

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..

Keywords: *Ghrita*

I. INTRODUCTION

Ayurveda, the ancient system of medicine rooted in Indian tradition, views health as a dynamic equilibrium between the body, mind, and spirit. Its approach to disease management and health preservation emphasizes maintaining this harmony through individualised treatment strategies. Ayurvedic formulations often comprise a blend of medicinal herbs, minerals, and occasionally animal-derived substances carefully processed to enhance their therapeutic potential. The selection and preparation of these medicines are tailored to the patient's condition and the nature of the disease with careful consideration of the three Doshas (Vata, Pitta, and Kapha) as well as the individual's Prakriti (constitutional type) and any existing imbalances. These evaluations are grounded in a distinctive set of physiological, anatomical and spiritual principles outlined in Ayurvedic science. Nevertheless, several of these principles are only partly understood or remain beyond the scope of present-day scientific interpretation.

Ghrita, commonly spelled as Ghee, is a traditional clarified butter widely used in Indian cuisine. It holds cultural significance and is integral to Ayurveda, the ancient Indian system of medicine. Ghee is prepared by simmering unsalted butter, allowing the water content to evaporate and separating the milk solids. The resulting golden, aromatic substance has a higher smoke point than regular butter and is valued for its rich flavor. In Ayurveda, ghee is believed to have various health benefits and is used in cooking as well as in medicinal practices.

Ayurveda features numerous types of Ghrita (medicated ghee), prepared with specific herbs for targeted healing, such as Brahmi Ghrita for brain health, Triphala Ghrita for digestion, Panchatikta Ghrita for skin issues, and Sukumara Ghrita for women's health, with common categories including brain tonics, detoxifiers, and rejuvenators, all using ghee as a potent carrier for herbal properties.



• The origin: The origin of ghee, or ghrita, can be traced back to ancient India. Ghee has been a staple in Indian cuisine and Ayurvedic practices for thousands of years. Its roots are deeply intertwined with the cultural and historical fabric of the Indian subcontinent. The process of making ghee has likely evolved over time, with variations in techniques across different regions. The importance of ghee extends beyond culinary use, as it holds a sacred and medicinal role in Ayurveda, reflecting the ancient understanding of its potential health benefits.

Common & Key Types of Ghrita:

- Brahmi Ghrita: For memory, focus, stress, and nervous system support.
- Triphala Ghrita: Aids digestion, regularity, and eye health, balancing Kapha & Pitta.
- Panchatikta Ghrita: Detoxifies, purifies blood, and treats chronic skin disorders.
- Sukumara Ghrita: Nourishes female reproductive health, eases menstrual pain, balances Vata.
- Ashwagandha Ghrita: Boosts stamina, vitality, and nervous system strength.
- Mahatiktaka Ghrita: Treats skin ailments like eczema, rashes, and boils.
- Indukantha ghrita : Strengthens immunity, helps with fevers and digestion.
- Shatavari Ghrita: Supports urinary & kidney health, balances Vata & Pitta.
- Vidaryadi Ghrita: Supports respiratory health, nourishes tissues, helps weight gain.

Types of ghrita:

• “Ghrita” refers to clarified butter in Indian cuisine. There are various types of ghrita, including traditional ghee, which is made by simmering butter to remove water content and milk solids. Other types may involve different processes or be infused with herbs for added flavors.

Some types of clarified butter (ghrita) include:

1. Traditional Ghee: Made by simmering butter until water evaporates, and milk solids are removed.
2. Herb-infused Ghee: Prepared by adding herbs like basil, garlic, or ginger to enhance flavor.
3. Ayurvedic Ghee: Follows Ayurvedic principles, often using specific types of butter and preparation methods.
4. Medicated Ghee: Infused with medicinal herbs or spices for therapeutic purposes in Ayurveda.
5. Grass-fed Ghee: Made from the milk of grass-fed cows, believed to have additional nutritional benefits.
6. Organic Ghee: Produced using organic and natural practices without synthetic additives.
7. Cultured Ghee: Fermented before clarification, providing a unique tangy taste.

