

CLINICAL UTILITY OF GOGHRITA AS PER AYURVEDA

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ABSTRACT

Ghrita is one of the most popular traditional dairy products in India. *Ghrita* is the foremost substance of Indian cuisine from centuries. Any region might be spotted out where *Ghrita* is not used as daily routine diet article. Regardless of warnings from modern medical science, Indian population uses *Ghrita* in their regular diet. Since Vedic era, it has been used for religious rites, cooking, cosmetic and medicinal purposes. Ayurveda describes eight kinds of Ghrita/Ghee which are obtained from milk of eight different animals. Among all, ghee which is obtained from milk of cow (Cow's ghee or Go Ghrita) is considered best. The nutritious and therapeutic value in ghee is good. Go-Ghrita has been used for centuries to improve physical and mental health and also in the treatment of various ailments

KEYWORDS: Ghrita, Goghrita, Ayurveda, Cow's ghee.

INTRODUCTION

Every man aspires to live healthy and as long as possible. Ayurveda the science of life too has the same aim. Ayurveda is a branch of Indian medicinal science dealing with medicine, herbalism, taxonomy, anatomy, surgery, alchemy and other related topics.^[1] Ayurveda describes eight kinds of Ghrita/Ghee which are obtained from milk of eight different animals.

Among all, ghee which is obtained from milk of cow (Cow's ghee or Go Ghrita) is considered best.^[2] Cow is mentioned as Kamdhenu (one which overfill all the wishes) since Vedic times in Indian civilization. The various uses of Cow urine, dung, milk, ghee and curd are well described in detail in ancient Ayurvedic scriptures such as Charaka samhita, Shushruta samhita and Vriddha Vagbhata.^[3] Ghee word is originated from Sanskrit word 'Ghrita'. It is known as Neyi, Nai (South India), Roghan (Persian) and butterfat, clarified butter, dehydrated butter (English). Ghee can be defined as almost anhydrous milk fat. Chemically, it is a complex lipid of glycerides (usually mixed), free fatty acids, phospholipids, sterols, sterol esters, fat soluble vitamins, carbonyls, hydrocarbons, carotenoids (only in ghee derived from cow milk), small amounts of charred casein and traces of calcium, phosphorus, iron, etc. It contains less than 3% moisture. Ghee is a good source of fat-soluble vitamins (A, D, E and K) and essential fatty acids.^[4] In Ayurvedic classics and scriptures, if not specified, the word Ghrita always applies to Goghrita.^[5]

Nirukti

The word *Ghrita* (cow ghee) is derived from "*Ghriti Ghriyate Ghri Seke Anjighrisibhyah Ktah*"^[6]

Ghrita Nishpatti - Ghrita (cow ghee) is used in the meaning of 'extracted from milk.'

METHODOLOGY

Etymology

Goghrita refers to the —ghee of Indian cow—*Bos Primigenius Indicus*" and is used in Ayurveda as Ghrita kalpana. Ghrita kalpana are mentioned to have shelf life of 16 months as per Ayurvedic classics and is shelf life notification of Government of India.^[7]

Pharmacodynamics^[8]

Gana: Madhura Skandha

Source: Jangama Sneha

Rasa : Madhura

Guna : Snigdha, Guru

Veerya : Sheeta

Vipaka : Madhura

Karma : Medhya, Agnivardhak

Action: Rasayana, Vajikarana, Rasavardhaka, Swarya, Varnya, Beneficial for Bala, Vriddha, Abala, Kshata and Ksheena; increases Oja, Medha, Smriti, Agni, and Indriyabala.

Chemical composition^[9]

The carotene content is responsible for the colour of Ghrita from yellow to white. Goghrita provides energy to the body as 1 gm of Ghrita gives 9.3 calories.

