

THERAPEUTIC POTENTIAL OF *GHRITA* MENTION IN *CHARAK CHIKITSA STANA*

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ABSTRACT **Introduction:** The formulations described in *Charak Chikitsa Stana* compendia generally contain ingredients of *Ghrita* which include in *Panchagavya*. *Ghrita* is a well-known which contain various medicinal properties used in various formulations. These formulations are indicated for preservation of health and cure of variety of diseases conditions. **Aim and Objective:** Description of *Ghrita* and its formulations can be traced in *Charak Chikitsa Stana*. However, a single hand information regarding formulations of *Ghrita*, is not available. Hence, attempt is made in the present paper to gather therapeutic, pharmacological classical formulations of *Ghrita*. **Material & Method:** In the present study *Ghrita* were reviewed through *Charak Chikitsa Stana*. Therapeutic efficacy of *Ghrita* is discussed on the basis of available compiled data. **Observation And Results:** In present review, total 140 *Ghrita* were found in *Charak Chikitsa Stana* indicated in internal and external applications. These *Ghrita* are used in treating skin diseases, alopecia, arthritis, *Plihodar* (spleen diseases), *Apasmar* (epilepsy), *Arsha* (Haemorrhoids), *Shoth* (Swelling) etc. It is a drug of choice in treatment of many diseases and proved remarkable pharmacological activities. **Conclusion:** *Goghrita* have high therapeutic potential if used in various diseases. This study may help as guideline to researchers for planning their pharmaceutical, pre-clinical or clinical studies.

KEYWORDS : *Goghrita*, Diseases, *Arsha*, Therapeutic potential

INTRODUCTION

Cow-derived products can be used to treat a variety of illnesses. Ancient Ayurveda texts including the *Charaka Samhita*, *Shushruta Samhita*, and *Viridha Vagbhatt* provide detailed descriptions of the different applications of cow ghee, dung, milk, Ghee, and curd. ^[1] *Ghrita*/Ghee comes in eight varieties and is made from the milk of eight different animals. *Goghrita* (cow's ghee) is regarded as the greatest of all. ^[2] *Goghrita* improves memory, intelligence, Agni, Ojas, and Medas; it also reduces *Pitta*, *Vata*, poison, mania, phthisis, unfavourableness, and fever. Regular *Ghrita* consumption can aid in the body's ability to eliminate *Ama* (toxins) through the gut. For *Dhi* (intelligence), *Dhriti* (acts firmly), *Smriti* (memory), and *Buddhi*, *Goghrita* serves as fuel (intellect). ^[3]

Cow *Ghrita* is an excellent basis for Ayurveda formulations since it has the capacity to penetrate the body's cells and tissues more deeply. Also known as clarified butter. It makes a great *Anupana* (vehicle) for several ayurvedic medications. It makes medicinal compositions easier to stomach and absorb properly. It aids in the processes of

digestion and assimilation and helps to increase Agni (digestive power). Cow *Ghee* is regarded as a *Rasayana* (rejuvenation) that promotes longevity ^[4] and excellent health. The healing and efficacy of the cow *Ghrita* improve with age. The best source to calm *Vata Dosha* is *Goghrita*. Both internally and outside, it is applicable. Regular *Goghrita* consumption can speed up the removal of *Ama* (toxins) from the body through the intestines. Description of *Ghrita* and its formulations can be traced in *Charak Chikitsa Stana*. ^[5] However, a single hand information regarding formulations of *Ghrita*, is not available. Hence, attempt is made in the present paper to gather therapeutic classical formulations of *Ghrita*.

MATERIAL AND METHODS

For the present study, review has been done from *Charak Samhita Chikitsa Stana* the formulations of *Goghrita* were compiled. The formulations of *Goghrita* which are in medicated *Ghrita* forms involves sub steps such as mixing of bolus of one or more herbs, decoction of one or more herbs and either water or any other liquid media.

