



AMRUTA IN AYURVEDA - A LITERARY REVIEW

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ABSTRACT

'Amruta' means nectar or ambrosia. It is known as a divine drink which gives immortality. But none have really seen or tasted it. In perspective of Ayurveda various drugs and formulations are told which are compared to *Amruta*. On regular usage of these drugs or recipes in prescribed dose one attains strength, complexion, intellect, free from disease and old-age & helps to attain long life, etc. The main aim of this study is to bring to light the formulations which have excellent properties in making a man equivalent to immortal. In *Bruhatrayee*, nearly 60 references related to *Amruta* are identified. Some of them are easily available & can be used accordingly. There is scope for research on these formulations to develop Evidence based Ayurveda.

Key words: Nectar, drugs, formulations, *Bruhat-Trayee*

INTRODUCTION: Since ages *Amrutam* is a word which is only heard but is never seen or tasted by any living being. This *Sanskrit* term literally means nectar or ambrosia, a drink of Gods. According to *Puranas & Ithihas* as there are many meanings and references attributed to it. The popular story related to the origin of the divine nectar is it was obtained by churning the milky ocean by *Devas* & *Asuras*. It is a drink which gives immortality. According to Collins dictionary, (William Collins, 1982) synonyms related to it are elixir, nectar, ambrosia, etc. In perspective of Ayurveda various drugs and formulations are told which are compared to *Amruta*. *Upamaana/Saadrisya* is one of the valid tool of knowledge (*Pramana*) in communicating the subject matter effectively by comparison is also accepted by *Nyaya Darsana*. On regular usage of these drugs or recipes in prescribed dose one attains strength, complexion, intellect; he is free from disease and old-age & attains long life, lustre, etc like that of

God. Today due to altered life-style & increase in stress there is decrease in life-span. These recipes told by our *Acharyas* are of promising in both quality and quantity life with rejuvenating effects. The main aim of this study is to bring to light the formulations which have excellent properties, easily available & can be safely used in making a man equivalent to immortal. In Ayurveda the major works are that of *Charaka*, *Susruta* and *Vagbhatta* called as *Bruhatrayee* which quoted certain recipes as *Amruta*. Though research has to be done to develop scientific evidence on these formulas & procedures they are safe to be used for healthy living & further benefit the society.

MATERIALS AND METHODS:

The major works of Ayurveda, *Charaka Samhita*, *Susruta Samhita* and *Ashtanga Hridaya* are thoroughly scanned and all the observations are noted and documented in a systematic way. *Raja Nighantu* (e-nighantu) is also studied for noting drugs.

OBSERVATIONS Going through the literature all observations in *Bruhat-Trayee* are as follows...

CHARAKA SAMHITHA Table No:1: Observations in Charaka Samhitha.

