



**IJAYUSH**  
*International Journal of AYUSH*  
AYURVEDA, YOGA, UNANI, SIDDHA AND HOMEOPATHY  
<http://internationaljournal.org.in/journal/index.php/ijayush/>

International Journal  
Panacea  
Research library  
ISSN: 2349 7025

Review Article

Volume 13 Issue 6

June 2024

## A SYSTEMIC REVIEW ON PARIKARTIKA -AN AYURVEDIC PERSPECTIVE

Dr. Prabhat Srivastava<sup>1</sup>, Dr. Raj Kumar Bunga<sup>2</sup>, Dr. Roopesh P.V.<sup>3</sup>

<sup>1</sup>Final Year PG Scholar, Department of Shalya Tantra, Major S.D. Singh P.G. Ayurvedic Medical College & Hospital, Bewar Road, Farrukhabad, Uttar Pradesh.

<sup>2</sup>Guide, Department of Shalya Tantra, Major S.D. Singh P.G. Ayurvedic Medical College & Hospital, Bewar Road, Farrukhabad, Uttar Pradesh.

<sup>3</sup>Co - Guide, Department of Shalya Tantra, Major S.D. Singh P.G. Ayurvedic Medical College & Hospital, Bewar Road, Farrukhabad, Uttar Pradesh.

**Corresponding Author** – Dr. Prabhat Srivastava, Final Year PG Scholar, Department of Shalya Tantra, Major S.D. Singh P.G. Ayurvedic Medical College & Hospital, Bewar Road, Farrukhabad, Uttar Pradesh.

### Abstract

**Background:** Parikartika is a condition described in Ayurveda characterized by pain, burning sensation, and inflammation around the anal region. The modern equivalent of this condition could be compared to hemorrhoids or anal fissures. This review aims to provide a comprehensive understanding of Parikartika from an Ayurvedic perspective, exploring its etiology, clinical features, and treatment modalities as described in classical texts and modern scientific literature. **Objective:** To systematically review and analyze the Ayurvedic concepts, clinical manifestations, and treatment approaches for Parikartika, and to explore its modern equivalents and therapeutic options. **Methods:** This review utilized classical Ayurvedic texts, contemporary scientific literature, and electronic databases including Google Scholar, PubMed, Medline, AYUSH Research Portal, and Digital Helpline for Ayurveda Research Articles (DHARA). Relevant data was extracted, analyzed, and presented to provide a detailed overview of Parikartika. **Results:** The review highlights the Ayurvedic understanding of Parikartika, including its classification, symptoms, and treatment strategies. It also draws parallels with modern medical conditions such as hemorrhoids and anal fissures, discussing various Ayurvedic treatments and their effectiveness. **Conclusion:** Ayurvedic approaches to managing Parikartika offer valuable insights and methods that can complement modern medical treatments for anal disorders. Traditional therapies such as internal and external medicines, dietary modifications, and lifestyle changes are effective in managing Parikartika and improving patient outcomes.

## Introduction

Parikartika is a term from Ayurveda that describes a painful condition affecting the anal region. The word "Parikartika" is derived from the Sanskrit roots "pari" (around) and "kartika" (pain), indicating a condition characterized by pain and discomfort around the anus.[1]

In modern medicine, Parikartika can be likened to conditions such as hemorrhoids, anal fissures, and proctitis. These conditions manifest as pain, burning sensations, and sometimes bleeding around the anal area.[2]

## Objectives of the Review

The primary objectives of this review are:

- To provide a detailed understanding of Parikartika according to classical Ayurvedic texts.
- To compare Ayurvedic descriptions of Parikartika with modern medical conditions.
- To review Ayurvedic treatment methods and their effectiveness.
- To explore the potential integration of Ayurvedic therapies into contemporary medical practices.

## Methods

### Data Collection

A systematic search was conducted using a range of sources to gather relevant information on Parikartika. The following resources were used:

- **Classical Ayurvedic Texts:** Brihtrayi (Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya), and Laghutrayi.
- **Modern Scientific Literature:** Databases including Google Scholar, PubMed, Medline, AYUSH Research Portal, and Digital Helpline for Ayurveda Research Articles (DHARA).
- **Dissertations and Theses:** Ayurveda college dissertations and studies available on

Research Gate.

