



# International Research Journal of Integrated Medicine & Surgery

## “ Clinical evaluation of the Efficacy of *Yashtimadhu Taila Matrabasti* in *Parikartika* w.s.r. to Fissure in Ano “

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### Abstract

The hasty life style now-a-days has resulted in many troublesome diseases. The busy schedules, untimely meals, use of junk foods, sedentary habits, prolonged journey times have resulted in increased incidence of a very painful condition called *Parikartika* i.e. Fissure-in-ano. It appears to be the most painful condition among all ano rectal disorders. Many OTC products are available in market but their indiscriminate use fails to serve the purpose. Surgery is very effective but it comes with untoward effects like pain, incontinence, anesthetic complications etc. *Matra basti* as advocated by ayurveda is precious tool in *Vataja* conditions and also *Yashtimadhu* is very good in wound healing. And hence considering these things, Study was done at Arogyashala Rugnalaya, Panchavati, Nashik. Total 40 patients of either sex taken in experimental as well as control group. Present study has shown good results in relieving pain and sphincter spasm. Also P/R bleeding reduced significantly. Conclusion was drawn on statistical basis.

### Introduction

Fissure in Ano is one of the most Troublesome and Painful condition that affects a great majority of population over the world. Maximum patients coming with Ano-Rectal complaints presuming that they are suffering from Piles are factually the patients of Fissure in Ano. Agonizing painful condition of this disease affects daily activities of an individual. A vicious cycle is created which includes, recurrent constipation  $\Rightarrow$  highly painful defecation  $\Rightarrow$  patient try to avoid the natural urge of defecation



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⇒ that increases severity of constipation ⇒ ultimately resulting in more painful defecation.

The expected ideal treatment in this condition is to give such a medication which reduce the pain and to regulate the daily bowel habits. In modern medicine, the only treatment available is local application of Anesthetic Ointments, Oral Analgesics, Laxatives and the last preferred option is Operative i.e., Lord's Anal Dilatation or Lateral Sphincterotomy. In spite of different options are available in modern surgery, the recurrence rate is too high. Here ayurveda has got very definite and perfect remedy which mainly aims to preserve the integrity of *Guda Sharira* as it is one of the *Sadyo pranahara marma*. The drug and protocol selected for study is very safe, ideal, convenient, no expertise needed and most important it is cost effective.

### Aim -

**“ Clinical evaluation of the efficacy of *Yashtimadhu Taila Matra basti* in *Parikartika* w.s.r. to Fissure in Ano ”**

### Objectives-

- To establish the efficacy of *Yashtimadhu Taila Matrabasti* in *Parikartika*.
- To promote a new drug formulation in *Parikartika*.
- To promote a cost effective, convenient and long standing therapy in *Parikartika*.

### Hypothesis-

-*Yashtimadhu Taila Matrabasti* is effective in treatment of *Parikartika*

### Materials and Methods –

- Total **40 patients** having diagnosis of *Parikartika*  
( Fissure-in- Ano) were selected
- Patients were randomly allotted to two groups **i.e., control and experimental**



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### **Inclusion Criteria-**

- Patients of age 20 to 60, irrespective of sex.
- Patients having diagnosis of *Parikartika* ( Fissure –in Ano) and having following clinical features,

- 1) *Malavashtambha*
- 2) *Sarakta Malpravrutti*
- 3) *Gudstambha*
- 4) *Gudkandu*
- 5) *Gudashula*

### **Exclusion Criteria-**

- Haemorrhoids ( *Arsha* )
- Fistula in ano ( *Bhagandar* )
- Crohn's Disease
- Diagnosed case of HIV/HBsAG/HCV
- Perianal Abscess
- Diagnosed case of CA Rectum

### **Study design -**

#### **1) Group A (Experimental Group)**

20 patients of Fissure-in-ano are treated with *Yashtimadhu Taila*  
*Matrabasti*

Route of administration – Anal route



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Dose – 60ml

Duration – Once a day for 7 days

### 2) Group B (Control Group)

20 patients of Fissure-in-ano are treated with Lignocaine 2% gelly L.A.

Route of administration – Local application

Dose – L.A. as per requirement

Duration – Twice a day for 7 days

- *Gandharva Haritaki Churna* 5gm H.S. was given with luke warm water to patients both groups as a stool softner.

### Yashtimadhu –

- *Yashtimadhu* is described in ayurvedic literature in *Bruhat-trayi* as well as *Laghu-trayi*.
- It is also spelled as *Mulethi*, *Madhuka*, *Jeshta madha* etc.
- Botanically it is named as Glycyrrhiza Glabra.
- It is from Leguminocae family.
- Useful part for medication is Root of this plant.
- Its chemical composition includes Glycyrrhizin and Saponin Glycoside.
- Ayurvedic Properties :
  - Ras - *Madhura*
  - Vipak - *Madhura*
  - Virya - *Sheet*
  - Guna - *Guru, Snigdha*
  - Doshagnata - *Vat-pittaghna*

### Matra basti –

- *Matra basti* is described under the heading of *Basti*.
- It is described by *Acharya Charaka* as well as *Acharya Sushruta*.



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- Charaka described it as *Hrasva snehpan matra* while *Sushruta* said it is half of proportion of *Anuvasana basti*.

