

## ROLE OF MAHAT PANCHA GAVYA GHRITA IN DEPRESSION – A CONCEPTUAL STUDY

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### ABSTRACT

One of the most ancient systems of medicine-Ayurveda, developed thousands of years ago, even today continues to stun the scientific faculties all over the world by its highly evolved concepts. Psychiatry is the branch dealing with the disorders of mind and its management. Among the eight branches in Ayurveda, 'Bhutavidya' is the Ayurvedic psychiatric branch. Ayurveda adopts a comprehensive psychosomatic approach, for the management of the diseases. Ayurveda can be adopted as an effective mode of intervention in depression.

**Keywords:** Depression, *Kaphajonmada*, *Mahat Pancha Gavya Ghrita*

### INTRODUCTION

The emotions of sadness, unhappiness or disappointment are a part of human existence and are experienced by everyone almost on a daily basis. Such emotions may be associated with failure in academics, loss in a financial investment, break-up of a love affair, or with the death of a loved one. However, after feeling sadness for a few days during which time there can be changes in the sleep pattern and appetite, disinterest in

daily chores etc., the person usually returns to normal life within a reasonable period. On the other hand in some cases this state of sadness or unhappiness continue to accumulate to such a degree and for such a length of time that it far outweighs the significance of the precipitating factor. The sufferer continues to be in a prolonged state of sadness and becomes withdrawn from his or her personal, social and occupational ac-

tivities. In such situations, a diagnosis of the disease condition of depression should be considered. It is a mental illness that disturbs the person both mentally and physically and it can also disrupt the entire family life. World Health Report 2001 has identified depression as the 4<sup>th</sup> cause of Disability Adjusted Life Years (DALY's) in all ages, and the 2<sup>nd</sup> cause in the age group of 15-44 years. Depression is also the 1<sup>st</sup> cause of YLD (Years of Life Lived with Disability) in all ages. The World Health Report 2001 estimates that there are 121 million people worldwide suffering from depression<sup>[1]</sup>

### ICD 10 Diagnostic Criteria for Depression<sup>[2]</sup>

The most Typical Symptoms are

1. Depressed mood
2. Loss of interest and enjoyment
3. Reduced energy leading to increased fatigability and diminished activity

### Other Common Symptoms:

1. Reduced concentration and attention
2. Reduced self- esteem and self confidence
3. Ideas of guilt and unworthiness (even in mild type of episode)
4. Bleak and pessimistic views of future
5. Ideas or acts of self -harm or suicide
6. Disturbed sleep
7. Diminished appetite

### Unmada

Indian scriptures and Ayurvedic classics are a vast source for the development of Ayurvedic psychiatry. *Bhuta vidya* is the branch of Ayurveda that deals with abnormal behaviour of a person. Any condition that perverts mind, intellect, consciousness, memory, desire, manner, behaviour, and conduct can be called as *Unmada* <sup>[3]</sup>. There are generally 5 types of *Unmada* <sup>[4]</sup>, i.e. *Vatika*, *Paittika*, *Kaphaja*, *Sannipatika* and *Agantuja*. Among those when we consider the symptoms of *Kaphajonmada* and symptoms of depressive disorders, we can find that most of the symptoms of both are similar.

### Correlation of *Kaphajonmada* Symptoms with depression Table 1:

<i>Kaphajonmada</i>	Depression
<i>Arochaka</i>	Tastelessness
<i>Alpaceshta</i>	Reduced activities
<i>Alpavak</i>	Reduced talk
<i>Alpahara</i>	Taking less food
<i>Sadana</i>	Increased fatigue
<i>Rahapriti</i>	Likes solitude
<i>Saucavidweshha</i>	Aversion to cleanliness
<i>Baibhatsyam</i>	Disgusting look
<i>Atinidra</i>	Increased sleep
<i>Sthanamekadese</i>	Remaining in one place with little movements
<i>Agnimandya</i>	Indigestion
<i>Alpamati</i>	Less attention and concentration
<i>Tushni bhava</i>	Indifference
<i>Alpaschankramana</i>	Less movements
<i>Anannabhilasha</i>	Reluctancy to take food
<i>Svapnanyata</i>	Sleeping most of the time

