

MODE OF ACTION OF KALYANAK GHRITA***Dr. Purvi V. Rajput**

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ABSTRACT

Kalyanaka Ghrita improves memory and concentration. Kalyanaka Ghrita is especially useful in epilepsy, hysteria, mental weakness, and schizophrenia. Its use during pregnancy helps in better mental growth of fetus. Here is given more about this medicine, such as benefits, indication/therapeutic uses, composition and dosage. In Ayurveda, the broad range of psychiatric disorders is discussed under mental disorders. The affected person has a hampered higher mental function and distorted perception of reality. Among the various herbal and herbo-mineral preparations explained for the treatment of Unmada, majority are made of Ghrita (cow's ghee/clarified butter). Ghrita, the best drug of snehan, assimilates the properties of the substance which

accompanies it. Ghrita is capable of treating the sickness as a single drug and in combination with several nootropic and mood stabilizing drugs. Ghrita opposes each of the aetiology of mental disorder at the level of constitution, diet and lifestyle. It is supposed to attenuate each stage of pathogenesis of the sickness. It enhances the quality of diet. The anti-oxidant property of clarified butter is able to repair the degenerative changes in brain. The DHA, an omega 3 long chain poly unsaturated fatty acid is abundant in ghee which is seen in retinal and brain cells. The chemical changes in the brain due to the disorder are also corrected by the ghee. So Ghrita and its various combinations can be the appropriate medicine in diseases where higher mental functions and psyche is grossly impaired. Ayurveda has many herbal and herbo-mineral formulations like kalyanak ghrita in different dosage forms for the treatment of mental disorders.

KEYWORDS: Kalyanak Ghrita, Ghee, Triphala, OCD, Unmad, Mental Disorders.

INTRODUCTION

Kalyanaka Ghrita is an Ayurvedic medicine, in herbal ghee form. This medicine has ghee as its base. It is used for preparatory procedure for Panchakarma and also as medicine. It is also known as Kalyanaka ghritam.^[1]

Kalyanaka Ghrita benefits

It is used as medicine and also in preparatory procedure called snehakarma for the treatment of cough, anemia, epilepsy, psychosis, schizophrenia, infertility, Obsessive compulsive disorder (OCD), inflammatory conditions, fever, lack of memory etc.^[2]

Effect on Tridosha – Calms Vata and Pitta Dosha.^[3]

Kalyanak Ghrita dosage

As medicine – quarter to half teaspoon with water, usually before food, once or twice a day, or as directed by Ayurvedic doctor.

For Panchakarma preparation – Snehana procedure, the dose depends on the disease status and the judgement of Ayurvedic doctor.

Pathya

Light pathya rules are to be followed. Avoid wine and non-vegetarian food. Keep the body clean.

Kalyanaka Ghrita Side Effects

There are no known side effects with this medicine. However it is best to use this product under medical supervision. Self medication with this medicine is discouraged.

People with diabetes, high cholesterol, heart diseases and high BP should exercise precaution.

In very high dose, it may cause diarrhoea and indigestion.

Kalyanaka Ghritam Ingredients

Triphala – Haritaki – *Terminalia chebula*,

Vibhitaki – *Terminalia bellirica*,

Amla – *Emblica officinalis* – 12 g each

Vishala – *Citrulus cholocynthis*

Bhadra ela – *Amomum subulatum*

Devadaru – *Cedrus deodara*
Elavaluka – *Prunus avium*
Sariva – *Hemidesmus indicus*
Haridra – *Curcuma longa*
Daruharidra – *Berberis aristata*
Shalaparni – *Desmodium gangeticum*
Prishnaparni – *Uraria picta*
Phalini – *Callicarpa macrophylla*
Nata – *Valeriana wallichii*
Brihati – *Solanum indicum*
Kushta – *Saussurea lappa*
Manjishta – *Rubia cordifolia*
Nagakeshara – *Mesua ferrea*
Dadimaphalatwak – *Punica granatum*
Vella – *Embelia ribes*
Talisapatra – *Abies webbiana*
Ela – *Elletaria cardamom*
Malati – *Jasminum sambac*
Utpala – *Nymphaea stellate*
Danti – *Baliospermum montanum*
Padmaka – *Prunus poddum*
Hima – Sandalwood – *Santalum album*
Sarpi – ghee – 768 g

The above combination is heated till herbal ghee is prepared.