Table 1: Formulations Of *Goghrita*

Sr no	Formulations	Indication	External/ internal	References
1	<i>Amalak Ghrita</i>	Rasayan	I	Ch.chi.1-2/4
2	<i>Vajikaran Ghrita</i>	<i>Viryavardhak</i>	I	Ch.chi.2-1/35
3	<i>Vrushya Ghrita</i>	<i>viryavardhak</i>	I	Ch.chi.2/21-22
4	<i>Vrushya shatavari Ghrita</i>	<i>viryavardhak</i>	I	Ch.chi.2-3/18
5	<i>Apatyakar Ghrita</i>	<i>Vrushya</i>	I	Ch.chi.2-4/25-26
6	<i>Apatyakar Ghrita Dvitiya</i>	<i>Vrushya</i>	I	Ch.chi.2-4/28 -29
7	<i>Pipalyadi Ghrita</i>	Jwara	I	Ch.chi.3/219-220
8	<i>Vasadi Ghrita</i>	<i>Jirna jwar</i>	I	Ch.chi.3/222-23
9	<i>Baladi Ghrita</i>	<i>Kas, Shirashula. Kshay</i>	I	Ch.chi.3/225-26
10	<i>Sahastradhaut Ghrita</i>	Jwar	E	Ch.chi.3/257
11	<i>Vasa Ghrita</i>	<i>Raktapitta Hriday Rog</i>	I	Ch.chi.4/88
12	<i>Shatavari Ghrita</i>	<i>Kas, jwar,</i>	I	Ch.chi.4/95
13	<i>Panch panchmul Ghrita</i>	<i>Jwar , Shwas, Kas, Shirashula</i>	I	Ch.chi.4/96
14	<i>Pratham trishanadi Ghrita</i>	Gulma	I	Ch.chi.5/65
15	<i>Dvitiy trishanadi Ghrita</i>	Gulma	I	Ch.chi.5/66
16	<i>Shatphal Ghrita</i>	<i>Rajaykshma</i>	I	Ch.chi.5/67
17	<i>Hingusauvarchaladya Ghrita</i>	Gulma	I	Ch.chi.5/69-70
18	<i>Hapushadya Ghrita</i>	<i>Kas shwas Arsha Jwara</i>	I	Ch.chi.5/71-73
19	<i>Pippaladya Ghrita</i>	<i>Shirashula, vishamjwar</i>	I	Ch.chi.5/75
20	<i>Nilini Ghrita</i>	<i>Vataj gulma</i>	I	Ch.chi.5/105
21	<i>Nilinyadya Ghrita</i>	<i>Gulma, Kushtha, Shwitra, pliharog</i>	I	Ch.chi.5/107-108
22	<i>Rohinyadya Ghrita</i>	<i>Trishna, shula bhrama</i>	I	Ch.chi.5/115-116