Categorized by Use:

- For Mind & Nerves: Brahmi Ghrita, Saraswata Ghrita.
- For Detox & Skin: Panchatikta Ghrita, Mahatiktaka Ghrita, Jathyadi Ghrita (wounds).
- For Digestion: Triphala Ghrita, Dadimadi Ghrita, Suranadi Ghrita.
- For Women's Health: Sukumara Ghrita, Shatavari Ghrita.
- For Respiratory Health: Vasa Ghrita, Vidaryadi Ghrita.

Preparation & Types:

- Base: Prepared by simmering herbs with water and ghee (cow's ghee is preferred).
- Paka (Cooking Stages): Classified by how long the herbs are cooked, like Mridu (mild), Madhyama (medium), and Khara (hard).
- Snehapana: Often used in Panchakarma for internal oleation (Snehana) before purification.

Properties of normal Ghrita- According to Acharya Charaka properties of Ghrita are1

Ghrita promotes memory, intelligence, agni, semen, ojas, kapha and medas; alleviates vata, pitta, poison, insanity, phthisis, inauspiciousness and fever. It is the best of all fats, is cold, madhura rasa, madhura vipaka, has thousand



potentialities and so, if used properly according to prescribed methods, exerts thousand types of action Old ghrita alleviates intoxication, epilepsy, fainting, phthisis, insanity, poison, fever and pain in female genital tract, ear and head.

Brahmi Ghrita:

Brahmi Ghrita or Brahmi Ghrut is a ghee-based herbal Ayurvedic formula used to manage problems associated with the central nervous system. It has ghee in its base which acts as a beneficial agent in the medicine, providing good absorption and better delivery to the organs due to its lipophilic nature.

Brahmi Ghrita has neurocognitive effects which may help with conditions like epilepsy. It also has a positive effect on poor memory. Furthermore, studies on Brahmi Ghrita suggest that its use may help decrease the symptoms of Attention Deficit Hyperactivity Disorder (ADHD).

According to Ayurveda, Brahmi Ghrita has a Vata balancing property which may help in reducing the symptoms of anxiety. It also helps balance all three doshas and reduces the episodes of the seizure (epilepsy). Brahmi Ghrita also has Medhya (intelligence-improving) and Rasayana (rejuvenating) properties which may aid in improving memory power. In addition to that, it has the Balya (strength provider) property which may help reduce the symptoms of fatigue or general weakness.

Brahmi Ghrita is available in semi-solid form as it has cow ghee in its base. You can take 2-3gm Brahmi Ghrita or as directed by the physician to manage the symptoms of anxiety. Drink 1-2 glasses of lukewarm water after taking it for better digestion. Take it once or twice a day, preferably after meals. Avoid self-medication or taking Brahmi Ghrita in excess.

Brahmi Ghrita is generally well tolerated and does not have any side effects when taken in the recommended dose. However, it is advisable to consult the doctor before using Brahmi Ghrita.

Benefits of Brahmi Ghrita

1. Epilepsy
2. Poor Memory
3. Stress or anxiety
4. General Weakness
5. ADHD

• Precautions when using Brahmi Ghrita

1. Ghee is an important ingredient of Brahmi Ghrita. The low quality of Ghee may affect liver function, make sure you buy Ghrita from a renowned, authentic pharmaceutical brand. If not sure, consult your doctor to know what to buy.
2. Patients on medication for hypertension should consult their doctor before using Brahmi Ghrita.
3. Pregnancy. Enough evidence is not available to suggest its use in the case of pregnancy. Kindly consult your doctor before using it.

Recommended Dosage of Brahmi Ghrita

- Brahmi Ghrita Liquid - 2-3gm once or twice a day or as directed by the physician.
- Take 2-3gm Brahmi Ghrita
- Have it once or twice a day before meals
- Drink 1-2 glasses of lukewarm water after consuming it for better digestion # This will help manage the symptoms of stress or anxiety.



Marketed preparation :



Triphala Ghrta

Triphala Ghrta is a ghee-based Ayurvedic medicine, which is considered useful in panchakarma (detoxing program). It is made by mixing various herbs which provide multiple benefits. The core ingredient used in this is Triphala which is in itself a mix of three ingredients (Haritaki, Vibhitaki, and Amalaki) 1

Triphala Ghrta is frequently used for the treatment of eye problems like eye pain with itching, other eye and eyelid-related diseases. It is also used to manage hair fall, weak immunity, and Pitta-related problems. Triphala Ghrta when taken orally gives relief from the symptoms of constipation.1 It works by balancing the aggravated Vata and Pitta which are a leading cause of digestion-related problems. Some Ayurvedic practitioners recommend applying Triphala Ghrta on the eyelids in the morning and in the evening.