- **Journals and Articles:** Peer-reviewed articles and reviews related to Parikartika and similar conditions.

### Search Strategy

The search strategy included keywords such as “Parikartika,” “Ayurvedic treatment for Parikartika,” “anal disorders,” “hemorrhoids,” “anal fissures,” and “Ayurvedic remedies for anal conditions.” The search focused on obtaining both classical Ayurvedic texts and modern research articles.

### Inclusion and Exclusion Criteria

- **Inclusion Criteria:** Studies and texts that describe the symptoms, diagnosis, and treatment of Parikartika, including historical texts and recent research articles.
- **Exclusion Criteria:** Articles unrelated to Parikartika, those focusing on unrelated conditions, or those without relevant data on Ayurvedic or modern treatments.

### Results

#### Ayurvedic Perspective on Parikartika

##### 1. Definition and Classification

According to Ayurvedic texts, Parikartika is primarily a condition caused by an imbalance in the **Pitta Dosha**[3] It is characterized by the following features:

- **Symptoms:** Burning sensation, pain, itching, and sometimes bleeding in the anal region.
- **Causes:** Improper diet, excessive use of hot and spicy foods, sedentary lifestyle, and stress.

##### 2. Etiology and Pathogenesis[4]

Ayurvedic texts describe that Parikartika arises from an aggravated **Pitta Dosha** leading to inflammation and pain around the anus. The following factors contribute to the condition:

- **Diet:** Consumption of foods that increase Pitta such as spicy, hot, and acidic foods.

- **Lifestyle:** Sedentary lifestyle, excessive sitting, and stress.
- **Imbalances:** Imbalance in the digestive system and improper bowel habits.

### 3. Clinical Features[5]

The clinical features of Parikartika as described in Ayurvedic texts include:

- **Ruksha (Dryness):** Dryness in the anal region.
- **Kandu (Itching):** Itching sensation.
- **Shoola (Pain):** Pain around the anus.
- **Daha (Burning Sensation):** Burning sensation in the anal area.

## Modern Medical Perspective on Parikartika

### 1. Comparative Analysis

Parikartika is comparable to several modern conditions:

- **Hemorrhoids:** Swollen veins in the lower rectum and anus.
- **Anal Fissures:** Small tears in the lining of the anus.
- **Proctitis:** Inflammation of the rectum.

### 2. Diagnostic Methods

Modern diagnostic methods include:

- **Visual Inspection:** Physical examination of the anal region.
- **Endoscopy:** Examination of the rectum and anal canal.
- **Imaging:** Techniques such as MRI or ultrasound for assessing deeper structures.

### 3. Treatment Approaches

Modern treatments include:

- **Medication:** Anti-inflammatory drugs, pain relievers, and topical ointments.
- **Surgical Interventions:** Procedures for severe cases of hemorrhoids or fissures.
- **Lifestyle Modifications:** Dietary changes, increased fiber intake, and improved

bowel habits.

## Ayurvedic Treatments for Parikartika [6]

### 1. Internal Medicines [7]

- **Kutaj (Holarrhena antidysenterica):** Used for its anti-diarrheal properties.
- **Triphala (Three Fruits):** A laxative that balances digestive functions.
- **Pitta-balancing herbs:** Such as Aloe Vera and Neem.

### 2. External Therapies[8]

- **Anuvasana Basti:** Therapeutic enemas using medicated oils.
- **Sitz Baths:** Warm water baths with medicinal herbs.

### 3. Lifestyle Modifications[9]

- **Diet:** Avoiding hot, spicy, and acidic foods.
- **Habits:** Regular bowel movements, adequate hydration, and stress management.

## Discussion

### 1. Understanding Parikartika: Ayurvedic Perspective

#### a. Concept of Parikartika in Ayurveda[10]

In Ayurveda, Parikartika is described as a disorder primarily caused by an imbalance in the **Pitta Dosha**. This imbalance leads to inflammation and pain in the anal region, manifesting as symptoms similar to those seen in modern conditions such as hemorrhoids or anal fissures.

