PHARMACOLOGICAL IMPORTANCE OF GHRTA IN AYURVEDA

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ABSTRACT

Aahara assumes a significant part in our everyday existence. Food gives different medical advantages. Ghrita is one such Snigdha Ahara Dravya which is viewed as a necessary piece of the human eating regimen in India for a long time. How much utilization of Ghrita changes as per locale, and people? The nutritious and helpful worth of Ghrita is superb. Each food thing we eat experiences Agni which brings about the development of Aahara Rasa and subsequently Rasa Dhatu consequently circling all around the body. Rasa which is viewed as the Aadya Dhatu persistently flows and structures the cellar for the sustenance of sequential dhatu. Goghrita is a rejuvenator and aphrodisiac.

INTRODUCTION

Ayurveda is basically the study of life. It embraces in itself ideal standards for carrying on with a sound existence. Ayurveda imagines a total routine for both sound and infected ones, watching well-being at all ages. Aahara, Nidra, and Brahmacharya are three sub-points of support, which support the body itself.[1] Here, Aahara has been counted first, which shows its significance. Food assumes a definitive part in the turn of events, food, generation, and end of life. Through hundreds of years, food has been perceived as a significant variable for people, in well-being and ailing state. Man has forever been keen on food and the historical backdrop of man generally has been a battle to get food.

Aahara supplies bio-energy to the body. This bio-energy is provided by appropriate and sufficient nourishment as its fundamental constituent viz. proteins, carbs, fats, minerals, nutrients, and water. The act of Aaharvidhi is an old, experimental, and exquisite craftsmanship and it is just in the early long stretches of the last century that sustenance and dietetics have come to get the situation with unmistakable disciplines.

Sustenance might be characterized as the study of food and its relationship to well-being. It is concerned essentially with the part played by supplements in body development, advancement, and support.

Dietetics is the functional utilization of the guideline of sustenance. It incorporates the preparation of dinners for both ordinary and wiped-out people. Ayurveda has recognized and endorsed a bunch of genuinely good dietetic codes. At the point when the Aahara is taken reasonably and as indicated by the codes of dietetics, just the advantages of Aahara can be accomplished. Any deviation in diets and, surprisingly, in their arrangement style prompts weakness.

Sadly, scarcely 1-2% of people in India keep these codes and guidelines of dietetics. In different nations additionally, penny percent perceptions of these guidelines are not seen. There might be different variables liable for this non-recognition of the dietetic codes. Different neurotic elements stand recognized because of Aahara propensities related as they are to tangible improvements, which are delight giving, or misery giving. Despite the fact that Ayurveda has hypothesized this hypothesis and has managed it exhaustively, as of late a lot of interest has been centered around the craft of dietary elements in the pathogenesis of non-transmittable illnesses, and there are volumes of logical information supporting the hypothesis that diet is the basic key calculate.
most constant degenerative problems and heart diseases.

_Nirukti_

The word ‘Ghrita’ is derived from ‘Ghriti Ghriyate Ghri Seke Anjighrisibhayah Kthah.’[2]

Ghrita Nishpatti – Ghrita has used the meaning ‘extracted from milk’.

_Charakra Samhita_

_Goghrita_ promotes memory, intellect, and the power of digestion, semen, _Ojas_, _Kapha_, and fat. It alleviates _Vata_, _Pitta_, toxic conditions, insanity, consumption, and fever. It is the best of all the unctuous substances. It is auspicious, cold in potency, and sweet both in taste as well as _Vipaka_. When administered according to the prescribed procedure, it increases, thousand times in potency and develops manifold utilities.[3]

Old _Goghrita_ is useful in intoxication, epilepsy, fainting, consumption, insanity, toxic manifestations, fever, and pain in the ear, head, and female genital tract.[4]

The properties of _Ghrita_ of other animals viz., goat, sheep, and buffalo are the same as those of their milk.[5]

When _Ghrita_ is prepared with certain specified drugs in accordance with a prescribed procedure, its potency, and utilities increase many folds. This is because no other unctuous substance except _Ghrita_ has such a tremendous capacity to absorb the properties of the drugs mixed with it. According to certain commentators of the _Sushruta_, _Ghrita_ alleviates all three _Doshas_.[6] Even if so, only specially medicated _Ghrita_ can alleviate _Kapha_. Normally _Ghrita_ aggravates and does not alleviate _Kapha_. It does, no doubt, alleviate _Vata_ and _Pitta_.

Old _Ghrita_ is meant _Ghrita_ preserved at least for ten years. As it is said, ‘_Ghrita_ preserved for 10 years is considered old (Puranam). It is considered very old if preserved for more than ten years (Prapurana).’ The older the _Ghrita_, the more efficacious it is. This is also what Harita has stated. In the above passage, there is no mention of the properties of _Ghrita_ of elephants, etc. because such _Ghrita_ is not in use.