Triphala Ghrta is known to have Rasayana (rejuvenating) properties which can help improve immunity and promote longevity. Increased immunity helps to fight against infections in the body and prevent recurrent seasonal infections. Along with that, Triphala Ghrta helps to remove dirt and excess dryness from the scalp when applied externally, thus promoting hair growth.

So far, no major side effects have been reported with the use of Triphala Ghrta, but self- medication should be avoided. Therefore, consult a doctor before using Triphala Ghrta. 2

Benefits of Triphala Ghrta :

Weak eyesight Constipation Constipation Weak immunity

Dryness of eyes (External) Hair loss

Burning Sensation in the body

Precautions when using Triphala Ghrta Allergy

Enough evidence is not available to suggest cases of allergy after using Triphala Ghrta. If you experience any symptoms of irritation or allergy, do consult a doctor.

Breastfeeding

Enough evidence is not available to suggest its use while breastfeeding. Kindly consult your doctor before using it.

Patients with diabetes

Patients who are on medication should consult their doctor before using Triphala Ghrta.

Patients with heart disease

Patients on medication for hypertension should consult their doctor before using Triphala Ghrta.

Pregnancy

Enough evidence is not available to suggest its use in the case of pregnancy. Kindly consult your doctor before using it.



How to use Triphala Ghrita

Take 1/2-1 teaspoon of Triphala Ghrita or as per your requirement

- Apply it with fingers on the scalp before sleeping at night
- Wash your hair with lukewarm water the next morning
- Repeat the same process twice a week

Marketed preparation :



Panchatikta Ghrita

Panchatikta Ghrita is a ghee-based Ayurvedic medicine used to treat mild and moderate cases of psoriasis. It may also be used to help increase bone mineral density and slow bone degeneration. These properties may be helpful in managing postmenopausal osteoporosis. Its ghee base helps the formulation to reach the level of the bones to exert a maximum effect.

According to Ayurveda, Panchatikta Ghrita has Shothahara (anti-inflammatory) property which helps provide relief from itching and irritation caused due to psoriasis. Its pitta balancing and Snigdha (oily) properties help to control dryness which is also beneficial in psoriasis. Some Ayurvedic practitioners also suggest its use to get relief from hives as it helps reduce the dryness of the body. This is due to its Snigdha (oily) nature. It may also provide aid in eczema due to its Pitta balancing and Shodhan (detoxification) properties.

You can take ¼- ½ teaspoon of Panchatikta Ghrita or as directed by the physician to get relief from the symptoms of skin disorders. Take it once or twice a day, preferably after meals. Avoid self-medication or taking Panchatikta Ghrita in excess.

- What is Panchatikta Ghrita made of?

Neem, Giloy, Adoosa, Harad, Baheda, Amla, Ghee

Panchatikta Ghrita is generally well tolerated and does not have any side effects when taken in the recommended dose. However, it is advisable to consult the doctor before using Panchatikta Ghrita.

Benefits of Panchatikta Ghrita

- Psoriasis
- Urticaria (Hives)



- Atopic dermatitis (Eczema)
- Skin Dryness

Precautions when using Panchatikta Ghrita

Ghee is an important ingredient of Panchatikta Ghrita. The low quality of Ghee may affect liver function, make sure you buy Ghrita from a renowned, authentic pharmaceutical brand. If not sure, consult your doctor to know what to buy.

Patients with heart disease

Patients on medication for hypertension should consult their doctor before using Panchatikta Ghrita.

How to use Panchatikta Ghrita.

Take ¼-½ teaspoons of Panchatikta Ghrita

-Have it twice a day, preferably before meals

-Drink lukewarm water after consuming it #To get rid of the symptoms of skin disorders.

Marketed preparation :



Sukumara Ghrita 3

Sukumara Ghrita is classified as a specialized medicated ghee in Ayurveda—known as a “sneha kalpana.” Rather than just clarified butter, it’s enriched with herbs that target the female reproductive system. Think of it as a herbal latte, but solid and rich, made by simmering ghee with selected Ayurvedic botanicals and decoctions until all the active compounds infuse into the fat. The result is a soft, golden-hued ghrita that carries the essence and potency of the herbs.