23	Traymanadya Ghritha	Kamala, kushtha visarpa	I	Ch.chi.5/119-121
24	Amalkadya Ghritha	Pittaja Gulma	I	Ch.chi.5/122
25	Drakshadya Ghritha	Pittaja Gulma, pittaj Vikar	I	Ch.chi.5/123-124
26	Dashmul Ghritha	Kaphaj Gulma	I	Ch.chi.5/142
27	Bhallatak Ghritha	Pliharog, Pandurog, shwasrog, kasarog	I	Ch.chi.5/143-146
28	Shirashatphal Ghritha	Gulma Pliharog, Pandurog, shwasrog, kasarog	I	Ch.chi.5/147
29	Trikantakadya sneh Ghritha	Prameh	I	Ch.chi.6/38-39
30	Vipadikahar ghritha Taila	Kushtha	E	Ch.chi.7/120
31	Tikta Ghritha	Kushtha	E	Ch.chi.7/134
32	Khadir Ghritha	Kushtha	E	Ch.chi.7/135
33	Nimb Ghritha	Kushtha	E	Ch.chi.7/135
34	Darvi Ghritha	Kushtha	E	Ch.chi.7/135
35	Patol Ghritha	Kushtha	E	Ch.chi.7/135
36	Tiktashatphal Ghritha	Kushtha Arsha Grahani Pandurog, Gulma	I	Ch.chi.7/140-142
37	Mahatikta Ghritha	Pandu, Kamala, Arsha, Kushtha	I	Ch.chi.7/144-150
38	Mahakhadir Ghritha	Kushtha	I/E	Ch.chi.7/152-156
39	Dashmuladya Ghritha	Rajyakshma	I	Ch.chi.8/93
40	Rasna Ghritha	Kasa Shwas shirshul, parshwashul	I	Ch.chi.8/94
41	Bala Ghritha	shirshul, parshwashul	I	Ch.chi.8/94
42	Kharjuradyagrita Ghritha	Kasa Shwas	I	Ch.chi.8/96
43	Duralabhadya Ghritha	Rajyakshmajanit Vikar	I	Ch.chi.8/107-110
44	Jivanyadya Ghritha	Akadash Rajyakshma	I	Ch.chi.8/111-113
45	Mansa sadhit Ghritha	Rajyakshma	I	Ch.chi.8/167
46	Panchkoladi Ghritha	strotoshodhan	I	Ch.chi.8/169
47	Rasnadi Ghritha	Shosh	I	Ch.chi.8/170
48	Hingvadya Ghritha	Unmad	I	Ch.chi.9/34
49	Kalyanak Ghritha	Visarpa, vatrakta, Visarpa Jwar, prameh	I	Ch.chi.9/36-41
50	Mahakalyanak Ghritha	Unmad	I	Ch.chi.9/42-44
51	Mahapaishachakadi Ghritha	Unmad, Apasmar	I	Ch.chi.9/45-48
52	Lashunadya Ghritha	Vishamjwar, Apasmar	I	Ch.chi.9/49-51
53	Dvitiya Lashunadya Ghritha	Udarrog Gulma, Pandu Pliharog	I	Ch.chi.9/52-56
54	Prapuran Ghritha	Apasmar Grahaunmad	I/E	Ch.chi.9/60-62
55	Sidharthak Ghritha	Unmad	I/E	Ch.chi.9/72
