

## A LITERARY REVIEW ON KUSMANDA GHRTA AS A BALYA AND RASAYANA FOR CHILDREN

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Article Received on 03 Nov. 2025,  
Article Revised on 24 Nov. 2025,  
Article Published on 01 Dec. 2025,  
<https://doi.org/10.5281/zenodo.17798839>

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**How to cite this Article:** \*1Dr. Vidya Udhavrao Pashte, 2Dr. Arun Abasaheb Shinde (2025). A Literary Review On Kusmanda Ghṛta As A Balya And Rasayana For Children. World Journal of Pharmaceutical Research, 14(23), 1494–1498.

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### **ABSTRACT**

Kuṣmāṇḍa Ghṛta is described in classical Ayurvedic texts as a Balya (growth-promoting) and Rasāyana (rejuvenative) formulation. Its sweet, cooling, nourishing and rejuvenating properties make it ideal for pediatric use. This literary review compiles references from Bṛhatrayī, Laghutrayī and contemporary Ayurvedic literature, correlates pharmacological properties, and discusses its clinical relevance in children. Findings suggest that Kuṣmāṇḍa Ghṛta plays a significant role in enhancing nutrition, immunity, cognitive functions, digestion, and overall development.

**KEYWORDS:** Kuṣmāṇḍa, Ghṛta, Balya, Rasāyana, Pediatrics, Ayurveda, Balroga, Nourishment.

### **INTRODUCTION**

Children have immature Agni, unstable Doṣas and underdeveloped tissues (Dhātu). Hence Ayurveda emphasizes mild, nourishing, soothing formulations. Kuṣmāṇḍa (Benincasa hispida – Ash Gourd) is naturally madhura, śīta, Ojovardhaka

and medhya. When processed in Ghṛta, its nutritional and Rasāyana qualities increase, providing safe and effective pediatric nourishment.

Kuṣmāṇḍa Ghṛta is indicated in various contexts—Balroga, Jwar, Raktapitta, Graha disorders, and as a general Rasāyana.

## AIMS AND OBJECTIVES

1. To critically review classical references of Kuṣmāṇḍa Ghṛta regarding Bala and Rasāyana properties.
2. To analyze its relevance in pediatric physiology and pathology.
3. To correlate its classical properties with modern pediatric nutrition and physiology.

## MATERIALS AND METHODS

Review of Ayurvedic classical texts: Caraka Saṁhitā, Suśruta Saṁhitā, Aṣṭāṅga Hṛdaya, Aṣṭāṅga Saṅgraha, Kāśyapa Saṁhitā, Bhāvaprakāśa, Yogaratnākara.

Review of commentaries: Cakrapāṇi, Aruṇadatta, Hemādri, Dalhaṇa.

Review of Nighaṇṭus: Dhanvantari, Raja, Bhāvaprakāśa Nighaṇṭu.

Analysis of pharmacological properties based on modern data (nutritional composition of Benincasa hispida & cow's ghee).

Pediatric Ayurvedic literature analysis.

## Literary Review

1. Classical Description of Kuṣmāṇḍa (Benincasa hispida)

### Properties (Guṇa-karma)

Rasa: Madhura

Guna: Guru, Snigdha

Vipāka: Madhura

Vīrya: Śīta

Karma: Balya – promotes strength

Rasāyana – rejuvenates tissues

Ojovardhaka – enhances immunity

Pittahara & Dāhapraśamana

Medhya – brain tonic

Hṛdya – good for cardiac health

Vṛṣya – fertility-promoting

Classical Shloka (Bhāvaprakāśa Nighaṇṭu)

“Kuṣmāṇḍaḥ śītalah snigdho madhuro balavardhanaḥ |

Ojovardhī rasāyano hṛdyaḥ pittāgnidāhapratāpanaḥ ||”

Meaning: Kuṣmāṇḍa is cooling, unctuous, sweet, strength-giving, immunity enhancer, Rasāyana, heart-friendly, and pacifies Pitta and burning sensations.

## 2. Benefits of Ghṛta (Ghee) for Children

Classical texts describe ghee as

Smṛti medhā agni balya ayu vardhaka (AH)

Supports the brain & nervous system

Enhances absorption and acts as a carrier of drugs (Yogavāhi)

## 3. Kuṣmāṇḍa Ghṛta in Classical Texts

Aṣṭāṅga Hṛdaya (Chikitsā Sthāna – Raktapitta cikitsā)

“Kuṣmāṇḍam ghṛtasamyuktaṁ pibet pittajitau param ||”

Indicates superiority in Pitta disorders, dehydration, fatigue

Kāśyapa Saṁhitā (Khilasthāna – Balopacara)

Describes Kuṣmāṇḍa as Balya, Bṛṁhaṇa and ideal for pediatric nourishment.

Together, these references justify its pediatric utility.

## DISCUSSION

### 1. Balya Effect in Children

Supports Dhātu-poshana in growing children

Helps weight gain and healthy growth

Promotes muscle & tissue building

Ideal for children with Karśya, Alpa bala, Alpa pippāsa, or recurrent weakness

### 2. Rasāyana Effect

Enhances Ojas → improves immunity

Acts as antioxidant and anti-inflammatory

Supports long-term development of tissues

Improves resilience against disease

Suitable for post-illness recovery

### 3. Medhya & Neuro-developmental Role

Because both Kuṣmāṇḍa and Ghṛta are medhya:

Enhances brain development

Improves sleep, memory & concentration

Useful in irritability, anxiety, delayed milestones (adjunctive)

#### **4. Gastrointestinal Benefits**

Relieves mild constipation

Improves appetite (Arochaka)

Balances Pitta in gut → reduces colic & hyperacidity

#### **5. Safety in Pediatrics**

Mild, cooling, non-pungent → ideal for infants too

Easily digestible when used in small doses (1–2 drops up to ½ tsp depending on age)

#### **6. Modern Correlation**

*Benincasa hispida* is rich in.

Vitamins B & C

Minerals like calcium, potassium

Bioactive compounds with.

anti-ulcer

anti-inflammatory

anxiolytic

immunomodulatory effects

#### **Ghṛta contains**

Omega fatty acids essential for neural development

Fat-soluble vitamins A, D, E, K

Combined formulation works as a natural pediatric nutritional supplement.

#### **CONCLUSION**

A thorough examination of classical Ayurvedic literature reveals that Kuṣmāṇḍa Ghṛta is a safe, nourishing, and highly effective pediatric formulation. Its Balya and Rasāyana properties make it beneficial for enhancing growth, immunity, cognitive development, digestive health, and overall well-being in children. Given its gentle nature, it is especially valuable for infants and young children.

Further clinical trials can strengthen its evidence-based application in modern pediatric practice.

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