_Sushruta Samhita_

_Ghrita_ is sweet, mild in action, soft, cold in potency, not increasing moisture in the tissues, lubricating, relieves upward movement in the alimentary tract, insanity, epilepsy, colic, fever, and distension of the abdomen; mitigates _Vata_ and _Pitta_, kindles digestive fire, increases memory, wisdom, intelligence, complexion, voice, beauty, the softness of the body, vitality, vigor, strength, and span of life; is aphrodisiac, good for vision, increases _Kapha_, wards off sins and in suspiciousness, destroys poisons and demons (evil spirits, bacteria, etc.).[7]

Alleviation of _Udavarta_ etc. is affected if they are free from _Ama_ and not of those associated with _Amajvara_ here denotes chronic fever, some read as _Tridosha pakarshanam_ there to the pacification of _Kapha_ is affected only if associated with _Vata_ and _Pitta_ and not in single status.

_Goghrita_ is sweet after digestion, cold in potency, mitigates _Vata_, _Pitta_, and poison; best for vision bestows strength, and is superior in qualities.[8]

Old _Ghrita_ is laxative, pungent after digestion, pacifies all three _Doshas_, alleviates fainting, narcosis, insanity, intoxication, enlargement of the abdomen, fever, homicidal poisoning, consumption, epilepsy and pain in the female genital tract, ears, eyes, and head; relieves pain, kindles digestion and useful in therapies like enema, nasal medication and filling the eyes.[9]

Old _Ghrita_ cures blindness, dyspnea, rhinitis, fever, cough, fainting, leprosy, insanity, seizure by evil spirits, and epilepsy.[10]

_Ghrita_ preserved from the eleventh year to one hundred years is known as _Kaumbha Ghrita_ is _Rakshogna_ which destroys demons; beyond this is called _Maha Ghrita_ which mitigates _Kapha_ and _Vata_, bestows strength, auspiciousness, improves intelligence, cures blindness especially, destroys all kinds of demons and is extolled as highly beneficial.[11]

_Puranam – Old Ghrita_ preserved for up to two years; _Kumbha Sarpi – Acharyas_ says _Kumbha Ghrita_ is one hundred years old.

_Ashtang Hridya_

Consuming _Ghrita_ is considered the best to promote comprehension, memory power, and intellect. It provides strength, prolongs the life span, enhances semen, and is good for the eyes. It is good for children as well as elders. Those who wish to attain fertility, luster, soft skin, and a good voice are advised to use it, it is indicated I person is debilitated because of emaciation due to injuries, eruptive skin, weapon wounds, and burns. It cures _Vata_ and _Pitta_ diseases, poisons, psychosis, tuberculosis, inauspiciousness, and fever. _Ghrita_ is considered the best among all the varieties of _Sneha_ (oils and fats). Its grades of potency are infinite. Properly prepared _Ghrita_ is therapeutically useful in many potencies infinite. Properly prepared _Ghrita_ is therapeutically useful in many ways.[12]
**General Properties:** There are thousands of properties as per utilization of Ghrita.\[13\]

**Synonyms:** Aajya, Havi, Sarpi, Pavitra, Navneetaja, Amrita, Abhidhara, Jeevaniya\[14\]

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Discussion of Conceptual study is an important part of any work, as the conceptual aspect of the particular subject reveals the hidden facts. The information collected is based on the available kinds of literature related to Ghrita in different Ayurveda classical texts. Ghrita is used as Anupana of Puspadhanwa Rasa, Amruti Karana of Abhraka Louha. Also, it is mentioned in Charaka Samhita as Gana le., MadhuraSkandha, Yamaka, Mahasneha Rasashastreya, Pancharitrita, Pancha Gavya, Mitrapanchaka, Dravana Panchaka, Dravaka Varga. In Ayurvedic classical texts like Dravya Guna Sangraha,[28] Yogratanakara[30], and Harita Samhita[31] the pharmacology of Ghrita is similar to as described in Sushruta Samhita.

Ayurvedic application:
I. Rasayana, Vajikara, Rasavardhaka, Varnya.
II. It increases Oja, Medha, Smriti, Agni, and Indriyabala.
III. Used in Vandhya, Sahasra Veerya.

Since ancient times, India has manufactured and used Ghrita, a form of clarified butter fat. It is employed in Ayurveda as a healing substance and in religious rites. It is regarded as a spiritual dish in India and is well-liked for its nutritional benefits, distinct flavor, and perfume. It is produced using the milk, cream, or butter of several types of animals. Ghrita processing can be accomplished by applying direct heat to remove fat from milk, cream, or butter with or without fermentation. Ghrita is a special kind of fat because of its distinctive flavor, which is the primary condition for its approval. Fermentation of cream, butter, or milk as well as heating operations are major processing factors. Due to the low moisture level and potential natural antioxidant components, it has a pretty long shelf life.

CONCLUSION

Ghrita has gained widespread acceptance as a superior fat to other fats as a component of the human diet, mostly because of its distinctive short-chain fatty acid concentration, which is responsible for its improved digestion and anti-cancer qualities. In addition to possessing a rich and pleasant sensory profile, it plays a significant role in transporting vital fatty acids (linolenic acid and arachidonic acid) and fat-soluble vitamins (A, D, E, and K). Ghrita is thought to act as a coolant, improve physical and mental performance, and treat eye and ulcer ailments. This study, which is a comprehensive review of the Ayurvedic literature, highlights the therapeutic benefits of Ghrita in the management of diseases.

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