56	Panchgavya Ghritha	Apasmar, Kamla, Jwar	I	Ch.chi.10/17
57	Mahapanchgavya Ghritha	Apasmar, Kamla, Jwar, Gulma, Shwaythu	I	Ch.chi.10/22-24
58	Bramhi Ghritha	Unmad, Apasmar	I	Ch.chi.10/25
59	Apasmarnashak Ghritha	Apasmar	I	Ch.chi.10/26
60	Vachadi Ghritha	Kaphaj Apasmar	I	Ch.chi.10/27
61	Yamak sneha	Apasmar	I	Ch.chi.10/27
62	Amalakyadi Ghritha	Pittaja Apasmar	I	Ch.chi.10/31
63	Kollakshadi Ghritha	urakshita	I	Ch.chi.11/34
64	Amrutprash Ghritha	urakshata	I	Ch.chi.11/35-43
65	Shvadanshradi Ghritha	Prameh, Mutrakrichch	I	Ch.chi.11/44-47
66	Chitrakadi Ghritha	Shoth, Gulma Mutrakrychchha	I	Ch.chi.12/55-56
67	Dvitiy Chitrakadi Ghritha	Shoth, Gulma	I	Ch.chi.12/57
68	Chitraka Ghritha	Arsha, Gulma	I	Ch.chi.12/58-59
69	Rohitak Ghritha	Udarrog, Kamala, Pandu	I	Ch.chi.13/83-85
70	Panchkol Ghritha	Shoth, Arsha, Gulma	I	Ch.chi.13/112-114
71	Nagaradya Ghritha	Udarrog, Gulma	I	Ch.chi.13/115
72	Chitrak Ghritha	Udarrog	I	Ch.chi.13/116
73	Yavadi Ghritha	Udarrog	I	Ch.chi.13/117
74	Snuhikshir Ghritha	Udarrog	I	Ch.chi.13/138-140
75	Dvitiy Snuhikshir Ghritha	Udarrog	I	Ch.chi.13/143-145
76	Pipalyadi Ghritha	Arsha	I	Ch.chi.14/1104
77	Chavyadi Ghritha	Arsha	I	Ch.chi.14/105
78	Dvitiy Pipalyadi Ghritha	Arsha	I	Ch.chi.14/106
79	Dvitiy Chavyadi Ghritha	Arsha	I	Ch.chi.14/107-109
80	Trutiy Pipalyadi Ghritha	Arsha	I	Ch.chi.14/116-118
81	Kutajphaladi Ghritha	Raktarsh	I	Ch.chi.14/197
82	Hriberadi Ghritha	Arsha, Atisar, Grahani	I	Ch.chi.14/230-233
83	Sunnishannakha changeri Ghritha	Arsha, Atisar, Gudabhransha	I	Ch.chi.14/235-242
84	Dashmooladya Ghritha	Grahani, Vatvikar	I	Ch.chi.15/82-86
85	Trushanadya Ghritha	Grahani	I	Ch.chi.15/87
86	Panchamuladya Ghritha	Mandagni	I	Ch.chi.15/88-93
87	Chandanadya Ghritha	Grahani	I	Ch.chi.15/125-128
88	Kshar Ghritha	Grahani	I	Ch.chi.15/171
89	Dadimadya Ghritha	Pandu, Gulma Arsha, Kas	I	Ch.chi.16/44-46
90	Katukadya Ghritha	Raktapitta jwar, Shotha	I	Ch.chi.16/47-49

