Tthakadya Malahara – For Rapid Relief In Parikartika

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Abstract

PARIKARTIKA - Sanskrit word – ‘ Parikr’ - “all around” and “Kartanam” – the excessive cutting pain around the anus. In mukhapaka condition patient has excessive cutting pain in mouth. Various modes of treatments such as oral analgesics, topical anaesthetics, multivitamins etc, which has many untoward effects. recurrence is very common and most of the methods of treatment are expensive and requires long duration to get cure.

So, there is need to have a simple method which is having better patient compliance.

Various treatments are suggested by acharyas, like kawal, gandush, application of malahara for management of mukhapaka.

Tutthakadya Malahara is dahashamak, raktastambhakvranaropak and sandhaniya. Keeping in view these factors application of Tutthakadya malahara is thought in mukhapaka.

So a simple method which is having better patient compliance is suggested in this study.

Keywords: parikartika, tutthakadyamalahara

Aim

1. To study the efficacy of Tutthakadya malahara in the management of mukhapaka.

Objectives Of Study

1. To review and analyse the available literature of mukhapaka Ayurvedic and modern medical science.
2. To highlight the pharmacological significance of Tutthakadya malahara.
3. To promote and update it in current medical stream.

Materials And Methods

Materials:

- Patients: Patients suffering from mukhapaka attending OPD and IPD
- Literature: literary aspect of study will be collected from classical Ayurvedic and modern texts and updated recent medical journals.
- Medicine: The required materials are Tutthakadya malahara will be prepared (Ref: Rasatarangini 21/100-104)

Methodology:

Inclusive criteria:

1. Patients diagnosed as mukhapaka will be included in the study.
2. Patients of both sex in between the age group of 16 to 50yrs will included.

Exclusive criteria:

1. Patients having mukhapaka secondary to ulcerative colitis, crohn’s disease, syphilis and tuberculosis will be excluded.
2. Patients with uncontrolled disease like Diabetes and Hypertension will be excluded.
3. Patients with infectious disease like HIV and HbSAg will be excluded.
4. Patient undergoing treatment of virechana and basti

**Study design:**
Present study is a non-comparative observational clinical study.

**Sample size:** 30 patients of mukhapaka randomly selected for the study.

Procedure: Tutthakadya malahar will be applied locally, for 7 days, before and after meals. Pathyaapathya will be also explained.

**Parameters of study:**
Following parameters will be considered for the study.
1. Shoola (pain): Assessment of pain gradation before and after treatment based on 3 degrees i.e. Mild(+), Moderate (++), Severe (+++).
2. raktasrava (Bleeding): present or absent, before and after treatment.
3. Length of ulcer

**Criteria for assessment:**
Criteria for assessment will be based on
A. Relief of symptoms before and after treatment
   The results will be scored as:
   Complete relief - above 75% improvement,
   Moderate relief - 50 to 75% improvement,
   Mild relief - 25 to 50% improvement,
   No relief - below 25% improvement.
B. Length of ulcer
   Length of ulcer based on the results categorized as below,
   No change in ulcer - no relief,
   Partial healing - Moderate relief,
   Complete healing - complete relief.
C. Overall assessment is done based on the improvement in parameter score before and after treatment which will be subjected to statistical analysis.

**Observations & Results**
Observations obtained on the basis of methodology followed are as below.

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Before treatment</th>
<th>After treatment</th>
<th>Difference</th>
<th>% of relief</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain in mouth</td>
<td>30</td>
<td>4</td>
<td>26</td>
<td>84</td>
</tr>
<tr>
<td>Bleeding from ulcer</td>
<td>14</td>
<td>3</td>
<td>11</td>
<td>79</td>
</tr>
<tr>
<td>Length of ulcer</td>
<td>14</td>
<td>12</td>
<td>2</td>
<td>100</td>
</tr>
</tbody>
</table>
Results:
1. Tutthakadya malaharapurifies the wounds, lyses the debris and enhances healing process by decreasing swelling & inflammation of mukhapaka
2. Tutthakadya malahara is a cost effective best alternative to available ointments for the treatment of mukhapaka
3. This ointment is used for dressing purpose for all kind of wound (acute or chronic) irrespective of cause.

Conclusion:
- It is cost effective and non laborious remedy to treat wounds.
- Standardization and marketing of Tutthakadya malahara is needed.
- Tutthakadya malahara is a best alternative to available ointments for the treatment of various wounds.
- Medical practitioner should be made aware of this multidimensional drug.

Bibliography
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