GHrita A boon !!! W.S.R. to Purana Ghrita

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ABSTRACT

“Pakwanavaneetham” is considered to be Ghrita, it can be obtained either by Ksheera or Dadhi. It is considered to be “SravaSnehottama” and having many good effects on human body and mind, the Ghrita stored for certain period of time is said to have more beneficial effects. “Old is gold” holds good for most of the entities, here let me tell you about PuranaGhrita (old ghee). Ayurveda being one of the most Ancient Science have mentioned the use of ghee in many forms, in different conditions. Go-Ghrita is used for most of the purpose, as it is said to be Saptap-DhatuVardaha and Ojo-Vardhaka. Ghrita acts as Rasayana. In general ghee alleviates Pitta Dosha and is said to be Agni Vardhaka, by doing Samskara (processing) of it with other drugs it acts on different Doshas, it is said to have SahasraVeerya and Sahasra Karma as well, hence forth considered as Snehottamna. The ghee stored in air tight containers for 10 years is termed as PuranaGhrita. As per Bhavaprakasha, ghee stored for one year in air tight container made of iron or steel or mud pot is called PuranaGhrita. It is said to Tridoshagna, Graha-nashaka, Agrya for Virechana, Medhya, and considered to be best in treating Aspmara, GrahaUnnada.

Keywords: PuranaGhrita, Go-Ghrita, Ghee, Ayurveda, benefits.

INTRODUCTION

Ghrita (Ghee) has an inseparable relation with that of Indian tradition, may be a cuisine or any auspicious occasion to light a lamp or to perform any holy rituals, it is considered to be incomplete without Ghee. Since ancient times importance is given to the usage of ghee, in one or the other form. Ayurveda being a life science says proper usage of ghee will promote health mitigate Pitta Dosha3. In general one who desires good eye sight (Chakshu Kama), longevity (Ayu-Prakarsha Kama), Bala-Swara, Smruti-Medha-Agni-
Buddhi-IndriyaBala are considered to be Yogya for Ghrita sevana. AcharyaVaghbata in particular mentions one who desires of Buddhi-Smriti-MedhaVriddhi should use Ghrita regularly.

Aims and Objective –
Literary review of mode of action of PuranaGhrita on Vrana and Apasmara. Assessment of clinical efficacy of PuranaGhrita as Vaikrutapaha in Pandukarana.

Acharyas in the context of GhritaVarga mentions different Ghrita and its uses -

Materials and methods–
The classical, modern literatures and contemporary text books including the websites and journals to gather information about PuranaGhrita was collected and its probable mode of action on Apasmarava and Vrana was analysed.
A single case study was done using 4yrs old Ghrita to assess its action as Vaikrutapaha specially on Pandu Karana.

<table>
<thead>
<tr>
<th>Table 1: Varieties of Ghrita</th>
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<tbody>
<tr>
<td>GavyaGhrita</td>
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<tr>
<td>AjaGhrita</td>
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<tr>
<td>MahishaGhrita</td>
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<tr>
<td>OushtraGhrita</td>
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<table>
<thead>
<tr>
<th>Table 2: Gunas of different Ghrita</th>
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<tbody>
<tr>
<td>Ghrita</td>
</tr>
<tr>
<td>GavyaGhrita</td>
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<tr>
<td>OushtraGhrita</td>
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<tr>
<td>AavikaGhrita</td>
</tr>
<tr>
<td>AashwaGhrita</td>
</tr>
<tr>
<td>MaanushiGhrita</td>
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<tr>
<td>HastiGhrita</td>
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</table>

Among all this Go-Ghrita is considered as Shrestha.
SamanyaGunas of Ghrita-

<table>
<thead>
<tr>
<th>Table 3: Showing SamanyaGunas of Ghrita</th>
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</thead>
<tbody>
<tr>
<td>Rasa</td>
</tr>
<tr>
<td>Guna</td>
</tr>
<tr>
<td>Veerya</td>
</tr>
<tr>
<td>Vipaka</td>
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<tr>
<td>Prabhava</td>
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<tr>
<td>Doshagnatha</td>
</tr>
<tr>
<td>Karma</td>
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<tr>
<td>Rogagnatha</td>
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</tbody>
</table>
Go-Ghrtais considered as Snehottama, it is said to be Madhura in Vipaka, Vata-Pittahara, Chakshushya and Balya. Ghrita having such uncountable benefits, when stored and used as PuranaGhrita its properties would enhance and the action of it would be more promising.