These are the symptoms which show direct relationship between *Kaphajonmada* and depressive disorders<sup>[5]</sup>

### Importance of *Sneha* in *Unmada Chikitsa*

*Sneha* constitutes an important part of *Shamana Chikitsa* and plays a significant role in the proper nourishment of the body. Therefore, from ancient time, people preferred to consume milk and *Ghrita* in their daily routine life. In Ayurveda, *Ghrita* stands first and the best in *Sneha Varga Dravyas*. It is very popular as diet and medicine used for *Rasayana*, *Agnidipana*, *Medhya*, *Chakshushya* etc. General properties of *Sneha* include *Guru* (heavy), *Sita* (cold), *Sara* (fluid), *Snigdha* (unctuous), *Manda* (sluggish), *Sukshma* (subtle) *Mridu* (soft), *Drava* (liquid) <sup>[6]</sup>. *Ghrita* is ideal for improving intelligence, memory, digestion, long life, sexual vigour and eyesight. It is good for children, the aged and those who desire more children. It is good for those suffering from emaciation as a result of injury to chest, injury from weapons and fire, disorders of *Vata* and *Pitta* origin, poison, insanity, and fevers. It is best among fatty materials. Best for retaining youth; capable of giving a thousand good effects by a thousand kinds of

processing [7]. In *Bhava Prakasha*, it has been mentioned that *Ghrita* is *Rasayana*, tasty, conducive for eye, stimulant for digestion, supports complexion, enhances memory and stamina, protects the body from various diseases and promotes longevity. Apart from the similar properties, mentioned in other classics, the special indications include *Unmada*, *Apasmara*, *Mada*, *Murcha* and other neuropsychological disorders.[8] Biochemical findings suggest that

- *Ghrita* is having the capacity to cross the blood-brain barrier.
- Lipophilic action of *Ghrita* facilitates transportation to a target organ (brain) and final delivery inside the cell, because cell membrane also contains lipids.
- It contains anti-oxidants, beta-carotene and vitamin E, which scavenges free radicals.
- It contains an essential fatty acid, linolenic acid, which promotes proper growth of human body.
- It has been found through research that when herbs are mixed with *Ghrita*, their activity and utility is potentiated many a times. [9]

*Ghrita* in general and *Goghrita* in particular, is one of the easily digestible and absorbable food that provides essential nutrients and critical anti-oxidants to the human body for its protection and growth. It enhances the quality of its formulations several fold promoting the delivery to the target organs and producing the required results. Hence the *Ghrita* has been selected as a formulation for the effective intervention.

#### **Mahat Pancha Gavya Ghrita**

*Mahat Pancha Gavyaghrita* is one of the important formulations widely used in *Manasika Roga Chikitsa*. It is a time tested and traditionally practiced drug. Even though it is mentioned in *Apasmara Prathishedha* by all Acharyas, clinically it shows good results in *Unmada* also. As per Charak Acharya, therapeutic measures which are described in *Apasmara* should also be applied to a patient suffering from *Unmada*, because both *Apasmara* and *Unmada* share the same *Hetu* and *Dushya* [10].

