

“A CONCEPTUAL STUDY ON VACHA-HARIDRADI GANA SIDDHA GHRITA – A CRITICAL DRUG REVIEW”

Dr. Urvi Chavda*¹, Dr. Amol Patane², Dr. Rohini R. Salve³ and Dr. Madhusudan R. Pandya⁴

¹Final Year PG Scholar, Parul Institute of Ayurved (PIA), Parul University, Waghodia – Limda (Vadodara).

²Associate Professor, Department of Panchakarma, Parul Institute of Ayurved (PIA), Parul University, Waghodia – Limda (Vadodara).

³Associate Professor, Department of Panchakarma, Parul Institute of Ayurved (PIA), Parul University, Waghodia – Limda (Vadodara).

⁴Professor & H.O.D, Department of Rasa Shastra, Parul Institute of Ayurved (PIA), Parul University, Waghodia – Limda (Vadodara).

*Corresponding Author: Dr. Urvi Chavda

Final Year PG Scholar, Parul Institute of Ayurved (PIA), Parul University, Waghodia – Limda (Vadodara).

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ABSTRACT


Introduction: Briefly saying Drugs are of Two Types, viz. (1) *Shodhana* Drugs. (2) *Shamana* Drugs. *Shodhana* Drugs acts as eliminating the Vitiated *Doshas* from the Body, whereas *Shamana*. Drugs acts as mitigating the Vitiated *Doshas* within the Body. After *Dwividhopakramaniya Adhyaya*, *Acharya Vagbhata* has expounded the Chapter ‘*Shodhanadigana Sangraha*’ *Adhyaya* (Collection of Purificatory and Palliative Drugs).

KEYWORDS: *Vacha-Haridradi Gana*, *Shodhana*, *Shamana*, *Dwividhopakramaniya Adhyaya*, *Sutrasthanam*, *Medo Roga*, *Amatisara*, *Kapha Roga*, *Vacha*, *Jalada* or *Musta*, *Devadaru*, *Nagara* or *Shunthi*, *Ativisha*, *Abhaya* or *Haritaki*, *Haridra*, *Daruharidra*, *Yashti* or *Yashtimadhu*, *Indrayava* or *Kutaja*.

Acharya Vagbhata has expounded very lucidly *Vacha-Haridradi Gana* in *Shodhanadigana Sangraha Adhyaya* (*Sutrasthanam* – 15th Chapter), which consists of the following Drugs:

- i. *Vacha* (*Acorus calamus*)
- ii. *Jalada/Musta* (*Cyperus rotundus*)
- iii. *Devahva/Devadaru* (*Cedrus deodara*)
- iv. *Nagara/Sunthi* (*Zingiber officinale*)
- v. *Ativisha* (*Aconitum heterophyllum*)
- vi. *Abhaya/Haritaki* (*Terminalia chebula*)
- vii. *Haridra Dvaya*:
 - *Haridra* (*Curcuma longa*)
 - *Daru Haridra* (*Berberis aristata*)
- viii. *Yashti/Yashtimadhu* (*Glycyrrhiza glabra*)
- ix. *Kalasi/Prishniparni* (*Uraria picta*)
- x. *Kutaja/Indrayava* (*Holarrhina antidysenterica*)

The above mentioned Drugs are indicated in the following:

- *Medo Roga* (*Sthaulya* or Obesity).
- *Amatisara*.
- Disorders of the Breast Milk (*Stanya Dosha*) 
- *Kapha Roga*.
- Gout (Gouty Arthritis).

Method of Preparation of Medicated Ghee

Sneha, that is, *Ghrta* (Medicated Ghee) or *Taila* is prepared by – Processing One Part of *Kalka*, Four Parts of *Ghrta* or *Taila* and Four Parts to *Taila* or *Ghrta* of any *Drava* (Liquid) *Dravya*.

Dose of *Sneha*: One Pala (40 gm.)

