

A REVIEW AERTICLE ON SARASVATA GHRITA**¹*Sumit Kumar and ²Dr. Rajnikant Rohila**¹PG Scholar and ²Prof. & HOD

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ABSTRACT

Ayurveda has been renowned as a system of medicine since the Vedic era. Its roots run deep, intertwining with ancient wisdom and practices that continue to influence health and well-being today. The use of Sarasvata Ghrita (SG) and its ingredients has been well-defined in ancient Ayurveda literature. It is well known for its memory-enhancing properties. It is also associated with improving speech, intelligence, memory, and digestive power. The drugs used in this formulation exert a variety of pharmacological actions including anti-inflammatory, anti-amyloidogenic, anti-cholinesterase, hypolipidemic, and antioxidant properties. Ayurvedic texts as well as online databases and search engines for published researches were meticulously reviewed through comprehensive analysis. After careful examination. It is found to be primarily associated with its impact on cognitive brain functions, particularly as a Madhya or Smrutivardhaka (memory enhancer). The present article provides all necessary information regarding its classical literature. The Ghrita formulations are included under the Sneha kalpana. Sneha are of 4 type Ghrita, Taila, Vasa, Majja. Out of these

Ghrita is considered to be the best one because of its unique nature of incorporating the properties of the drug with which its comes in contact without leaving its own nature qualities. The different references of Sarasvata Ghrita are available in different text of Ayurveda. It is commonly indicated in useful in stammering, blurred speech and dumbness. It can promote memory power, intellect, retention, analytical power and fluency of speech. It is also prescribed in Kushtha, Arsha, Prameha, Kasa, Bandhatva etc.

KEYWORDS: Sarasvata ghrita, Sarasvata, Sneha kalpna.

INTRODUCTION

Traditional medicine encompasses a rich tapestry of knowledge, skills, and practices passed down through generations across diverse cultures. These practices whether scientifically proven or rooted in ancient beliefs serve various purposes. Maintaining health, preventing illnesses, and addressing both physical and mental health conditions. Sarasvata Ghrita^[1] is a multi-component traditional formulation is well known for its use as a memory enhancer. It also confers good speech. Intelligence, memory and digestive power as per various classical treatises. It includes eight ingredients viz, Shigru (*moringa olifera*), Vacha (*Acoras calamus*), Dhatki (*Woodfordia fruticosa*), Lodhra (*syplocos racemosa*), Patha (*Cissampelos pareira*), sandhav lavan (rock salt), Gau Ghrita, Aja dugdha as stated in Bhava prakasha madhyama khanda. In ayurveda Ghrita kalpana is categorized under Sneha kalpana.^[2] The four primary sneha dravya are. Ghrita, Taila, Vasa, Majja. Among these, ghrita is considered the best because of its superior ability to absorb and retain the medicine properties of herbs.

Sarasvata Ghrita is important formulation which is mention in various text book like- Bhava prakasa^[3], Bhaisajya Ratnavali^[4], Astang Hridya Uttartantra^[5] etc in context of different disease. It is prepared with Murchita Ghrita by adding the kalka of different herbs and along with water and milk etc.

MATERIAL AND METHOD

There are generally three essential component requirements required for the prepration of Ghrita^[5] (A) Kalka (a fine paste of the drug), (B) Sneha dravya (Ghrita), (C) drava dravya (a liquid which may be one or more as kashya, Swarasa, Dugdha) etc. The duration of paka period depends on the nature of the drava dravya added to sneha. Depending upon the nature of drava dravya, the time duration of sneha paka varies because each Drava dravya has its own concentration and also releasing capacity of active ingredients into the Sneha.

In Sarasvata Ghita paka, firstly Murchana of Ghrita has to be done. All the ingredients of Sarasvata Ghrita are being changed to coarse powder form, murchita Ghrita is heated in the big vessel using medium flame, all content of Sarasvata Ghrita is added slowly in the vessel, equal amount of Aja Dugdha is added in it, boiling is done on using the medium flame, seen it after the completion of the process. The following table shows the different References of Sarasvata Ghrita mentioned in the classics Table no 1.

Table 1: Comparative Evaluation of constituents of Sarasvata Ghrita in various classics.

