

**EXCLUSIVE INCORPORATION OF *MADHU* AND *GHRITA* IN
*SUSHRUTA SAMHITA******Shubada V. I.**

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ABSTRACT

Wound healing is an absolute challenge in the fields of surgery, trauma repair, burn care etc. Every effort is accomplished to check for any secondary infections. Healing of the wound is the primary objective. Sixty therapeutic measures for wounds are discussed in the first chapter of *Chikitsasthana* of *Sushruta* which primarily focuses on methods to keep a wound sterile and tend the wound towards healing without complications. *Madhu* and *Ghrita* as a combination is discussed under sixty *upakramas*. The combination is used extensively and especially after the *Pradhana karmas*- main therapeutic procedures in *Sushruta samhita*. By virtue of their properties, they aim for *sthanika Vrana shodhana* and *Ropana*. Anti inflammatory, anti

bacterial actions of *Madhu* and *Ghrita* has promoted healing tendencies in chronic ulcers. This unique blend is more universally used as a local application after *Agnikarma* and *Shastra karma*.

KEYWORDS: *Madhu, Ghrita, Vrana shodhana, Vrana Ropana.*

INTRODUCTION

One among the *Shashti upakrama* (sixty therapeutic measures for wounds), *Madhu* (Honey) and *Ghrita* (Ghee) combination has been widely practiced. Special properties like *shodhana*, *Ropana* (healing) and *tridosha shamana* tends a non healing ulcer towards healing. *Madhu* and *Ghrita* combination is also found effective as internal administration in unequal proportion as *sahapana* (co-administers with medicine). Through their vivid actions and properties *Madhu* and *Ghrita* have identified themselves as a unique and effective combination.

Properties of *Madhu* and *Ghrita*

Madhu

Madhu has *Madhura rasa* as *pradhana rasa* and *Kashaya rasa* as *anurasa*.

Gunas: *Rooksha*, *Sheeta*, *Varnya*, *Swarya*, *Agnideepana*, *Lekhana*, *Shodhana*, *Ropana*, *Sandhana*, *yogavahi* (carrier of properties) and *Tridosha prashamana*. As *Madhu* is *Laghu* it pacifies *Kapha* and due to *Madhurya*, *pichila* and *kashaya* properties it pacifies both *vata* and *pitta*. Eight types of *Madhu* are mentioned in *Madhuvarga*. Old Honey has *grahi*, *lekhana* and *medoghna* properties.^[1]

Ghrita

Goghrita is *Madhura rasa*, *Sheeta virya*, *Madhura vipaka*, *Guru*, *Snigdha* and *soumyaguna*. *Anabhisyyandi*, *Ayushya*, *Balya*, *Chakshushya*, *Deepana*, *Medhya*, *Ojovardhaka*, *Ra sayana* (rejuvenation), *Ruchya*, *Shleshmavardhana*, *Snehana*, *Shukravardhaka*, *Tejobalakara*, *Tw achya*, *Shoolaprashamana*, *Vatapittaprashamana*, *Vayaasthapna*, *Vishahara*, *Rakshoghna* and *Vrishya* in action.^[2]

Various applications of *Madhu* and *Ghrita*

As *Dahanopakarana*: *Madhu* and *Ghrita* are indicated individually in *Dahanopakarana* for *Sira Snayu Asthi Sandhistita vyadhis*. *Sneha dravya* like *Madhu* and *ghrita* are chosen as *Dahanopakarana* in *Vata* and *Kapha pradhana vyadhis*. *Agnikarma* using *sneha dravyas* results in deep action by the property of *Sookshmasiranusarita*.^[3]

In *Shashti upakrama*: Among the sixty measures for *Vranachikitsa*, *Madhu* and *Ghrita* as combination used to pacify the effects of *kshatajanita Ushma*. For *Sandhanartha*, *Madhu* and *Ghrita* are used in *Sadyovrana*. In *sthanika shodhana* and *ropana* of *Dushtavrana*, *Madhu* and *Ghrita* are used as adjuvant *dravyas* in various combinations.^[4]

Shashtra Karma: *Madhu* and *Ghrita* have been extensively used after *shastrakarma* for *Shastrakrita Vrana Shodhana*, *Ropana*, *Pratisarana*, and *Sandhana* and so on.

