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Significance of *Go ghrita* in Lifestyle and Psychological Disorders

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Abstract

Ghrita is used since ancient times including the vedic kala. Ghrita is described in Ayurveda as Sapta dhatu vardhak, Ojo vardhak and is suggested to take in day to day life. A brief glance at the qualities of *go-ghrita* shows that it has been described as *Buddhivardhaka*-augmenting intelligence, *Smritivardhaka*-enhancing memory, *Deepana*-improves appetite and is useful in the treatment of *Unmada*, *Apasmara*, *Murccha* and *Mada*. It is also useful in the diseases affecting the nervous system in particular. The anti-oxidants in *Go ghrita* make it a miraculous *Rasayana* and thus useful as a wonderful anti-ageing therapy. Mind and body are intimately associated with each other. The function of body organs depends on mental makeup of an individual and vice versa. Ayurveda has indicated the use of cow's *go ghrita* i.e., *go-ghrita* in all types of lifestyle and psychological disorders. Beyond maintaining a healthy mind, *go ghrita* is also prescribed for anxiety, depression, dementia, insanity, epilepsy and other disorders of consciousness. *Go ghrita* older than one year is especially good for healing the mind. *Go ghrita* takes nutrients from your food and delivers them through fat permeable membranes like in the brain. *Go ghrita* taken regularly in small doses is invaluable as it not only increases the digestive capacity but also it has nourishing property. Hence, *go-ghrita* takes the deserved credit, with several beneficial effects on human body and mind and thus holds an important position in *Ayurvedic chikitsa*.

Keywords

Go ghrita, Lifestyle, Psychological health



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INTRODUCTION

The word *go ghrita* is evolved from Sanskrit word *ghrita*. *Go ghrita* is a common Indian name for clarified butter fat. The origin of *go ghrita* making probably lies far beyond recorded history. The word itself stems from the old Sanskrit 'ghr' which means bright or to make bright. When sprinkled on fire, butterfat enhanced its brightness merged with cause. Butterfat was later christened *ghrita*, which evolved into *go ghrita*.

'Gold is said to attract women towards it and in the same way *ghrita* attracts people who desire for physical strength as well as a healthy life. *Ghrita* nourishes the *dhatu* and builds a strong body *ghrita* is considered auspicious as it is used in many religious places References regarding use of *ghrita* during epidemics and *yajnas* were done during spread of these contagious diseases

One of the most ancient systems of medicine- Ayurved, development thousands of years ago, but it continues to stun the scientific faculties all over the world by its highly evolved concepts. Depending on the nature of diseases and that of the diseases, variety of drug dosage forms, modes of

administration, diet and lifestyle modification are available in ayurveda.¹

AIMS AND OBJECTIVES

1. To comprehend the conceptual part of *go ghrita*
2. To see the role of *go ghrita* in lifestyle and psychological health .

REVIEW OF LITERATURE

References will be taken from different classical / contemporary texts, various International/ National journals/ magazines published and data obtained from internet will be taken in to consideration.

METHODOLOGY

A. Importance of *go ghrita*

It is good for eyes as it increases vision, production of semen, increase *agni*, has *madhur vipaka*, cold, pacifies the *tridoshas*, increase retention power/capacity (memory), increases beauty, *ojas* and *teja*. etc². In (*Jatakarma*) after clamping of umbilical cord *jatakarma sanskar* is done in the new born, in the presence of hymns, new born is given honey and *ghrita* as linctus³. After consumption food, using *ghrita* destroys the



diseases like *sirashula* (headache), *parshvashula* (backache), *ansashula*, *kasa* (cough), *swasha* (dyspnoea).⁴

B. Five reasons for consuming *ghrita*

1. Safer and Healthier: *Go ghrita* is composed of saturated fat; it is also readily metabolized by the body and is a far safer choice.
2. Aids in Digestion: It can stimulate secretion of stomach acids, hence fastening the digestive process.
3. Reduces Cholesterol Level: It can help in reducing cholesterol level in intestine as well as serum because *go ghrita* enhance the secretion of biliary lipids.
4. Rich in Antioxidants: It helps the body readily absorb the vitamins and minerals present in food, offering complete nutrition and also strengthening the immune system.
5. Fight against Cancer: *Go ghrita* can enhance the availability of enzymes which are responsible for detoxification of cancer causing substance.⁵

C. Guna – Karma

Ghrita pacifies the *vikaras* manifested due to *vata* and *pitta*, beneficial for *rasa*, *shukra* and *ojas*, pacifies burning sensation, makes

the body soft, and increases the beauty of voice and complexion.⁶ It is auspicious, cold in potency and sweet both in taste as well as *vipaka* when administered.⁷ The details of Gunas mentioned in different classics has been tabulated and presented in the Table No-1