Physical form	Ingredien	A H ⁶	AC ⁷	V/ R ⁸	V/ V ⁹	BN R/G ¹⁰	BP/ G ¹¹	V/ R ¹²	BR/ S ¹³	CD/ R ¹⁴	V/ U ¹⁵	BNR/ U ¹⁶	A. S ¹⁷	VC/ U ¹⁸	SY ¹⁹
Kalka dravya (paste)	Shigru	+	+	+	+	+	+								
	Vacha	+	+	+	+	+	+	+	+	+	+	+	+	+	+
	Dhatki				+	+	+								
	Iodhra				+	+	+								
	Patha	+	+	+	+	+	+								
	Saindhava lavana	+	+	+	+	+	+	+	+	+	+	+	+	+	+
SNEHA DRAVYA	Go Ghrita	+	+	+	+	+	+	+	+	+	+	+	+	+	+
	Kwatha of following drug														
	Haritaki									+	+	+	+	+	+
	Bibhitaki									+	+	+	+	+	+
	Amalki									+	+	+	+	+	+
Drava dravya	Ajaksheera	+	+	+	+	+	+								

(A.H- Astangahridya, A.C.- Arogya Chintamani, V/R- Vangasenarasayan, V/V- Vangasenavataavyadhi, B.N.R./ V-Brihatnigahntu Ratnakar/vatavyadhi, B.P./G-Bhava Prakash-gadagadaminminchikitsa, V/R- Vangasena- rasayana, B.R/S-Bhasaijyaratnawali - swarabheda, C.D./R-Chakradutt- rasayan, V/U- Vangasena -unmada, B.N.R./U- Brihatnigahntu Ratnakar/unmada, A. S. -Astangasanghraha, V. C. /U Vaidya Chintamani/unmada, S.Y.- Sahatrayogam)

Rasa Panchaka (Ayurvedic Pharmacodynamics) of Sarasvata Ghrita

Principles: Rasa (taste), Guna (quality), Virya (potency), Vipaka (post-digestive effect), and Prabhava (specific action). These five components together define the pharmacological behavior of a substance in Ayurveda and offer a holistic approach to understanding a plant's therapeutic potential.

1. Rasa (Taste): The initial perception of a substance's taste, which reflects its elemental composition and can indicate certain therapeutic properties. There are six primary tastes: sweet, sour, salty, pungent, bitter, and astringent.
2. Guna (Quality): Describes the physical qualities or attributes of a substance (e.g., heavy/light, dry/unctuous, cold/hot) that influence how the body interacts with it.
3. Virya (Potency): The active energy or heating/cooling potency that a substance carries, which affects its immediate impact on the body.

4. Vipaka (Post-digestive Effect): The effect of the substance after digestion, which plays a crucial role in its long-term influence on bodily functions and metabolism.
5. Prabhava (Specific Action): A unique effect that cannot be explained by the other four principles, highlighting the special or exceptional pharmacological action of the substance.

Together, these principles help evaluate the full therapeutic efficacy of a plant, acknowledging the synergistic interactions among its various phytochemicals—something often overlooked when isolating single molecules in modern pharmacology. The pharmacodynamic activity of any substance in Ayurveda is determined by five key attributes: Rasa (taste), Guna (inherent properties), Virya (potency), Vipaka (post-digestive effect), and Prabhava (specific pharmacological action). These collectively define the substance's structural characteristics and physiological effects. In the context of understanding the pharmacodynamics of Sarasvata Ghrita, the Rasa Panchaka of its core ingredients—based on information from the official pharmacopoeia—has been compiled and presented in Table 2

The majority of the constituents of SG possess katu and tikta rasa, laghu guna, ushna virya, and madhura vipaka, and are primarily vata-kapha or kapha-vata shamaka, as shown in Table 2

Table 2: Rasa panchaka of constituents of Sarasvata Ghrita.

Ingredients	Rasa	Guna	Veerya	Vipaka	doshaghatak
Aja-ksheera ^[20]	Kashaya madhura	Grahi laghu	sheeta	madhura	vata-pitashamaka
Go-ghrita ^[21]	Madhura	Guru, snigdha sara	sheeta	Madhura	Vatapittahara
Shigru ^[22]	Katu, tikta, madhura	Laghu Ruksha Tikshana Sara	Ushna	Katu	Vata-kaphahara
Vacha ^[23]	Katu tikta	Tikshana sara	Ushna	katu	Kapha-vatasamaka
Dhatki ^[24]					
Lodhra ^[25]					
Patha ^[26]	Tikta, katu	Laghu, tikshana	Ushna	katu	Tridoshsamana
Saindhav lavana ^[27]	Lavan-madhura	Snigdha-laghu	Sheetoushana	madhura	Tridoshahara

These attributes are crucial in understanding its therapeutic potential. Madhura rasa acts as Ahladakara (psychologically pleasant) and nourishes all the dhatus at the cellular level. Due

to this, it serves as an Ayushya and Jivaniya agent (promoting longevity and vitality)^[28] Ushna virya facilitates the movement and spreading of Rasadi Dhatus, owing to its pravartaka (activating) property.