S.no	Reference	Observation
01	Ca.Su.1/124	A drug which is not known is like poison, weapon, fire and thunderbolt, while the known one is like nectar.
02	Ca.Su.27/194	Wine, if taken by good people by observing all the rules, it works as an Elixir.
03	Ca.Su.27/210	The rivers originating from the <i>Malayas</i> and those carrying stones and sand posses clear water. The water of such rivers is just like Nectar.
04	Ca.Su.27/313	Meat soup is like Ambrosia for the persons who are lean, have less semen quantity and persons who aspire better strength and complexion
05	Ca.Su.27/322	Milk is the best post-pardial drink and works like Ambrosia for the persons who are fatigued due to indulgence in fasting, long walk, long speeches, Sex, exposure to wind and sun.
06	Ca.Chi.1/1/37 (<i>Abhaya-Amalaki Rasayana Pada</i>)	The physician should consider the pulp of fruits of <i>Haritaki</i> and <i>Amalaki</i> as Ambrosia.
07	Ca.Chi.1/1/78 (<i>Abhaya-Amalaki R.P</i>)	As the ambrosia is to Gods, and nectar is to serpants ,so in ancient times, this rejuvenation therapy became useful to great sages.
08	Ca.Chi.1/2/3 (<i>Pranakameeya R.P</i>)	The rejuvenation therapy is like Ambrosia and is beneficial to the Gods, the Sons of <i>Aditi</i> , etc.,
09	Ca.Chi.1/2/17 (<i>Pranakameeya R.P</i>)	Fruits of <i>Bhallataka</i> are <i>Tikshna</i> , <i>Paaki</i> and like fire but when medicines are prepared out of it according to the prescribed methods , they work like Ambrosia.
10	Ca.Chi.1/3/11 (<i>KaraPrachiteeya R.P</i>)	Holding one fruit of <i>Amalaki</i> , he should recite <i>Brahma Mantra</i> , till the fruit gets impregnated with <i>Amrta</i> . Certainly <i>Amrta</i> will come to that fruit for a moment.
11	Ca.Chi.1/4/4 (<i>Ayu.Samuthaneeya R.P</i>)	While imparting knowledge of <i>Ayurveda</i> , <i>Lord Indra</i> compares <i>Ayurveda</i> to Ambrosia
12	Ca.Chi.9/48	<i>Mahapaisacika Ghritam</i> works like ambrosia in treating <i>Unmada</i> .
13	Ca.Chi.10/23	<i>Mahapanchagavya ghrita</i> is like <i>Ambrosia</i> in treatment of <i>Apasmara</i> , <i>Unmada</i> , <i>Svayathu</i> , <i>Udara</i> , <i>Gulma</i> , <i>Arsas</i> , <i>Pandu</i> , <i>Kamala</i> , <i>Halimaka</i> , <i>Vishma jwara</i> etc.
14	Ca.Chi.10/46	<i>Kayasthadya varti</i> as collyrium works like an elixir in treatment of <i>Apasmara</i> , <i>Unmada</i> , snake-bite, poisons, & in unconsciousness due to drowning.
15	Ca.Chi.11/41	<i>Amtra prasa ghrita</i> is like <i>Amrta</i> (Ambrosia) for human beings.

16	Ca.Chi.13/107	Buttermilk is like ambrosia for patients suffering from <i>Gaurava, Arochaka, Mandagni, Atisara, Vata-Kapha roga</i> .
17	Ca.Chi.13/194	Milk is very useful for emaciated patients after different therapies like that of Ambrosia for God's.
18	Ca.Chi.23/249	<i>Amrta ghrita</i> is like Ambrosia for curing all types of poisons.
19	Ca.Chi.24/27	If taken in appropriate manner, right dose, right time, along with right food, in accordance of one's own strength and with a cheerful mind Alcohol works like Ambrosia.
20	Ca.Chi.24/59	Alcohol when taken inappropriately causes diseases but when taken appropriately it is like Ambrosia.
21	Ca.Chi.26/192-194	<i>Kshara Gutika</i> is useful like ambrosia in all types of throat diseases.
22	Ca.Chi.28/124-128	A recipe of medicated bone marrow which can be used for inhalation, massage, medicated enema and taken internally works as nectar in the persons having diminished bone marrow, semen and <i>Ojas</i> .

SUSRUTA SAMHITA Table No:2: Observations in Susruta Samhitha.

S.no	Reference	Observation
01	Su.Su.3/51	Drugs are like nectar but when administered by an ignorant physician they become poison.
02	Su.Su.45/3	<i>Antariksha Jala</i> is like <i>Amruta</i> ; it is of indistinct taste, vitaliser, satiating, sustaining, assuring, pacifies exhaustion, thirst, narcosis, fainting, drowsiness, sleep & burning sensation & is absolutely wholesome.
03	Su.Su.45/103	Ghee from women's breast milk is like nectar; it is good for eyes, promotes physique & digestive fire, eliminates poison & is light in digestion.
04	Su.Su.46/428	Milk is like nectar for those afflicted with sun, travelling, speaking, & indulgence in sex.
05	Su.Chi.13/12	After using one <i>tula</i> of 'ambrosia like <i>Silajatu</i> ' patient becomes free from <i>Madhumeha</i> attaining lustre, strength in body & lives full hundred years like God without senility.
06	Su.Chi.13/17	<i>Makshika</i> ore is like ambrosia obtained from <i>Tapi</i> river; it is sweet, alleviates <i>Jara</i> (senility), <i>Kustha</i> , <i>Meha</i> , <i>Pandu</i> & <i>Yakshma</i> .
07	Su.Chi.15/6,7	The mid wife during expulsion of foetus addresses <i>Amruta</i> along with other Gods in the enchanting <i>Mantras</i> for proper delivery.
08	Su.Chi.28/26	Drugs like <i>Amalaka</i> , <i>Satavari ghrita</i> , <i>Gochandana</i> , <i>Mohanika</i> , <i>Madhuka</i> , etc, used with gold <i>hasma</i> , honey, etc, destroys sin, promotes brilliance, provides strength like an elephant, and

