

**A COMPREHENSIVE VIEW ON ASSET OF NITYA KSHEERA-
GHRITA SEVANA AS A NUTRACEUTICAL THERAPY****Anand S.^{1*} and Rajeshwari²**

¹Assistant Professor, Department of Roga Nidana Evum Vikriti Vigyana, Global Institute of Ayurveda, Rajkot, Gujarat.

²Assistant Professor, Department of Shalyatantra, Prasanna College of Ayurveda and Hospital Belthangady, Karnataka.

Article Received on
27 Feb. 2022,

Revised on 19 March 2022,
Accepted on 09 April 2022

DOI: 10.20959/wjpr20225-23412

Corresponding Author*Dr. Anand S.**

Assistant Professor,
Department of Roga Nidana
Evum Vikriti Vigyana,
Global Institute of
Ayurveda, Rajkot, Gujarat.

ABSTRACT

Ayurveda, the eternal science of life diversifies in its uniqueness in many areas where it can accelerate quality of human life. *Dhatu upachaya* is bestowed by proper supplementation and assimilation of nutrients. And this can achieve through proper *Ahara* and *Vihara Sevana*. The more it benefits with nutrients, the more it yields quality into *ahara rasa*. So supplementation, assimilation and tissue utilization are indeed in nourishment of body. Nutraceuticals endow with additional nutritional aspects to bodily tissues in promotion of health as well as prevention of diseases too. Alike, *Achara rasayana* glints over *Nitya ksheera-ghrita sevana* as *naimittika rasayana*. *Goksheera* and *ghrita sevana* provide *nitya rasayana* effect. Adopting *Nitya ksheera-*

ghrita sevana as a mode of nutraceutical rejuvenate therapy vitalizes life, maintains health, longevity and youth. Hence it is more needed to be explored its utility. In this paper, it is an attempt to highlight the benefits of *ksheera-ghrita sevana* in daily basis with respect to availing supportive contemporary research references.

KEYWORDS: *Achara rasayana*, *Ksheera-ghrita sevana*, Nutraceuticals.

INTRODUCTION

Ayurveda delineates the concepts encircling qualities of each *Rasa* (tastes), *Ahara varga* (classification of food items) and *Aharavidhi viseshayatana* (codes for proper intaking of food). The category of *Rasayana* drugs is divided into three ie., *Kamya* (for vitality, intellect etc.), *Naimittika* (for specific disorders) and *Aajasrika* (in general).^[1] *Aajasrika* is the one

dealt with the daily consumption of specific food products which rejuvenates the body. *Ayurveda* propounds importance of nutritious food which serves *Rasayana* effect (averting the degenerative changes caused by ageing), *Bala* (convalescence after an illness), *Roga pratirodha* (enhancing the defence system), *Vajikarana* (maintaining the vigour and vitality) and for *Jivaniya karma* (for maintaining the life). Nutraceuticals provide nutritional supplement for tissues with prevention from further degeneration also. Likewise, usage of nutraceuticals as advocated by *Ayurveda* impacts over health in wide range. *Acharya rasayana* describes a set of virtuous acts mentioned in the context of *Sadvritta*, by following a person attains *Deerghayu*.^[2] Proper *Ahara* and proper *Vihara* constitutes *Acharya rasayana*. It is meant to acquire *Rasayana* effect through social and personal conducts. *Acharya Charaka* quotes that "...*nityam ksheeraghritaashinaam*...". *Goksheera* possess *Jivaniya* and *Rasayana* properties.^[3] And *Goghrita sevana* is *Vayastapaka*.^[4] Milk and ghee are reservoirs of essential nutraceuticals viz, whey proteins, B-vitamins, calcium, PUFA, antioxidants, potassium, aminoacids.

