

# Role of Pitta Prakruti in Fissure in Ano (Parikartika) and Management: An Ayurvedic Perspective

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## Abstract

Fissure in ano is a common anorectal disorder characterized by a longitudinal tear in the anal canal, usually associated with severe pain during and after defecation. In modern medicine, it is mainly attributed to trauma caused by passage of hard stool and increased anal sphincter tone. In Ayurveda, the condition resembles **Parikartika**, which is described in classical texts as severe cutting pain in the anal region resembling the sensation of being cut with a sharp instrument. Ayurveda emphasizes the importance of **Prakruti (body constitution)** in the development and progression of diseases. Among the three constitutional types, **Pitta Prakruti** individuals are more prone to inflammatory conditions due to the dominance of Agni and Ushna (heat) properties. These individuals often exhibit symptoms such as burning sensation, bleeding, and inflammation, which are commonly observed in fissure in ano. Dietary habits such as consumption of spicy, sour, and hot foods—commonly preferred by Pitta individuals—may aggravate Pitta Dosha and predispose them to anorectal disorders. Classical Ayurvedic texts describe the role of vitiated Pitta along with Vata in producing Parikartika by causing inflammation, tissue damage, and pain in the anal region. Management includes correction of Dosha imbalance through dietary regulation, herbal medications, local therapies, and lifestyle modifications. Modern treatment focuses on stool softeners, topical medications, and surgical procedures in chronic cases. Understanding the relationship between **Pitta Prakruti and Parikartika** helps in early prevention, individualized treatment, and improved therapeutic outcomes.

**Keywords:** Parikartika, Fissure in Ano, Pitta Prakruti, Ayurveda, Anorectal disorders, Shalya Tantra

## Introduction

Fissure in ano is a painful anorectal condition characterized by a linear tear in the distal anal canal. It commonly presents with severe pain during defecation, bleeding per rectum, and burning sensation. The condition significantly affects quality of life and may lead to chronic complications if untreated.

In Ayurveda, fissure in ano closely resembles **Parikartika**, which literally means a condition producing cutting or tearing pain in the anal region. Acharya Sushruta and Acharya Charaka have described Parikartika as a complication associated with various gastrointestinal disorders and improper therapeutic procedures.

Ayurveda places great importance on **Prakruti (individual body constitution)**, which determines susceptibility to diseases. Individuals with **Pitta Prakruti** are characterized by dominance of the Pitta Dosha, which possesses properties such as **Ushna (heat), Tikshna (sharpness), and Drava (fluidity)**. These qualities predispose such individuals to inflammatory and bleeding disorders, including anorectal diseases.

### Concept of Prakruti in Ayurveda

Prakruti refers to the natural constitution of an individual determined at the time of conception based on the predominance of Doshas.

According to **Charaka Samhita**, Prakruti influences:

- Physical characteristics
- Physiological functions
- Disease susceptibility
- Response to treatment

Three main types of Prakruti are described:

1. Vata Prakruti
2. Pitta Prakruti
3. Kapha Prakruti

Among them, **Pitta Prakruti individuals** generally possess the following features:

- Moderate body build
- Warm body temperature
- Sharp digestion (Tikshnagni)
- Tendency for sweating
- Intolerance to heat
- Predisposition to inflammatory disorders

Because of these characteristics, Pitta individuals are more prone to conditions involving **burning sensation, bleeding, ulceration, and inflammation**.

### Parikartika (Fissure in Ano) in Ayurveda

Parikartika is described in several classical texts including **Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya**.

The term Parikartika means **severe cutting pain in the anal region**, resembling pain caused by a sharp instrument.

### Causes described in Ayurveda include:

- Hard stool (Vibandha)
- Excessively spicy and hot foods
- Improper administration of enemas
- Excessive purgation therapy
- Chronic constipation

These factors lead to vitiation of **Vata and Pitta Dosha**, resulting in tearing pain and inflammation in the anal canal.

