



Clinical Applications Of Durvadi Ghrit In Raktapitta And Hemorrhagic Conditions

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Abstract

Raktapitta is a classical Ayurvedic disorder characterized by spontaneous bleeding due to vitiation of Rakta and Pitta Dosha, closely resembling hemorrhagic disorders in modern medicine. Durvadi Ghrit, a classical ghrit formulation, is widely used in the management of Raktapitta and other hemorrhagic conditions. Owing to its Rakta-stambhaka, Pitta-shamaka, Sheeta, Daha-prashamana, and Vranaropaka properties, it provides effective and safe clinical outcomes. This article reviews the pharmacological properties, mode of action, clinical applications, dosage, classical references, and correlations between Ayurvedic and modern pharmacological perspectives of Durvadi Ghrit.

Keywords: Durvadi Ghrit, Raktapitta, Hemorrhagic disorders, Rakta-stambhaka, Pitta-shamana, Ayurveda

Introduction

In Ayurveda, **Raktapitta** is described as a Pitta-dominant Tridoshaja disorder characterized by excessive bleeding from various orifices. Acharyas Charaka and Vagbhata have elaborately explained its etiopathogenesis, clinical features, classification, and management. The disorder arises from aggravated Pitta dosha contaminating Rakta dhatu, causing spontaneous bleeding.

This condition corresponds to hemorrhagic disorders in modern medicine such as epistaxis, hematemesis, hemoptysis, menorrhagia, hematuria, bleeding piles, and purpura.

Durvadi Ghrit is recommended in classical Ayurvedic texts for Raktapitta and other Pitta-dominant bleeding disorders due to its **Sheeta Veerya** (cool potency), Kashaya and Madhura Rasa (astringent and sweet taste), and Rakta-stambhaka (hemostatic) actions.

उष्णाम्ललवणक्षारकटुतिक्तविदाहिभिः।
पित्तं प्रकुप्यते तेन रक्तं दूष्यति चाश्रयात्॥
(C. Ch. 4/6-7)

When hot, sour, salty, alkaline, bitter, or pungent substances are consumed, or when there is burning sensation, Pitta becomes aggravated. Since Pitta and Rakta are closely linked, this aggravated Pitta contaminates Rakta, causing bleeding disorders.

Composition of Durvadi Ghrit

Durvadi Ghrit contains the following key ingredients:

- Durva (Cynodon dactylon)
- Yashtimadhu (Glycyrrhiza glabra)
- Amalaki (Embllica officinalis)
- Chandana (Santalum album)
- Ushira (Vetiveria zizanioides)
- Padmaka (Lotus seeds / Prunus puddum)
- Sariva (Hemidesmus indicus)
- Goghrit (Cow's ghee)

Pharmacological Properties (Rasapanchaka)

Parameter Properties

Rasa	Madhura, Tikta, Kashaya
Guna	Guru, Snigdha
Veerya	Sheeta
Vipaka	Madhura
Karma	Rakta-stambhaka, Pitta-shamaka, Daha-prashamana, Vranaropaka

Ingredient-Wise Mapping: Ayurvedic and Modern Properties

Ingredient	Ayurvedic Properties & Effect	Modern Pharmacological Action
Durva (Cynodon dactylon)	Tikta, Kashaya, Sheet; Pitta, stops bleeding	Balances Hemostatic, anti-inflammatory, antioxidant, wound healing
Yashtimadhu (Glycyrrhiza glabra)	Madhura, Snigdha, Sheet; Nourishes tissues, pacifies Pitta	Anti-inflammatory, mucoprotective, immunomodulatory
Amalaki (Embllica officinalis)	Madhura, Tikta, Sheet; Pitta-shamaka	Rasayana, Antioxidant, tissue regenerative, hepatoprotective
Chandana (Santalum album)	Tikta, Sheet, Kashaya; Pitta-shamaka, Daha-prashamana	Cooling, anti-inflammatory, antioxidant
Ushira (Vetiveria zizanioides)	Tikta, Sheet; Pitta-shamaka, Vranaropaka	Anti-inflammatory, wound healing, antimicrobial
Padmaka (Lotus seeds)	Madhura, Snigdha; Brimhana, Vranaropaka	Tissue regenerative, antioxidant
Sariva (Hemidesmus indicus)	Tikta, Kashaya; Pitta-shamaka	Rakta-shodhaka, Hemostatic, anti-inflammatory, immunomodulatory
Goghrit (Cow's ghee)	Madhura, Snigdha; Brimhana	Yogavahi, Enhances drug absorption, nutritional support, anti-inflammatory