D. Properties and composition of *ghrita*

Ghrita provides energy to body as it is more useful than the carbohydrates and proteins; one gram of *ghrita* gives 9.3 calories. The chemical composition of *ghrita* is mentioned below:⁸

Tri-glycerides -97.098%

Di-glycerides-0.25 - 1.4%

Monoglycerides – 0.16 - 0.038 %

Ketoacid glycerides-0.015-0.018 %

Glycerylesters -0.011-0.05%

Free fatty acids -0.1-0.44%

Phospholipids -0.2 -1.0%

Sterols – 0.22-0.41%

Vitamin-A --2500 I.U (per 100 gm)

Vitamin –D8.5x 10.7gm (per 100 gm)

Vitamin-E --24x10.3gm (per 100 gm)

Vitamin-K—1x10.4gm (per 100 gm)

Butric acid – 4.5 -6.0 %



Caporic acid -1.0-1.36%

Caprylic acid -0.9-1%

Capric acid-1.5-1.8%

Lauric acid-6-7%

Myristic acid -21-23%

Palmitic acid – 19-19.5%

Stearic acid -11-11.5%

Arachidic acid -0.5-0.8%

Oleic acid - 27-27.5%

F. Analytical parameters of ghrita

The Physico-Chemical Properties of ghrita is mentioned below:⁹

Loss on drying 0.15%

Ash content 0.10%

Acid insoluble ash 0.0009%

Fat content 99.83%

Saponification value 222.9

Iodine value 34.6

Specific gravity 0.935

Acid value 2.52

Refractive value 1.456

Unsaponifiable matter 0.31

G. Role of go ghrita in certain lifestyle disorders

1. Allergic Rhinitis (sinusitis)

Potions of clarified butter various sorts of emetics and fomentations (*sveda*) may be prescribed in nasal catarrh (*pratishyaya*), except in fresh and acute cases.¹⁰

2. Headache /migraine

To be prescribed in cases of the *suryavarta* type of *shiraroga*. The diet should principally consist of boiled rice and milk with clarified butter and the essence or extract of the meat of *jangala* animals.¹¹

H. Role of go ghrita in certain mental disorders

1. Apasmara

Sarpi chikitsa described in treatment of *Unmada* should be done in *Apsmara rogi*. Especially *purana ghrita* is used internally and externally.¹²

2. Unmada

- *Vataja* variety: In *vatika* type of *Unmada*, the physician should first of all ascertain the exact nature of *vayu* and in the beginning administer *sneha*.
- *Agantuja* variety: The patient suffering from exogenous type of *Unmada* should be given *sarpi pana*



and mantras etc should be recited for better healing.¹³

I. Effect of go ghrita on soma (body)

Body massage with *go ghrita* is good for enhancing immune system. It could be use as a facial moisturizer and also internally in heat burns for better relief and in various skin treatment.¹⁴

K. Effect of go ghrita on mind

Go ghrita has a striking efficacy in crossing BBB (Blood Brain Barrier) which is very much needed for treating mental anomalies.¹⁵

L. Pre-Clinical and Clinical Research work done on *go ghrita*.

1. A clinical study on the effect of *Go ghrita* on the fatty acid and cholesterol levels in blood was conducted on seven alcoholic and ten non-alcoholic individuals in Nagpur. The individuals from both groups were given *Brihan Snehan* (20mg/day) for a period of 15 days and their fasting esterifies fatty acid and total cholesterol level in serum was estimated. The study revealed that there was a 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 *Go ghrita* for 15 days the individuals showed increased appetite, relief from abdominal discomfort and constipation. Burning sensation and redness of eyes was significantly reduced. Individuals expressed that they felt more energetic.¹⁶

2. A comparative study on chronic administration of *go ghrita* (cow's *go ghrita*) and *Avika Ghrita* (Ewe's *go ghrita*) in albino rats. *Ghrita* is the foremost substance of Indian cuisine from centuries. *Ayurvedic* classics described eight kinds of *go ghrita* from eight different animal milk, among them *go ghrita* made from cow milk is said to be the superior and *go ghrita* of ewe milk is said to be the inferior and also detrimental to heart. The present study was undertaken to evaluate chronic administration of *go ghrita* and *avika ghrita* to experimental animals. Experiment was carried out on Wistar strain albino rats and study was done at two dose levels. The test drugs were administered orally for 45 consecutive



days. Parameters, such as gross behaviour, body weight, and weight of important organs, total faecal fat content, electrocardiogram, serum biochemical parameters, and histopathology of different organs were studied. Both the test drugs did not alter the gross behaviour, body weight, weight of organs, and cyto-architecture of different organs to significant extent. *Avika Ghrita* at a low dose significantly decreased triglyceride content, significantly prolonged QT and at both dose levels it significantly shortened the PR interval. This study shows chronic administration of *Avika Ghrita* and *Go Ghrita* has no marked differences between them except the QT prolongation in *Avika Ghrita*. This may be the basis for the classics to categorize *Avika Ghrita* as *Ahritya*.¹⁷