## Role of Pitta Prakruti in Development of Fissure

### 1. Ushna and Tikshna Properties of Pitta

Pitta Dosha possesses hot and sharp qualities that promote inflammation and ulceration. In Pitta dominant individuals, these qualities may aggravate local tissues in the anal canal, leading to fissure formation.

### 2. Increased Susceptibility to Inflammation

Pitta Prakruti individuals have a tendency for inflammatory reactions. When the anal mucosa is injured by hard stool, inflammation develops rapidly, producing symptoms such as:

- Burning sensation
- Pain
- Redness
- Bleeding

These symptoms closely resemble the classical features of Parikartika.

### 3. Dietary Habits

People with Pitta constitution often prefer foods that further aggravate Pitta, such as:

- Spicy food
- Sour food
- Fried food
- Alcohol

Such diet increases heat in the body and predisposes to anorectal inflammation.

### 4. Effect on Rakta Dhatu

Pitta has a close relationship with **Rakta Dhatu**. Vitiating of Pitta can lead to Rakta Dushti, resulting in bleeding from the anal fissure.

### Clinical Features of Parikartika

Classical Ayurvedic texts describe the following symptoms:

- Cutting pain in the anal region
- Burning sensation
- Bleeding per rectum
- Difficulty during defecation
- Spasm of anal sphincter

These symptoms closely correspond to the features of fissure in ano described in modern medicine.

## Modern View of Fissure in Ano

In modern surgery, fissure in ano is defined as a **longitudinal tear in the anoderm distal to the dentate line**.

### Common causes include:

- Passage of hard stool
- Chronic constipation
- Anal sphincter spasm
- Trauma during defecation
- Inflammatory bowel disease

### Symptoms include:

- Severe pain during defecation
- Bleeding per rectum

- Burning sensation
- Sentinel pile in chronic fissure

Modern treatment includes stool softeners, topical ointments, sitz bath, and surgical procedures such as **lateral internal sphincterotomy** in chronic cases.

### **Ayurvedic Management**

Management focuses on **pacifying Pitta and Vata Dosha**.

#### **1. Internal Medicines**

Commonly used medicines include:

- Triphala Churna
- Gandhak Rasayana
- Avipattikar Churna
- Abhayarishta

These medicines help relieve constipation and reduce inflammation.

#### **2. Local Treatment**

Local therapies include:

- Jatyadi Taila application
- Yashtimadhu Ghrita
- Sitz bath with Triphala decoction

These treatments promote wound healing and reduce burning sensation.

#### **3. Dietary and Lifestyle Modifications**

Patients are advised to:

- Avoid spicy and fried foods
- Increase fiber intake
- Drink adequate water
- Maintain regular bowel habits

#### **4. Kshara Sutra Therapy**

In chronic fissure cases associated with sentinel pile, **Kshara Sutra therapy** may be beneficial for removing the associated pathology and promoting healing.

### **Discussion**

Both Ayurveda and modern medicine recognize constipation and trauma during defecation as major causes of fissure in ano. However, Ayurveda further explains disease susceptibility through the concept of **Prakruti**.

Individuals with **Pitta Prakruti** are more susceptible to inflammatory anorectal disorders due to the inherent properties of Pitta Dosha. Dietary habits and lifestyle patterns further aggravate Pitta, increasing the risk of developing Parikartika.

Ayurvedic management emphasizes not only local treatment but also correction of systemic imbalance through diet, medicines, and lifestyle modifications. Understanding Prakruti allows physicians to provide **personalized treatment and preventive strategies**.

### **Conclusion**

Fissure in ano is a painful anorectal disorder that closely resembles **Parikartika** described in Ayurvedic

texts. The predominance of **Pitta Prakruti** plays a significant role in the development and severity of this condition due to its inherent inflammatory properties.

Ayurveda provides a holistic understanding of the disease by considering constitutional factors, diet, and lifestyle. Early identification of Pitta dominance and appropriate management can help prevent recurrence and improve treatment outcomes. Integrating Ayurvedic principles with modern medical knowledge may provide better therapeutic strategies for patients suffering from fissure in ano.

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