

MANIFOLD UTILITIES OF GHRITA W.S.R. TO E.N.T. DISEASES

Bhakti Chhaya¹

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ABSTRACT

Acharya Charaka has motioned that *Ghrita*, *Taila*, *Vasa*, *Majja* are the best among all *Sneha Dravyas*. Among these four, again he has indicated the superiority of *Ghrita*. There are so many references available of *Ghrita* as *Pana*, *Nasya*, *Lepa*, *Pratisarana*, *Kavala*, *Gandoosha*, and *Shirobasti* in the treatment of various diseases. In this article author has tried to compile all the treatment along with references of *Ghrita* which indicated in *Nasa Roga*, *Karna Roga*, *Mukh Roga*, *Shiro Roga* in *Brihadtrayi* and *Laghutrayi* and efforts has been made to establish co-relation of the properties of *Ghrita* in conventional (i.e. Ayurveda) as well as non-conventional stream of health sciences.

Keywords: *Ghrita*, Properties of *Ghrita*, Uses in E.N.T. diseases

INTRODUCTION: Acharya Charaka has motioned that *Ghrita*, *Taila*, *Vasa*, *Majja* are the best among all *Sneha Dravyas*. Among these four, again he has indicated the superiority of *Ghrita*. According to modern medical science, *Ghrita* is having anti-oxidants properties.¹ Its digestibility coefficient or rate of absorption is 96 % which is highest of all oils and fat. We should use *Ghrita* in our diet and medicine also, due to best properties of *Ghrita*.

Review of *Ghrita* according to classical texts of Ayurveda: *Ghrita* is superior other then all *Snehas* due to its *Samskaranuvartan* property. The quality of substance which when added with other substances does not change its original property and also imparts the quality of added substances is called *Samskaranuvartan*. *Chakrapani* also quoted that no other *Sneha Dravya* has this type of property of *Samskaranuvartan* as compared to *Ghrita*, hence it is best.²

Through its *Yogavahi Guna*, it carries the active principles of the drugs into level of the body tissues and increases the potency of *Ghrita* based formulations. *Ghrita* increases memory, intellect, power of digestion, vigor, *Ojas*, eye sight, voice, complexion, softness of the body. It relieves insanity, epilepsy, colic, fever, distention of the abdomen. When administered in the prescribed procedure, it increases thousand times in potency and develops manifold utilities.^{3,4,5}

Purana Ghrita cures intoxication, epilepsy, fainting, diseases of head, ear eye and vagina, cleanses and heals of the wounds.^{6,7} *Ghrita* pacifies *Vata* by *Sneha Guna* and *Pitta* by its *Shita Guna* and *Kapha* having equal quality it acts on it by *Samskara*.⁸

Review of Ghee according to modern medical science^{9,10,11}:

Chemical constituents:

Cow's Ghee generally contains:

Moisture 14.4%, Fat 32.4%, Protein 36.0%, Lactose 12.0%, Ash 5.2%

Major constituent: Triglyceride and Unsaponifiable Matter (Soluble in Fat):

- Vit.A, Beta carotene, Xanthophylls, Lycopene, alpha tocopherol, Sterols - Vit.D, cholesterol, cholesterol esters, 7-dehydro- cholesterol, Ergosterol, Lanosterol, Vit. K, Hydrocarbons, qualene.

Trace Constituents: Diglyceride, Monoglyceride, Phospholipids, Proteins, Lactose

- Free acids: Water soluble like formic, acetic, propionic and lactic acids, fatty acid like butyric, caproic, oleic etc.
- Fat breakdown products like fat hydro peroxide, free aldehydes and ketones, lactones, Minerals like calcium, Magnesium, Copper, Iron etc.

Composition of Cow Ghee: ¹²

Constituents	Percentage %
Triglycerides	97-98
Diglycerides	0.25-0.4
Monoglycerides	0.016-0.038
Keto acid glycerides	0.011-0.018
Free fatty acids	0.1-0.44
Phospholipids	0.2-1.0
Sterols	0.22-0.41
Vit.A	2500 I.U. per 100 gms
Vit.D	8.5×10 gm per 100 gms
Vit.E	24×10 gm per 100 gms
Vit.K	1×10 gm per 100 gms

Ghee contains beta-carotene and vit. E, which are anti-oxidants themselves. In the process of evaluating the activities of natural compounds, it has been found by means of sophisticated research that when herbs are mixed with Ghee, their activity and utility is potentiated. Its digestibility coefficient or rate of absorption is 96 % which is highest of all oils and fat. It contains 8% lower saturated fatty acids which make it easily digestible. The wide range of fats that compose ghee include medium-chain fatty acids, which are very useful for the body and can be processed by the liver and burnt as energy, not passing into adipose tissue or contributing to weight gain. For athletes or other people with active, high-energy lifestyles, ghee can provide the necessary burst of energy

that you might need to get through a particularly challenging day.

