

A STUDY OF GHRITA KALPANA WITH REFERENCE TO CHARAK SAMHITA

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ABSTRACT

Ghruta is most widely used for medicinal purpose. Its time of administration (kala), route of administration, dose to be given (matra) and *anupana* must be taken into consideration while using *ghrita* for medicinal purpose. *Ghruta* used for medicinal purpose gives desired result with appropriate selection of above mentioned factors. What is the logic behind all concept, their indication and contra indication? The present paper focuses on the above points to get convincing answers.

Key words: *ghrita, charaka samhita, matra, kalpana, kala, anupana.*

INTRODUCTION

In Ayurveda, medicines are given in 5 different forms as ¹ *Swarasa*(juice), *kalka*(paste), *kwatha*(decoction), *hima*(cold decoction) and *fanta*, called as “*kalpana*”. Where *kalpana* mean, formulation, preparations which could be used for further medicinal purposes.² Among this *kalpanas*, *swarasa* (juice) is the most potent form of medication than *kalka* (paste), *kwatha* (decoction), *hima*(cold decoction) and *fanta* but *Kwatha*(decoction) is the heaviest form to digest among all the above given *kalpana*'s.³ Thus *kwatha* is a form which is considered as one of the potent as well as easiest form to digest, hence, most widely used form of medicine in Ayurveda is *kwatha* (decoction) and its *upkalpanas* (subsequent preparations).

Taila paka, kshira paka, rasa prakriya, ghruta paka, asav and arishta are considered as the *upkalpana*'s(subsequent preparations) of the *kwatha*⁴. This *kalpana* (preparations) and *upkalpanas* (subsequent preparations) are meant to convert crude drugs into a form

which could be assimilated easily in the body, helps to preserve the potency of drug and make drug palatable to the patient.

One of the best substances that easily assimilated in the body in its natural as well as in its medicated form is “*ghruta*”.⁵ “*Ghruta*” considered as best among all the other *sneha*⁶, as it is assimilated easily in the body of young as well as the old ones, achieves the properties of drug by which it gets medicated without losing its original properties.

Preparation of *ghrita kalpana*⁷

Sneha kalpana is prepared by taking *sneha* in one matra, drug *kalka*(paste) in 1/4th of *sneha* and adding *drava*(liquid) four times of *sneha*. Heating the given combination till following characters are observed gives the *sneha kalpana*.⁸

1. The drug *kalka* (paste) could be moulded in *varti* with two fingers.
2. If the *kalka* (paste) is exposed to fire no sound is observed.

3. “Phen shanty”, that means no further bubbles are observed over *ghruta* while heating it.

4. *Ghruta* gets all the characters of crude drug by which it was medicated, such as smell, taste, color and its medicinal properties.

Thus when this *sneha* gets prepared finally, it could be used for massaging the body, taking it orally, for the purpose of *nasya*(nasal drops), *gandush*(gargles), *basti*(enema), oiling the eyes, *Vrana* (wound) *chikitsa* etc.

Indication for sneha sevan⁹

Oleation therapy in general is prescribed for those who are to be given fomentation (*swedan*) or panchakarma procedures like *Vaman* and *Virechan*, those who have roughness in the skin(*ruksha tvaka*), those suffering from diseases due to the vitiation of *vata*, those who indulge in physical exercise, wine and women, and those who suffer from mental strain.

Contra indication for sneha sevan¹⁰

Oleation therapy should not be administered to such of the patients as are eligible for drying (*rukshans*) therapy except for the purpose of administering elimination therapy, also to those in whom *kapha* and *medas* (fat) are aggravated, those in whose cases the aggravated condition of *kapha* reflects itself in the form of mucus secretion from the mouth and anus, those whose power of digestion is continuously weak, those suffering from thirst and fainting, the pregnant women, those whose palate gets dried up, those having aversion of food, those suffering from vomiting, abdominal diseases, diseases due to improper digestion as well as metabolism, those afflicted with *gara* type of poison, the weak, emaciated, those having aversion to the intake of unctuous substances, those intoxicated and those being administered inhalation and enema therapies. If oleation

therapy is administered to such persons, they are likely to fall victims of disastrous complications.