### Vedana (Pain)

Score	Description	Grade
0	Absent	0
1	Mild ( Pain relief by hot water sitz bath )	+
2	Moderate ( Requires oral analgesics )	++
3	Severe ( Hampers daily duties of patient )	+++

### Sarakta

### Mala

### Pravarutti

### (PR Bleeding) -

Score	Description	Grade
0	Absent	0
1	Mild (Blood streak on stool)	+
2	Moderate (Few drops after stool)	++
3	Severe (Profuse bleeding after defecation)	+++

### Gudakandu (Itching) -

Score	Description	Grade
0	Absent	0
1	Mild ( Occasionally in a day )	+
2	Moderate ( Intermittent itching )	++
3	Severe ( Continuous itching throughout the day )	+++

### Gudastambha (Sphincter Spasm) -

Score	Description	Grade
0	No spasm ( P/R and proctoscopy allowed without local anaesthesia )	0



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1	Mild spasm ( P/R and proctoscopy allowed with local anaesthesia )	+
2	Moderate spasm ( P/R allowed, proctoscopy not allowed with local anaesthesia )	++
3	Severe spasm ( P/R and proctoscopy is not allowed )	+++

### Result Summary -

Sr.No.	Description	Grade
1	Uttam Upashaya ( Cured )	More than 75 % relief ( Gradation changing from 3+ to 1+ or 0, 2+ to 0 )
2	Madhyam Upashaya	50 to 75% relief ( Gradation changing from 3+ to 2+ or 0, 2+ to 1+ )
3	Anupashaya	Less than 50% relief

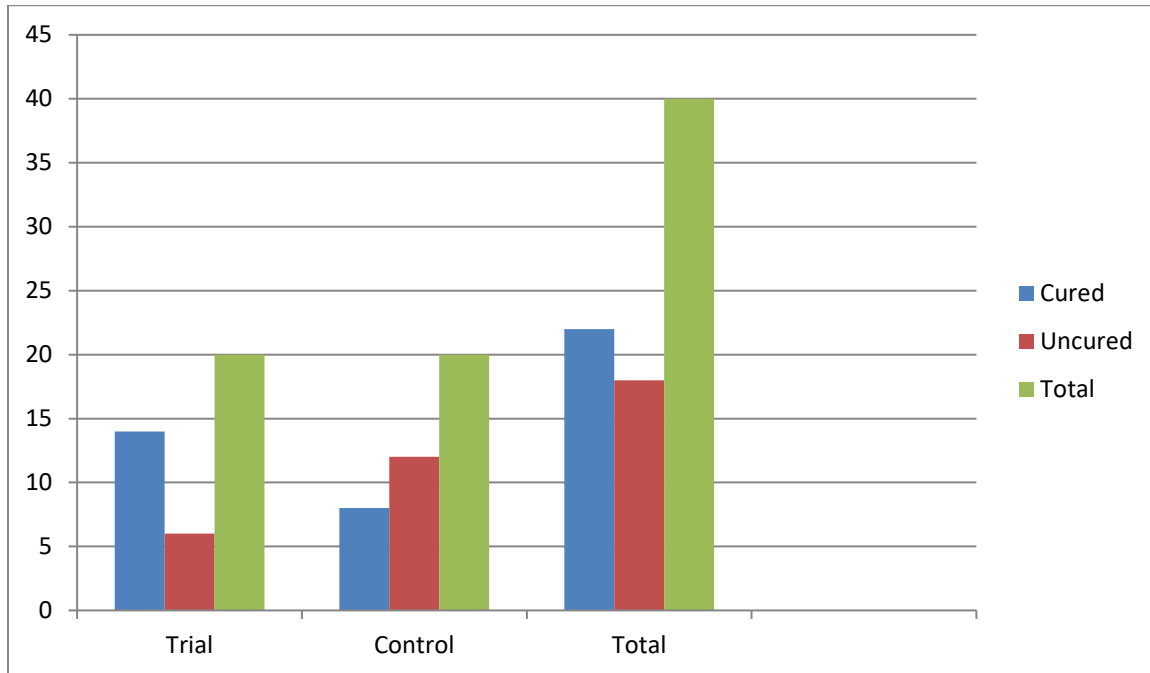
- ▶ The results of the present study were evaluated in terms of proportionate gradation and scoring.
- ▶ The proportions of the patients getting cured and not getting cured were recorded.
- ▶ ‘Cured’ – The patients getting *Uttam and Madhyam Upashaya*
- ▶ ‘Uncured’ - The patients getting *Anupashaya* were recorded in group

### Result Summary -

Groups	Cured	Uncured	Total
Trial	14	06	20
Control	08	12	20
Total	22	18	40



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### Statistics (Chi- Square Test) -

**- Observed difference = 2 X S.E. [ p1-p2]**

**- i.e. > 1.96 [ S.E. (p1- p2)]**

**- That means highly significant**

### Discussion -

- Percentage of females was more than males in both the groups.

- *Yashtimadhu Taila* immediately relieved the pain and sphincter spasm very effectively. The reason may be the lubrication and soothing property.

- According to *Ayurveda Vedana* (**Pain**) and *Stambha* (**spasm**) both are attributed to **Vata Dosha**. *Yashtimadhu* and *Tiltaila* both are very effective in pacifying **Vata** and that may be the reason of the effect.



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- Bleeding was also reduced effectively by *Yastimadhu taila*. This may be due to the astringent property of *Kashaya Rasa* which is present both in *Yastimadhu* and *Tiltaila* .
- Itching was also reduced effectively which may be due to promotion of healing and reduction in local inflammation.

### **Conclusion-**

***Yastimadhu Taila Matra Basti* is found to be very effective in the treatment of *Parikartika* i.e., Fissure in Ano**

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