Mode of Action

Durvadi Ghrit works through multiple mechanisms:

- The **Sheeta Veerya** helps pacify the aggravated Pitta dosha, thereby controlling bleeding.
- The **Kashaya Rasa** provides astringent effects that help contract blood vessels and promote coagulation, producing hemostasis.
- The **Madhura Rasa** and **Vipaka** nourish tissues and restore strength lost due to bleeding.
- The **Ghrit** acts as a **Yogavahi**, enhancing the absorption and tissue penetration of medicinal properties.
- Anti-inflammatory, antioxidant, and mucoprotective effects further prevent recurrence of bleeding.

रक्तपित्ते विशेषेण शीतं स्तम्भनमेव च।
पित्तघ्नं मधुरं स्निग्धं उपचारं प्रशस्यते॥
(C. Ch. 4/18)

In treating Raktapitta, cooling and hemostatic therapies are especially important. Medicines that reduce Pitta, with sweet and unctuous qualities, are highly recommended.

Clinical Applications

1. Urdhvaga Raktapitta (Upper Gastrointestinal & Respiratory Bleeding)

- Epistaxis (Nasa Raktasrava)
- Bleeding gums (Mukha Raktasrava)
- Hematemesis (Raktavamana)
- Hemoptysis (Rakta Shwasa)

Clinical effect: Stops bleeding, relieves burning, reduces swelling, heals mucosa.

2. Adhoga Raktapitta (Lower Gastrointestinal & Genitourinary Bleeding)

- Menorrhagia (Asrigdara)
- Bloody diarrhea (Rakta Atisara)
- Bleeding piles (Arsha Raktasrava)
- Hematuria (Mutra Raktasrava)

Clinical effect: Regulates flow, strengthens vessels, reduces chronic bleeding.

3. Raktapitta with Daha and Vrana

- Bleeding ulcers
- Gastritis with hemorrhage
- Inflammatory mucosal bleeding

Clinical effect: Relieves burning, heals tissues, reduces inflammation.

4. Pediatric Hemorrhagic Disorders

- Epistaxis, gum bleeding, purpura

Clinical effect: Gentle hemostatic action, Balya effect (strengthening), safe for long-term use.

पित्तं रक्तं च संसृष्टं मार्गान् भिन्द्याद् बहिर्गतम्।
ऊर्ध्वं अधो वा तिर्यक् वा रक्तपित्तं प्रचक्षते॥
(C. Ch. 4/8–9)

The bleeding from Pitta and Rakta can occur through different routes: upper orifices, lower orifices, or even through skin or hair follicles.

Dose and Administration

- Dose: 5–10 ml once or twice daily
- Anupana (vehicle): Milk, sugar water, cold decoctions
- Route: Oral

Pathya (Recommended): Milk, ghee, rice gruel, pomegranate, grapes, coconut water, cooling and nourishing foods **Apathya (To Avoid):** Spicy, sour, salty foods, alcohol, excessive heat exposure, strenuous exercise

Classical References

दूर्वादिघृतं रक्तपित्तहरं परम्
(A.H. Ch. 2)

Durvadi Ghrit is an excellent and superior formulation for managing Raktapitta.

- Ashtanga Hridaya, Chikitsa Sthana 2 (Raktapitta Chikitsa)
- Chakradatta, Raktapitta Chikitsa Prakarana
- Bhaishajya Ratnavali, Raktapitta Rogadhikara

Discussion

Durvadi Ghrit provides a comprehensive treatment by pacifying Pitta Dosha, stabilizing Rakta Dhatu, and promoting tissue healing. Unlike synthetic hemostatic agents, it does not cause adverse effects like thrombosis or hormonal imbalance. Its multi-dimensional actions make it suitable for acute, chronic, and recurrent hemorrhagic conditions.

Conclusion

Durvadi Ghrit is a safe and effective Ayurvedic formulation for the management of Raktapitta and other hemorrhagic conditions. Its Rakta-stambhaka, Pitta-shamaka, Sheeta, and Vranaropaka properties offer broad clinical benefits, bridging classical Ayurvedic wisdom with modern therapeutic understanding.

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