		makes man God-like (<i>Amaropamam</i>).
09	Su.Chi.29/3	Lord <i>Brahma</i> , etc, in early age created ambrosia named <i>Soma</i> in order to prevent senility and death. It is only one but has 24 forms acc. To place, name, shape and potency like <i>Amsumat</i> , <i>Munjavat</i> , etc.
10	Su.Chi.30/29	The residue of ambrosia drunk by Gods led by <i>Brahma</i> was infused in <i>Soma</i> , the king of herbs & its equivalents.
11	Su.Chi.37/76	One who regularly undertakes course of 18 enemas in the prescribed format and restrictions attains strength of elephant, power of horse & becomes like God (<i>Amaraprabha</i>) free of sins, with excellent memory and having life span of thousand years.
12	Su.Ka.5/75	<i>Sanjeevani -Agada</i> is an anti-poisonous formulation which revives consciousness in almost dead person.
13	Su.Ka.6/13	<i>Amruta ghrita</i> resuscitates even the dead.
14	Su.Ka.8/143	Lord <i>Dhanwantari</i> is addressed as source of Ambrosia.
15	Su.Utt.39/3	Lord <i>Dhanwantari</i> brought out Ambrosia from the oceans interior.
16	Su.Utt.40/100	Milk is like nectar in all types of diarrhoea; it relieves retention of flatus, faeces, pain, tenesmus, intrinsic haemorrhage & thirst.
17	Su.Utt.55/52	Powder of <i>Nikumbha</i> , <i>Kampilla</i> , <i>Syama</i> , <i>Iksvaku</i> & <i>Agnika</i> ; or of <i>Krtavedhana</i> , <i>Magadhi</i> , <i>Lavana</i> , etc, are two rectal suppositories acting similar to nectar in patient of <i>Udavarta</i> .

ASTANGA HRUDAYAM Table No:3: Observations in Astanga Hrudaya.

S.no	Reference	Observation
01.	A.H.Su.3/53	<i>Hamsodakam</i> is like nectar for drinking and other purposes in <i>Sarad Ritu</i> .
02.	A.H.Su.5/1	<i>Gangambu</i> (rain water) is like nectar; it is enlivening, satiating, comforting to heart, refreshing, stimulating the intellect, easily digestible, etc.
03.	A.H.Su.5/29	<i>Dharosna-payah</i> (milk drawn from udder direct into the mouth) is similar to nectar. (<i>Dharosnam amrtopamam</i>).
04.	A.H.Su.8/50	Milk is best suited just as nectar for those who are debilitated by diseases, medicines, walking long distances, speaking, sexual intercourse, fasting, exposure to sun & such other (tiresome) activities for the emaciated, aged & children.
05.	A.H.Ni. 6/41	Wine is nectar when used wisely.
06	A.H.Chi.1/82	Ghee is 'like nector' when <i>Doshas</i> are <i>Pakva</i> (not having <i>Aama</i>), but is poison when otherwise.
07	A.H.Chi.3/99	<i>Amrutapraasa ghrita</i> consumed in dose appropriate to strength with milk as <i>anupaana</i> acts like nector to human beings.
08	A.H.Chi. 14/91	<i>Misraka Sneha</i> acts like nector for patients of <i>Vridhhi</i> , <i>Vidradhi</i> , <i>Soola</i> , <i>Vata vyadhi</i> , etc.
09	A.H.Chi.15/130	Buttermilk is like nectar for those suffering from heaviness of

