A COMBINE REVIEW ON HEALTH BENEFIT OF GHEE THROUGH TRADITIONAL AND MODERN ASPECTS

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ABSTRACT
In Ayurvedic wisdom, homes, religions and kitchens of India, ghee is sacred symbol of auspicious. It has been highly regarded for many things for so long, that one can never exaggerate its glories. The main objective is to establish healthy benefits of ghee in general consideration of public. According to vedic analogy ghee is hidden in milk like the Supreme Lord in the cosmic creation. The Sanskrit word for ghee is Ghritam. In fact, it comes from the root ‘ghr’ which means to shine. Ghee increases dhi (intelligence) refines buddhi (intellect) and improves the smriti (memory). Ghee also builds the aura, makes all the organs soft and increases rasa (the internal juices of the body). In Charak Sutrasthana ghee is conductive to rasa dhatu (essence part of digested food), shukradhatu (semen) and ojas. In Ashtang Hrudyam ghee is one of those dietary ingredients that can be consumed by all at all times. As per Yoga Ratnakar text ghee is one among the diet substances that the pregnant can take on daily basis. Ghee prevents the oxidative stress of the tissue and helpful in preventing degenerative diseases including the age related eye disease. External application of medicated ghee is useful in treating inflammatory diseases. A systematic research work on sidhha as well as medicated ghee needs to be carried out in present era.

KEYWORDS: Ghee; vedic analogy; dietary ingredient; oxidative; rasa dhatu.

INTRODUCTION
In vedic shashtra sneha is a Sanskrit term meaning to express by touch, love and caring. Sneha is the feeling and knowledge that someone cares for you and that you are being comforted and cherished. The Ayurvedic text talk of four substances for snehana (the application of oily substances on the body). They are taila (oil) vasa (animal fat) majja (bone...
marrow) and ghrita (ghee). Of these, ghee is considered superior. Ghee softens and strengthens, protects and nourishes the skin. Ghee increases the overall strength, luster and beauty of the body.

Ghrita is includes in panchagavya. Panchagavya is a term used to describe 5 major substances obtained from cow, which includes cow urine, milk, ghee, curd and dung. In ancient India ghee was used as a vehicle in many Ayurveda medical preparations. Oral consumption of ghee through food is nothing but offering a finest fuel into the fires of digestion. Ghee cools the body and prevents overheat. Ghee makes internal body organs smooth and soft, also increases secretion of internal juices, which are diminished by aging. Ghee improves intelligence and intellect. It also acts as a lubricant over the walls of GIT and facilities easy digestion. Ghee is also better in wound healing.

**Definition of ghee**
Ghee is widely considered as the Indian name for clarified butterfat, usually prepared from cow’s milk, buffalo milk or mixed milk. Ghee as a product exclusively obtained from milk, cream or butter from various animal species by means of processes which result in almost total removal of moisture and solids-not-fat and which gives the product a particular physical structure.

**Properties of Ghee**\(^{[8,9]}\)
Cow ghee promotes memory, intellect, power of digestion, semen, ojas, kapha and fat. It alleviates vata, pitta visha-toxic conditions unmade-insanity, shosha-emaciation, alakshmihara- it is auspicious. It is the best of all the unctuous substances, 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.

Purana ghrita:- 1 year old cow ghee is useful in.
1) Meda – intoxication.
2) Apasmara- epilepsy.
3) Moorcha- fainting.
4) Shosha- emaciation.
5) Unmada- schizophrenia, insanity.
6) Gara- Remnant poisons.
7) Jwara- fever.
a) Pure Ghee\textsuperscript{[6]}

The text classified ghee in 2 types nava (new) and old (purana) ghee is considered to have more therapeutic value in all diseases Yogaratnakar\textsuperscript{[5]} and Bhavaprakash\textsuperscript{[2]} mention as the ghee gets old it increases in potency. It is mentioned that if ghee is preserved for hundred years it attains the power to cure all the diseases. The text emphasized that new ghee is madhura in rasa and vipaka and alleviates vatta, pitta and kapha.

b) Medicated Ghee\textsuperscript{[6]}

When ghee is cooked with various substances like paste of drugs and liquids like decoction, juice or milk etc. in specific proportions over mild heat till the appearance certain pharmaceutical parameters is known as medicated ghee. This is one kind of samskara, where ghee is processed with various drugs, according to the desired action. Acharya charak defines samskara as transformation of the inherent attributes of a substance i.e gunantardhana. According to Chakrapani, this gunantaradhana by sanskara is possible only in case of naimittika gunas, not in the case of samsiddhika gunas. That is true in case of ghee, where processing does not bring changes in the inherent properties of ghee instead of that it carries properties of added substances hence more potency. The basic aims of the procedure being acquire the liquid (water) soluble active principles into the ghee, so that same ghee will attain variant therapeutic action and also helps in reaching drugs to the target area.

**HEALTH BENEFIT OF GHEE**

**Historical aspect of Ghrita**

Rigveda gives explanation about various qualities of Ghritas. Apart from this the Bruhatrayi too gives a systematic and scientific description about types of Ghritas, methods of preparation of Aushadha Siddha Ghrita and about Sneha (Sneha yoni etc.) in Charak. Sutrasstan.\textsuperscript{[13,14,22,27]} Shushruta Sutratsthan 996, Shushrut Chikitsasthan\textsuperscript{[31,15]} and Ashtang. Hrudaya. Sutrasstan\textsuperscript{[16,18]}, Ashtang. Hrudaya. Kalpasthan.\textsuperscript{[16]}

Acharya Bhavamishtra gives a detailed explanation of different types of Ghritas, their Rasa, Guna Veerya and Vipaka.

