



Review Article

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A COMPREHENSIVE REVIEW ON *DURVADI GHRITA PICHU* AND ITS CLINICAL SIGNIFICANCE IN *PARIKARTIKA* (FISSURE-IN-ANO)

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Abstract

Introduction: *Parikartika* is a painful anorectal condition described in *Ayurveda*, mainly characterized by sharp cutting pain in the anal region. Clinically, it closely resembles fissure-in-ano, which presents with pain during and after defecation, fresh bleeding, burning sensation, sphincter spasm, and constipation. **Materials and Methods:** This review article is based on classical *Ayurvedic* texts, modern surgical literature, and available conceptual references related to *Parikartika*, fissure-in-ano, *Durvadi Ghritha*, *Ghritha Kalpana*, *Pichu Chikitsa*, and wound healing. **Observation:** *Durvadi Ghritha Pichu* may help in reducing bleeding, burning sensation, pain, local inflammation, and irritation due to its *Raktasthambhana*, *Dahaprashamana*, *Shothahara*, soothing, lubricating, and wound-healing properties. **Conclusion:** *Durvadi Ghritha Pichu* may be a useful local therapeutic approach in *Parikartika*, especially in fissure-in-ano cases where bleeding, burning sensation, inflammation, and painful defecation are prominent.

Keywords: *Parikartika*, Fissure in ano, *Jatyadi Ghritha*, *Durvadi Ghritha*, *Pichu*, *Vrana Ropana*

Introduction

Parikartika is an important anorectal disorder mentioned in classical *Ayurvedic* texts. It is mainly characterized by sharp cutting pain in the anal region, especially during and after defecation.¹ The condition is commonly associated with hard stool, constipation, burning sensation, bleeding, local tenderness, and discomfort while sitting or passing stool. In daily clinical practice, patients suffering from *Parikartika* often complain of severe pain and fear of defecation, which further aggravates constipation and delays healing.²

Fissure in ano is a common condition in modern proctology. It is defined as a longitudinal tear or ulcer in the lower anal canal, usually situated in the posterior midline. The main clinical features include severe pain during defecation, fresh bleeding per rectum, anal spasm, constipation, and sometimes sentinel tag in chronic cases. The pathogenesis of fissure in ano is commonly related to trauma caused by hard stool, increased internal anal sphincter tone, reduced local blood supply, and delayed epithelial healing. Due to pain, the patient avoids passing stool, which makes stool harder and creates a repeated cycle of pain and injury.³

In *Ayurveda*, local procedures like *Pichu*, *Parisheka*, *Avagaha*, *Lepa*, and *Basti* have been described for anorectal and wound-related conditions. *Ghrita* preparations are especially useful because they provide lubrication, reduce dryness, pacify *Vata* and *Pitta*, and support wound healing. *Jatyadi Ghrita* and *Durvadi Ghrita* are two important classical formulations having wound healing and soothing actions. Their local application in the form of *Pichu* can provide direct contact with the fissure area, helping in pain relief, reduction of inflammation, control of bleeding, and faster healing of the fissure.⁴

Aim and Objectives

Aim

To compare the clinical efficacy of *Jatyadi Ghrita Pichu* and *Durvadi Ghrita Pichu* in the management of *Parikartika* with special reference to fissure in ano.

Objectives

- To study the classical concept of *Parikartika* according to *Ayurvedic* literature.
- To understand the modern concept of fissure in ano.
- To evaluate the effect of *Jatyadi Ghrita Pichu* in reducing pain, bleeding, burning sensation, constipation, and local wound features.
- To evaluate the effect of *Durvadi Ghrita Pichu* in reducing pain, bleeding, burning sensation, constipation, and local wound features.

- To compare the therapeutic efficacy of both interventions on clinical parameters of *Parikartika*.

Material and Methods

This article is prepared as a plain review article based on classical *Ayurvedic* texts, modern surgical literature, and available conceptual understanding of *Parikartika* and fissure in ano. Classical references related to *Parikartika*, *Vrana*, *Pichu*, *Ghrita*, *Jatyadi Ghrita*, and *Durvadi Ghrita* were reviewed from *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Sharangadhara Samhita*, *Bhaishajya Ratnavali*, and other standard texts. Modern information regarding fissure in ano was reviewed from standard surgical books. The probable mode of action of both formulations was analyzed on the basis of their *Rasa*, *Guna*, *Virya*, *Vipaka*, *Karma*, wound healing effect, anti-inflammatory action, soothing property, lubrication effect, and local tissue repair activity.