Cholesterol and fatty acids are main components of cell membrane, and they provide stiffness to cell wall and make the cell waterproof respectively. Cholesterol also provides the basic material for the production of sex hormone and anti-stress hormones. Saturated fat boosts immune system, protects against pathogens, provides energy to the heart and is vital to the function of kidney and lungs. Ghee possesses butyric acid, which is one of the most beneficial short-chain fatty acids that the body needs. Butyric acid has been shown, in recent research, to actually decrease inflammation in parts of the body, particularly in the gastrointestinal tract, and is now a recommended dietary

addition for some people with ulcerative colitis.

• **Application of Ghrita mentioned in Brihadtrayi and Laghutrayi**

Nasa Roga

As per Sushrut Samhita:

1	<i>Nasa Paka</i>	<i>Seka and Lepa from Kshiri Vriksha kwath sadhit Ghrita</i>	(Utt.23/5)
2	<i>Nasa Sosha</i>	<i>Nasya and Pana of Ghrita</i>	(Utt.23/11)
3	<i>Vataj Pratishyaya</i>	<i>Panch lavan, Vidaryadi gana sadhit Ghrita pan</i>	(Utt.24/25)
4	<i>Pittaj Pratishyaya</i>	<i>Madhur gana sadhit Ghrita pan</i>	(Utt.24/26)
5	<i>Kaphaj Pratishyaya</i>	<i>Snehan With Ghrita, Then Vaman</i>	(Utt.24/30)
6	<i>Sannipataj Pratishyaya</i>	<i>Katu, Tikta Aushadha sadhit Ghrita Pan</i> <i>Tridosh har Aushadha sadhit Ghrita Nasya</i>	(Utt.24/34)

**All types of *Pratishyaya* except that of recent origin should be treated by *Ghrita pana* (Oral intake of *Ghrita*). (Utt.24/18)

As per Charak Samhita:

1	<i>Vataj Pratishyaya</i>	<i>Kshar sadhit Ghrita pana</i>	(Chi.S.26/134)
2	<i>Pittaj Pratishyaya</i>	<i>Shungver sidhha Ghrita pan, Then Vaman</i>	(Chi.S.26/144)

As per Ashtang Hraday:

1	<i>Peenas</i>	<i>Saktu sah Grita pan</i>	(Utt.20/8)
2	<i>Vataj Pratishyaya</i>	<i>Vataghna Aushadha, Patu Panchak, Vidaryadi gan sadhit Grita pan and Nasya</i>	(Utt.20/9,10)
3	<i>Pittaj Pratishyaya</i>	<i>Madhur gana sadhit Grita pan and Nasya</i>	(Utt.20/11)
4	<i>Kaphaj Pratishyaya</i>	<i>Yavakshar siddha Ghritapan, Then Vaman</i>	(Utt.20/13)
5	<i>Kshavathu, Putak</i>	<i>Sunthi, Kushtha etc. Siddha GhritaNasya</i>	(Utt.20/18)

As per Bavprakash Samhita:

1	<i>Kshvathu and Branshthu</i>	<i>Dhuma nasya with Ghrita and other drugs.</i>	(Ma.Kh. 65/42)
2	All type of <i>Pratishyaya</i>	<i>Dhumpana with Ghrita, Taila, Saktu.</i>	(Ma.Kh. 65/47)

(*Karna shoola, Karna Pranada, Badharya, Karna Sweda*) All these four diseases are known to respond to similar line of treatment.)

Karna Roga as per Sushrut Samhita

1	<i>Karna shoola</i>	Fumigation with <i>Ghrita</i> and other drug. Intake of <i>Ghrita</i> after meal.	(Utt.21/11)
2	<i>Karna shoola</i>	Instead of meal, Intake of <i>Ghrita</i> followed by drinking of milk at bed time.	(Utt.21/12)
3	<i>Karna shoola</i>	<i>Karna poorana with vanshavlekhana yukta ghrita.</i>	(Utt.21/19)
4	<i>Karna shoola</i>	<i>Karna poorana with kakolyadi gana siddha ghrita.</i>	(Utt.21/29)

***Ghrita pana* is indicated in general treatment of all Ear diseases. (Utt.21/3)

As per Ashtang Hraday:

1	<i>Vataj Karnashoola</i>	<i>Vataghna aushadha siddha Ghrita pan</i>	(Utt. 18/1)
2	<i>Pittaj Karnashoola</i>	<i>Sita sah Ghrita pan then Virechan</i>	(Utt. 18/7)
3	<i>Kaphaj Karnashoola</i>	<i>Pippali siddha Ghrita pan then Vaman</i>	(Utt. 18/11)
4	<i>Karna Pratinaha</i>	After cleaning and drying of ear → <i>Ghrita</i>	(Utt.18/33)