Triglyceride – 97.98%

Diglyceride – 0.25-1.5%

Monoglyceride - 0.16- 0.038%

Ketoacid glyceride – 0.015- 0.018%

Glycerylestors – 0.011-0.015 %

Free Fatty acid- 0.1-0.44

Phospholipids- 0.2-1.0 %

Sterols – 0.22-0.4 %

Vitamin A- 2500/100 gm

Vitamin D – 8.5×10.7 gm / 100 gm

Vitamin E - 24 x 10.3 gm / 100 gm

Vitamin K- 1×10.4 gm / 100 gm

Butyric acid- 4.5-6.0%

Caporic acid- 1.0-1.36%

Caprylic acid- 0.9-1%

Capric acid- 1.5-1.8%

Lauric acid- 6-7%

Myristic acid- 21-23%

Palmitic acid- 19-19.5%

Stearic acid- 11-11.5%

Archidic acid- 0.5-0.8%

Oleic acid- 27-27.5%

CLINICAL USE OF GOGHRITA^[10]

Go Ghrita is considered superior to ghrita obtained from milk of other animals. It is useful in vata and Pitta disorders. According to Ayurveda, consumption of ghee in medicinal proportion is beneficial for general mental and physical health. It is Sapta dhatu vardhak, Ooj vardhak and Kaantivardhak. It is Buddhivardhaka (augmenting intelligence), Smritivardhaka (enhancing memory), Deepana (improves appetite) and is useful in the treatment of Unmada, Apasmara, Murccha and Mada. It is especially useful in the treatment of diseases related to the nervoussystem. It cures the diseases that occur due to aggravation of Vata and Pitta. It

gives relief from burning sensation due to its cooling and Pitta pacifying action. Go ghrita older than one year is especially good for healing the mind.

Migraine

In migraine, Cow's ghee can be used for nasya. Put few drops of this ghee in each nostril. Or eat ten grams Cow's ghee mixed with misri once a day every morning for three day.

Bleeding through nose

Put few drops of ghee in each nostril.

Reducing toxic effects of dhatura, Raskapoor

Intake of go ghrit reduces toxic effect of dhatura and Ras kapur.

Alcohol Intoxication

In alcohol intoxication, 24grams of ghee is given with same amount of misri.

Burn injuries

Apply ghee as ointment.

Excessive cough in children

Massaging on chest with ghee is helpful.

Hiccups

Intake of go ghrit is helpful.

One can take regularly go ghrita in small doses to improve digestion and nourish body and mind. It makes body strong, gives strength, and cures internal dryness. Ghee is important for the brain. So people who do lots of mental/brain work should regularly eat ghee. After intake of ghee one should not drink water immediately.

In a healthy person with good digestion, moderated amount of ghee is not harmful. Too much of anything is harmful. Excess intake of ghee can make one obese and pose many other health risks. Also eat ghee only according to your body need and digestive ability.

Benefits of Go-Ghrita^[11]

Go Ghrita increases vision and production of semen. It pacifies the tridosha. It improves retention power/memory and gives a glowing skin. It is a cooling, tasty, heavy, unctuous, Tonic, appetizer, good for digestion, eyes, and intelligence.

It is good for the brain, eyes and skin.

- It is full of essential nutrients and fatty acids.
- It is antibacterial, anti-fungal, antiviral anti-aging and anti-oxidant.
- It has cooling effect on the body.
- It detoxifies the body and is good for the skin.
- It increases energy, weight and strength.
- It is easily digested by body compared to other ghee.
- It can stimulate secretion of stomach acids, and thus helping in the digestive process.
- Since it enhance the secretion of biliary lipids, it can help in reducing cholesterol level in intestine and serum.
- It increases the absorbability of vitamins and minerals thus helps to improve overall health.
- It balances all agnis (digestive fires).

CONCLUSION

It may be concluded that use of Go ghrita in our routine daily life, as gives good result and delays the ageing procedure by keeping us healthy and fit forever. Goghrita is one of the best sneha among four and best among all the eight types of Ghrita described in Ayurveda from different animals. Ghrita has one property Samskarasyanuvartanum i.e. there is no other such material which imbibes the quality to the extent that Ghrita does Use of Go ghrita is best described in Ayurveda. Ayurved have described its use in the treatment part as well as in diet and as immunomodulator.

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