INTRODUCTION

In *Ashtanga Hridaya*, *Sutrasthanam* – 15th Chapter named *Shodhanadi Gana Sangraha Adhyaya*, *Acharya Vagbhata* has expounded very briefly and lucidly the Groups of Herbal Drugs which are collectively framed in a Particular Group, called as ‘*Gana*’ in *Ayurveda*, and are used in various Disorders. In one such *Gana*, named as *Vacha-Haridradi Gana*, *Acharya Vagbhata* has mentioned the following Drugs which are very well effective in treating *Sthaulya* (Obesity) as well as various other disorders. *Vacha-Haridradi Gana* consists of the following Drugs:

- i. *Vacha* (*Acorus calamus*).
- ii. *Jalada/Musta* (*Cyperus rotundus*).
- iii. *Devahva/Devadaru* (*Cedrus deodara*).
- iv. *Nagara/Sunthi* (*Zingiber officinale*).
- v. *Ativisha* (*Aconitum heterophyllum*).

- vi. *Abhaya/Haritaki* (*Terminalia chebula*).
- vii. *Haridra Dvaya*
- *Haridra* (*Curcuma longa*)
 - *Daru Haridra* (*Berberis aristata*)
- viii. *Yashti/Yashtimadhu* (*Glycyrrhiza glabra*)
- ix. *Kalasi/Prishniparni* (*Uraria picta*)
- x. *Kutaja/Indrayava* (*Holarrhina antidysenterica*)

The above mentioned Drugs are indicated in the following.^[4]

1. *Medo Roga* (*Sthaulya* or Obesity)
2. *Amatisara*.
3. Disorders of the Breast Milk (*Stanya Dosha*) *Kapha Roga*.
4. Gout (Gouty Arthritis).

DRUG REVIEW

Vacha



Latin Name: *Acorus calamus*

Family: Araceae

Rasa Panchaka: *Rasa – Katu, Tikta*

Guna – Laghu, Tikshna Veerya – Ushna Vipaka – Katu

Classical Categorization^[1]

1. *Acharya Charak – Lekhaniya, Arshoghna, Asthanopaga, Truptighna, Shirovirechana, Sanjnasthapana, Sitaprashamana* etc.
2. *Acharya Susruta – Pippalyadi, Mustadi, Vachadi* etc.
3. *Acharya Vagbhata – Mustadi, Vachadi, Haridradi, Chardana, Niruhana* etc.

Karma: *Kapha-Vatahara, Lekhaniya, Medhya* etc.

Indications: *Unmada, Apasmara, Jwara* etc.

Part Used: Rhizome

Important Preparations: *Vachadi Choorna, Vachadi Ghrita, Vacha Avaleha* etc.

Chemical Constituents: Acolamone, Acorenone, Calamenol etc.

Jalada or Mustaka



Latin Name: *Cyperus rotundus* Linn.

Family: Cyperaceae

Rasa Panchaka: *Rasa – Tikta, Katu, Kashaya*

Guna – Laghu, Ruksha

Veerya – Sita

Vipaka – Katu

Classical Categorization^[1]

1. *Acharya Charak – Lekhaniya, Trishnanigrahana, Kandughna, Stanyashodhana*.
2. *Acharya Susruta – Mustadi, Vachadi*.
3. *Acharya Vagbhata – Mustadi, Vachadi*.

Karma: *Kapha-Pitta Hara, Dipana-Pachana, Lekhana, Grahi, Nidra Nasha, Rakta Vikara, Visarpa* etc.

Indications: *Jwara, Krimi, Trishna, Kandu, Grahani, Kasa* etc.

Part Used: Tubers

Important Preparations: *Mustakadi Choorna, Mustakadi Kashaya* etc.

Chemical Constituents: Beta-sitosterol, Cyperolone etc.

Devadaru



Latin Name: Cedrus deodara.

