropriate therapeutic measures should be advised to tackle and prevent the recurrence. There are many therapeutic methods available today for the treatment of *Parikartika* both in modern and Ayurveda. Modern methods are no replace oral pain medications, topical ointments, botulin injections surgical interventions etc. These have usually side effects and cause inconvenience to the patients. Ayurvedic preparations are also very effective, out of which a convenient, patient friendly easy method must be chosen. *Yashadamrita malahara* is a *Malahara* preparation from classical rasa text *Rasatarangini* which has wound healing properties which can be applied as an ointment or as *Pichu*. **Aims and Objectives:** This is an in-depth review analysis of *Parikartika samprapti* and the effect of *Yashadamrita malahara* in the management of the disease. **Materials and methods:** An attempt has been made to analyze the *Samprapti ghatakas* of *Parikartika* and the pharmacological actions of *Yashadamrita malahara*, and to explain the probable mode of action of the drug in the disease. **Discussion and conclusion:** Evaluation of the effect of *Yashadamrita malahara* and its therapeutic benefits in *Parikartika* by its mode of action.

INTRODUCTION

Health is the condition of the body, by which all the bodily functions are efficiently performed without any difficulty. According to Sushruta, *Swastha*^[1] is *Swastha* is the state of being healthy. A healthy person is the one with all three *Doshas*, *Dhatu*s and *Malas* in the state of equilibrium. *Mala kriya* is getting rid of body waste. Any derangement in the process of *Malapravruthi* (act of defecation) can affect the complete equilibrium of the body. Acharya Susrutha has elaborately described about *Guda*^[2] and *Guda valis*^[3] in *Nidana Sthanam*. *Arshas* and *Bagandhara* are considered as *Gudagatavyadies* (anorectal diseases).

No specific references about *Parikartika* as a single disease is mentioned in any of the Ayurvedic classics. It is described as an associated condition only. *Guda* is the distal part of the *Annavaha naali* (digestive system). It is a part of *Pakwasaya* (large intestine), where *Upachaya* (metabolism) takes places. *Agnimandya* (indigestion) is the root cause of all diseases^[4]. *Doshavaishamyam* (derangement of *Doshas*) takes place due to *Agnimandya* caused by external and internal factors. This leads to *Malasanchaya* (accumulation of feces) and *Vishama Malapravruthi* which in turn causes *Parikartika* i.e., painful defecation.

AIMS AND OBJECTIVES

1. To comprehensively review the effect of *Yashadamrita malahara* application as a therapeutic measure in the management of *Parikartika* in correlation with fissure in ano.
2. To review the *Nidana* (etiology) and *Samprapti ghatakas* (pathogenic factors) of *Parikartika* and

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pharmacological actions of the drug, by consolidating all the pertinent knowledge available on the subject.

A thorough review of the pharmacological actions of *Yashadamrita malahara* in relation with the healing of *Parikartika* was done. A review study of the disease *Parikartika* with its modern correlation, along the contributing *Nidana* factors was discussed. A microanalysis of *Samprapti ghatakas* attributing to the progression of the disease was also done by reviewing the Ayurvedic literatures of *Brihatrayees* and Articles indexed to databases like Scopus, Google Scholar, PubMed, Dhara etc.

All the references of *Parikartika* from *Brihatrayees* and *Laghutrayees* were reviewed and recorded. Articles Indexed in databases like Scopus, Google Scholar, PubMed, Dhara etc. were also reviewed. The *Samprapti Ghatakas* and pharmacological actions were thoroughly studied and hypothetical mode of action was inferred from the studies.

