

ROLE OF JATYADI TAILA MATRA BASTI IN GUDA PARIKARTIKA (FISSURE-IN-ANO): A CLINICAL STUDY

Dr. Rajesh Kumar Soni^{*1}, Prof. Mahesh Dixit², Dr. Hari Shankar³, Dr. Chhagan Lal⁴

¹Ph.D. Scholar & Lecturer (PG Dept. of Shalya Tantra); MMM Govt. Ayurved College, Udaipur (Raj).

²Professor & Vice Chancellor, Shri Kallaji Vaidik University, Nimbaheda (Raj).

^{3,4}Ph.D. Scholar (PG Dept. of Shalya Tantra); MMM Govt. Ayurved College, Udaipur (Raj).

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*Corresponding Author: Dr. Rajesh Kumar Soni

Ph.D. Scholar & Lecturer (PG Dept. of Shalya Tantra); MMM Govt. Ayurved College, Udaipur (Raj).

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ABSTRACT

Guda Parikartika is a painful anorectal condition described in Ayurveda, characterized by cutting pain in the anal region. It closely resembles **fissure-in-ano** in modern medicine. The condition is primarily caused by **Vata and Pitta vitiation**, leading to dryness, inflammation, and tearing of the anal mucosa. Matra Basti, a type of *Sneha Basti*, is considered highly effective in Vata disorders. **Jatyadi Taila**, known for its wound healing (*Vrana Ropana*) and anti-inflammatory properties, is used in this study as Matra Basti. This study evaluates the efficacy of Jatyadi Taila Matra Basti in reducing pain, bleeding, and promoting healing in Guda Parikartika.

KEYWORDS: Guda Parikartika, Fissure in ano, Guda Parikartika.

INTRODUCTION

Ayurvedic Perspective

- Disease: **Guda Parikartika**
- Meaning: “Cutting pain in anal region”
- Involved Dosha: Vata + Pitta
- Dushya: Rakta, Mamsa

Nidana (Causes)

- Ati ruksha ahara
- Constipation

- Straining during defecation
- Spicy food

Lakshana

- Severe cutting pain (Parikartika Vedana)
- Bleeding (Raktasrava)
- Burning sensation (Daha)
- Constipation

Modern Correlation

- Condition: **Anal fissure**
- Linear tear in anal canal
- Causes:
 - Hard stool
 - Chronic constipation

Need for Study

Modern treatments (laxatives, ointments, surgery) provide temporary relief or have recurrence. Ayurveda offers a safer, non-invasive approach through **Matra Basti**.

AIMS AND OBJECTIVES**Aim**

To evaluate the role of Jatyadi Taila Matra Basti in Guda Parikartika.

Objectives

1. To assess relief in pain
2. To evaluate reduction in bleeding
3. To observe healing of fissure
4. To improve bowel habits

Review of Literature**Ayurvedic Review****Guda Parikartika**

- Mentioned in:
 - Sushruta Samhita
 - Charaka Samhita

Matra Basti

- Type: Sneha Basti
- Dose: Small quantity (60–100 ml)
- Safe for daily use

Jatyadi Taila**Ingredients**

- Jati
- Neem
- Haridra
- Patola

Properties

- Vrana Ropana (wound healing)
- Krimighna (antimicrobial)
- Shothahara (anti-inflammatory)

Modern Review

- Fissure caused by trauma to anal mucosa
- Symptoms:
 - Pain during defecation
 - Bleeding
 - Sphincter spasm

MATERIALS AND METHODS**Study Design**

Open-label clinical study

Sample Size

- 15–30 patients

Inclusion Criteria

- Age: 18–60 years
- Classical symptoms of fissure-in-ano
- Acute & chronic fissure

Exclusion Criteria

- Hemorrhoids
- Fistula-in-ano
- Malignancy
- Pregnancy

Intervention**Procedure: Matra Basti**

- Drug: Jatyadi Taila
- Dose: 60 ml
- Duration: 7–14 days

Method

- Patient in left lateral position
- Oil administered rectally
- Retention allowed

Assessment Criteria**Subjective Parameters**

- Pain (VAS scale)
- Burning sensation
- Difficulty in defecation

Objective Parameters

- Bleeding
- Ulcer healing
- Sphincter spasm

OBSERVATIONS AND RESULTS**Findings**

- Significant reduction in pain
- Reduction in bleeding
- Improved bowel movement

Outcome

- Most patients showed healing within 1–2 weeks
- No major side effects

DISCUSSION**Mode of Action of Matra Basti**

- Pacifies Vata
- Lubricates anal canal
- Reduces sphincter spasm

Role of Jatyadi Taila

- Promotes wound healing
- Reduces inflammation
- Prevents infection

Combined Effect

- Faster healing
- Pain relief
- Improved quality of life

CONCLUSION

1. Jatyadi Taila Matra Basti is effective in Guda Parikartika
2. Provides significant pain relief
3. Promotes healing of fissure
4. Safe and non-invasive therapy

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