Indication for ghruta sevan¹¹

Intake of *ghrita* is prescribed for those whose bodily constitution is dominated by *vata* and *pitta*, who is suffering from diseases due to vitiation of *vata* and *pitta*, those desirous of good eye sight, those suffering from phthisis and consumption, the old, children, the weak, those desirous of longevity, those desirous of strength, good complexion, voice, nourishment, progeny, tenderness, luster, *ojas*, memory, intelligence, power of digestion, wisdom, proper functioning of sense organs and those afflicted with injuries due to burns, by weapons, poison and fire.

Properties of ghruta¹²

Ghruta promotes memory, intellect and power of digestion, semen, *ojas*, *kapha* and fat. It alleviates *vata*, *pitta*, toxic conditions, insanity and fever. It is the best of all the unctuous substances. It is auspicious, cold in potency and sweet both in taste as well as *vipaka*. When administered according to the prescribed procedure, it increases, thousand times in potency and develops manifold utilities.

Old cow *ghee* is useful in intoxication, epilepsy, fainting, consumption, insanity, toxic manifestation, fever and pain in the ear, head as well as female genital tract

Total of 253 *ghritas* have been observed out of which

Bahya prayogarth ghrut 29 have been explained.

DISCUSSION

Snehan, one of the six methods of treatment.¹³ For the purpose of *snehan*, it is observed that *ghrita* used in 64 combinations¹⁴ or could be given alone (*acchapan*).¹⁵ Different formulations of *ghrita* are mentioned in different chapters.

Classification of Ghrita according to chapters¹⁶:-

Rasayan adhyaya	02
Vajikaran	05
Jwar	03
Raktapitta	09
Gulma	23
Kushtha	17
Rajyakshma	17
Unmada	11
Apasmara	10
Kshata kshin	12
Shwayathu	03
Udara	08
Arsha	14
Grahani	08
Pandu	09
Hikka shwasa	05
Kasa	14
Atisara	05
Chardi	02
Visha chikitsa	02
Trimarmiya	11
Vata vyadhi	05
Vata shonit	09
Yonivyapat	03
Madan kalpadhyaya	05
Jimutaka kalpadhyaya	01
Ishwaku kalpadhyaya	01
Dhamargava kalpadhyaya	01
Krutavedhan kalpadhyaya	01
Shyama trivrutta kalpadhyaya	04
Aaragvadh Kalpadhyaya	02
Tilwak Kalpadhyaya	04
Snuhi Kalpadhyaya-	02
Saptala shankhini kalpadhyaya	08
Danti dravanti kalpadhyaya	05
Sneha vyapat siddhi adhyay	03
Prasutyogiya siddhi adhyaya	03
Uttarbasti siddhi adhyaya	03
Trimarmiya siddhi adhyaya-	02
Vaman virechan vyapat siddhi adhyaya-	01

There ways of administrations are different as follows:¹⁷

1.Porridge (*Odan*) 2.*Vilepi*(a type of gruel preparation with four times water) 3.*Rasa* (meat soup) 4. Meat 5.Milk 6.Curd

7.*Yavagu* (a type of gruel prepared with six times of water) 8.Soup 9.*Shak* (curry) 10.*Yush* (vegetable soup) 11.*Kambalika* (sour milk mixed with whay and vinegar) 12. *Khad*(butter milk boiled with acid veg-

etables and spices) 13. *Sattu*(roasted grain flour) 14. Pastry prepared of *tila* 15.*Madya* (liquor) 16.*Leha* (linctus) 17. *Bhakshya* (food involving mastication during intake) 18.*Abhyanga* (massage) 19. *Basti*(enema) 20. *Uttar basti* (douch) 21.*Gandush*(gargle) 22. *Karna taila*(ear drop) 23. *Nasya*(inhalation) 24. *Akshi tarpana*(preparation soothing to eye).

In treatment, *ghrita* could be used in different ways as for enema (*basti*), *uttar basti* (douch), nasal drops (*nasya*), massage (*abhyanga*), and gargles (*gandush*). In *urdhwa jatrugat* diseases *ghrita* is used for the purpose of nasal drops¹⁸ (*nasya*) considering nose as nearest path towards the brain.¹⁹ *Madhu yashtyadi ghrita* is used in *pittaj* head disorders, as *ghrita* helps to alleviate the *doshas* in the head. In diseases like oligospermia, impotency medicated *ghrita* are used for the

purpose of *uttar basti*(douch), as drugs given by genital rout helps to cure the disease early by acting locally. In this case *ghrita* is used as it helps to preserve and increase the *ojas* and semen.²⁰