Parikarthika- Ayurvedic Understanding

The word *Parikartika* is derived from root words *Pari* and *Karthanam*. *Pari* means surrounding and *Karthanam* means to cut down. So *Parikartika* is cutting the surrounding area^[5]. *Acharyas* have mentioned *Parikartika* in context of diseases of *Adhakaya* (lower body), especially *Arshas*, *Udavartah* etc. and conditions which is related to *Vishama malapravrutti*. So *Parikartika* occurs in the *Guda* region So this can be correlated to fissure in ano. Another definition is *Karthanavat Vedana*^[6], cutting like pain which is produced on defecation. Fissure in ano^[7] is a longitudinal tear in the distal anoderm that runs from Anal verge proximally to dentate line not beyond it.

Synonyms are *Ksataguda* and *Ksatapayu*.

Nidana

For the ease of understanding, *Nidana* can be grouped into three headings. *Nija Nidana*, *Aganduja Nidana* and *Nidanarthakararoga janya Nidana*

Nija Nidana

Due to the indulgence of *Apathya aahara viharas* the *Apana Vayu* gets vitiated and gets lodged in the *Pakwasaya*, it causing dryness of the faeces. The extremely dry and hard faeces come out of the *Malavaha srotas* with great difficulty and pain causing injury to the *Guda*. In classics the *Nija nidana* is explained as *Vata prakopa*^[8], *Pureesharodhaja Apana vayu*^[9], *Pureesha Vega dharana*^[10] and by *Vyanavrutha Apana vayu*.^[11]

Aganduja Nidana

This is caused by external factors, as a complication of *Panchakarma* procedures. *Parikartika* is mentioned as a *Vyapat* of *Vamana* and *Virechana*^[12] (complication). Due to the use of defective *Basti*

Netra^[13] and by the wrong administration by *Vaidhya*^[14]. It also caused by *Tikshna*, *Usna*, *Rooksha lavana basti* administered to *Mridu kosta* patient leading to *Parikartika*^[15]. Excessive administration of *Anuvasana vasthi* and *Yapana vasthi* leads to *Parikartika*.^[16]

Nidanarthakararoga Nimita Nidana

Nidana which is caused by pre-existing diseases

1. *Arshas* a) *Purva Rupa* of *Arshas*^[17] b) *Sahaja Arshas*^[18] c) *Vataja Arshas*- Resembles symptoms of *parikartika*^[19] d) *Kaphaja Arshas*- As a symptom^[20]
2. *Udavartaha* a) *Pureesharodhaja Udavartaha*^[21] b) *Vikarthika* - severe pain anal region^[22] c) caused by *Pureesha vega dharana*.^[23]
3. *Atisara* - In *Vatika Atisara*^[24] - gripping and cutting pain caused by passing scanty hard stool with froth and sound.
4. *Grahani*^[25]- As a *Lakshana* of *Vatika grahani*
5. *Jwara*^[26]- In the context of *Jeerna Jwara chikitsa*
6. In *Garbini*^[27] - It is prevalent in *Garbini* and types may vary according to prevalent *Dosa*^[28] present.

Samprapthi

Pathogenesis of *Parikartika* can be interpreted in terms of *Shatkriyakala*^[29]

Microanalysis of each *Samprapti ghatakas* done is as follows

Dosa-Vata, Pitta, Kapha

Vata- Causes *Vibhandha* (obstruction), *Ruja* (pain) and *Twak sputanam* (cracking of skin), *Rookshata* (dryness) in the *Guda*

Pitta- (burning sensation) *Daha*, *Ushmata* (warmth), *Teevra paridaha*

Kapha- *Kandu* (itching) and *Srava* (discharge)

Type of *Vata* vitiated is *Apanavata* along with *Vyanavrutha* - Controls the movement and expulsion of mala which makes it obstructed.

Type of *Pitta-Brajaka pitta* vitiation causes *Pariputana* in skin

Type of *Kapha-sleshmaka kapha* produces excess secretion as *Srava*

Dushya - *Twak* - Mucous membrane of the anoderm is torn, due to chronic fissure anal papillae appear.