M. Recent Research and Development on go ghrita and go ghrita preparations (references mentioned for each)

1. *Go ghrita* and Cholesterol.¹⁸
2. *Visheshena Balanam Prashsyate....* The Role of Butter in Paediatric Health Care.¹⁸
3. Importance of *Ghrita* in Old Age.¹⁸

4. Concept of *Ghrita Kalpana* in Ayurvedic Therapeutics with Special Reference to “*Shata Dhauta Ghrita*.”¹⁸
5. A Study on the Effect of *Ashtamangal Ghrita* on Intelligence of Children.¹⁸
6. Effect of Topical Application of *Jatyadi Ghrita* on Incision and Excision Wounds.¹⁸
7. Hepatoprotective activity of *Panchagavya Ghrita* against carbon tetrachloride induced hepatotoxicity in rats.¹⁹
8. Effect of *Panchagavya Ghrita* on some neurological parameters in albino rats.¹⁹
9. *Shata-dhauta-ghrita* – a case study.¹⁹
10. *Trividha snehapaka* of *panchagavya ghrita*: a critical comparative evaluation.¹⁹
11. Conceptual study of *go ghrita* eye drops (*aschyotana*) in computer vision syndrome.¹⁹

N. Advantages of ghrita

A spastic and lean man when made to undergo *snehana* (through *go ghrita*) shows a drastic change making him mentally balanced and stout. *Ghrita* is best suited for improving intelligence, curing insanity, increasing sexual power, good eyesight, and



good voice, those suffering from injury to chest, emaciation, *visarpa*, tuberculosis and fever. It is best among fatty materials. It is a good coolant thus it possesses one thousand good qualities and does thousand actions when used with proper processing.²⁰

O. Demerits or contraindications of go ghrita

Living life according to *desha* (habitat), *kala* (time) and along with morality is good life. And the science which shows light in this path is *Ayurved*. This being nectar to life if not followed strictly will turn in to poison. Similarly *go ghrita* is also contraindicated for some individuals at certain times. Those being over obese and having *kapha*, *medas* in excess and those who do not do exercise should not take *go ghrita* in excess or regularly.

Those people suffering from oozing from mouth and anus, who have take alcoholic drink, whose *doshas* are accumulated in the body and those having tonsillitis should not consume *go ghrita* in excess. After having taken *go ghrita* one should not drink hot water immediately.²¹

DISCUSSION

The distribution of drug in blood is chiefly influenced by its lipid solubility, ionization, differences in the regional blood flow etc. A water soluble drug is usually distributed in the extracellular spaces and it may not readily diffuse in to CSF and other body cavities, while the lipid soluble drugs are rapidly distributed throughout the intra and extra cellular spaces.

The drugs that are rapidly absorbed from the gut because of their lipid solubility are known to readily diffuse into the CSF and the brain. That is drugs given in the form of a *go ghrita* which is a fat are rapidly absorbed and distributed in the target areas of the body like the nervous system in this case.

The main reason behind this is the molecular structure of the blood brain barrier. This membrane separating the CNS tissue and the circulating blood is lipophilic in nature. Thus it selectively allows the passage of lipids and lipid soluble drugs across it. Therefore any drug given in the form of *go ghrita* will not only be digested and absorbed fast, but will also be able to reach some of the most distant and difficult to reach areas of body like the CNS.

This explains the better efficacy of various Psychotropic drugs given in the form of *go ghrita* in CNS diseases. And also tallies with the qualities of *go ghrita* which were discussed earlier like *Buddhi* and *Smritivardhaka*. Also its antioxidant properties prevent the oxidative damage of brain and other tissues of the nervous system, thus providing protection from various degenerative diseases. *Go ghrita* is therefore one of the most effective drug dosage forms used in *Ayurvedic* medicine.²²

treatment part as well as in diet and as immunomodulator.

CONCLUSION

Go ghrita is best among all, it is very useful as well as beneficial it increases retention capacity (memory) does rejuvenation, increases *ojas* which is good for eyes and improves the brain cell. There is a great impact of *Go ghrita* on our psycho somatic levels. Hence, we can use *Go ghrita* in our routine daily life, as gives good result and delays the ageing procedure by keeping us healthy and fit forever.

Use of *Go ghrita* is best described in *Ayurveda*. *Go ghrita* is *Snehottam Rasayana* and *Chakshushya* and all the *Astangas* of *Ayurved* have described its use in the



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