

**GO-GHRITA – COW'S GHEE – A BOON FOR CHILD****Pankajini Panda<sup>1\*</sup> and Diptirekha Dash<sup>2</sup>**

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Article Received on  
03 August 2022,

Revised on 24 August 2022,  
Accepted on 14 Sept. 2022

DOI: 10.20959/wjpr202213-25641

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**ABSTRACT**

Ghee is a type of clarified butter fat that has been produced and utilized in India widely from ancient times. It is used in Ayurveda as a therapeutic agent and also for religious rituals commences childhood. It is accepted as holy food in all over India because of its aroma and nutritional benefits. It is made from milk, cream, or butter of several animal species, but especially ghee prepared from cow's milk is the most precious thing for every Indian ritual since birth. It is also prepared by various methods by adding various herbs with water. It is used as a great source of good fat in diet and also in medicines, Shasabiya Panchakarma in treatment of several Pediatric diseases. Ghee is identified as valuable natural source of food which has several health benefits entirely beneficial to the children such as binds toxins, enhances complexion and glow of the face and body, an amazing

rejuvenator for the eyes, increases physical and intellectual stamina etc. in addition to imparting sustaining energy. So we can conclude it as effective in increasing Bala, Varna, Dristi, Oja since childhood, hence can be considered as a boon for children.

**KEYWORDS:** Go-Ghritha, Bala, Varna, Oja, Dristi, Shasabiya Panchakarma

**INTRODUCTION**

Ghee is one of the most popular traditional dairy product in India. Since Vedic era, it has been used for various purposes like religious rites, cooking, cosmetic, and therapeutics.<sup>[1]</sup> The importance of ghee in Indian diets has been recognized from ancient days because of its excessive nutritive value, pleasant aroma, and textual properties. It is made from butter,

cream, or milk of numerous animal species.<sup>[2]</sup> Ghee is viewed as an energy-rich food and rich in essential fatty acids (linolenic acid and arachidonic acid), fat-soluble vitamins, and growth-promoting factors.<sup>[1]</sup> Ghee mainly consists of fatty acids, saturated fat, monosaturated fat, poly saturated fat, trans fat, omega fatty acids, cholesterol, vitamin A, B, D, K, E and very less amount of water.<sup>[3]</sup> Ghee contains essential fatty acids and fat-soluble vitamins which cannot be synthesized in our body, are supplied by ghee.<sup>[4]</sup> It contains antioxidants like Vitamin E and beta carotene (600 IU) besides other nutrients like phospholipids, diglycerides and triglycerides.<sup>[5]</sup>

Ghee & Ayurveda has very close relationship since thousand years. Cow Ghee is excellent for balancing Vata (air) and Pitta (fire) related doshas (humors).<sup>[5]</sup> It is an excellent base for preparing Ayurvedic medicines, due to the fact ghee has different ability to attain each and every organ, tissue within short period, which help to transport medicine without any change called as “yogawahi” action in Ayurveda.<sup>[3]</sup> In Ayurveda, ghee is placed under most sattvic foods and which help to promote positivity, growth and growth of consciousness. Cow ghee is applicable in all internal body mechanisms and considered in Ayurveda as ‘amrita’ (nectar). It had several health benefits such as enhances the body immune system, facilitates the bowel movement, improve the health of the teeth & gums, prevent chronic cough issues and also disorders of eyes.<sup>[6]</sup>

Ghritas are medicated ghee or ayurvedic formulations of lipid based, in which decoction or the paste of the crude drug, boiled with the ghee so that the active components of drugs get transferred into ghritas.<sup>[7]</sup> In Ayurveda, Ghee is recognised to be the healthiest alternative of edible fat, when the nutritive value is being considered, as it possesses beneficial properties and enable positive effect of herbal drugs added to it in the preparation of medicated ghee.<sup>[8]</sup> Digestion, absorption and transport to target organ system are crucial in obtaining the maximum benefit from any formulation.<sup>[5]</sup> Lipophilic nature of Ghee helps entry of formulation into the cell and its delivery to mitochondrion, microsome and nuclear membrane.<sup>[9, 10]</sup> A study that compared different varieties of herbs and herb extracts observed that the efficacy elevated when they had been used with ghee, in contrast to usage in powder or tablet form.<sup>[11]</sup> Ghee is heavily utilized in Ayurveda for several medical applications, inclusive of the therapy of hypersensitive reaction skin and respiratory diseases.<sup>[5]</sup> Butyric acid is an ordinary modulator of gene function.<sup>[12]</sup>