Raktha- Bleeding due to tear, either with the stools or as drops

Mamsa - A tag called sentinel tag is formed

Mala-Baddhamalapravruthi (constipation) or

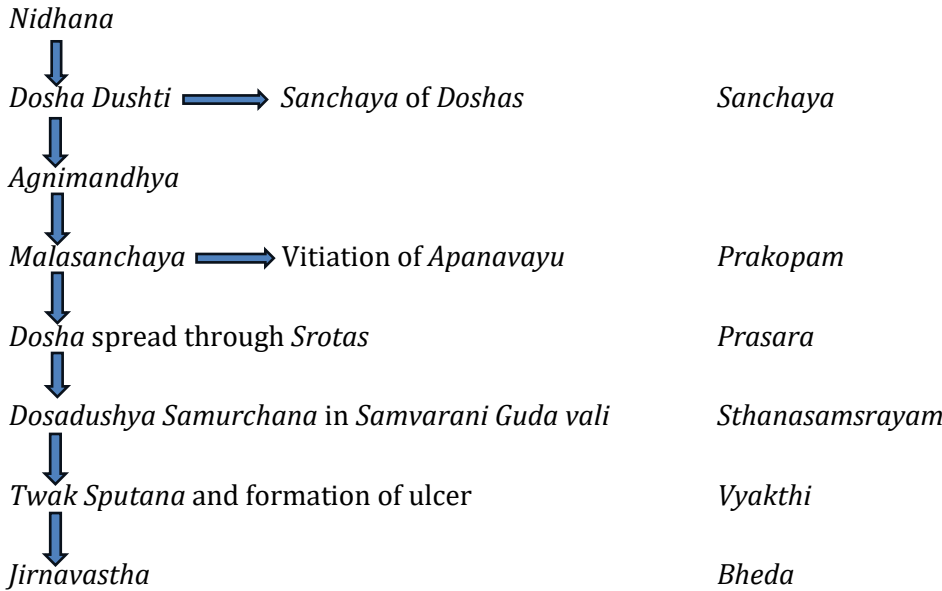
Pravahika (dysentery)

Agni- Mandagni

Srotas - *Pureeshavaha srotas*

Sthanam - *Guda pradeshaḥa* (anal region)

The *Samprapti* of *Parikartika* can be summarized as



Fissure in Ano

A fissure in ano, also known as an anal fissure, is a small tear or crack in the lining of the anus. It can cause pain, bleeding, and discomfort during bowel movements. Some common causes of anal fissures include: 1. Constipation or hard stools 2. Diarrhea 3. Trauma or injury to the anus. 4. Inflammatory bowel disease (IBD) 5. Poor diet or hydration. Treatment options may include: 1. Increasing fiber and water intake 2. Warm baths or sitz baths 3. Topical creams or ointments (e.g., lidocaine or nitroglycerin) 4. Botulinum toxin injections 5. Surgical procedures (in severe cases).

Yashadamrita Malaharam^[30]

This is a *Rasa* medicine equivalent to ointment mentioned in *Rasatarangini* text of Sadananda Sharma. *Yashadamrita malahara* consists of 2 ingredients- *Yashada Bhasma* and *Siktha tailam*. *Siktha tailam* is made by the combining *Siktham* (beeswax) and *Tila Thailam* in the ratio 1:6 during summer and 1:5 during winter season. One part of *Yashada Bhasma* with 3 parts of *Siktha tailam* mixed thoroughly to obtain butter like consistency. This can be stored in an airtight container for future use.

