

GHRITA – Medication with Tradition

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Abstract: *Ghrita (medicated ghee) is a classical Ayurvedic dosage form extensively described in ancient texts such as Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya. Traditionally, Ghrita is prepared by processing clarified butter with herbal decoctions (Kwatha) and fine herbal pastes (Kalka) following specific Sneha Kalpana principles. This unique formulation is considered superior due to its ability to assimilate both lipid-soluble and water-soluble phytoconstituents, thereby enhancing bioavailability and therapeutic efficacy.*

From a traditional perspective, Ghrita is regarded as Yogavahi, meaning it potentiates the action of incorporated drugs and facilitates their targeted delivery to tissues. It is especially valued for its Medhya (nootropic), Rasayana (rejuvenative), and Balya (strength-promoting) properties.

Classical indications include neurological disorders, gastrointestinal diseases, inflammatory conditions, and chronic systemic ailments. Ghrita is also believed to nourish Ojas and balance Vata and Pitta doshas, making it suitable for long-term administration.

In contemporary pharmaceutical terms, Ghrita can be correlated with lipid-based drug delivery systems, offering improved stability, sustained release, and enhanced absorption. Recent scientific studies have supported its antioxidant, anti-inflammatory, neuroprotective, and immunomodulatory activities. Thus, Ghrita medication represents a scientifically relevant traditional dosage form that bridges ancient wisdom and modern drug delivery concepts..

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