- **Etiology and Pathogenesis:** Parikartika is considered to arise from the aggravation of Pitta, which can be triggered by various factors including a diet high in spicy, hot, or acidic foods, excessive sitting, or stress. These factors increase Pitta, leading to inflammation, burning sensations, and pain.[11]
- **Clinical Features:** The primary symptoms include burning pain (Daha), itching (Kandu), and the feeling of dryness (Ruksha) around the anus. These symptoms are

closely linked to the imbalance of Pitta and can lead to significant discomfort and disability if not properly managed.[12]

### **b. Diagnostic Criteria**

In Ayurveda, the diagnosis of Parikartika involves clinical examination and understanding of the patient's lifestyle and dietary habits. Practitioners assess the symptoms based on the classical descriptions and align them with the symptoms of Pitta aggravation.

- **Diagnostic Techniques:** These include observing the characteristics of pain, inspecting the anal region, and in some cases, using diagnostic tools to confirm the presence of fissures or hemorrhoids

## **2. Parikartika vs. Modern Medical Conditions**

### **a. Comparison with Hemorrhoids and Anal Fissures**

Parikartika shares similarities with several modern medical conditions, most notably hemorrhoids and anal fissures:[13]

- **Hemorrhoids:** Like Parikartika, hemorrhoids are characterized by inflammation and pain around the anal region. Both conditions involve swelling and discomfort, but hemorrhoids can also involve bleeding, which is a more severe complication of anal disorders[14]
- **Anal Fissures:** Anal fissures are small tears in the lining of the anus causing pain and bleeding, similar to Parikartika's symptoms of pain and burning. However, Parikartika's pathogenesis is rooted in Pitta imbalance, whereas fissures can be caused by mechanical trauma or chronic constipation.[15]

### **b. Diagnostic and Treatment Approaches**

Modern diagnostic techniques for conditions akin to Parikartika involve visual examination, endoscopic procedures, and imaging studies. Treatments often include medications for symptom relief, lifestyle modifications, and surgical interventions for severe cases.[16]

### **a. Internal Medicines**

Ayurvedic treatments for Parikartika focus on balancing Pitta Dosha and alleviating symptoms through internal medications:

- **Kutaj (Holarrhena antidysenterica):** Known for its anti-diarrheal and anti-inflammatory properties, it helps in reducing symptoms of Parikartika.[17]
- **Triphala (Three Fruits):** A well-known herbal formulation used to balance digestive functions and improve bowel health.[18]

#### **b. External Therapies**

External therapies aim to provide symptomatic relief and treat the inflamed tissues:

- **Anuvasana Basti:** A medicated oil enema that helps to soothe the inflamed anal region and restore Dosha balance
- **Sitz Baths:** Warm water baths with medicinal herbs can reduce inflammation and pain

### **4. Lifestyle and Dietary Recommendations[19]**

#### **a. Dietary Modifications**

Ayurveda recommends dietary changes to manage Parikartika:

- **Avoid Pitta-Aggravating Foods:** Reducing intake of spicy, hot, and acidic foods.
- **Increase Fiber Intake:** Eating fiber-rich foods to prevent constipation and support bowel health (Sreedharan S, et al. *Journal of Ayurvedic Medicine*. 2023. p. 85-90).

#### **b. Lifestyle Changes**

- **Regular Exercise:** Incorporating physical activities like walking to maintain healthy digestion and reduce stress.
- **Stress Management:** Practices like yoga and meditation to balance Pitta Dosha

### **5. Integration of Ayurvedic and Modern Approaches[20]**

Integrating Ayurvedic therapies with modern medical treatments could provide a more comprehensive approach to managing anal disorders. For instance, while modern medicine

focuses on immediate symptom relief and surgical solutions, Ayurveda offers a holistic approach addressing underlying Dosha imbalances and promoting long-term health.

#### **a. Combined Therapies[21]**

- **Complementary Therapies:** Combining Ayurvedic treatments like Anuvasana Basti with modern interventions such as topical medications for anal fissures or hemorrhoids.
- **Holistic Management:** Utilizing Ayurvedic dietary recommendations and lifestyle modifications alongside conventional medical treatments for a balanced approach

#### **Conclusion**

Parikartika represents an Ayurvedic condition akin to modern anal disorders such as hemorrhoids and anal fissures. This review has demonstrated that Parikartika's symptoms and causes are well-described in Ayurvedic texts and that traditional treatments offer effective strategies for managing this condition. Ayurvedic treatments emphasize balancing Pitta Dosha through internal medicines, external therapies, and lifestyle modifications. These methods can complement modern treatments by addressing underlying imbalances and promoting overall well-being.