In the Indian system of medicine, it is advised to administer certain formulations both alone and in conjunction with various herbs to treat a range of disorders. This approach is attributed to their *smṛtivarḍhaka* (memory-enhancing), *medhāvardhaka* (intellect-promoting)^[29] *vayastāpana*, and *āyusya* (longevity-promoting)^[30,31] properties. *Snehana* (oleation therapy) is recommended to alleviate *Vāta*, and *ghṛta* (clarified butter/ghee) is considered the best form of *sneha*. Additionally, *ghṛta* is described as *Yogavāhī*, meaning it can carry and enhance the therapeutic properties of any drug processed with it. *Ghrita* (Ghee) and its Therapeutic Potential Among the various types of *ghrita* (medicated ghee), *Go Ghrita*^[32] (cow's ghee) is considered the best. It is a key component of *Saraswata Ghrita*, a traditional Ayurvedic formulation renowned for its cognitive benefits. *Go Ghrita* has demonstrated the ability to cross the blood-brain barrier (BBB)^[33] attributed to its lipid content, emulsion^[34] nature, and mucoadhesive^[35] properties. Its lipophilic nature facilitates the transport of bioactive compounds to target organs and enhances intracellular delivery, as cellular membranes themselves are lipid-based. When herbs are processed with *ghrita*, their therapeutic movement and efficacy within the body are significantly enhanced. In addition, research has shown that goat milk supplementation can improve memory in D-galactose-induced aging models in Sprague-Dawley rats, suggesting potential benefits in age-related memory decline. *Saindhava Lavana* (Rock Salt) *Saindhava lavana* is essential for maintaining mineral balance, water absorption, and cellular communication. It supports the body's electromagnetic balance and contributes holistically to mental and physical well-being. Rock salt is thus regarded as a complete body-mind rejuvenator—beneficial internally, externally (especially for the skin), and mentally.

Moringa oleifera Lam.^[36] (*Shigru*) (*Moringaceae* family) is a traditional medicine used for control of diabetes, obesity, asthma, cardiac, liver, gastrointestinal, infective, and brain disorders, such as depression and Alzheimer's disease. *Shigru* can be utilized in treating the malnutrition in a local and cost-effective manner. Different parts of this plant are being employed for the treatment of different ailments in the indigenous system of medicine. The leaves are an excellent source of vitamins (especially Vitamin A, B and C), minerals

(calcium, iron) and protein. The plant is bitter, anti-bacterial, antifungal, anti-gastric, analgesic, anti-inflammatory, cardio protective, wound healing etc.

Therapeutic Indications of Saraswata Ghrita

An analysis of the collected literature indicated that SG has been indicated predominantly for its effects on cognitive functions of brain taking its Medhya or Smrutivardhaka (memory enhancer) property into account. In addition, it has also been prescribed in Kushtha (Skin disorders), Arsha (Haemorrhoides), Prameha. The divergence in therapeutic applications indicated by different authorities is due to inclusion of different constituents in its preparation. For instance- Vangasena, Bhaishajya Ratnavali and Chakradutta have included Haridara, ashtang hridaya etc in this formulation as they have prescribed it in 18 types of kushtha, Prameha and Arsha. This diversity in inclusion of constituents appears to be based on the disease in which the formulation is intended to be prescribed.

Acc to Brihatnigahantu Ratnakar^[37] -Smruti Vardhaka, vishaghna, Jada, Gadagada, mukta nashaka, mati varhak, medhavardhaka, patima.

Acc to Ashtang Hridaya^[38] - medha vardhaka, Smruti vardhaka vakakrita, vahnikrita.

Acc to Bhaishajya Ratnavali^[39] - vakakrita, vahnikrita, kinnare sahagiyat, shrutmatrantudharyet, 18 kushta, arsh, 5 gulma, premeha, 5 kasa, Badhatva, alparetsa, balvardhak, varna kara.

Acc to Chakradutta^[40] - vakakrita, vahnikrita, kinnare sahagiyat, shrutmatrantudharyet, 18 kushta, arsh, 5 gulma, premeha, 5 kasa, Badhatva, alparetsa, balvardhak, varna kara.

Acc to Arogya chintamani^[41] - Medha Vardhaka, Smruti Vardhaka, Vahnikrita.

Acc to Brihanighantu Ratankar^[42] – Smruti vardhaka, Vakakrita, Jada, Gadagada, mukta nashaka, mati vardhaka, medhavardhaka pratima.

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