

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 *Sapta-DhatuVardaka* 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 *Snehotamma*. 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 *Apasmara*, *GrahaUnmada*.

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

INTRODUCTION

Ghrita (Ghee) has a 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 Dosha*³.

In general one who desires good eye sight (*Chakshu Kama*), longevity (*Ayu-Prakarsha Kama*), *Bala-Swara*, *Smriti-Medha-Agni-*

Buddhi-IndriyaBala are considered to be *Yogya* for *Ghrita sevana*.⁴

AcharyaVaghbata in particular mentions one who desires of *Buddhi-Smriti-MedhaVridhhi* should use *Ghrita* regularly.⁵

Aims and Objective –

Literary review of mode of action of *Puran-aGhrita* on *Vrana* and *Apasmara*.

Assessment of clinical efficacy of *Puran-aGhrita* as *Vaikrutapaha* in *Pandukarana*.

Materials and methods-

The classical, modern literatures and contemporary text books including the websites and journals to gather information about *Puran-aGhrita* was collected and its probable mode of action on *Apasmara* and *Vrana* was analysed.

A single case study was done using 4yrs old *Ghrita* to assess its action as *Vaikrutapaha* specially on *Pandu Karana*.

Acharyas in the context of *GhritaVarga* mentions different *Ghrita* and its uses⁶-

<i>GavyaGhrita</i>	<i>AavikaGhrita</i>
<i>AjaGhrita</i>	<i>AashwaGhrita</i>
<i>MahishaGhrita</i>	<i>MaanushiGhrita</i>
<i>OushtraGhrita</i>	<i>HastiGhrita</i>

<i>Ghrita</i>	Properties
<i>GavyaGhrita</i>	<i>MadhuraVipaka, Sheeta, Vata-Pittahara, Chakshushya, Balya, Vishahara.</i>
<i>AjaGhrita</i>	<i>Deepaniya, Chakshushya, Balavardhana, and isconsidered to bePathyaKasa-Shwasa</i>
<i>MahishaGhrita</i>	<i>Rakta-Pittaghna, Vata-Pitta Prashamaka, Susheeta</i>
<i>OushtraGhrita</i>	<i>Shopha-Krimi-Vishapaha, Deepanam, Kapha-Vataghna, Kushta-Gulma-Udarapaha.</i>
<i>AavikaGhrita</i>	<i>Pitta-Prakopaka, Kapha-Anilapaha, Yoni Doshahara</i>
<i>AashwaGhrita</i>	<i>Kaphanashaka, Laghu, UshnaVeerya</i>
<i>MaanushiGhrita</i>	<i>Deha-Agni Vruddikara, Amrutopama, Vishapaha</i>
<i>HastiGhrita</i>	<i>BaddhaVit-Mutrakara, Tiktam, Agnikaram, Kapha-Kushta-Visha and Krimihara</i>

Among all this *Go-Ghrita* is considered as *Shrestha*.

SamanyaGunas of Ghrita⁷-

<i>Rasa</i>	<i>Madhura</i>
<i>Guna</i>	<i>Soumya, Mridu</i>
<i>Veerya</i>	<i>Sheeta (SahasraVeerya)</i>
<i>Vipaka</i>	<i>Madhura</i>
<i>Prabhava</i>	<i>Vishagna, Rakshogna, VayaSthapana</i>
<i>Doshagnatha</i>	<i>Vata-Pitta Prashamana</i>
<i>Karma</i>	<i>Agni Deepaka, Vrushya, Medhya</i>
<i>Rogagnatha</i>	<i>Udavarta, Unmada, Apasmara, Shoola, Jwara</i>

Go-Ghritais considered as *Snehottama*, it is said to be *Madhura* in *Vipaka*, *Vata-Pittahara*, *Chakshushya* and *Balya*⁸.

Ghrita having such uncountable benefits, when stored and used as *PuranaGhrita* its properties would enhance and the action of it would be more promising.

Sarpi can be obtained either by *Ksheera* or *Dhadhi*, *Ksheerotha* is considered to be *Rakta-Pittagna*, *MurchaPrashamana*, *NetraRogahara*⁹ and it is more *Sheeta* when compared to *DadyoktaGhrita*, by this property it would be beneficial in case of *Vrana*'s mainly with *Pitta* predominance.

PuranaGhrita-

Ghrita	Sushruta ¹⁰	Yogaratanakara ¹¹	Bhavaprakasha ¹²	Chakradatta ¹³	Arunadatta ¹⁴	Charaka ¹⁵
Purana	10yrs	10yrs	1yr		15yrs	10yrs
Koumba	11-100yrs	100yrs		10yrs		10-100 Pra-puranaghrita
Maha	>100yrs					

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 older¹⁶.