- *Madhu* and *Ghrita* are used after *samyak Agnikarma*. As *Rakta* gets affected after *Agnikarma* involves *pitta* as these share same *virya* and *rasa* and are in *Ashrayashrayi bhava*. *Madhu* and *Ghrita* combination pacifies the *Rakta* and *pittadushti* which usually results after *Agnikarma*, and thus acts as *vedana shamaka*.^[5]

- After removing the foreign bodies, application of *Madhu* and *Ghrita* is recommended. If *Kshtaja* injury results while removing *Asthyadi shalyas* from *Kantapradesha*, then for the healing *Madhu* and *Ghrita* are applied.^[6]
- In *Savrana Bhagna chikitsa prakarana*, *Madhu* and *Ghrita* application has been considered as *pradhana upakrama*, followed by *samanya Bhagna chikitsa*. Even in *Masthulunga bhagna chikitsa* also *Madhu* and *Ghrita* has been mentioned.^[7]
- After removal of *Ashmari*, operated wound should be anointed with *Madhu* and *Ghrita* for *ropana* along with other measures of post operative intervention.^[8]
- In *Prameha pidaka* (carbuncles) *prakarana*, *Navayasa loha* is advised along with *Madhu* and *Ghrita* internally.^[9]
- In *Parisravayodara* and *Baddhagudodara chikitsa* for *vrana shodhana*, for *sandhana* and *ropana* purpose *Madhu* and *Ghrita* is applied. This reference highlights the scope of *Madhu* and *Ghrita* even in internal wounds also.^[10]
- *Madhu* and *Ghrita* are applied as *paschat karma* after the *shastrakarma* of *Medoja Galaganda*.^[11]
- In *Padminikantaka* internal administration of *Madhu* and *Ghrita* is mentioned.^[12]
- After *Bhedana Karma*, *Madhu* and *Ghrita* application is indicated for *vrana shodhana* and *ropana*.^[13]

DISCUSSION

Research Updates: The effect of *Madhu* and *Ghrita* as *Vrana shodhaka* and *Ropaka*, is known since Vedic period, efforts in re establishing the efficacy are continuing. Modern parameters with advanced techniques have proved these principals effectively.

- Honey a by-product of flower nectar, composed of Fructose (38.2%), Glucose (31.3%), Maltose (7.1%), and Sucrose (1.3%), vitamins, minerals and enzymes. Honey has antibacterial, antifungal and antiviral properties. The pH of Honey is between 3.2 and 4.5, inhibiting the growth of microorganism. Numerous phytochemical factors for antibacterial activity have been identified in honey. All types of wounds, ulcers including surgical wounds respond to the topical application of Honey. Application of honey as wound dressing leads to stimulation of healing process and quickly clears the infection. Honey has cleansing action on wounds, stimulates tissue regeneration and reduces inflammation. Even application of Honey was found effective in lesions of Herpes. Honey has also been reported to have inhibitory effects on rubella virus activity.^[14]

- Honey has established its efficacy to inhibit the strains of *Pseudomonas Aeruginosa* from infected burns. Sample of Honey maintained bactericidal activity when diluted more than 10-fold.^[15]
- Honey proved to stimulate inflammatory cytokine production from monocyte thus helping in early healing and repair of tissues.^[16]
- Wound healing and anti inflammatory property of *Madhu and Ghrita* has been established. Healing markers like keratinization, epithelisation, and neovascularisation were analyzed. This combination increased the tensile strength and reduced the wound closure time. Wound healing potential of *Madhu and Ghrita* was established by its wound contraction rate and anti-inflammatory actions.^[17]
- Anti bacterial property of Honey has been established against *Staphylococcus*.^[18]
- Ghee has been shown to reduce the secretions of leukotrienes and prostaglandins, which both contribute to the formation of pain and swelling. Ghee is effective at repairing and restoring the skin. Ghee is also good for cuts and burns.^[19]
- Cow's Ghee contains quite a large amount of butyrate which is anti-inflammatory. Cow's ghee contains antioxidants like Vitamin E, vitamin A, beta carotene phospholipids, triglyceride, lactose (sugar), milk protein, and fat. Ghee mixed with honey found effective application for wounds, inflammation, and blisters. Ghee is effective in painful ulcers, wounds, insect bites and burn wounds.^[20]

CONCLUSION

Madhu and Ghrita is an effective combination both for acute and chronic wounds. Route of administration (internal/external), understanding the stage of a disease (*shuddha/ dushta/ Ruhyamana/sadyovrana*), appropriate usage as per indications (*shodhana, ropana, sandhana, lekhana*) etc plays a major role in administration of *Madhu and Ghrita* in clinical practice. Exclusive combination of *Madhu and Ghrita* has proven its efficacy as anti-bacterial, anti-inflammatory and as a promoter of wound healing.

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