Because ghee is a superior carrier for fat-soluble compounds, Sukumara Ghrita helps transport healing constituents to the reproductive tissues, ensuring deep nourishment at the cellular level. It’s often recommended in conditions like amenorrhea (absent periods), dysmenorrhea (painful periods), infertility issues, and general hormonal imbalances. It also finds its place in postpartum care—helping new mothers regain strength and balance.

In classical texts like the Charaka Samhita and Sushruta Samhita, Sukumara Ghrita is cited under “Yoni Virechana” therapies—purification treatments for reproductive health. Traditional Ayurvedic physicians would prepare it in small batches, often tailoring the herb mix to the individual’s dosha (constitution). Over centuries, it’s been used in ashrams, Ayurvedic hospitals, and home remedies by grandmothers who swear by its calming, tonifying effects.



Sukumara Ghrita Benefits

Top Reproductive & Hormonal Benefits

Sukumara Ghrita isn't just a panacea but it does a lot of good. Here are some of the main advantages:

- **Regulates Menstrual Cycles:** If your period is erratic or late, it can help bring regularity by balancing Vata and Pitta in the reproductive tract.
- **Alleviates Menstrual Cramps:** The soothing, warming properties help reduce pain— similar to how a heat pack works.
- **Enhances Fertility:** Nourishes the uterus lining, making it more receptive for implantation. Many hopeful moms have added this to their routine during preconception care.
- **Postpartum Recovery:** After childbirth, it contributes to tissue repair, boosts energy, and helps normalize hormones.
- **Hormonal Balance:** May ease PMS symptoms such as mood swings, bloating, and irritability.
- **Improved Digestion:** Ghee itself stimulates digestive fire (Agni), helping assimilation of other foods.
- **Joint & Tissue Lubrication:** The sneha (unctuousness) helps with Vata-related stiffness—so older folks sometimes take it too.
- **Skin Radiance:** Regular internal use can reflect externally as a healthy glow—fat- soluble vitamins like A, D, E, K at work.

Precautions

- Mild digestive discomfort: bloating or loose stools if overdosed.
- Weight gain: it's calorie-dense, so don't go overboard.
- Allergic reactions: rare, but possible if you have dairy sensitivity.
- Those with severe obesity or high cholesterol issues—ghee can add to lipid load.
- People with a strong Kapha constitution experiencing heaviness or congestion.
- Individuals allergic to dairy or who are lactose intolerant.
- Children under 12 without professional guidance.
- Pregnant women should consult their obstetrician or Ayurvedic practitioner before use. Likewise, if you're on blood thinners or other medications, double-check compatibility.

Dosage and How to Use

Recommended Dosage

Ayurveda emphasizes personalization, but general guidelines for Sukumara Ghrita are:

- **Adult women (general):** 3–6 grams per day (roughly ½–1 teaspoon).
- **Preconception or fertility support:** 4–8 grams per day, under practitioner guidance.
- **Postpartum care:** 6–10 grams per day, often combined with other postpartum therapies.
- **Take it on an empty stomach, ideally in the morning or before bedtime.** Some prefer it mixed in warm milk or a herbal decoction (e.g., Shatavari or Ashoka). If you're new to ghee, start with a smaller dose (like 2 grams) and gradually increase to see how your body responds.



• **Marketed preparation :**



Ashwagandha ghrita : 4

Withania somnifera belongs to the family Solanaceae, popularly known as ‘Ashwagandha’ is mentioned as herbal tonic and health food. It has been used in Ayurvedic and indigenous medicine for very long time to treat various kinds of diseases and human ailments. Among the Ayurvedic rasayana herbs (preparation that works as a health tonic to children, a medicine to middle aged persons and rejuvenator to the elderly), Ashwagandha holds an important place. It constitutes alkaloids and steroidal lactones namely; withanine, withananine, somnine, somniferine, somniferinine, pseudowithanine tropane, pseudo-tropine, choline, anaferine, anahydrine and isopelletierine . Ashwagandha is widely claimed to have hepatoprotective , anxiolytic , antidepressant , nootropic , antimicrobial , anti-inflammatory , antioxidant , antistress , anticonvulsant , cardio-protective , antitumor , antigenotoxic , antiparkinsonian and immunomodulatory properties. Ashwagandha ghrita (AG) is an effective ghrita formulation beneficial for treatment of weakness, gynaecological disorders, general debility and infertility.