Matra for ghrit sevan²¹

It is observed that *sneha* is used for *shodhan* and *shaman* purpose, to expel out vitiated *dosha* from body (*shodhanartha*) *achapan* has been explained, where *achapan* means using only one *sneha* at a time.²² *Shamanartha*(pacification purpose) doses of *sneha* have been explained²³ as minimal dose (*laghu matra*), medium dose (*madhyam matra*) and high dose (*uttam matra*). *Shamanartha* (pacification of *dosha*) different doses of *ghrita* have been explained varying from *2masha* to *1pala* e.g. *Panchagavya Ghrita – matra 3 masha*²⁴, some other doses are observed as follows:

Balaadi Ghrita (C. Chi. 28/123)	One S`hukti (1 S`hukti:- 24 G)
Jeevaneeya Ghrita (C. Chi. 29/61-70)	1 Karsha (1 Karsha:- 12 G)
Neelinyaadya Ghrita (C. Chi. 5/106-109)	1 Pala (1 Pala:- 48 G)
Tryooshan`aadi Ghrita (C. Chi. 26/87-89)	1/2 or 1 Pala (1 Pala:- 48 G)
Shwadanshtradi Ghrita (C. Chi.11/47)	6 Masha,
Samsaktu Ghrita (C. Chi.11/49)	1-2 Tola
Kokilakshadi Ghrita (C. Chi.11/34)	½ Tola
Brahmi Ghrita (C. Chi.10/25)	3 Masha
Panchagavya Ghrita (C. Chi.10/17)	3 Masha
Lashunadi Ghrita (C. Chi. 9/56)	½ Tola,
Mahatiktak Ghrita (C. Chi. 7/144)	½-2 Tola
Tikta shatapala Ghrita (C. Chi 7/143)	2-4 Tola
Traymanadi Ghrita (C. Chi 5/121)	1½ Tola
Panchagavya Ghrita (C. Chi.10/17)	3 Masha
Amrut prasha Ghrita (C. Chi.11/43)	3 Masha
Tritiya sarpi gud (C. Chi.11/65)	1 Tola
Dvitiya pippalimuladighrita (C. Chi.14/106)	1/2 Tola
Kutaja faladi Ghrita (C. Chi.14/ 203)	2-6 Masha
Dashamuladi Ghrita (C. Chi.15/84)	1 Prasut (8 tola)
Pippalyadi Ghrita(C. Chi.18/38)	4 Tola
Sthiradi Ghrita (C. Chi.29/60)	1 Tola

Times of use are different for different *ghrita* based on predominance of *dosha* and stages of disease.

Kala for ghrit sevan²⁵

Aamalaka Ghrita (C. Chi. 1-2/5-6)	Rasaayana Kaala
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Daad`imaadi Ghrita (C. Chi. 18/165-166)	<i>Adho Bhakta</i>
Das`hamoolaadi Ghrita (C. Chi. 8/93)	<i>Adho Bhakta</i>
Pippaleemoolaadya Choorn`a / Ghrita (C. Chi. 15/168-170)	<i>Praatah Kaala</i>
Prapaun`d`areekaadi Ksheera / Ghrita (C. Chi. 8/91-92)	<i>Adho Bhakta</i>
Puraan`a Ghrita (C. Chi. 9/58-60)	<i>Abhakta</i>
Raasnaadi Ghrita (C. Chi. 18/43-46)	<i>Adho Bhakta,</i>
Vaajeekaran`a Ghrita (C. Chi. 2-1/33-37)	<i>Praag Bhakta</i>
Vajikaran Ghrita (C. Chi.1)	<i>Adhobhakta</i>
Vrishya Ghrita	<i>Sabhakta</i>
Vrishya shatavari Ghrit	<i>Adhobhakta</i>

Two basic types of treatment are *shodhan* and *shaman*. In conditions where *doshas* are expected to be expelled out from body, *ghrita* is advised to be given alone²⁶. In conditions where pacification (*shaman*) of *dosha* is needed *ghrita* combinations (*pravicharana*) is advised to be used²⁷.

Ghrita is heavy to digest (*guru*) thus it is not advised to be given in *aama awastha* of disease. In diseases like *raktapitta*,²⁸ *gulma*,²⁹ *udara*,³⁰ *shotha*, medicated *ghrita* are advised to use before starting the treatment that is in the *sama awastha* of disease, to expel out excessive *doshas* from body (*virechanarth*) and ignite the digestive power (*agni*) thus helps in the assimilation of further medicines taken internally.