**CHARAK SAMHITA\textsuperscript{[1]}**

1) Versatile health benefits of ghee – Herbal rectal suppositors are smeared with ghee before insertion into anal canal. It is conductive to rasadhatu (essence part of digested food),
shukradhatu (semen) and ojas. It has cooling and softening effect on the body. It adds to the voice and complexion.

**BHAVPRAKASH**[2]
1) Ghee is quite similar to milk in qualities, but unlike milk, ghee improves digestion.
2) In adhyaya 5/17 it is said that, After waking up in the morning, it is an auspicious ritual to see the face in ghee.
3) In adhyaya 2/13 it is said that Ghee is also used as adjuvant along with herbs in paste (kalka) and powder (churna) form.
4) In utartantra adhyay 2/6 it is said that Ghee is use as adjuvant along with herbal decoctions. (ghee is given for oral administration with herbal decoction).

**ASHTANNG HRUDAYA**[8]
1) In Sutras 8/43 it is said that Ghee is one of those dietary ingredients that can be consumed by all at all times.
2) In adhay 16/5it is said that ghee is useful to improve quality of shukra dhatu (male and female reproductive system). With its immense nourishing health benefits, it is indicated for people who indulge in daily sex.
3) In Utartantra adhyay 1/9 it is said that 2-5 drops of ghee is advised to be given to new born.
4) In Utartantra adhyay 2/31 it is said that Ghee and milk are congenial to children by birth.
5) In Utartantra adhyay 2/10 it is believed to add nourishing qualities to the breast milk and to fortify milk with nourishing qualities.
6) In Sutras 24/16 introduced that Especially, ghee processed with Triphala is used for this purpose. Ghee along with Triphala and honey is told as a remedy to improve eye health. Ghee is used for application over eyes for strengthening of vision.
7) In Utartantra adhyay 9/7 said that Ghee is used to wash eyes for soothing effect.

**ASHTANG SANGRAHA**[9]
1) In Sutras 9/27 said that It is one of the essential dietary ingredients for those debilitated due to treatments. It helps improve digestion power.
2) In Sutras 10/22 said that It nourishes body tissues, suitable for people of all ages. It strengthens sense organs, immunity it improves tone and strength of the voice.
3) In Sutras 29/36 it is said that Ghee was also used as a dietary ingredients in post-surgical care.
4) In Sutrasthan 16/41 said that for people suffering from extreme dry skin, dry voice and overall dryness of body, in seasons like winter, ghee along with milk helps to relieve dryness and induce unctuousness, very quickly.

5) In Chikitsthan adhyaya1/59 said that ghee intakes helps to relieve burning sensation after relief from fever. But note that clarified butter is not indicated while the person is having fever. It is only used in patients after fever is completely cured, to regain strength and immunity.

6) In Utartantra adhyay 2/10 said that ghee is advised for a lactating mother. It is believed to add nourishing qualities to the breast milk and to fortify milk with nourishing qualities.

**SHARANGDHARA SAMHITA**[^3]

In Utarsthan adhyay 13/1 said that in many of the eye disorders, ghee is used for a process called ‘Tarpana’. Here a compound around eye orbit is built with thick paste of flour and the compound is filled with herbal ghee. The person is asked to open and close the eyes. Ayurveda says that this procedure improves and strengthens the eye power.

**MODERN ERA**

1) **Vision and ghee**[^6]

Ayurveda has traditionally considered cows ghee to be the healthiest source of edible oil. Ghee also contains vitamin A, D, E, K and Linoleic acid which is considered to have similar to antioxidant. Ghee is one which is having high utility in preventive, promotive and curative ophthalmology and multi utility in different conditions.

2) **Comparison between the effect of cow ghee and butter on memory and lipid profile of wistar rats.**[^7]

In this review article it has been described that cow ghee and butter group showed no significant effect on memory in EPW and MWM model. These was reduction in weight of animals in cow ghee group and increase in weight with butter.

**DISCUSSION**

In ancient as well as in modern view it is considered that ghee have high utility in preventing and multi-utility in different conditions of various diseases. Many ayurvedic preparations are made by cooking herbs into ghee. 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 many times. Ghee carries the therapeutic
properties of herbs to all the body’s tissues. It is an excellent vehicle for transporting the herbs to the deeper tissue layers of the body. Ghee is considered sacred and used in religious rituals as well as in the diet in India. Our ancestors were used to drink ghee for maintaining good health. Ghee is rich in short chain fatty acids, which the body find easiest to digest. Advance study shows that short and medium chain fatty acids can act like an agent to kill a large species of virus and bacteria and provide protection against various infections diseases\textsuperscript{[4]} and here ghee has chain of fatty acids which may act on target organ.

CONCLUSION

Ghrita is one among the Chattu sneha intensively used in food and medicine. It is obtained from the class mammalian of the animal kingdom. Ayurveda discriminates their qualities and recommends Goghrit (Cow’s Ghee) as best and the Ghrita of choice for both food and medicine purpose. It is found that multiple uses of ghee is described in ancient as well as in modern era for curing disease and maintaining good health. Hence, it is clear that utilization of ghee should be increase in day today life. For increasing production of ghee one should promote goshalas and protect cow in this world. A systemic work on cow ghee needs to be carried out on chemical nature, biological activity, microbiology, pharmaceutical aspects and mechanism of bioactive compouns on sidha ghee as well as other medicated ghee is need of society because of its multiple benefits.

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