



GHRITA: A SHORT COMMUNICATION

Ayurveda

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KEYWORDS

INTRODUCTION:

“Ayurveda is An Ancient Science.” According to Ayurvedic Principles of advantages, it can be used as a “Home Remedy “now -a -days. Different herbal dravyas if combined with Pure Ghrita, the benefits increase as per the ingredients within that Siddha Ghrita (Medicated Ghee) Four types of Mahasnehas (Ghrita, Taila, Vasa and Majja) and their combined mixtures described by Acharya Charaka in Sutrasthana. Ghrita is the best one among these four, due to its **Sanskaranuvartaniya Properties**.

Etymology^[1]–

The word “Ghee” comes from Sanskrit; **Ghrita** According to Acharya Charaka, it has Unctuous Property

Synonyms –

- **Sanskrit-** Ghrita, Ghitam and Sarpī.
- **Marathi-** Toopa
- **English-** Clarified butter
- **Hindi-** Ghee

Specialty Of Ghrita:-

“Sanskaram Anuvartate”

“It has ability to assimilate effectively the properties of the ingredients added to it , without losing its own properties “

REVIEW OF LITERATURE:^{[1][4]}

According **Charaka Samhita**, Ghrita increases Buddhi (can be correlated to Intellect), Smriti (can be correlated to Memory), Agni (can be correlated to Digestive Capacity), Shukra (can be correlated to Vigour), Oja (can be correlated to Vitality) etc. It also increases Kapha and Meda, pacifies Vata- Pitta-Visha (can be correlated to Toxins), Unmada (can be correlated to Hysteria), Shosha (can be correlated to Malnutrition), and Jwara (can be correlated to Fever) etc.

Acharya Charaka also used the word '**Sahastrakarmakrita**' (Thousand deeds- maker) and **Sahastraveeryam** (Most Powerful). In **Sushrut Samhita**, some of the Properties and Karmas of Ghrita are mentioned additionally like Agnideepana (Corrects Digestive Capacity), Smriti-Medha Vardhana(Increases Memory and Intellect) , Kanthya(Beneficial to Kantha), Saukaumarya(Beneficial to Complexion) ,Oja-Teja-Balakara(Strengthens Immunity) Rakshoghna (Germicide) etc . According to **Acharya Vagbhata**, it leads to Vayasthapana(Beneficial for Long -life).

CHARACTERISTICS AS PER AYURVEDIC SCIENCE:

Properties of Ghrita:

Purana Ghrita:

Ghrita which is preserved for one year as per Bhavaprakasha and 10 year as per Acharya Charaka is referred to as “**Purana Ghrita**” having Katu -Tikta Rasas, Katu Vipaka ,Sara, Sheeta, Teekshna Gunas ; Ugra Gandha (Strong odour) Properties leads to Tridoshahara action.

Also, it alleviates Apasmara (Can be correlated to Epilepsy), Murcha (Can be correlated Fainting), Shosha(Can be correlated Malnutrition), Unmada (Can be correlated Hysteria), Visha (Can be correlated Toxins), Jwara (Can be correlated Fever) Yoni -Karna -Shirra- Shoola (Pains related to Womb Ears and Skull.).**Acharya Vagbhata** also particularly mentioned the **Vrana Shodhana -Ropana** actions (Healing Procedures of Ulcers) etc.by Purana Ghrita.

Prapurana Ghrita:

The Ghrita, which is preserved for more than 10 years is referred to as “**Prapurana Ghrita**.” It is having Sheeta Veerya, Grahadosha shamaka, Budhi vardhaka and is excellent for Virechana.

Ghrita as Rasayana^[5]

It acts as **Ajasrika Rasayana**, as it leads to nourishment of all the Saptadhatus by enhancing its Agnideepana and Pachana actions, ultimately gets towards high quality of Oja (Prasad Bhag of Saptadhatus) as well as Ayuprakarsha, Swara- Varna- Prasadana, Medhya, Chakshushya, Shukravardhaka qualities.

Rasa (Taste)	Madhura
Gunas (Qualities)	Snigdha, Mridu, Slakshna, Guru, Yogavahi, Soumya
Veerya (Potency)	Sheeta
Vipaka (After effect)	Madhura
Karyas(Deeds)	Tridoshashamaka

Composition of Ghrita:

It contains saturated Fatty acids, which provide energy and stamina. Also, Ghrita helps in brain development and contains mono-saturated Omega-3s, fat-soluble vitamins A, D, E and K, large quantities of butyrate, a fatty acid that has been linked to an Immune system response for inflammation management.

Medicated Ghrita:^[6]

There are about many Medicated Ghrilas described in the Ayurvedic Classical Texts. It is prepared by boiling Ghrita with Kwatha (decoction of herbs) and integrated with Kalka (Paste of herbs). Drug given in the form of Ghrita not only be digested, but absorbed fast to reach some of the most distant and desired areas of body with the help of its **Yogavahi** property.

CONCLUSION:

It may be concluded that,Ghrita is natural and unique food article which is generally most beneficial to all. It combats many diseases due to its ability to assimilate effectively with the properties of the ingredients added to it without losing its own properties.

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