Family: Pinaceae 'Deodara' got derived from Sanskrit term *Devadaru*, which means 'Wood of the Gods'.

Rasa Panchaka:

Rasa: Tikta, Katu, Kashaya

Guna: Ruksha, Laghu

Veerya: Ushna

Vipaka: Katu

Classical Categorization^[1]

1. Acharya Charak – *Stanya Shodhana, Anuvasanopaga*
2. Acharya Susruta – *Vatasamshamana*
3. Acharya Bhavamishra – *Karpuradi Varga*
4. *Rasa Hridaya Tantra* – Internal Administration of Cedrus Oil in the form of Ghee Preparation for the Management of *Pinasa* (Chronic Rhinitis or Sinusitis).

Karma: Kapha-Vatahara, Deepana, Kasahara etc.

Indications: Kasa-Shvasa, Hikka, Adhmana, Jvara, Krimi, Kandu, Kushtha, Shopha, Vyanga, Prameha etc.

Part Used: Bark, Heart Wood, Oil, Leaves, Resin etc.

Chemical Composition: Stem Bark – Deodarin and Toxifolin.

Important Preparations: *Devdarvyadi Kwatha, Devdarvyadi Taila, Devdarvyadi Choorna.*

Nagara or Sunthi



Latin Name: Zingiber officinale

Family: Scitaminae

Rasa Panchaka: Rasa – Katu

Guna – Guru, Ruksha, Tikshna

Veerya – Ushna

Vipaka – Madhura

Classical Categorization^[1]

1. Acharya Charak – *Truptighna, Arshoghna, Dipaniya, Shoola Prashamana, Trishna Nigrahana* etc.
2. Acharya Susruta – *Pippalyadi, Trikatu* etc.
3. Acharya Vagbhata – *Pippalyadi.*

Karma: Vata-Kapha Hara, Deepana, Bhedana etc.

Indications: *Shoola, Amavata, Adhmana, Atisara, Slipada* etc

Part Used: Rhizome

Chemical Constituents: Zingiberol, Zingerone, Gingerols, Paradol, Gingerenone A, Ginger Glycolipids A, B, & C.

Important Preparations: Ardraka Rasayana, Nagaradi Kashaya, Kottamcukkadi Tailam etc.

Ativisha



Latin Name: Aconitum heterophyllum Wall. Cat.

Family: Ranunculaceae

Rasa Panchaka: Rasa – Katu, Tikta

Guna – Laghu, Ruksha

Virya – Ushna

Vipaka – Katu

Classical Categorization^[1]

1. Acharya Charak – *Lekhaniya, Arshoghna, Shirovirechana* etc.
2. Acharya Susruta – *Pippalyadi, Mustadi, Vachadi* etc.
3. *Ashtanga Sangraha* – *Lekhaniya, Arshoghna, Pippalyadi, Mustadi and Vachadi.*

Karma: Dipana, Pachana, Grahi, Tridosahara etc.

Prabhava: Vishahara

Part Used: Tuberous Root.

Indications: Ama Dosha, Visha Roga, Rakta Pitta, Agnimandya etc.

Chemical Constituents: Hetidine, Hetisinone, Beta-sitosterol

Important Preparations: Ativisha Avaleha, Chaturbhadra Avaleha etc.

Abhaya or Haritaki



Latin Name: Terminalia chebula Retz.

Family: Combretaceae

Rasa Panchaka: Rasa – Pancha Rasa except Lavana, Kashaya.

Guna – Laghu, Ruksha Veerya – Ushna Vipaka – Madhura

Classical Categorization^[1]

1. Acharya Charak – Jwaraghna, Arshoghna, Kasaghna, Kusthaghna, Prajasthapana.
2. Acharya Susruta – Amalakyadi, Parushakadi, Triphala etc.
3. Acharya Vagbhata – Parushakadi.

Karma: Tridosha Hara, Anulomana, Rasayana, Prajasthapana.