Gunas of PuranaGhrita-

PuranaSarpi has *Gunas* such as *Sara*, *KatuVipaka*, *Tridosahara*¹⁷, *Katu-Tikta* in *Rasa*, *UgraGandha*, *Laksha-Rasa-Nibam*, *Sheeta*, *Medhya*¹⁸, *Chedi*, *Teekshna*.

Acharya Vaghbata particularly mentions about the *VranaShodhana* and *Ropana* action of *Purana Ghrita*¹⁹.

Indications-

Apasmara, *Unmada*, *Timira*, *Shwasa*, *Pinasa*, *Jwara*, *Kasa*, *Murcha*, *Kushta*, *Visha* and *Graha Nashanartam*²⁰, *Vrana*, *Mada*²¹ 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, carbonyls,

Nutritional value per 100 g (3.5 oz) ²²	
Carbohydrates	0 g
Fat	99.5 g
Saturated	61.9 g
Trans	4g
Monounsaturated	28.7 g
Polyunsaturated	3.7 g
Protein	0 g

Vitamins	
Vitamin A	3069 IU
Vitamin E	(105%) 15.7 mg
Other constituents	
Cholesterol	256 mg
Fat percentage can vary.	
Units µg = micrograms • mg = milligrams IU = International units	
Percentages are roughly approximated using US recommendations for adults. Source: USDA Nutrient Database	

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 lot less likely to form the dangerous free radicals when cooking²³. Ghee's short chain of fattyacids are also metabolized very readily by the body. Animal experimentation has shown ghee to reduce cholesterol both in the serum and intestine²⁴. It does it by triggering an in-

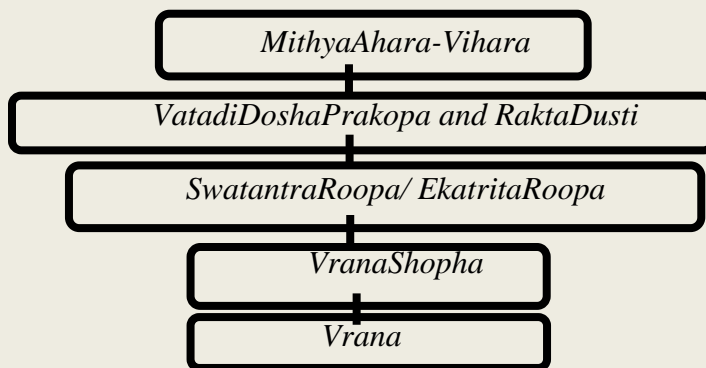
creased secretion of biliary lipids. It helps control intra ocular pressure and is beneficial to glaucoma patients²⁵. Ghee is most notably said to stimulate the secretion of stomach acids to help with digestion, while other fats, such as butter and oils, slow down the digestive process. Ghee is rich with antioxidants²⁶ 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 tumours²⁷.

DISCUSSION ON PROBABLE MODE OF ACTION IN VRANA AND APASMARA-

Samprapti of vrana-

Vrana: Due to Nija Karana or Agantuja Karana.

NIJA VRANA²⁸



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.

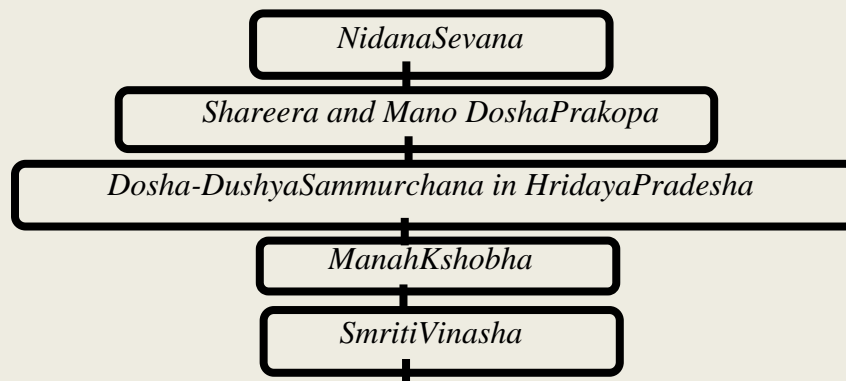
Not only as VranaShodhaka or Ropaka, Purana Ghrita even has its role to play in VranaVaikrutapaha Chikitsa as it has Varnya action.

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.



(1st day before application of PuranaGhrita). After 15 days. After 1 month.

Samprapti of Apasmara²⁹



TamahPravesha and BibatsaChesthaYuktavega

Apasmara

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. *PuranaGhrita* 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*³⁰, 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*, *VranaVaikrutapaha Chikitsa* and many other disorders.

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