

**NALADADI GHRITA: A CLASSICAL MEDHYA RASAYANA FOR  
NEUROCOGNITIVE HEALTH — A SHORT COMMUNICATION****Vineetha V.<sup>1\*</sup>, Deeja C. Rahakrishnan<sup>2</sup> and Ganga R. Hadimani<sup>3</sup>**<sup>1</sup>Associate Professor, <sup>2</sup>Professor and Head, <sup>3</sup>Professor and Head

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Article Received on  
14 April 2025,Revised on 04 May 2025,  
Accepted on 24 May 2025

DOI: 10.20959/wjpr202511-36990

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Mahavidyalaya, Nadiad,  
Gujarat.**ABSTRACT**

Naladadi Ghrita is a polyherbal medicated ghee described in the Rasayana Prakarana of Ashtanga Hridaya (Uttarasthana 39/46-47). Comprising 17 herbs processed in ghee and milk with the juice of Shankhapushpi, it is indicated for enhancing intellect, memory, speech, and overall health. This short communication presents the pharmacological rationale and potential neurotherapeutic relevance of this formulation in age-related cognitive decline (Jarajanya Medhakshaya), based on classical references and contemporary research.

**KEYWORDS:** Naladadi Ghrita, Medhya Rasayana, Ayurveda, Dementia, Cognitive Decline, Neuroprotection, Polyherbal Formulation.

**INTRODUCTION**

Ayurveda identifies Medhakshaya (Intellectual deterioration) as a key manifestation of aging (Jara). Modern parallels include dementia, Alzheimer's disease, and mild cognitive impairment. Among the Rasayana therapies, Naladadi Ghrita is specifically mentioned for promoting speech (Vāgmī), retention (Śrutadhārī), intellect (Pratibhānavān), and health (Arogaḥ).

**MATERIALS AND METHODS**

Ashtanga Hridaya Uttaraasthana 39/46-47

## DISCUSSION

As per Ashtanga Hridaya (Uttarasthana 39/46-47)

“Upayujya bhavet jaḍo’pi vāgmī, śrutadhārī, pratibhānavān, arogaḥ”

(Even a dull person becomes eloquent, intelligent, creative, and disease-free)

This emphasizes its role as a neuro-rejuvenator.

### Formulation overview

Major ingredients: *Nardostachys jatamansi*, *Picrorhiza kurroa*, *Convolvulus pluricaulis*, *Glycyrrhiza glabra*, *Acorus calamus*, *Triphala*, *Curcuma longa*, *Piper* spp., *Emblica officinalis*.

Base: Cow’s ghee and milk

Preparation: Following *Sneha Kalpana* standards with *Shankhapushpi* swarasa as liquid media

### Pharmacological highlights

Medhya effects: *Shankhapushpi*, *Nalada*, and *Vacha* are well-documented for cognitive enhancement.

Neuroprotection: Constituents possess antioxidant, adaptogenic and anti-inflammatory properties.

Bioavailability: Ghee base ensures CNS penetration through the blood-brain barrier.

### Therapeutic indications

Age-related cognitive decline

Speech disorders

Learning disabilities and ADHD

As a preventive *Rasayana* in geriatric care

## CONCLUSION

*Naladadi Ghrita* is a classically validated and scientifically promising *Medhya Rasayana* formulation. Its neuroprotective potential, multi-targeted action and biocompatible base make it a viable candidate for integrative approaches in managing cognitive disorders. Clinical validation and standardization studies are warranted.

## ACKNOWLEDGEMENTS

Nil.

**Conflict of interest**

None.

**Funding support**

Nil.

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