Indication: Shotha, Prameha, Kushtha, Kasa-Shvasa etc.

Part Used: Fruit

Major Chemical Constituents^[1]

- a) Fruit – Glycoside, Tannic Acid.
- b) Fruit Kernel – Oleic, Palmitic and Stearic Acid.
- c) Flowers – Chebulin.

Haridra



Latin Name – Curcuma longa Linn. **Family** – Scitaminae (Zingiberaceae) **Properties:** (Rasa Panchaka)

Rasa – Tikta, **Katu Guna** – Ruksha, **Laghu Virya** – Ushna.

Vipaka – Katu.

Karma: Kapha-Pitta Hara.

Classical Categorization As Per The Samhitas^[1]

Charaka Samhita: Shiro Virechana Dravya, Lekhaniya MahaKashaya, Kushtaghna, Vishaghna, Tikta Skandha.

Susruta Samhita: Haridradi Gana, Mustadi Gana, Lakshadi Gana.

Ashtanga Hridaya: Vacha-Haridradi Gana, Mustadi Gana, Tikta Rasa Dravya.

Indications: Prameha, Kushtha, Krimi, Kandu, Vrana, Pandu, Kamala etc.

Part Used: Rhizome.

Chemical Constituents: Curcumene, Curcumenone, Beta-sitosterol etc.

Daru Haridra



Latin Name: Berberis aristata Dc. **Family**

Berberidaceae **Rasa Panchaka:**

- 1) **Rasa** – Tikta, Kashaya
- 2) **Guna** – Laghu, Rooksha
- 3) **Virya** – Ushna
- 4) **Vipaka** – Katu
- 5) **Karma** – Kapha and Pitta Hara, Also Chedana.

Classical Categorization As Per The Samhitas^[1]

Charaka Samhita (Acharya Charaka): Arshoghna, Kandughna, Lekhaniya Acharya Susruta and Acharya Vagbhata: Haridradi, Lakshadi and Mustadi.

Indications: Prameha, Kushtha, Kamala, Pradara, Vrana, Visarpa etc.

Part Used: Root, Stem, Fruit, Extract (*Rasanjana*)

Chemical Constituents: Berberine, Palmatine etc.

Yashtimadhu or Yashti

Latin Name: Glycyrrhiza glabra Linn.

Family: Fabaceae.

Rasa Panchaka:

- 1) **Rasa** – Madhura
- 2) **Guna** – Guru, Snigdha
- 3) **Virya** – Sita
- 4) **Vipaka** – Madhura
- 5) **Karma** – Tridosahara, Rasayana, Vrishya, Cakshushya.

Classical Categorization As Per The Samhitas^[1]

1. **Charaka Samhita:** Jeevaniya, Sandhaniya, Varnya, Kanthya, Kandughna, Chardini-graha, Shonita Sthapana, Mutra Virajaneeya, Snehopaga, Vamanopaga and Asthapanopaga.
2. **Susruta Samhita:** Kakolyadi, Sarivadi and Anjanadi Group of Herbs.
3. **Acharya Vagbhata:** Sarivadi and Anjanadi Group of Herbs.
4. **Indications:** Vrana, Shotha, Chardi, Trishna, Visha Roga etc.
5. **Part USED:** Root

Chemical Constituents: Glycyrrhizin (Principal Sweetening Agent), Glycyrrhizic Acid etc.

Kalasi or Prishniparni

Uraria picta Flower

Latin Name: Uraria picta Desv. (*Hedysarum pictum* Jacq.)

Family: Fabaceae

Rasa Panchaka:

- 1) **Rasa** – Madhura, Tikta
- 2) **Guna** – Laghu, Snigdha
- 3) **Veerya** – Ushna
- 4) **Vipaka** – Madhura
- 5) **Karma** – Tidoshahara, Grahi, Vrishya and Deepaniya.

