

# **Research Work Done on Goghrita & Goghrita Preparations::**

## **1) Goghrita and Cholesterol**

People nowadays have become more conscious about their dietary intake with the growing proportions of obesity & other lifestyle disorders. It is a common misbelief that ghee is responsible for higher levels of cholesterol in blood.

Though ghee & oil are substances rich in fat & high on calories, not all types of ghee are harmful.

According to Ayurved, ghee made from cow's milk, when consumed in medicinal proportion is beneficial for general mental & physical health.

The Goghrita prepared in GVAK is made of desi cow's milk. The desi cow means the healthy Indian breed of cow which is fed & bred under observation of experts. No artificial methods or injections are used for milching these cows. The milk obtained from these healthy cows is used for making Goghrita.

A clinical study on the effect of Goghrita on the fatty acid & cholesterol levels in blood was conducted on 7 alcoholic & 10 non-alcoholic individuals in Nagpur. The individuals from both groups were given Brihan Snehan (20mg/day) for a period of 15 days & their fasting esterified fatty acid & total cholesterol level in serum was estimated. The study revealed that there was decline in total serum cholesterol levels but it was statistically insignificant. The levels didn't rise. There was significant decline in fatty acid levels (EFA) in alcoholics. The decline in EFA levels of non alcoholics was insignificant\*.

After consuming Goghrita for 15 days the individuals showed increased appetite, relief from abdominal discomfort & constipation. Burning sensation & redness of eyes was significantly reduced. Individuals expressed that they felt more energetic.

\* A clinical study on effects of Brunhan Snehan – Jyotishi.S.G, Gawande.D.S, Mishra.S.B. (Shri Ayurved College, Nagpur)

## **2) Visheshena Balanam Prashsyate.... The Role of Butter in Pediatric Health Care**

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Ayurveda the science of life has categorically described various types of milk and milk products, which includes Milk, Curd, Buttermilk, Butter, Dhadhi, mastu etc. All these products have been elaborated with various types, pharmacodynamics and qualities. Concentrating on Navnita i.e. butter, classics have specified a uniqueness. They have strongly recommended butter in pediatric health care, quoting it as, Visheshena Balanam Prashsyate...(Su.Su 45/92)

So based on various Ayurvedic pharmacodynamics of butter and characteristics of a child an effort has been made to evaluate the rationality of above reference. Adding to it various finding of today's research regarding butter has also been incorporated which also supports above hypothesis. The concept is further flourished by the author.

## **3) Importance of Ghritha In Old Age**

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**Introduction** - Ageing is a slow process that refers to the impact of passage of time on structure and function of different systems of body. The ageing process described by Sharangadhara states, the decline of structural and functional aspects of body in every decade of life from birth to death. Out of the global population of 6 billion people 600 million are elderly. This figure will increase in next 25 years implying the growth rate of older population. Hence a multi dimensional approach is essential to provide a good quality life. In Ayurved, Ghrita is indicated in old being best among all the Snehas and Vayasthapana.

**Methodology** – Ghrita contains Prithvi and Jala Mahabhutas which helps in nourishment of the body and promotion of strength, which are useful in weight loss, muscle wasting, loss of strength in old age.

Ghrita contains Snigdha and Guru Gunas which helps in mitigating Vata dosha and maintaining kapha dosha , which are useful in physical inactivity, myalgia, fatigue in old age. Ghrita has madhura rasa which is saptadhatu vardhaka, indriyaaa prasadaka, hence necessary in decreased sensorial function of old age.

Ghrita is rasayana, smriti buddhi agni shukra oja vardhaka, which are useful in resisting ageing process, eg. impaired memory, sexual dysfunction etc in old age.

**Conclusion** – Hence Ghrita plays a vital role in oldage by combating with senile problems and delaying ageing process.

#### **4) Ghrita in Ayurved - A Review**

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**Objective** - To evaluate the importance of use of Ghrut in Ashtanga Ayurveda

**Introduction** - Ghrut is used since very ancient time, include the vaidic kala. Grut is described in Ayurveda as Sapta dhatu vardhak, Ojo vardhak & has suggested to use Gruth in day to day life.

In kayachikitsa for treatment, Balrog in lehana, snehana etc, in Ghraha Vidnyan in mental disorders, in Shalakya for Tarpan, in Shalya for wound healing, in Agadanttra as vishahar , in Rasayana as Dhatu Vardhak & Ojovardhak & in Vajikarn as vrushya, Ojovardhak and for other therapeutic properties. The present study is to review the different uses of Ghrut described in the Ashtanga Ayurveda.

**Conclusion** - Use of Ghrut is best describe in Ayurveda. All the Astangas of Ayurveda has described its use in the treatment part as well as in diet & as and immunomodulator or rasayan.