Conceptual Study

Parikartika

*Parikartika*⁵ is described as a condition where the patient experiences cutting pain in the anal region. It is mainly seen as a complication or associated condition in disorders where bowel movement is disturbed. It may occur due to hard stool, excessive purgation, improper administration of therapeutic procedures, intake of dry and irritating food, and vitiation of *Vata Dosha*. The pain is sharp and cutting in nature, which is the key clinical feature of this condition.

Nidana of *Parikartika*

The important causative factors of *Parikartika* include intake of dry, rough, spicy, and constipating food, suppression of natural urges, excessive straining during defecation, irregular bowel habits, dehydration, and improper digestion. These factors increase *Vata Dosha*, cause dryness of stool, and produce trauma to the anal mucosa. Repeated trauma leads to fissure formation and persistent pain.⁶

Purvarupa and Rupa

The early symptoms may include constipation, difficulty in passing stool, dryness in anal region, mild pain, and burning sensation. The fully developed symptoms include sharp cutting pain, fresh bleeding, burning sensation, anal spasm, tenderness, and fear of defecation. In chronic condition, the patient may develop repeated attacks, sentinel tag, fibrosis, and non-healing fissure.⁷

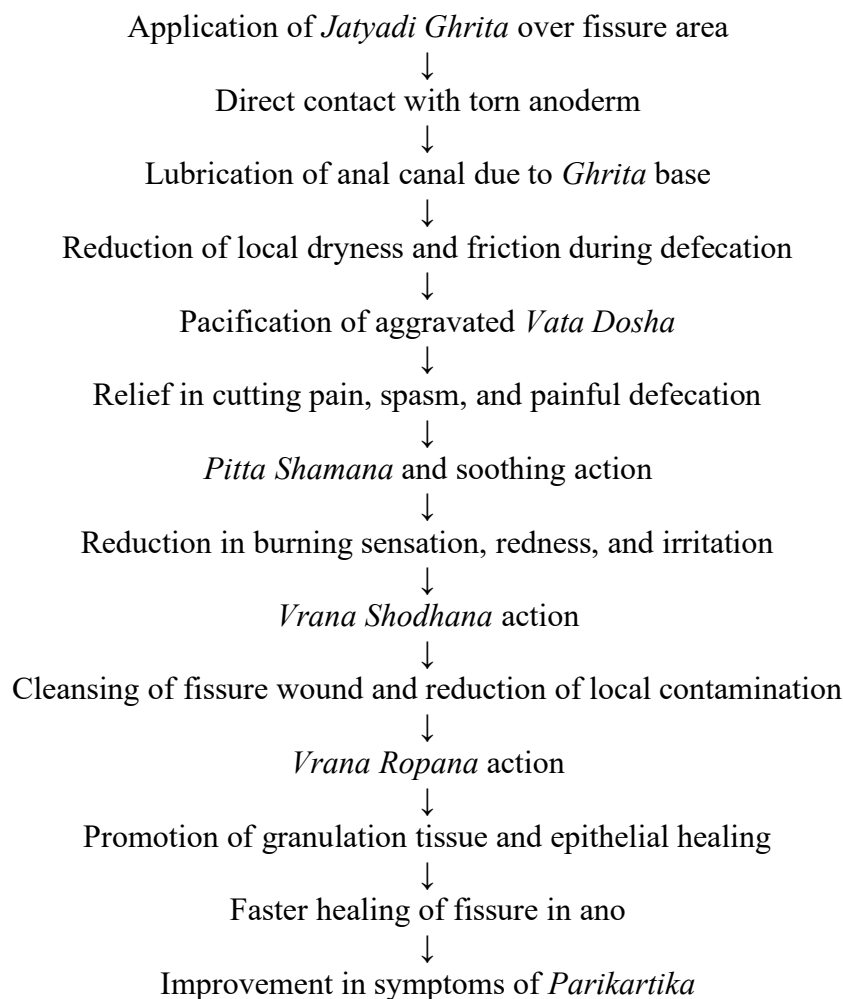
Dosha-Dushya Involvement

The main *Dosha* involved in *Parikartika* is *Vata*, especially because pain, spasm, dryness, and constipation are dominant features. *Pitta* involvement is indicated by burning sensation, redness, inflammation, and bleeding. The affected *Dushya* include *Rakta*, *Mamsa*, and local *Twak*. The site of pathology is *Guda Pradesh*, which is one of the important regions explained in *Ayurvedic* anorectal disorders.⁸