DISCUSSION

Acharya Charaka mentioned about *Acharya rasayana* under *Rasayana paada vidhi* in *chikitsa sthana*. If one properly follows these codes of conducts in daily life, those ones will have life devoid of any kind of ailments. Persons who keep truthfulness in all, free from anger, avert from excessive *Madya* and *Maithuna*, not take part in any *Himsa* are certain examples for *Acharya rasayana*.^[5] And these people will avail benefits of rejuvenation too. *Nitya ksheeraghrita sevana* is considered as one among the *Acharya rasayana*. *Goksheera* is *Jivaniya* and *Rasayana*. Among *Ashta ksheera varga*, cow's milk is best. It is indicated in *Kshata ksheena* and carries *Medhya* property.^[6] Drinking cow's milk is best for strength and helpful for lactation in women. It relieves *Shrama*, *Bhrama*, *Mada*, *Alakshmi*, *Shwasa*, *Kasa*, *Atitrushna* and *Atikshut*.^[7] It is indicated in *Jeerna jwara*, *Mutrakrichra* and *Raktapitta*.^[8] Daily intake of cow's ghee enhances *Dhee*, *Smriti* and *Medha*.^[9] It stimulates *Jataragni* and increases life span.^[10] It improves sexual potency and good for eyes.^[11] *Goghrita* is indicated for both children and aged ones. If adding ghee as regular diet piece, skin complexion and softness will be improved and voice will become so pleasant and clear.^[12] Ghee is administered in *Kshataksheena*, *Visarpa*, injuries caused during *Shastra* and *Agni karma*.^[13] In *Vata-Pitta* disorders, *Visha*, *Unmada*, *Shosha*, *Alakshmi*, *Jwara* condition also *Ghrita* shows definite actions.^[14] It is *Vayasthapana* in nature and ghee attained *Sahasraveerya guna* after proper *samskara*, bears numerous qualities.^[15] Numerous research works had already done upon

benefits of cow's milk and ghee. Most of the studies have given output about assets due to its daily usage. Presence of Casein in cow's milk makes up approximately 80% of milk proteins. And rest are whey proteins. Casein enables immune modulation of body.^[16] Whey proteins supply anti-oxidants and best towards immune-stimulant action. Choline is found to support learning and memory, aids in transmission of nerve impulses and assists absorption of fat.^[17] Presence of potassium in milk prevents hypertension. Vitamin D supports production of serotonin and it enhancing mood, appetite and sleep. Moreover content of tryptophan acts as a good precursor of niacin. Ghee is a good source of cholesterol and saturated fatty acids. For the generation and formation of synaptic vesicles, cholesterol has major role. And cholesterol is essential for remodelling of neuronal membranes. Accumulation of lipids on the walls of arteries leads to plaque formation and thereby formation of atheroma too. Peroxidation act of lipids transforms fat to atheroma. It is mainly because of intake of fatty and cholesterol rich food items. But in animal fat, it is resistant to the oxidation process and thereby cannot cause the formation of plaque.^[18] Even we administer ghee as either in a medicinal form or dietary item, it will not be harmful to body. Ghee also increases the excretion of dietary cholesterol and bile acids from gastrointestinal tract. Ghee is a good source of short chain saturated fatty acids. It enhances development of cell membranes.^[19] Liver is the primary site for the biosynthesis of cholesterol and this mechanism is carried out by Coenzyme named HMG CoA (Hydroxy Methyl Glutaryl Coenzyme A) reductase. Consumption of ghee, either in heated or non-heated form, it will not affect HMG CoA reductase activity in liver. Meantime, it excretes bile constituents and lowered serum cholesterol levels. Even though the heated ghee contained cholesterol oxides, it does not affect HMG CoA reductase activity.^[20] Most of the dairy products are also exhibited hypo-cholesterolemia effect which enhances the faecal excretion of sterols and bile acids. This is another reason for less content of serum cholesterol and LDL level in blood. Ghee contains conjugated linoleic acid that decreases serum LDL and atherogenesis.^[21,22] It exhibits prevention of atherogenesis and possess anti carcinogenic property. Cow's ghee contains more amount of Polyunsaturated Fatty Acids (PUFA), Omega 3 fatty acid and Docosahexaenoic acid (DHA) and linolenic acid.^[22] It resists free radical damage. Research evidences ascribe that ghee can lower levels of arachidonic acid metabolites such as thromboxane and prostaglandin and decrease secretion of leukotrienes to prevent diseases. In classical medicinal preparations, cow's ghee is used as vehicle due to its lipoidal nature. It is the lightest lipid that can easily cross blood brain barrier (BBB) and binds with lipid-soluble nutrients.^[24,25,26,27]