In *Pandu snigdha* and *tikshna* treatment is advised³¹, thus *ghrita* medicated with strong purgative medicines are used. In *pandu*, *udara*, *kushta doshas* are expected to be expelled out from body without harming the strength of patient. Thus by using *ghrita* medicated with strong purga-

tive medicine helps to expel out increased *dosha* from body and helps to preserve strength of patient, as *ghruta* is best unctuous substance(*snehottama*)³², also helps to bring *doshas* to their normal properties.

Acharyas have advised to take all kind of medicines along with another dravya having opposite properties than medicinal drug called as after drug (*anupana*). It will help to enhance the effect of drug, helps to take medicine to the desired site of action. In case of *ghrita* intake, *acharyas* have advised to take *peyaa*, *madhu* (honey), *ushnodaka* (hot water), *yavkshar as anupana*. Where *anupana*(after drug) is not explained, it is advised to take *ushnodaka* along with *ghrita*. It is observed that *anupanas* explained to take along with *ghrita* helps to saturates, nourishes, provide energy, increases bulk of the body, brings about completion, settles down the food taken, breaks down the food mass, produces softness, moistens, digests and helps in easy transformation and quick absorption of food.³³

*Anupana for ghrit sevan*³⁴

Aamalaka Ghrita(C. Chi. 1-2/5-6)	Ghrita
Apatyakara Ghrita(C. Chi. 2-4/28-29)	<i>Madhu + S`harkaraa</i>
Daad`imaadi Ghrita (C. Chi. 18/165-166)	<i>Yavakshaara,</i>
Daarvyaadi Ghrita (C. Chi. 19/80-81)	<i>Man`d`a</i>
Kas`herukaadi Ghrita (C. Chi. 26/94)	<i>Madhu</i>
Neelinyaadya Ghrita (C. Chi. 5/106-109)	<i>Yavaagoo + Man`d`a</i>
Palaas`ha Ghrita (C. Chi. 4/89)	<i>Madhu</i>
Panchamoolaadi Ghrita(C. Chi. 15/88-93)	<i>Beejapooraka Rasa</i>

Pippaleemoolaadya Ghrita (C. Chi. 15/168-170)	Ushn`odaka
Samangaadi Ghrita(C. Chi. 4/89)	Madhu
Sthiraadi Ghrita (C. Chi. 29/76-78)	S`harkaraa + Ksheera
Tilvaka Ghrita (C. Chi. 5/35)	Daad`ima Rasa
Traayamaan`a Ghrita (C. Chi. 4/90)	Madhu
Tryooshan`aadi Ghrita C. Chi.(5/66-67)	Daad`ima Rasa,
Tryooshan`aadi Ghrita (C. Chi. 5/65-66)	Badara Rasa
Tryooshan`aadi Ghrita 2(C. Chi. 5/66-67)	Daad`ima Rasa,
Tryooshan`aadi Ghrit (C. Chi. 26/87-89)	Madhu
Udumbaraadi Ghrita (C. Chi. 4/90)-	Madhu
Vaasaa Ghrita (C. Chi. 4/88)	Madhu
VaasaaGhrita(C.Chi.5/126-127)	Madhu
Vatsaka Ghrita (C. Chi. 4/89)	Madhu
Hingusauvarchaladya Ghrita (C. Chi. 4/89)	Dadhi
Neelinyaadya Ghrita (C. Chi. 5/106-109)-	Yavagu/manda,
Drakshadi Ghrita (C. Chi.5/125)-	Madhu/sugar
Pratham sarpi gud (C. Chi. 11/55)	Madhu
Mishrak sneha (C. Chi.5/98)	Madhu,
Chavyadi Ghrita (C. Chi. 14/107)	Yavkshar

Charak samhita elaborates, a good medicine is one whose dose is less, but still helps to eliminate *dosha* quickly from body, which is palatable, got digested easily and pacifies the disease. Similarly he adds the medicine should not be sharp, producing the side effects. It should not weaken the patient and should have pleasant color, odour and taste. The appropriate use of *ghrita kalpanas* in desired conditions explained in *charaka samhita* will produce such effects. Hence study concludes that, before using *ghrita* for medicinal purpose its dose (*matra*), *anupana*, time of administration (*kala*), must be taken into consideration. *Ghrita* given in different time and in different doses acts differently.³⁵

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