Ashwagandha Ghrita Benefits

- Reduces Stress And Anxiety
- Improves Energy Levels:-
- Boost Immunity:-
- Stress Management:
- Better Sleep
- Immune Support:
- Bone Strength:
- Hormonal Balance:

Who should be cautious or avoid ashwagandha:

• **Pregnant or Breastfeeding Women:**

Safety is unknown; may stimulate the uterus.

• **Individuals with Autoimmune Diseases:**

(e.g., Rheumatoid Arthritis, Lupus, MS) Ashwagandha can boost the immune system, potentially worsening symptoms.

• **People with Thyroid Disorders:**

May increase thyroid hormone levels, particularly risky with hyperthyroidism (overactive thyroid).



• **Hormone-Sensitive Cancers:**

(e.g., Prostate Cancer) May increase testosterone levels, which could impact these cancers.

• **Those with Liver Conditions:**

Rare but serious liver injury (hepatotoxicity) has been reported; avoid with pre-existing liver disease.

• **People Scheduled for Surgery:**

May intensify anesthesia effects; stop at least two weeks before surgery.

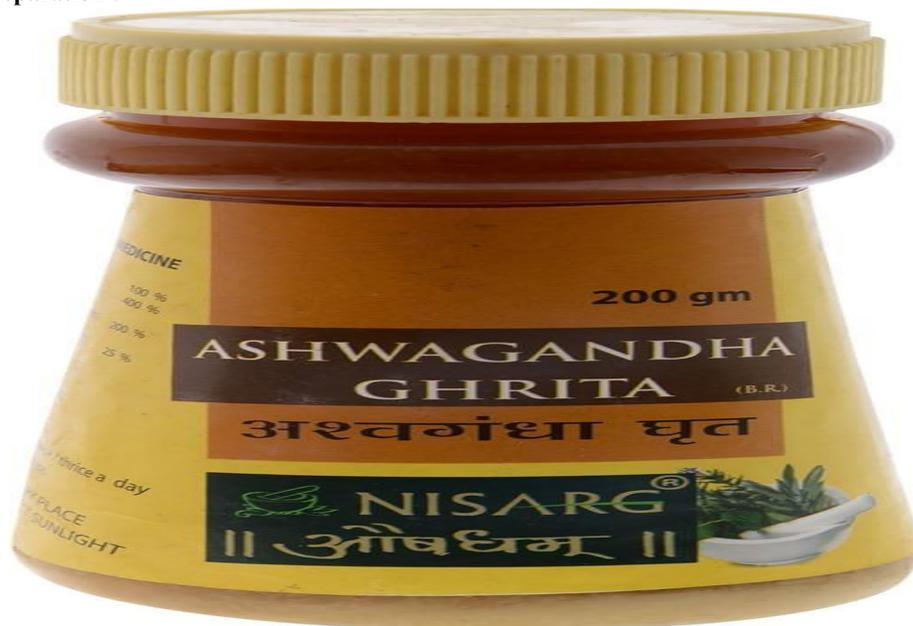
• **Individuals Taking Specific Medications:**

Interactions possible with diabetes drugs, blood pressure meds, sedatives, anti-seizure drugs, immunosuppressants, and thyroid medications.

• **Nightshade Allergy Sufferers:**

Ashwagandha is a nightshade; those sensitive to tomatoes, peppers, or eggplant should avoid it. Always consult a healthcare provider before taking ashwagandha to discuss potential risks and interactions with your health status and medications.

Marketed preparation :



Mahatiktaka Ghritha 5

Mahatiktaka Ghritha is a traditional Ayurvedic herbal ghee, made with 27 active ingredients with herbs and minerals help improve skin health from deep within.

Mahatiktaka Ghritha is a traditional Ayurvedic medicine that has been used for centuries to promote overall well-being and improve various health conditions. This ghee-based formulation is made from a combination of natural ingredients that have been carefully selected for their medicinal properties. In this blog post, we will explore the benefits, dosage, ingredients, and side effects of Mahatiktaka Ghritha, providing you with all the information you need to make an informed decision about whether this Ayurvedic medicine is right for you.