91	Pathya Ghrita	Pandu.Gulma	I	Ch.chi.16/47-49
92	Danti Ghrita	Pliha ,pandu ,shoth	I	Ch.chi.16/51
93	Drahsha Ghrita	Pandu,jwara.udar	I	Ch.chi.16/52
94	Haridradi Ghrita	Kamala	I	Ch.chi.16/53
95	Darvi Ghrita	Pandu	I	Ch.chi.16/54
96	Kaliyak Ghrita	Kamala	I	Ch.chi.16/54
97	Dashmuladi Ghrita	Hikka ,Shwas	I	Ch.chi.17/140
98	Tejovatyadi Ghrita	Hikka ,Shwas,grahani	I	Ch.chi.17/141-144
99	Manshiladi Ghrita	Hikka ,Shwas	I	Ch.chi.17/145
100	Dadhik Ghrita	Hikka ,Shwas	I	Ch.chi.17/145
101	Pippalyadi Ghrita	Kas,shwas	I	Ch.chi.18/36-38
102	Trishnadi Ghrita	Gulma Aruchi shwas	I	Ch.chi.18/36-38
103	Kantakari Ghrita	Kas ,Hikkaa,Shwas	I	Ch.chi.18/125-128
104	Dvipanchmuladi	Kas	I	Ch.chi.18/158-160
105	Guduchyadi Ghrita	Gulma Shwas Kas	I	Ch.chi.18/162
106	Kasamardiyadi Ghrita	Jwar ,Shosh ,Plihavrudhdi	I	Ch.chi.18/163-164
107	Changeri Ghrita	Atisar	I	Ch.chi.19/43
108	Chavyadi Ghrita	Atisar	I	Ch.chi.19/44
109	Darvyadi Ghrita	Atisar	I	Ch.chi.19/80-81
110	Kalyanaka Ghrita	Chhardi	I	Ch. Chi. 20/47
111	Triushnadi Ghrita	Chhardi	I	Ch. Chi. 20/47
112	Jeevaniya Ghrita	Chhardi	I	Ch. Chi. 20/47
113	Tikta Ghrita	Pittaj Visarpa	I	Ch. Chi. 21/47
114	Jeevaniya Ghrita	Vataj Pittaj Trishna		Ch. Chi. 22/41
115	Nagdantyadi Ghrita	Sarpavish ,kitavish	I	Ch.chi.23/241
116	Amrut Ghrita	vishnashak	I	Ch.chi.23/242-248
117	Shatdhaut Ghrita	Vrana	E	Ch.chi.25/64
118	Shiradi Ghrita	Mutrakrichchha	I	Ch.chi.26/74
119	Katkadi Ghrita	Mutrakrichchha	E	Ch.chi.26/74
120	Shwadanshradi Ghrita	Raktaj Mutrakrichchha	I	Ch.chi.26/74
121	Haritkydi Ghrita	Vilom vata ,Vataj Gulma	I	Ch.chi.26/83
122	Trishnadi Ghrita	Pandurog hrudayrog Halimak	I	Ch.chi.26/87-89
123	Drakshdi Ghrita	Pittaj Hriday Rog	I	Ch.chi.26/93
124	Kasherukadi Ghrita	Hriday rog	I	Ch.chi.26/94
125	Mayur Grhita	Shiroyog Ardita	I	Ch.chi.26/163-165
126	Mahayur Grhita	Manyastambha ,Ardit,	I	Ch.chi.26/166-174
127	Madhuyashtyadi Ghrita	Shiroyog	I	Ch.chi.26/179
128	Dashmuladi Ghrita	Vatavyadhi	I/E	Ch.chi.28/119-121
129	Chitrakadi Ghrita	Vatavyadhi	I	Ch.chi.28/122
130	Baladi Ghrita	Vatavyadhi	I	Ch.chi.28/123
131	Shravanyadi Ghrita	Vatarakta	I	Ch.chi.29/55
132	Baladi Ghrita	Vatarakta	I	Ch.chi.29/55
133	Parushak Ghrita	Vatarakta,urakshata	I	Ch.chi.29/55
134	Dwipanchmuladi Ghrita	Vatarakta	I	Ch.chi.29/61-70
135	Draksyadi Ghrita	Vatarakta	I	Ch.chi.29/61-70
136	Jivaniy Ghrita	Vatarakta	I	Ch.chi.29/72-74
137	Shiradi Ghrita	Vatarakta	I	Ch.chi.29/76-78
138	Padmakadi Ghrita	Vatarakta	E	Ch.chi.29/146
139	Kashmaryadi Ghrita	Yonishul,Arsha,Gulma	I	Ch.chi.30/52-53
140	Bruhat Shatavari Ghrita	Punsavan vidhi,rajovikar Viryavardhak	I	Ch.chi.30/64-68