		<i>mand pooran</i>	
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As per Bavprakash Samhita:

1	<i>Karnashoola</i>	<i>Pakva Arka patra</i> → <i>Ghrita lipt</i> → Heated → Juice expressed → <i>Kara pooran</i>	(Ma.Kh 64/33)
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Mukha Roga

as per Sushrut Samhita:

1	<i>Vataj Oshtha Roga</i>	<i>Abhyang</i> with <i>Chaturvidh Sneh</i>	(Chi.22/3)
2	<i>Danta Veshtak</i>	<i>Gandoosha</i> with <i>Kshi ri vruksha kwath, Madhu, Ghrita, Sarkara</i>	(Chi.22/15)
3	<i>Danta Veshtak</i>	<i>Kakolyadi gana siddha Ghrita Nasya</i>	(Chi.22/15)
4	<i>Shaushir</i>	<i>Shital Dravya siddha Ghrita Nasya</i>	(Chi.22/17)
5	<i>Upkusha</i>	<i>Madhur Dravya siddha Ghrita Nasya and Kaval</i>	(Chi.22/21)
6	<i>Dantaharsha</i>	<i>Kaval</i> with Plain <i>Ghrita</i> or <i>Traivrut Ghrita</i>	(Chi.22/34)
7	<i>Mukhapaka</i>	<i>Kaval</i> with Plain <i>Ghrita</i>	(Chi.22/76)

As per Charak Samhita:

1	<i>Talu Shosha</i>	<i>Ghrita pana</i> after meal	(Chi.S.26/203)
2	<i>Vataj Swarbheda</i>	<i>Ghrita pana</i> after meal	(Chi.S.26/283)

As per Ashtang Hrdaya:

1	<i>Upkusha</i>	<i>Kaval</i> with <i>Ghrita manda</i> <i>Kaval</i> and <i>Nasya</i> with <i>Madhur aushadh siddha Ghrita</i>	(Utt.22/31)
2	<i>Talu Shosha</i>	<i>Nasya</i> with Plain <i>Ghrita</i> <i>Kana, sunthi</i> siddha <i>Ghrita pan</i>	(Utt.22/53)
3	<i>Danta, aasya, Gala Roga</i>	<i>Gandoosha</i> with <i>Pitak churna, madhu</i> and <i>Ghrita</i>	(Utt.22/100)

As per Bavprakash Samhita:

1	<i>Shitada</i>	<i>Gandoosha</i> and <i>Pratisarana</i> with <i>Vataghna aushadh siddha Ghrita</i>	(Ma.Kh. 66/40)
2	<i>Danta Veshtak</i>	<i>Gandoosha</i> with <i>Kshiri vriksha kwath, Madhu, Sharkara, Ghrita</i>	(Ma.Kh. 66/43)
3	<i>Danta Harsha</i>	Use of <i>Ghrita</i> in diet. <i>Kavala</i> with <i>Trivrut siddha Ghrita</i>	(Ma.Kh. 66/81,82)
4	<i>kaphaj Mukha paka</i>	After <i>shiravedha</i> and <i>shirovorechan</i> , <i>Kavala</i> with <i>Madhu, Gomutra, Dugdha</i> and <i>Ghrita</i>	(Ma.Kh. 66/156)
5	<i>Mukha paka</i>	<i>Gandoosha</i> with <i>Tila, Nilotpala, Madhu, Dugdha, Sharkara</i> and <i>Ghrita</i>	(Ma.Kh. 66/163)

Shiro Roga

as per Sushrut Samhita:

1	<i>Vataj ShiroRoga</i>	<i>Ghrita pan</i> <i>Nasya</i> of <i>Madhur Aushadh siddh Ghrita</i>	(Utt.26/3,9)
2	<i>Pittaj, Raktaj ShiroRoga</i>	<i>Shital Dravya siddha Ghrita Lepa</i> <i>Nasya</i> of <i>Madhur Dravya siddha Ghrita</i>	(Utt.26/12,16)
3	<i>Kaphaj ShiroRoga</i>	<i>Ghritatpana</i> then <i>Swedana</i>	(Utt.26/19)

4	<i>Sannipataj ShiroRoga</i>	<i>Puran Sarpipana</i>	(Utt.26/24)
5	<i>Kshayaj ShiroRoga</i>	<i>Vataghna, Madhur Dravya siddha Ghrita – Pana, Nasya</i>	(Utt.26/25)
6	<i>Suryavarta, Ardhavbhedaka</i>	<i>Ghrita – Pana, Nasya, Lepa</i>	(Utt.26/30)
7	<i>Anantvata</i>	Use of <i>Ghrita</i> in Diet	(Utt.26/37)
8	<i>Shankhaka</i>	<i>Kshir Sarpi – Pana, Nasya</i>	(Utt.26/38)