Concept of *Jatyadi Ghrita*⁹

Jatyadi Ghrita is a classical medicated *Ghrita* widely used for wound healing. It is commonly indicated in *Vrana*, non-healing ulcers, burns, cracks, and local inflammatory conditions. The formulation contains drugs having *Vrana Shodhana*, *Vrana Ropana*, *Shothahara*, *Dahaprashamana*, and antimicrobial properties. Due to its *Ghrita* base, it provides lubrication, reduces dryness, and supports healing of fissure by maintaining a soothing local environment.

Role of *Jatyadi Ghrita* in *Parikartika*

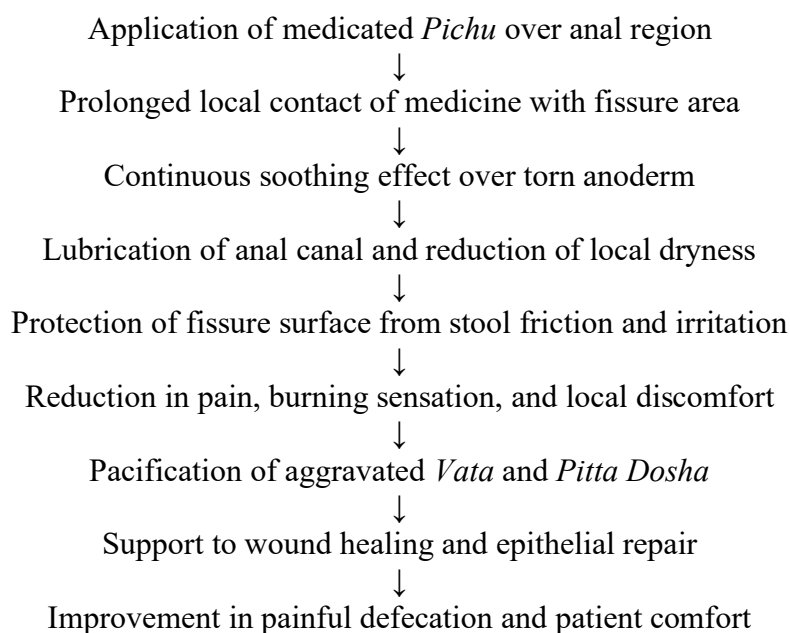


Main Actions of *Jatyadi Ghrita* in *Parikartika*

Action	Effect in <i>Parikartika</i>
<i>Vrana Shodhana</i>	Helps in cleansing the fissure wound
<i>Vrana Ropana</i>	Promotes healing of torn anoderm
<i>Vata Shamana</i>	Reduces cutting pain, dryness, and spasm
<i>Pitta Shamana</i>	Reduces burning sensation and redness
<i>Shothahara</i>	Decreases local swelling and inflammation
<i>Dahaprashamana</i>	Gives relief in burning sensation
Lubricating effect	Reduces friction during stool passage
Protective action	Covers the fissure surface and prevents irritation

Concept of *Durvadi Ghrita*¹⁰

Durvadi Ghrita is another important medicated *Ghrita* mainly useful in bleeding conditions, ulceration, burning sensation, and inflammatory lesions. *Durva* is known for *Raktasthambhana*, *Dahaprashamana*, *Shothahara*, and healing properties. In fissure in ano, where bleeding and burning are common complaints, *Durvadi Ghrita* may provide better relief in bleeding, irritation, and local inflammation.

