

# Single Arm Clinical Study to Evaluate Efficacy of Shatdhaut Ghrita in Parikartika (Fissure in Ano)

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**Abstract:** The condition Parikartika has been mentioned in the Ayurvedic literature as one of the fifteen kinds of disorders which may result from an injudicious use of purgatives owing to the ignorance of the physician or of the patient. The acute fissure is a superficial splitting of the anoderm characterized by severe pain, sometimes associated with bleeding per rectum during/after defecation. Application of local anesthetics, anal dilatation, sphincterotomy, and fissurectomy (chronic fissure) are usually in practice. But these procedures have sometimes associated with some complications like post operative anal stenosis, sphincter incontinence etc. To overcome such problems and to provide cheap, simple, ambulatory and effective treatment, a combined therapy has been kept on trial on the basis of the treatment mentioned in the ancient literature in the management. **Aim and objectives:** Evaluation of clinical efficacy of Pichu application of shatadhauta Ghrita in the management of Fissure-in-ano (Parikartika). **Materials & Methods:** Taking this view in to consideration, a modified regimen with shatadhauta Ghrita in Pichu form in single group have been kept on trial on 30 patients in single group in the Ano-Rectal Clinic of the Institute. **Results and Conclusion:** The results were assessed and it was found that the medicines was effective without any complications in the management of Fissure-in-ano.

**Keywords:** Parikartika, Shatdhaut Ghrita, Fissure in ano