Cow Ghee is recognised to be digested 96% compared to all distinctive vegetable or animal source fats. Dispersion of fat globules in the aqueous phase of milk forming an emulsion is the reason behind the excellent digestibility of milk fat. Due to digestibility the milk fat act as a valuable dietary constituent for the treatment of many diseases.<sup>[13,14]</sup>

Ramchandra et al reviewed concept of medicated ghee on management of childhood epilepsy. Epilepsy is a disorder of central nervous system in which brain activity becomes abnormal causing seizures by the neurobiologic, cognitive, psychological and social consequences of this condition. Ghee contains vitamin A, D, E and K. Vitamins in which A and E are anti-oxidant and are useful in preventing oxidative damage to the body & brain. He concluded that most of the components have anticonvulsant activity through one or other mechanism.<sup>[15]</sup> Therefore, treatment with the various medicated ghee (Ghritkalpanas) along with the standard synthetic antiepileptic drugs should be considered a valid therapeutic option for children with seizure disorders/epilepsy (Apasmara).<sup>[15]</sup>

Cow milk ghee is essentially desired for Ayurvedic applications. Cow milk ghee is regarded as good for eyes, light in digestion and strength-giving. It increases virility and appetite. The medicinal value of ghee also depends on the storage period of ghee. For external utility, old ghee is preferred over new ghee.<sup>[16]</sup>

## DISCUSSION

Consumption of ghee imparts various health benefits such as binds toxins, enhances complexion and glow of the face and body, a great rejuvenator for the eyes, increases physical and intellectual stamina etc. in addition to imparting sustaining energy.<sup>[7]</sup> Go-ghrita has numerous health benefits along with therapeutic benefits for children. Go-ghrita is included in Snigdha aahara, which is great for child's health, both physical and mental. It maintains child's saukumaryata also Bala (Immunity & strength), Varna (Complexion), Medha (Intellect & memory), Oja and Ayusha (Longevity of life).

If we consider about internal use of Go-ghrita, then it can be in the form of Aahara (Diet) and Oushadha (Medicine). In the modern era Indian parents are too ignorant about the enormous benefits of ghee instead following western food habits like fast foods, packaged and junk foods. So it is very necessary to introduce Go-ghrita in diet since weaning gradually. In the form of good fat it is the boon for child, also adds delicacy to food ensuring healthy weight gain and sustainable energy for daily activities. When it comes in the form of Oushadha Go-

ghrita is administered through various Ayurvedic formulations for the treatment of various diseases. Since birth as miraculuous Lehana also Swarnaprasanna is introduced along with Ghrita for its Yogawahi property, good shelf life and easy deglutition. In India people use few drops of Go-ghrita to check nose bleed.

Considering the external use Go-ghrita can be used widely in Shaisabiya Panchakarma to treat several diseases. Beginning from Abhyanga(Body massage), Sirodhara, Sirovasti, Matravasti, Siropichu, also Vaman, Virechan in some cases Go-ghrita has marbelous contribution. It heals the burn injury so amazingly by local appliacion unlikely synthetic base ointments. Moreover it is a boon for child helping nutritionally, therapeutically and other Indian rituals including Childhood Samskaras.

## CONCLUSION

Ghee hs been considered immensely superior to other fats. From the beginning of life Go-ghrita is used in different ways for leading a healthy life. According to Pandit Jawaharlal Nehru,” Children are like buds in a garden and should be carefully & lovingly nurtured, as they are future of the nation and the citizen of tomorrow”. Hence Go-ghrita can be accepted as a boon for child, contributing to nation in a great sence. Healthy children build healthy nation, healthy nation is the key to progress. So we can say Go-ghrita is a boon for child.

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