Benefits of Mahatiktaka Ghritha:

Improving respiratory function Boosting immunity:

Improving skin health Improving digestion:

Improving wound healing

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How to use and Dosage:

- Adults: 7-10 ml (approx. 1-2 teaspoons) on an empty stomach in the morning.
- Children: 5-7 ml.
- It is generally advised to be taken with warm water or milk.
- Note: It is highly recommended to use this under the guidance of an Ayurvedic practitioner.
- Precaution:
 - Medical Supervision: Self-medication is strongly discouraged. Always consult an Ayurvedic practitioner to determine the correct dosage for your specific constitution (prakriti).
 - Pregnancy and Breastfeeding: High doses are generally contraindicated due to the formula's ushna virya (hot potency) and mild purgative action. It should only be used under strict professional guidance.
 - Pre-existing Conditions: Individuals with the following conditions should exercise extra caution:
 - Diabetes: It may potentiate (strengthen) the effects of hypoglycemic drugs, potentially leading to low blood sugar; regular monitoring is required.
 - Heart Health: People with high blood pressure, high cholesterol, or heart disease should use this only under medical supervision due to its lipid (ghee) base.
 - Gallbladder Issues: High-fat intake can trigger pain for those with gallstones or obstructive jaundice.
 - Obesity: It is not recommended for individuals with severe Kapha imbalance or obesity, as the ghee base may worsen these conditions.
- **Marketed preparation :**



Indukantham Ghritam: 6

(Indukantham Ghritam) is a traditional Ayurvedic medicated ghee used to enhance immunity, improve digestion, and boost energy, often prescribed for chronic fatigue and convalescence. It is highly effective for treating abdominal disorders like chronic constipation, bloating, gastritis, and peptic ulcers.

Indukanta Ghrita combines herbs like Dashamoola (ten roots), Panchakola, Puthikaranja, and Devadaru in a cow ghee base, making it a powerful rejuvenating medicine.

Benefits:

- Improves Digestive Health: It acts as a powerful digestive (dipana) aid, breaking down food, boosting metabolism, and treating conditions like abdominal distension, constipation, and gastritis.
- Boosts Immunity & Energy: As an ojovardaka (immunity-boosting) formula, it enhances the body's natural defense mechanism, reduces fatigue, and assists in recovery from post-illness weakness.



- Treats Chronic Fever & Infections: Traditionally used to manage intermittent or chronic fever, infections, and debility.
- Balances Vata Dosha: It pacifies Vata-related disorders, especially those affecting the digestive tract.
- Respiratory Support: It strengthens the respiratory system.

Dosage and Usage:

- Typical Dosage: 5 to 10 grams (or 1-2 teaspoons) once or twice daily, usually before food.
- Administration: It is often taken with warm water or milk.
- Caution: Should be taken under medical supervision, especially by individuals with high cholesterol, diabetes, or high blood pressure. High doses may cause diarrhea.

• **Marketed preparation :**



Shatavari Ghrita : 7,8,9

Shatavari Ghrita is important formulation which is mentioned in various text books like Bhaishajya Ratnavali, Chakradatta Vangasena, Gada Nigraha,, Yogratnakaraetc in context of different diseases. It is prepared with Murchita ghrita by adding the Kalka of the different herbs and along with water and milk, Swarasa etc. Shatavari is a very important plant, which is used in many diseases in Ayurveda. Traditionally this plant is used as a reproductive tonic. It is also used traditionally for increasing lactation, treating gastric ulcers, dyspepsia, piles, diabetes and regulates sexual behaviors etc. Shatavari has been mentioned in Ayurvedic text like Charaka Samhita, Susruta Samhita and Astanga Samgraha. Kashyapa Samhita has evidently stated that shatavari promotes maternal health and noted its meticulous use as a galactagogue. Acharya Sushrutahas also mentioned Shatavari as Vata-Pitta Shamaka. Shatavari is used in Ayurveda to balance Pitta and Vata, but can increase Kapha due to its heavy nature. Its bitter and sweet taste has a cooling effect on the system and is also used as a Rasayana.