As per Charak Samhita:

1	<i>Vataj ShiroRoga</i>	<i>Mayur Ghrita, Maha Mayur Ghrita</i>	(Chi.S.26/165,174)
2	<i>Pittaj ShiroRoga</i>	<i>Jivniya gana sadhita Ghrita pana Yashtimadhu, Chandan siddha Ghrita - Nasya</i>	(Chi.S.26/176,179)
3	<i>Kaphaj ShiroRoga</i>	<i>Puran Sarpipana</i>	(Chi.S.26/181)
4	<i>Ardhavbhedaka</i>	<i>Jirna Ghrita pana</i>	(Si.S.9/77)
5	<i>Suryavarta</i>	<i>Ghrita pana after meal</i>	(Si.S.9/81)

As per Ashtang Hraday:

1	<i>Vataj ShiroRoga</i>	<i>Ghrita pana, Then Warm water Masha, Kulattha siddha Ghrita pana Varunadi gana siddha Ghrita – Pana, Nasya</i>	(Utt.24/1) (Utt.24/2) (Utt.24/4,5)
2	<i>Vataj ShiroRoga Associated with Pitta and Rakta</i>	<i>Sharkara, Kumkum siddha Ghrita – Pana, Nasya Shital Dravya siddha Ghrita- Lepa</i>	(Utt.24/7) (Utt.24/8)
3	<i>Pittaj ShiroRoga</i>	<i>Jivniya gana sadhita Ghrita – Pana, Nasya</i>	(Utt.24/12)
4	<i>Kaphaj ShiroRoga</i>	<i>Puran Ghrita Pana, Then Vamana</i>	(Utt.24/13)

***Jivniya gana Siddha Yamak Sneha* as *Nasya* therapy and *Mayur Ghrita, Maha Mayur Ghrita* as *Pana, Nasya* are indicated in *Sarva Jatrurdhva Roga*. (Utt.24/46) (Utt.24/48, 55)

As per Bhavprakash Samhita:

1	<i>Pittaj ShiroRoga</i>	<i>Shat dhaut Ghrita – Shiro Basti</i>	(Ma.Kh.62/31)
2	<i>Sannipataj ShiroRoga</i>	<i>Puran Sarpi Pana</i>	(Ma.Kh.62/35)
3	<i>Kshayaj ShiroRoga</i>	<i>Vataghna, Madhur Dravya siddha Ghrita – Pana, Nasya</i>	(Ma.Kh.62/39)
4	<i>Suryavarta</i>	<i>Ghritpur, Guda, Ghrita – Pana, Nasya</i>	(Ma.Kh.62/49)
5	<i>Ardhavbhedaka</i>	<i>Ghrita – Nasya</i>	(Ma.Kh.62/53)
6	<i>Anantvata</i>	In Diet – <i>Apupa</i> Made in <i>Ghrita</i>	(Ma.Kh.62/55)

DISCUSSION: *Ghrita* is the best *Sneha* among all *Sneha Dravyas*. Only *Ghrita* has *Samskaranuvartana* property among all *Sneha Dravyas*. *Go Ghrita* and medicated *Go Ghrita* both are wildly used as internal application i.e. *Pana, Nasya* as well as external application i.e. *Lepa, Kavala, Gandoosha, Shirobasti* in various *Nasa*

Roga, Karna Roga, Mukha Roga and *Shiro Roga* etc. The wide range of fats that compose ghee include medium-chain fatty acids, which are very useful for the body and can be processed by the liver and burnt as energy, not passing into adipose tissue or contributing to weight gain. In those diseases which manifested due to

Agnimandhya, Ghritapana is indicated as one of the prime treatment due to its *Agnidipaka* property like in all type of *Karnaroga* and *Pratishyaya*. We can correlate the *Ojaskar* properly of *Ghrita* with Anti-oxidant property containing Beta-carotene and Vit.E. Cholesterol of *Ghrita* provides material for the production of Sex hormone according to Modern medical science. So we can co-relate this as *Vrishya* property of *Ghrita*. According to Modern medical science, Ghee is having Vit.A, which is useful to maintain and improve the eye vision, is already mentioned in Ayurveda as *Chakshushya* property.

CONCLUSION: Use of *Ghrita* is best described in treatment of *Nasa, Karna, Mukha, and Shiroroga*. *Ghrita* is *Snehottama, Rasayna, Agnidipaka* and *Chakshushya* with modern properties like containing Vitamin A, Beta-carotene, Vitamin E and Anti oxidant property. Further clinical research for *Ghrita Kalpana* mentioned in *Jatrurdhva Roga* should be carried out.

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