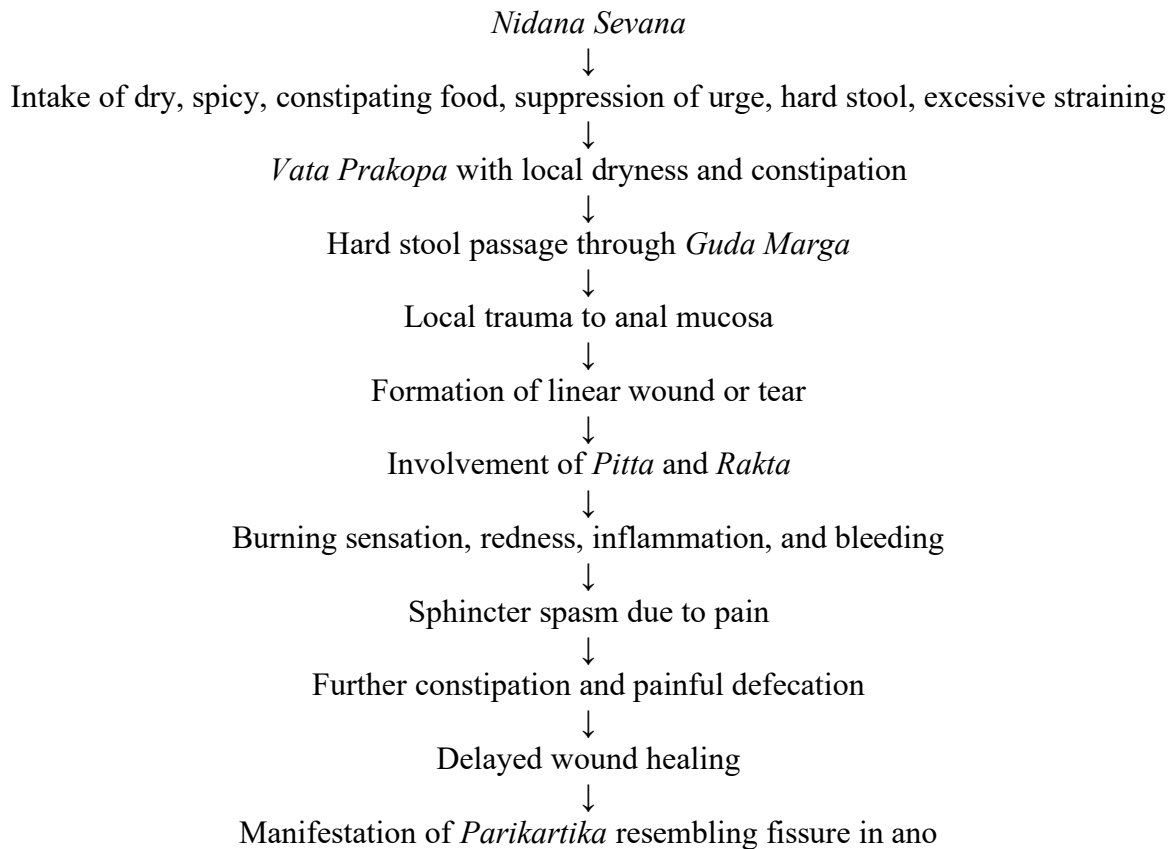
Role of *Pichu* in *Parikartika*

↓
Simple, economical, and patient-friendly local treatment in *Parikartika*

Modern Review of Fissure in Ano

Fissure in ano is a linear ulcer in the lower anal canal. It is usually caused by trauma due to passage of hard stool. The posterior midline is the most common site because this area has relatively poor blood supply. Pain causes reflex spasm of internal anal sphincter, which further reduces blood flow and delays healing. Acute fissure usually presents with fresh tear and severe pain, while chronic fissure may show indurated edges, exposed sphincter fibers, sentinel tag, and hypertrophied anal papilla.

Samprapti of *Parikartika*



Probable Mode of Action of *Jatyadi Ghrita Pichu*

- *Jatyadi Ghrita* may help in wound cleansing and wound healing due to its *Vrana Shodhana* and *Vrana Ropana* properties.
- The *Ghrita* base provides lubrication and reduces dryness at the anal region.
- It may reduce cutting pain by pacifying aggravated *Vata Dosha*.

- It helps in soothing burning sensation by pacifying *Pitta Dosha*.
- It protects the fissure surface from repeated friction during bowel movement.
- It may promote granulation tissue formation and epithelial healing.
- Local application through *Pichu* provides prolonged contact of medicine with the fissure area.

Probable Mode of Action of *Durvadi Ghrita Pichu*

- *Durvadi Ghrita* may help in controlling bleeding due to *Raktasthambhana* property.
- It may reduce burning sensation and local irritation by *Dahaprashamana* action.
- It helps in reducing inflammation and swelling around the fissure.
- The *Ghrita* base reduces dryness and supports smooth passage of stool.
- It may help in faster healing where bleeding and burning are prominent symptoms.
- It provides local cooling, soothing, and protective action.
- *Pichu* application helps in maintaining direct and sustained drug contact over the fissure.