PuranaGhrita-

<table>
<thead>
<tr>
<th>Ghrita</th>
<th>Sushrutha</th>
<th>Yogaratnakara</th>
<th>Bhavaprakasha</th>
<th>Chakradatta</th>
<th>Arunadatta</th>
<th>Charaka</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purana</td>
<td>10yrs</td>
<td>10yrs</td>
<td>1yr</td>
<td>15yrs</td>
<td>10yrs</td>
<td>10-100</td>
</tr>
<tr>
<td>Koumba</td>
<td>11-100yrs</td>
<td>100yrs</td>
<td>10yrs</td>
<td>10-100 (Pra-puranaghrita)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maha</td>
<td>&gt;100yrs</td>
<td></td>
<td></td>
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</tbody>
</table>

AcharyaBhavamishra considers ghee stored for more than one year to be considered as Purana Ghrita, it mitigates Tridosha, Murcha, Kushta, Visha, Unmada, Apasmara, Timira. Qualities of the ghee increases as it gets older.

Gunas of PuranaGhrita-

Purana Sarpi has Gunas such as Sara, KatuVipaka, Tridosaharah, Katu-Tikta in Rasa, UggraGandha, Laksha-Rasa-Nibam, Sheeta, Medhya, Chedi, Teekshna.

Acharya Vaghbata particularly mentions about the VranaShodhana and Ropana action of Purana Ghrita.

Indications-

Apasmara, Unmada, Timira, Shwasa, Pinasa, Jwara, Kasa, Murcha, Kushta, Visha and Graha Nashanartam, Vrana, Mada are some of the indications of PuranaGhrita.

Ghee in eyes of modern perspective-

Composition of ghee (cow ghee)-

Ghee is a complex lipid of glycerides (majorly triglycerides), free fatty acids, phospholipids, sterols, sterol esters, fat soluble vitamins, carboxyls,

<table>
<thead>
<tr>
<th>Carbohydrates</th>
<th>Fat</th>
<th>Saturated</th>
<th>Trans</th>
<th>Monounsaturated</th>
<th>Polyunsaturated</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 g</td>
<td>99.5 g</td>
<td>61.9 g</td>
<td>4 g</td>
<td>28.7 g</td>
<td>3.7 g</td>
<td>0 g</td>
</tr>
</tbody>
</table>
Ghee is composed almost entirely of saturated fat. When cooking, it can be unhealthy to heat polyunsaturated oils such as vegetable oils to high temperatures. Doing so creates peroxides and other free radicals. Ghee has a very high smoke point and doesn't burn easily during cooking. Ghee has stable saturated bonds and so is less likely to form the dangerous free radicals when cooking. Ghee's short chain of fatty acids are also metabolized very readily by the body. Animal experimentation has shown ghee to reduce cholesterol both in the serum and intestine. It does it by triggering an increased secretion of biliary lipids. It helps control intra ocular pressure and is beneficial to glaucoma patients. Ghee is most notably said to stimulate the secretion of stomach acids to help with digestion, while other fats, such as butter and oils, slow down the digestive process. Ghee is rich with antioxidants and acts as an aid in the absorption of vitamins and minerals from other foods, serving to strengthen the immune system. A high concentration of butyric acid, a fatty acid that contains anti-viral properties, is believed to inhibit the growth of cancerous tumours.

**DISCUSSION ON PROBABLE MODE OF ACTION IN VRANA AND APASMARASA: Samprapti of vrana-**

**Vrana:** Due to *Nija Karana* or *Agantuja Karana.*

**NIJA VRANA**

<table>
<thead>
<tr>
<th>Vitamins</th>
<th>Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>3069 IU</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>(105%) 15.7 mg</td>
</tr>
</tbody>
</table>

**Other constituents**

<table>
<thead>
<tr>
<th>Constituent</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>256 mg</td>
</tr>
</tbody>
</table>

Fat percentage can vary.