Abbreviations – ch.chi- Charak Chikitsa

DISCUSSION

By supplying lubrication, *Goghrita* helps to miraculously heal and rejuvenate the stomach's lining, which ultimately facilitates digestion. The finest method for balancing an overactive Pitta Dosha (heat component) within the body is *Ghritha*. In accordance with natural physiology, the Pitta Dosha is most active in the afternoon, making this the ideal time to consume *Goghrita*, ideally cow ghee. Old cow ghee, also known as "*Purana Ghrita*" or "*Mahaghrita*," has been used to treat a number of chronic illnesses, including digestive problems, epilepsy, and neurological problems. Cow ghee is a useful treatment for bones, bruises, and skin conditions like eczema and psoriasis.

Cow *Ghee* is a good treatment for a variety of skin conditions, including eczema, psoriasis, and broken bones.^[6] Ghee is a crucial component of Panchakarma as Purva karma (pre- treatment), and it is recommended that you drink it every morning as the first step. Ghee aids in the removal of ama (toxins) from the body and promotes excretion through the colon. Ghee is able to penetrate the tissues of the limbs, head, joints, and other regions of the body more deeply during abhyanga (oleation therapy), which triggers the release of endorphins. Abhyanga strengthens the immune system and slows the ageing process.^[7]

Ghritha enema is effective in treating skin conditions, balancing the body's excessive vata, and strengthening bones. Ghee for fever: Cow ghee lessens the burning sensation that follows a fever, but it should only be used after the fever has been thoroughly treated (often after 10 days) to rebuild strength and immunity. According to the Shatdhautagrita, a unique process in which cow ghee is washed 100 times. Shaudhaut ghritha has therapeutic characteristics that help calm pitta and are helpful for pregnant women, burn victims, and those with wounds and cuts. It is a fantastic moisturiser. It improves nutrient absorption, wisdom, memory, and body lustre.^[8]

Chemically, *Ghee* is a complex lipid of glycerides (usually mixed), free fatty acids, phospholipids, sterols, sterol esters, fat soluble vitamins, carbonyls, hydrocarbons, carotenoids (only in ghee derived from cow milk), small amounts of charred casein and traces of calcium, phosphorus, iron, etc. Glycerides constitute about 98% of the total material. Out of the remaining constituents, sterols (mostly cholesterol) occur to the extent of about 0.5%. Rate of absorption is 96 %, highest of all oils and fats^{[9][10][11]}

Butyric acid is now advised for some people with ulcerative colitis because it reduces gastrointestinal tract inflammation. The removal and neutralization of free radicals that damage the retinal cells by

vitamin A stops macular degeneration and the formation of cataracts. Antioxidants including vitamin E and β -carotene work to combat free radicals, support skin cell renewal, boost immunological function, and lower the risk of some malignancies and heart conditions. Daily consumption of conjugated linolenic acid, an omega-6 fatty acid, helps people maintain their weight by increasing lean body mass and decreasing body fat, as well as protecting against cancer.^[12]

Active compounds, particularly low molecular weight saturated fatty acids, are readily absorbed and digested because they are suspended inside ghee. Due to Ghee's *yogavahi* (assimilatory) nature, herbs' effects are multiplied when combined with it. Ghee's lipophilic properties assist the movement of essential substances both to and inside target organs. Drug distribution, digestion, and absorption [13]

Due to its *Madhura Rasa*, *Guru Snigdha Guna*, *Sheeta Veerya*, and *Madhura Vipaka*, which has *Balya*, *Snehana*, and *Rasayana* activities, *Goghrita* (cow ghee) is known as the elixir of life. It is the most effective medicine for treating *Vatapitta Dushi*. *Goghrita* is a *Yogavahi* by nature, delivering and enhancing the effects and qualities of herbal medications used as substrates. Triglycerides, fat-soluble vitamins A, D, E, and K, and free fatty acids—essential components of cells and tissues and sources of energy are abundant in *Goghrita*. *Goghrita* has been found to have anti-inflammatory, antioxidant, and antihyperlipidemic properties.^[14]

Goghrita formulation mentioned in *Charak Chikitsa Sthan* are used internally or externally. In *Vatrakta* (Gout) *Ghrta* is used for *Basti chikitsa*. More number of *Ghrta* are mentioned in chapter no 5 i. e. *Gulma Chikitsa* and less number of *Ghrta* are mentioned in chapter 1 *Rasayan Adhyay*. For *Nasya Chikitsa Madhuyashtyadi Ghrta* and *Baladi Ghrta* are used which are mentioned in *Shirorog* and *Vatarakta* respectively.

OBSERVATION AND RESULT

Total 140 formulations of *Goghrita* were found after reviewing the *Chikitsa Sthan* of *Charak Samhita Uttarardha*. Most number of formulations are mentioned in chapter 5 (Total 15). All formulations are described with their name, used in the form of internal or external, indications and textual references.

CONCLUSION

Goghrita formulations of Ayurveda are unique, as *Goghrita* is a well known as well as an excellent medicine itself. There are many challenges in manufacturing high quality *Goghrit* formulations. *Goghrita* have high therapeutic potential if used in various diseases. This study may help as guideline to researchers for planning their pharmaceutical, pre-clinical or clinical studies.

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