Pharmacological Properties of *Yashadamrita malaharam*^[31-35]

Ingredients	Therapeutic properties					
	Rasa	Guna	Virya	Vipaka	Prabhava	Karma
<i>Yashada Bhasma</i>	<i>Kashaya Tikta</i>	<i>Sheetam</i>	<i>Sheeta</i>	<i>Madhura</i>	Balances <i>Pitta</i> and <i>Kapha</i>	<i>Rasayana, Vatahara, Pittahara, Kaphahara, Sothahara, Vrana ropana</i>
<i>Siktham</i>	<i>Madhura</i>	<i>Snigda pichila</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Pitta vatahara</i>	<i>Bagnasanthanaka, Vranaropana</i>
<i>Tilatailam</i>	<i>Madhura</i>	<i>Usna, Vyavayi, Vishasda, Sukshma, Tikshna, Guru, Vikashi, Lekhana, Sara.</i>	<i>Usna</i>	<i>Madhura</i>	<i>Vatagna Pittana</i>	<i>Dipana, Pachana, Balya, Brimhana, Balya, Preenana, Vrushya, Lekhana, Twachya, Netrya, Krimighna.</i>

Mode of Action in *Parikartika*

In *Parikartika vata pitta* vitiation along with *Kapha dosa* leads to the formation of *Vrana* in the *Guda pradasha*. *Lakshanas* of *Vata*^[36] vitiation like *Ruja, Twaksphutanam* due to ischemia^[37] caused by dryness and *Malasanchaya* is seen. *Paridaha* and bleeding is due to *Pitta* and *Raktha* involvement. If *Kapha* is involved the pruritis and discharge will be presented. *Yashadamrita malahara* with *Yashada Bhasma* as the

main drug which is *Sheeta* in *Guna* and balances *Pitta* and *Kapha dosa* along with *Vata*. *Yashadamrita malaharam* is chemically zinc oxide (ZnO)^[38] and the mode of action can be understood through the therapeutic actions of zinc. A hypothetical explanation based on individual properties of *Yashada Bhasma* and other ingredients in the formulation can be done.

1. **Wound healing:** *Yashada Bhasma* promotes wound healing by:
 - a. Enhancing collagen synthesis b) Improving tissue strength c) Reducing inflammation
2. **Antimicrobial activity:** *Yashada Bhasma* exhibits antimicrobial properties, inhibiting the growth of bacteria, fungi, and viruses, which helps prevent infection.
3. **Anti-inflammatory action:** The formulation reduces inflammation by: a) Inhibiting pro-inflammatory cytokines b) Reducing oxidative stress
4. **Antioxidant activity:** *Yashadamrita malahara* scavenges free radicals, protecting tissues from oxidative damage.
5. **Immune system support:** The formulation may help modulate the immune system, enhancing its response to infections.
6. **Skin health:** *Yashada Bhasma* promotes skin health by: a) Improving skin elasticity b) Reducing skin inflammation c) Enhancing skin regeneration

Synergistic effect of these actions contributes to the overall therapeutic benefits of *Yashadamrita malahara*.

DISCUSSION

Compiling the therapeutic benefits of *Yashadamrita malahara* and its potential role in healing *Parikartika*, the main *Samprapti Ghatakas* are *Vata*, accompanied by *Pitta* and *Kapha*. To be more specific *Vyanavrutha Apana vayu* obstruct the *Mala* causing hard stools which in turn breaks the lining mucus membrane by applying squeeze pressure while defecating. Here *Pitta dosha* aggravates causing *Daha* and *Paka* along with *Raktha*. It is also related to digestive issues, stress, and lifestyle factors. Therapeutic benefits of *Yashadamrita malahara* are a) Reduces inflammation and pain b) Promotes wound healing c) Soothes and protects the affected area d) Enhances tissue regeneration d) Balances *Doshas* (*Vata, Pitta, Kapha*). So this can be used as an effective device for healing of fissure in ano. The potential benefits of *Yashadamrita Malahara* in fissure-in-ano treatment are

- Accelerates healing process
- Reduces discomfort and pain
- Prevents complications
- Supports overall health and well-being

CONCLUSION

Yashadamritamalaharam is a good choice for treating *Parikartika* (fissure in ano). It is an easily available and convenient medicine to use. It should be noted that the efficiency of the drug varies according to the preparation and patient individual *Prakriti* and pathology.

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