**Units**

- g = micrograms
- mg = milligrams
- IU = International units

Percentages are roughly approximated using US recommendations for adults.

Source: USDA Nutrient Database

**DISCUSSION ON PROBABLE MODE OF ACTION IN VRANA AND APASMARASA-**

Samprapti of vrana-

Vrana: Due to *Nija Karana* or *Agantuja Karana.*

**NIJA VRANA**

- **MithyaAhara-Vihara**
- **VatadiDoshaPrakopa and RaktaDusti**
- **SwatntraRoopa/ EkatritaRoopa**
- **VranaShopha**
- **Vrana**
AGANTUJA VRANA
Bahyahetu such as Patana, Agni, Kshara will lead to AgantujaVrana.

Purana-Ghrita as VranaRopaka-
Go-Ghrita is beneficial for Rasa Dhatu and RaktaDhatu, it possesses DeepanaGuna, and thereby enhancing the Rasagni and Raktagni thus increases the Ropana Karma.

- Size -With the help of “Prinana” and “VranaRopana” action of PuranaGhrita acts as promoter of healing the Vrana.
- Pain and Tenderness -By the virtue of “Shoolahara” property it subsides pain and tenderness.
- Burning Sensation -Go-Ghrita having “Sheeta” property, helps to check the burning sensation caused by Pitta Dosha.

- Smell –PuranaGhrita its UgraGandha counters the PutiGandha of Vrana.
- Discharge - By the virtue of “Sheeta” Guna, the discharge is ceased.
- Colour-Ghrita contains Varnya properties which is helpful in counteracting the discolouration.

Not only as VranaShodhaka or Ropaka, Purana Ghrita even has its role to play in VranaVaikrutapaha Chikitsa as it has Varnya action.

A 25yrs old patient with history of scalds was treated for Pandu-karana of VranaSthana as Vaikrutapaha Karma with PuranaGhrita after 1 month of Vrana. The application of Purana Ghrita showed promising results in reducing theKrishna Varna.

Samprapti of Apasmarat

NidanaSevana
Shareera and Mano DoshaPrakopa
Dosha-DushyaSammurchana in HridayaPradesha
ManahKshobha
SmritiVinasha
Probable action of Purana Ghrita in Apasmara

Apasmara has two distinct features, first is the Bibatsa Chesta and the second, loss of Smriti (memory) which is evident from the definition. Thus the Ghrita which is having Vatahara and Medhya property would be beneficial. Purana Ghrita has TridoshaShamana property and is predominantly Vata-Pitta Shamaka. It is also Agni Deepaka and SrotoShodhaka. As a whole PuranaGhrita is Medhya, Ojasya, and Rasayana. When processed with other Medhya and Vatahara drugs the efficacy still more increases as Medhya regulating the adverse effect of Vata-Dosha. The abnormalities like convulsive movements and the others are greatly Vata predominant, which are cured by the Vata-Shamaka property of the Ghrita. The Sroto-Shodhaka action of the PuranaGhrita, removes the Aavarana of Tamas blocking the mind. Acharyas mention that the Sparsha-Darshana-Gratha of Purana Ghrita would cure ManasikaVikaras especially Apasmara, probably it would stimulate the sensory system there by help in cure of Apasmara.

Mostly fat soluble substances and alcohol soluble substances can cross the blood brain barrier. Ghee is a fat. Hence it can cross the Blood Brain Barrier. Ghee acts on the brain cells and increases the receptive power, cognitive power, and remembering power. Henceforth, being effective in case of Apasmara or any Mano Roga.

CONCLUSION

Go- Ghrita is considered to be the best among all. It acts as Rasayana by nourishing all the seven Dhatus. There is a great impact of PuranaGhrita on our Manas and Shareera. Thus the proper use of Ghrita internally or externally can serve as a boon to mankind, thus our ancestors’ had incorporated the use of Ghrita in day to day life. Anyhow further clinical trials are required to prove the effectiveness of PuranaGhrita in Apasmara, VranaVaikrutanapaha Chikitsa and many other disorders.

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