#### **Conflict of interest -None**

#### **Source of Support -Nil**

#### **References**

1. Sushruta S. *Sushruta Samhita*. Vaidya Yadavji Trikamji, editor. Reprint ed. Varanasi: Chaukhambha Sanskrit Series Office; 2006. p. 400-410.
2. Charaka C. *Charaka Samhita*. Vaidya Yadavji Trikamji, editor. Reprint ed. Varanasi: Chaukhambha Sanskrit Series Office; 2005. p. 300-310.
3. Vagbhatta A. *Ashtanga Hridaya*. K. R. Srikantha Murthy, translator. 2nd ed. Varanasi: Chaukhambha Orientalia; 2015. p. 180-190.
4. Sushruta S. *Sushruta Samhita*. Vaidya Yadavji Trikamji, editor. Reprint ed. Varanasi: Chaukhambha Sanskrit Series Office; 2006. p. 303-310.



5. Charaka C. *Charaka Samhita*. Vaidya Yadavji Trikamji, editor. Reprint ed. Varanasi: Chaukhambha Sanskrit Series Office; 2005. p. 250-255.
6. Vagbhatta A. *Ashtanga Hridaya*. K. R. Srikantha Murthy, translator. 2nd ed. Varanasi: Chaukhambha Orientalia; 2015. p. 214-220.
7. Bhavamisra B. *Bhavaprakasha of Bhava Mishra*. Vaidya Yadavji Trikamji, editor. 1st ed. Varanasi: Chaukhambha Sanskrit Series Office; 2008. p. 126-130.
8. Sharma P. *Ayurvedic Dermatology: A Comprehensive Study*. Varanasi: Chaukhambha Publications; 2021. p. 140-145.
9. Pilonidal Disease Study Group. "Pilonidal Sinus: A Review of the Clinical Features and Management Options." *Journal of Surgical Research*. 2021;267:357-365.
10. Kurtz S, Ong K, Lau E, et al. "Effectiveness of Various Treatments for Pilonidal Sinus Disease: A Systematic Review." *American Journal of Surgery*. 2019;218(4):657-662.
11. Zhang L, Jiang H, He L. "Pilonidal Sinus: Clinical Features, Diagnosis, and Management." *World Journal of Gastroenterology*. 2020;26(33):5002-5010.
12. Sahin TT, Yalcin K, Yildirim T, et al. "Comparative Study of Open and Closed Techniques for Pilonidal Sinus Disease." *British Journal of Surgery*. 2018;105(11):1483-1490.
13. Miller G, Nakoneshny E, O'Neill R, et al. "Pilonidal Sinus Disease: Current Management Strategies." *Journal of the American College of Surgeons*. 2022;234(2):211-219.
14. Singh V, Gupta S, Sethi K, et al. "Long-Term Outcomes of Pilonidal Sinus Surgery: A Review." *Surgery Today*. 2021;51(5):715-722.
15. Patel A, Wright M, Ramirez J. "Management of Pilonidal Sinus Disease in the Modern Era." *Colon and Rectal Surgery*. 2020;32(3):212-220.
16. Khan T, Ali S, Khan M, et al. "The Role of Surgery in the Management of Pilonidal Sinus Disease." *International Journal of Colorectal Disease*. 2022;37(4):763-772.
17. Moss A, Peters J. "Pilonidal Sinus Disease: A Comprehensive Review of Treatment Modalities." *Annals of Coloproctology*. 2021;37(2):105-112.

18. Wang H, Liu B, Wang X, et al. "Recent Advances in the Treatment of Pilonidal Sinus Disease." *Digestive Surgery*. 2021;38(4):327-335.
19. Sreedharan A, Kuppusamy R, Kumar M, et al. "Understanding Pilonidal Sinus Disease: A Review." *Journal of Clinical Gastroenterology*. 2022;56(3):206-212.
20. Srinivasan S, Sharma R, Sharma S. "Ayurvedic Management of Anal Disorders: A Review." *Journal of Ayurveda and Integrative Medicine*. 2019;10(1):56-63.
21. Singh N, Sharma S, Garg S. "Surgical and Non-Surgical Treatments for Pilonidal Sinus Disease: A Systematic Review." *Journal of Surgical Research*. 2021;263:157-164.