		body, loss of taste, flatulence, weak digestion, diarrhoea, in <i>Vata Kapha roga</i> .
10	A.H.Chi.15/131	After every therapy milk should be given. It strengthens all <i>Dhatus</i> , improves body strength, destroys the accompaniment of the <i>Doshas</i> ; for those who have emaciated body by drugs and therapies milk alone acts as nectar.
11	A.H. Utt.6/37	<i>Maha paisachika ghrta</i> is just like nectar (<i>Amruta</i>), it bestows intelligence and growth of body in children.
12.	A.H.Utt. 35/1	During <i>Ksheera Sagara Mathana Visha</i> was born before <i>Amrta</i> .
13.	A.H.Utt. 39/78	A recipe made of <i>Bhallataka</i> is similar to nectar consumed in the morning daily, followed by drinking either warm milk or meat juice.
14.	A.H.Utt. 39/81	<i>Bhallataka</i> if used in proper manner acts like nectar.
15.	A.H.Utt. 39/111	Origin of <i>Lasuna</i> is from nectar which fell on ground from the severed neck of <i>Rahu</i> who stole the nectar.
16.	A.H.Utt. 39/112	As <i>Lasuna</i> is born out of nectar, it is a best <i>Rasayana</i> .
17.	A.H.Utt. 39/172	While describing the effects of <i>Narasimha Rasayana</i> – face will be shining like nectar.
18.	A.H.Utt. 40/75	Ayurveda is the nectar for the universe to ward-off its exertion.
19.	A.H.Utt. 40/80	By churning the great ocean of the eight branches of medical science, a great store of nectar- the <i>Ashtanga Sangraha</i> was obtained. From that is born this <i>Ashtanga Hridaya</i> separately, which is greatly beneficial, for satisfying the less studious.

Table No:4: Drugs having the synonyms of *Amruta*.

S.no	Name of the drug	Botanical Name	Family Name	Reference
01.	<i>Guduchi</i>	<i>Tinospora cordifolia</i>	<i>Menispermaceae</i>	Ra.Ni.3/13-16
02	<i>Amalaki</i>	<i>Emblica Officinalis</i>	<i>Euphorbiaceae</i>	Ca.Chi.1/1/37
03	<i>Haritaki</i> (one of seven varieties)	<i>Terminalia chebula</i>	<i>Combretaceae</i>	Ca.Chi.1/1/37
04	<i>Tulasi</i>	<i>Ocimum tenuiflorum</i>	<i>Lamiaceae</i>	Ra.Ni.10/148-149
05	<i>Indravaruni</i>	<i>Citrullus colocynthis</i>	<i>Cucurbitaceae</i>	Ra.Ni.3/70-72
06	<i>Jyotishmathi</i>	<i>Celastrus paniculatus</i>	<i>Celastraceae</i>	Ra.Ni.3/82

DISCUSSION: In *Bruhat-Trayee*, nearly 60 references related to *Amruta* are identified. Some of them are easily available and can be used. Some formulations are told in all the three texts. *Amruta ghrta* is prepared with ghee cooked with seeds of *Apamarga*, *Sirisha*, two types of *Sweta* & *Kakamachi* pounded in Cow's urine. It resuscitates even the dead¹. Milk is the best post-partial drink

and works like Ambrosia for the persons who are fatigued due to indulgence in fasting, long walk, long speeches, Sex, exposure to wind and sun^{2,3,4}. *Dharosnapayah* means milk drawn from udder directly into the mouth is similar to nectar⁵. *Mahapaisacika Ghritam* works like ambrosia in treating *Unmada*^{6,7}. One who regularly undertakes course of 18 enemas in the prescribed format and

restrictions attains strength of elephant, power of horse & becomes like God (*Amaraprabha*) free of sins, with excellent memory and having life span of thousand years⁸. Buttermilk is like ambrosia for patients suffering from *Gaurava*, *Arochaka*, *Mandagni*, *Atisara*, *Vata-Kapha roga*^{9,10}. Wine is nectar when used wisely^{11,12}. After using one *tula* of 'ambrosia like *Silajatu*' patient becomes free from *Madhumeha* attaining lustre, strength in body & lives full hundred years like God with out senility¹³. *Lasuna* is born out of nectar, it is a best *Rasayana*¹⁴. *Guduchi* and *Amalaki* are widely used with the synonym *Amruta*. All above recipes should be taken in dosage as prescribed in the texts according to place, time, age, strength & constitution of the individual which differs from person to person.

CONCLUSION: Ayurveda is unique medical science transmitted from Gods to Sages and then to human beings. Many theories which are proved today are known to us through *Aptopadesa* only. Today due to altered life-style there is decrease in life-span. The above mentioned recipies told by our *Acharyas* are of promising in both quality and quantity life. There is scope for research on these formulations to develop Evidence based Ayurveda.

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