Comparative View of Both Interventions

Criteria	<i>Jatyadi Ghrita Pichu</i>	<i>Durvadi Ghrita Pichu</i>
Main action	Wound healing and tissue repair	Bleeding control and soothing action
Useful in	Painful fissure with delayed healing	Fissure with bleeding and burning
Dominant property	<i>Vrana Ropana</i>	<i>Raktasthambhana</i> and <i>Dahaprashamana</i>
Effect on pain	Reduces pain by <i>Vata Shamana</i>	Reduces pain by soothing local inflammation
Effect on bleeding	Mild to moderate benefit	More useful in bleeding tendency
Effect on burning	Useful	More useful due to cooling effect
Effect on healing	Strong wound healing action	Supports healing with bleeding control
Base effect	Lubrication by <i>Ghrita</i>	Lubrication by <i>Ghrita</i>

Findings of Study

- *Parikartika* can be clinically correlated with fissure in ano because both present with cutting pain, bleeding, burning sensation, constipation, and painful defecation.
- *Vata Dosha* is mainly responsible for pain, dryness, constipation, and sphincter spasm.
- *Pitta Dosha* and *Rakta* involvement are responsible for burning sensation, inflammation, and bleeding.
- *Jatyadi Ghrita Pichu* may be more useful in cases where pain, wound healing delay, and tissue repair are the main concerns.
- *Durvadi Ghrita Pichu* may be more useful in cases where bleeding, burning sensation, and local inflammation are more prominent.
- Both formulations provide lubrication due to *Ghrita*, which helps in reducing friction and local dryness.
- *Pichu* is a simple local procedure that ensures direct and prolonged contact of medicine with the fissure area.
- Both interventions may reduce the need for aggressive local treatment in uncomplicated fissure in ano.
- Local application of medicated *Ghrita* may improve patient comfort and support natural healing.
- A comparative clinical study can help identify whether *Jatyadi Ghrita* or *Durvadi Ghrita* is more effective in specific symptom-dominant presentations of *Parikartika*.

Discussion

Parikartika is mainly a pain-dominant anorectal disorder. The sharp cutting pain described in classical texts is very similar to the pain experienced by patients of fissure in ano. In both conditions, hard stool and constipation play an important role. Once the fissure develops, the patient feels pain during defecation and starts avoiding bowel movement. This increases stool hardness and causes repeated trauma. Thus, the disease continues in a cycle of constipation, pain, spasm, and delayed wound healing.¹¹

The use of *Pichu* in *Parikartika* is clinically logical because the medicine remains in direct contact with the affected area. *Jatyadi Ghrita* may be especially helpful in healing the fissure wound

because of its *Vrana Ropana* and *Shothahara* properties. It also reduces dryness and friction due to the *Ghrita* base. In fissure cases where the wound is chronic, painful, and slow healing, *Jatyadi Ghrita Pichu* may provide good therapeutic benefit.¹²

Durvadi Ghrita may be more useful where bleeding and burning sensation are dominant symptoms. *Durva* is traditionally known for controlling bleeding and soothing inflamed tissue. The *Ghrita* base adds lubrication and *Vata-Pitta Shamana* effect. Hence, both medicines have their own importance. *Jatyadi Ghrita* appears more wound-healing oriented, while *Durvadi Ghrita* appears more bleeding and burning-relieving oriented. Therefore, comparative clinical evaluation can help to understand their relative efficacy in different presentations of *Parikartika*.¹³

Conclusion

Parikartika is a painful anorectal condition that can be closely correlated with fissure in ano. The main clinical features include cutting pain, bleeding, burning sensation, constipation, and painful defecation. The pathology involves *Vata Prakopa*, local dryness, tissue injury, and sometimes *Pitta-Rakta* involvement. *Jatyadi Ghrita Pichu* and *Durvadi Ghrita Pichu* both have useful roles in the management of *Parikartika*. *Jatyadi Ghrita* may be more effective in wound healing and tissue repair, while *Durvadi Ghrita* may be more useful in bleeding and burning-dominant cases. Both formulations, when applied locally as *Pichu*, provide lubrication, reduce pain, soothe inflammation, and promote healing. Hence, a comparative clinical study of these two interventions is relevant and useful in the management of fissure in ano.

Conflict of Interest - Nil.

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