#### **5) Concept of Ghrita Kalpana in Ayurvedic Therapeutics with Special Reference to “Shata Dhauta Ghrita”**

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Ausadha is included in “Trisutra” and ‘Chatuspada” in Ayurved. The imagination of any pathy without medicament is not possible, because these are used as a weapon of physician. Thus, it itself sows the importance of Ausadha. From the Vedic lore, form of Ausadhies have been introduced as per requirement of time, i.e.Panchvidha Kashaya Kalpana , Kshira Kalpana , Arka Kalpana, Lavana Kalpana, Kshara Kalpana, Avaleha Kalpana, Sneha Kalpana Sandhana Kalpana etc. Sneha kalpana, one of the unique kalpana,

has been established to increase potency, palatability, shelf life etc. it is a pharmaceutical process to prepare oleaginous medicament from the substances like Kalka, Sneha Dravya and Drava Dravya in specific proportion by subjecting to unique heating pattern and duration, to fulfill certain parameters according to need of therapeutics. Contemplation of ancient literature reveals that Ghrita and Taila are predominately used for internal and external application.

Shata dhautra ghrita is widely used for external application for Daha Shamana property especially for burning wounds. It is also used as a base part for so many cream / ointment. It is easily prepared in house condition and found very cheaper.

The detail method of preparation, therapeutic efficacy is discussed in the research work.

## 6) A Study On The Effect Of Ashtamangal Ghrut On Intelligence Of Children

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The aim of this study was to verify whether Ashtamangal Ghrut improves intelligence of children.

**Rationale:** It has been reported in Ayurveda that cow ghee mixed with some Ayurvedic plants in certain proportion helps to improve intelligence. This preparation is known as Ashtamangal Ghrut.

**Hypothesis:** A hypothesis that **Ashtamangal Ghrut improves intelligence of children** was formulated.

**Sample:** 22 students residing in hostel were selected as sample.

(Tools Used: A non verbal test BD constructed by D.A.Pidgeon and published by National foundation for Educational Research in England and Wales was selected as a tool .)

**Design Of Research:** A pre-test, post-test matched group design was used for this study. The sample of 22 students was divided into two matched groups - **experimental group & control group**. These groups were matched on a variable of intelligence. The students in the experimental group were given 4.00 gms of Ashtamangal Ghrut before meals everyday for 4 months. The students in the control group were not given any treatment. At the end of four months same intelligence test was administered to both the groups. The scoring was done and recorded. The school marks before and after the study were also collected from the school records.

**Results & Discussion:** Means for the scores on intelligence and academic performance in the school were calculated. The experimental group showed more gains than the control group for academic performance as well as scores on intelligence. The difference in gain between experimental and control group is attributed to consumption of ashtamangal ghnut.

Ashtamangal ghnut has thus shown a favourable effect on the intelligence of children.

## 7) Effect of Topical Application of Jatyadi Ghrita on Incision and Excision Wounds\*

Topical application of Jatyadi Ghrita enhanced healing in excision and incision wounds in rats. This is supported by histopathological studies. The process of wound healing occurs in different phases such as coagulation, contraction, epithelization, granulation, collagenation and tissue remodeling. The present study indicates the wound healing potential of Jatyadi Ghrita by promoting the breaking

strength and healing processes like collagenation and epithelization. The activity is comparable to Framycetin sulphate cream (1 % w/w) which exhibits potent antimicrobial action. Jatyadi Ghrita contains herbs like Azadirachta indica and Curcuma longa which also exhibit prominent antimicrobial action. Evaluation of the antimicrobial activity of Jatyadi Ghrita will definitely give more insight into its wound healing potential. The polyherbal formulation Jatyadi Ghrita therefore promises strong utility in clinical practice in India.

### **8) Effect of Topical Application of Hingvadya Ghrita on Incision and Excision Wounds \***

Hingvadya ghrita promotes healing of excision and incision wounds. The histopathological studies further support the observations. The doses used were effective in treating the wounded rats, but the optimal doses and duration times for the clinical uses need to be further determined. Investigation of the possible antimicrobial potential of the formulation will definitely give a better understanding about its precise mechanism of action.

### **9) Effect of Topical Application of Chandanadi Yamak on Incision and Excision Wounds \***

Topical application of Chandanadi Yamak enhanced healing in excision wounds in rats. This is supported by histopathological studies. The process of wound healing occurs in different phases such as coagulation, contraction, epithelization, granulation, collagenation and tissue remodeling. This study indicated that the wound healing potential of Chandanadi Yamak is by promoting the wound contraction and healing processes like epithelization and fibrosis. The activity is comparable to Framycetin sulphate cream (1% w/w) which exhibits potent antimicrobial action. However, Chandanadi Yamak did not promote the tensile strength as indicated by the results of incision wound model. Herbs like Glycyrrhiza glabra and Nelumbo nucifera present in Chandanadi Yamak exhibit potent antimicrobial activity. There is scope for more detailed study with regard to the antimicrobial potential of Chandanadi Yamak which would give a deeper insight into its mechanism of action.

\* (Dept. of pharmaceutical sciences, Nagpur university)