CONCLUSION

Adoption of *Nitya ksheera-ghrita sevana* will boost up *Vyadhikshamatwa*. At present era, it is indeed to thrive with nutrient rich food items which can upgrade immunity power of body. Consumption of nutraceuticals can enrich bodily tissues and this may helpful in prevention of diseases also. *Kheera* and *ghrita* possess unique qualities complimentary to effect of nutraceuticals that refreshes bodily functions. So *nitya ksheera-ghrita sevana* in line of *achara rasayana* may enlighten mind and body by its intrinsic classical properties.

REFERENCE

1. Susruta, Susrutasamhita with Nibandhasangraha commentary, Ed. Acharya Y.T, Chaukhambha Orientalia, Varanasi, (Reprint), Chikitsa sthana. 27/02 (commentary); 2014. 498.
2. Agnivesa, Charaka Samhita with Ayurveda Dipika Commentary, Ed. Acharya Y.T, Chaukhambha Orientalia, Varanasi, (Reprint), Chikitsa sthana. 1/4/30-35; 2015. 388-389.
3. Vagbhata, Ashtanga Hrudaya with Sarvanga Sundara Commentary, Ed. Harisastri Paradakara Vaidya, Chaukhambha Sanskrit Sansthan, Varanasi, (Reprint), Sutra sthana.5/21; 2014. 68.
4. Vagbhata, Ashtanga Hrudaya with Sarvanga Sundara Commentary, Ed. Harisastri Paradakara Vaidya, Chaukhambha Sanskrit Sansthan, Varanasi, (Reprint), Sutra sthana.5/39; 2014. 73.
5. Agnivesa, Charaka Samhita with Ayurveda Dipika Commentary, Ed. Acharya Y.T, Chaukhambha Orientalia, Varanasi, (Reprint), Chikitsa sthana. 1/4/30-35; 2015. 388-389.
6. Vagbhata, Ashtanga Hrudaya with Sarvanga Sundara Commentary, Ed. Harisastri Paradakara Vaidya, Chaukhambha Sanskrit Sansthan, Varanasi, (Reprint), Sutra sthana.5/21; 2014. 68.
7. Vagbhata, Ashtanga Hrudaya with Sarvanga Sundara Commentary, Ed. Harisastri Paradakara Vaidya, Chaukhambha Sanskrit Sansthan, Varanasi, (Reprint), Sutra sthana.5/22; 2014. 68.
8. Vagbhata, Ashtanga Hrudaya with Sarvanga Sundara Commentary, Ed. Harisastri Paradakara Vaidya, Chaukhambha Sanskrit Sansthan, Varanasi, (Reprint), Sutra sthana.5/22; 2014. 68.
9. Vagbhata, Ashtanga Hrudaya with Sarvanga Sundara Commentary, Ed. Harisastri Paradakara Vaidya, Chaukhambha Sanskrit Sansthan, Varanasi, (Reprint), Sutra sthana.5/37; 2014. 73.