**Preparation of Mahat Pancha Gavya Ghrita** [11] *Mahat Pancha Gavya Ghrita* is prepared according to the classical method of *Ghrita* preparation. Two *Pala* each

of the two *Panchamulas*, *Triphala*, the two *Nisa*, bark of *Kutaja*, *Saptaparna*, *Apamarga*, *Nilini*, *Katurohini*, *Samyaka*, *Puskarajata*, root of *Phalgu* and *Duralabha* – are boiled in one *drona* of water and decoction reduced to one fourth. To this are added the paste of one *Aksha* each of *Bharngi*, *Pata*, *Adhaki*, *Kumbha*, *Nikumbha*, *Vyosha*, *Rohisa*, *Murva*, *Bhuunimba*, *Putika*, *Sreyasi*, the two *Sariba*, *Madayanti*, *Agni*, and *Nicula*; one *Prastha* of *Ghrita*, and liquids mentioned earlier (juice of fresh dung, milk, curd, and urine of the cow) and medicated *Ghrita* prepared. Known as *Mahat Pancha Gavya Ghrita*, it is best to cure *Jwara*, *Apasmara*, *Jatara*, *Bhagandara*, *Sopha*, *Arsa*, *Kamila*, *Pandu*, *Gulma*, *Kasa* and diseases caused by *Grahas*[12].

#### **DISCUSSION**

As most of the ingredients of this *Yoga* have *Tikta-Katu rasa* (36.7% and 24.4% respectively), *Ruksha* – *Teekshnagunas* (26.2% and 15.9% respectively), *Ushna virya* (70.2%) and *Katu vipaka* (63.8%), it is a *Kapha hara* drug. While assessing *Doshagnata*, it is found that *Mahat Pancha Gavya Ghrita* is *Kapha Vatahara* predominantly [13]. *Kaphajonmada* is a disease having *Kapha Vata* predominance (40.4%). So, it is apt to give *Mahat Pancha Gavya Ghrita*, which is a *Kapha Vatahara* drug in *kaphajonmada*. As this is a *Ghrita* preparation it is *Agnidipana*, *Medhya*, *Balakara* and *Ojovardhaka*. Moreover, in *Ashtanga Samgraha*, *Pancha Gavya Ghrita* is specially indicated for *Kaphajonmada*. In *Pancha Gavya Ghrita*, only animal products are used. But in *Mahat Pancha Gavya Ghrita*, there are both animal products and herbal products having *Kapha Vata hara* property. So *Mahat Pancha Gavya Ghrita* will be more beneficial than *Pancha Gavya Ghrita* especially in the management of *Kaphajonmada*. *Mahat Pancha Gavya Ghrita* is described as *Amritopamam*, *Alakshmi Grahagnam* and *rakshogham* in *Charakasamhita*. It contains drugs having psychotropic effect like *Vacha*. In *Unmada Prakarana*, acharyas mentioned a lot of *Ghrita* preparations than any other preparations. *Vagbhatacharya* explained that *Ghrita* is good for *Dhee*, *Smriti*, *Medha* and *Agni*. As the *Ghrita* possess *Sukshma* property, it

can spread all over the body very easily. The *Ghrita* is *Vata Pittahara* and the drugs are having *Kaphahara* property. So, the medicine possesses *Tridosahara* property. Majority of the drugs in *Mahat Pancha Gavya Ghrita* having *Sodhana* property. For eg: for *Vamana*, *Kutacha* and *nichula*; for *Virechana*, *Katurohini*, *Aragwadha*, *Danti* and *Nilini*; for *Sirovirechana*, *Haridra*, *Apamarga*, *Pippali* are used. Thus, the drug can be called a *Sodhana Dravya* given in *Samana Matra*. Hence it fulfills both the objectives of *Sodhana* and *Samana*. This brings about *Srotosodhana*. As *Unmada* is an *Avarana Janya Vyadhi* it is quite apt to give a *Sroto Sodhaka* drug like *Mahat Pancha Gavya Ghrita*. *Ghrita* itself the best *Rasayana*, forms the base.

## CONCLUSION

Depression is a significant public health problem because of its high prevalence, the sufferings, and sometimes death, that it causes. Suicide is a major risk during the course of depression. Depression can be correlated with *Kaphajonmada* in Ayurveda. *Mahat Pancha Gavya Ghrita* has significant effect in *Kaphajonmada*.

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