Other uses

For the treatment of anemia and jaundice

In case of Panduroga (Anemia) and Jaundice), Kalyanak Ghrut is used for the purpose of Snehakarma – oleation treatment, which is done before administering Vamana and Virechana treatment.

Mode of action of Kalyanak Ghrita

Majority of the drugs are having *Tridoshashamaka*, *Dipana – Pachana*, *Vrishya*, *Rasayana*, *Yonidoshahara*, *Garbhasthapaka* properties.

Haridradaya, Sarivadaya, Ela, Talisa, Vidanga, Devadaru, Nirgundi, Amalaki etc., have *Dipana, Pachana* and *Amadoshanashak* properties so that it regulates *Jatharagni, Dhatvagni* and *Bhutagni* which corrects metabolism at cellular level, results in proper formation of *Dhatus* and *Upadhatus* (*Artava*) and *Strotoshodhan* by removing *Ama*.

Haritaki, Amalaki, Vibhitak, Visala, Danti has the *Sara Guna* and *Virechak* action so that they regulate *Doshas* by *Samshodhana Karma*. The vitiation of *Vata* may be due to *Margavrodha* (*Avrita Apana Vayu*) with *Kapha Dosha*. *Acharya Charaka* has mentioned *Triphala* and *Danti* for *virechana* in *Pakvashyagata Dosha* and *Pakvashaya* is the main *Sthana* of *Vata Dosha* so it regulates vitiated *Vata* along with *Kapha* and *Pitta*. Thus *Samshodhana Karma* clear the *Strotas* and regulates function of *Tridosha* specially *Avrita Apana Vayu*.

Triphala, Elavaluka, Haridra, Daruharidra, Ela, Manjistha, Kustha have *tridoshhara* action i.e it balances all the *tridosha*'s.

Sarivadaya, Shalaparni, Prishniparni, Dadima etc., drugs and *Ghrita* itself have *Madhura rasa, Prithvi Jala Mahabhuta Pradhana* and *Brihana* property which is responsible for *Upachaya* thereby improves the brain functions.

Essential oil and alcohol extract of *Valeriana wallichii* exerted good peripheral analgesic action via inhibition of PG synthesis on acetic acid induced writhing.

Stigmasterol present in *Nirgundi* and *Kustha* is precursor of progesterone, acts as intermediate in the biosynthesis of androgens, estrogens and corticoids and possesses antioxidant, hypoglycaemic and thyroid inhibiting properties.

Ghrit has *Yogvahi, Agnideepaka, Rasayana, Vrishya, Vata Pitta Shamaka* action and overcomes vitiated *Kapha Dosha* due to *Samskaranuvartana Guna*.

According to modern science, *Ghrita* is lipophilic in nature, thus it diffuses rapidly across the cell membrane which is also composed of bimolecular lipid matrix. *Ghrita* contains the cholesterol which is responsible for the synthesis of steroid hormones i.e estrogen and progesterone.

DISCUSSION AND CONCLUSION

Ghee promotes memory, intellect, power of digestion, semen, ojas. It alleviates vata, pitta, visha, insanity, shosha, alakshmi-hara. It is the best of all the unctuous substances. Cold in potency and madhura both in taste as well as vipaka. When administered according to the prescribed procedure, it increases, thousand times in potency and develops manifold utilities. Purana ghee is useful in intoxication, epilepsy, fainting, emaciation, schizophrenia, fever. It is best suited for those desiring intellect, memory and intelligence. These drugs need clinical trials and pharmaceutical studies to establish their pharmacokinetic and pharmacodynamic properties on modern parameters. By using these drugs alone or as adjuvant with antipsychotic drugs we can not only control but can cure the OCD or various mental disorders.^[4]

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