10. Vagbhata, Ashtanga Hrudaya with Sarvanga Sundara Commentary, Ed. Harisastris Paradakara Vaidya, Chaukhambha Sanskrit Sansthan, Varanasi, (Reprint), Sutra sthana.5/37; 2014. 73.
11. Vagbhata, Ashtanga Hrudaya with Sarvanga Sundara Commentary, Ed. Harisastris Paradakara Vaidya, Chaukhambha Sanskrit Sansthan, Varanasi, (Reprint), Sutra sthana.5/37; 2014. 73.
12. Vagbhata, Ashtanga Hrudaya with Sarvanga Sundara Commentary, Ed. Harisastris Paradakara Vaidya, Chaukhambha Sanskrit Sansthan, Varanasi, (Reprint), Sutra sthana.5/37; 2014. 73.
13. Vagbhata, Ashtanga Hrudaya with Sarvanga Sundara Commentary, Ed. Harisastris Paradakara Vaidya, Chaukhambha Sanskrit Sansthan, Varanasi, (Reprint), Sutra sthana.5/38; 2014. 73.
14. Vagbhata, Ashtanga Hrudaya with Sarvanga Sundara Commentary, Ed. Harisastris Paradakara Vaidya, Chaukhambha Sanskrit Sansthan, Varanasi, (Reprint), Sutra sthana.5/38; 2014. 73.
15. Vagbhata, Ashtanga Hrudaya with Sarvanga Sundara Commentary, Ed. Harisastris Paradakara Vaidya, Chaukhambha Sanskrit Sansthan, Varanasi, (Reprint), Sutra sthana.5/39; 2014. 73.
16. Health-Related Aspects of Milk Proteins. Seyed Hossein Davoodi, Roghiyeh Shahbazi, Saeideh Esmaili, Sara Sohrabvandi, AmirMohamamd Mortazavian, Sahar Jazayeri, Aghdas Taslimi, 2016; 576.
17. DOI: 10.1111/j.1753-4887.2009.00246.x. Choline: An Essential Nutrient for Public Health.2009.Steven H Zeisel, Kerry-Ann da Costa.617.
18. DOI: 10.1016/S0958-6946(98)00106-X. A Review Paper: Current Knowledge of Ghee and Related Products. Mohammed L. Sserunjogi, Roger K. Abrahamsen, udith Narvhus, 1998; 684-686.
19. DOI: 10.7860/JCDR/2016/19457.8512. Comparison between the Effect of Cow Ghee and Butter on Memory and Lipid Profile of Wistar Rats. Yogita Surendra Karandikar, Akshata Sanjay Bansude, Eesha Ajit Angadi, 2016; 13-14.
20. DOI: 10.7860/JCDR/2016/19457.8512. Comparison between the Effect of Cow Ghee and Butter on Memory and Lipid Profile of Wistar Rats. 2016. Yogita Surendra Karandikar, Akshata Sanjay Bansude, Eesha Ajit Angadi., 13-14.

21. DOI: 10.7860/JCDR/2016/19457.8512. Comparison between the Effect of Cow Ghee and Butter on Memory and Lipid Profile of Wistar Rats. Yogita Surendra Karandikar, Akshata Sanjay Bansude, Eesha Ajit Angadi., 13-14.
22. Myths and facts about consumption of ghee in relation to heart problems - A comparative research study. A Manohar Reddy. V Satish.M Nagamounica. M Manoj Kumar, 2013; 561-563.
23. DOI: 10.7860/JCDR/2016/19457.8512. Comparison between the Effect of Cow Ghee and Butter on Memory and Lipid Profile of Wistar Rats. Yogita Surendra Karandikar, Akshata Sanjay Bansude, Eesha Ajit Angadi, 2016; 13-14.
24. Ashtang Ghrita: A Noble Ayurveda Drug for Central Nervous System. Sumeet Goel, Nisha Kumari Ojha., 2015; 21-22.
25. Mannhold R. The impact of lipophilicity in drug research: a case report on beta-blockers. Mini Rev Med Chem., Feb, 2005; 5(2): 197-205.
26. Bergström CA. In silico predictions of drug solubility and permeability: two rate-limiting barriers to oral drug absorption. Basic Clin Pharmacol Toxicol, Mar, 2005; 96(3): 156-61.
27. Brightman MW, Reese TS. Junctions between intimately apposed cell membranes in the vertebrate brain. J Cell Biol., 1969; 40: 648–677.