Benefits :

- Shatavari is used in treatment of migraine, inflammation of urinary bladder, and many problems arising from malnutrition due to general debility.
- For women – It cleanses the reproductive system, it maintains the hormonal system if taken daily with milk. After hysterectomy it is helpful. Women suffering from recurrent abortion shatavari is beneficial. It helps to maintain a normal pregnancy. Shatavari improves breast size. It is helpful in lactation.
- For men – It increases the sperm count and is beneficial to cure sexual insufficiency. It improves shukral (semen) quality and quantity.



- Shatavari is used to relieve weakness and increase muscle tone so it is highly beneficial to gym people.
- Shatavari has coolant property so it is helpful in acne as shatavari balances the hormones.
- Due to its bitter property it is helpful in gastritis.
- Shatavari is helpful in diabetes patients or in neuropathy or the persons who suffer from irritation in the toes.
- Shatavari is an aging drug as it acts as a rasayan.
- It supports the respiratory system, digestive system, and is helpful in the immune system.
- Shatavari is used to cure acidity.
- Root of shatavari is used to treat recurrent urinary tract infections, haematuria.
- Shatavari is used for weight gain as it must be mixed with pippali and powder must be added in any type of shake that is very beneficial in weight gain.

• **Marketed preparation :**



Vidaryadi Ghrita: 10

Vidaryadi Ghritam is a classical Ayurvedic medicated ghee traditionally used to restore strength, support respiratory health, and nourish the body's vital tissues. It is particularly valued as a Rasayana (rejuvenative) for those recovering from chronic illnesses. It is highly effective for managing respiratory issues (cough, asthma), reducing inflammation, and relieving muscle or joint pain. It is also used to support weight gain, improve lactation, and manage female reproductive health.

Benefits

- **Respiratory Support:** It is widely used to treat chronic respiratory conditions like tuberculosis, asthma, bronchitis, and persistent coughs. It helps by strengthening the lungs, clearing excess mucus, and reducing inflammation in the airways.
- **Strength and Vitality:** Known as a Rasayana (rejuvenative), it is highly effective for individuals suffering from emaciation, general debility, or muscle wasting. It promotes healthy weight gain and nourishes the dhatus (tissues) like mamsa (muscle) and shukra (reproductive).

• **Reproductive Health:**

- o For Women: Supports hormonal balance, aids in postpartum recovery, and can improve lactation and uterine health.
- o For Men: Traditionally used to improve sperm count and motility, enhancing overall reproductive vitality.
- **Immunity and Recovery:** It boosts Ojas (vital energy) and natural immunity. It is often prescribed for recovery after major illnesses (like post-TB therapy) or intensive medical treatments like chemotherapy.
- **Digestive and Metabolic Harmony:** The formulation helps rekindle the digestive fire (Agni), improving nutrient absorption and managing metabolic issues like bloating or indigestion.



Usage Precautions:

- It is generally recommended to be taken in doses of 5-15g once or twice a day, or as directed by a physician.
- It is advisable to consult a doctor before use if you have liver diseases or are pregnant.
- The product may need to be warmed gently to melt and mix the herbs before use.

Marketed preparation :



II. CONCLUSION

Ghrita medication represents a unique and time-tested Ayurvedic dosage form that reflects the deep pharmaceutical wisdom of traditional Indian medicine. Prepared through well-defined Sneha Kalpana principles, Ghrita serves not only as a therapeutic agent but also as an efficient carrier for herbal bioactive compounds. Its traditional attributes such as Yogavahi, Rasayana, and Medhya properties explain its wide range of clinical applications and long-standing acceptance in Ayurvedic practice.

From a modern scientific viewpoint, Ghrita can be understood as an advanced lipid-based drug delivery system capable of enhancing drug solubility, stability, and bioavailability. The compatibility of Ghrita with diverse herbal ingredients and its ability to cross biological barriers make it particularly effective in chronic and systemic disorders. Contemporary research validating its antioxidant, anti-inflammatory, and neuroprotective actions further strengthens its therapeutic relevance.

Thus, Ghrita medication stands as a successful integration of traditional knowledge and modern pharmaceutical concepts. Preserving traditional preparation methods while adopting scientific standardization and quality control can expand its global acceptance and clinical utility. Ghrita continues to remain a valuable dosage form with significant potential in integrative and evidence-based healthcare systems.

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