Classical Categorization As Per the Samhitas^[1]

- 1) **Charaka Samhita:** Angamarda Prashamana, Shothahara and Sandhaneeya.
- 2) **Shusruta Samhita:** Vidarigandhadi Gana, Haridradi Group of Herbs.
- 3) **Acharya Vagbhata :** Haridradi Gana.

Uses or Indications: Jwara, Raktatisara, Trishna, Chardi, Daha, Asthi Bhagna etc.

Part Used: Root.

Chemical Constituents: U. lagopodioides – Flavonoids.

Important Preparations: Dashamoolarishta.

Indrayava: (Kutaja Beeja)

Latin Name: *Holarrhena antidysenterica* (Linn) Wall.
Family: Apocynaceae.

Classical Categorization As Per the Samhitas^[1]

Charaka Samhita: *Arshoghna, Kandughna, Stanya-Shodhana.*

Susruta Samhita: *Aragvadhadi and Pippalyadi.*

Vernacular Names – (Regional Names)

- 1) **Gujarati** – Anderjava
- 2) **Hindi** – *Indrayava*
- 3) **English** – Kurchi

Habitat – The Plant is indigenous (Native) throughout the Plains of India except in the Dampest Districts ascending to 4,000 ft. in the Himalayas. It is very common in the Dam and Saharanpur Forests.

Part Used – Seeds.

Seeds – Its Structure is similar to “Yava” and it is Yellowish White in Colour. Size is 8 mm long or rather more, Linear, Oblong, Tipped with a spreading Deciduous Coma of Brown Hairs, 2 – 2.5 cm long. The Fruit contains 25 – 30 seeds. Due to the similar structure as that of *Yava*, it’s called *Indrayava*. Yields 19 – 30% of Greenish Yellow Drying Oil, with Penetrating Odor and Mild Taste.

The Fatty Acid Components of the Oil are Linolenic, Oleic, Palmitic, Stearic, Lignoleric. The Oil has been used as an Anthelmintic (that which helps in destroying Parasitic Worms)

Properties: (*Rasa Panchaka*)

The Proportion of the above mentioned Drugs used in the making of *Vacha-Haridradi Gana Siddha Ghrita* has been mentioned in the following Tabulation:

SL. No.	Sanskrit Name	Botanical Name	Proportion
1.	<i>Vacha</i>	<i>Acorus calamus</i>	1 Part
2.	<i>Musta/Jalada</i>	<i>Cyperus rotundus</i>	1 Part
3.	<i>Devadaru</i>	<i>Cedrus deodara</i>	1 Part
4.	<i>Nagara/Shunthi</i>	<i>Zingiber officinale</i>	1 Part
5.	<i>Ativisha</i>	<i>Aconitum heterophyllum</i>	1 Part
6.	<i>Abhaya/Haritaki</i>	<i>Terminalia chebula</i>	1 Part
7.	<i>Haridra Dvaya</i> a. <i>Haridra</i> b. <i>Daru Haridra</i>	<i>Curcuma longa</i> <i>Berberis aristata</i>	1 Part
8.	<i>Yasti/Yashtimadhu</i>	<i>Glycyrrhiza glabra</i>	1 Part
9.	<i>Prishnaparni/Kalasi</i>	<i>Uraria picta</i>	1 Part
10.	<i>Kutaja/Indrayava</i>	<i>Holarrhena antidysenterica</i>	1 Part

❖ **Ghrita^[2]** (Best Amongst the *Sneha Dravyas*)

- Amongst all the *Sneha Dravyas*, *Ghrita*, *Taila*, *Vasa* and *Majja* are considered as the ‘Best *Snehas*’ because of their excellence in *Snehana* Qualities.
- Amongst these Four *Snehas* (*Maha Snehas*), ‘*Ghrita*’ is considered as ‘Superior’ because of its

Rasa– *Tikta, Kashaya*

Guna– *Laghu, Ruksha*

Virya–*Shita*

Vipaka–*Katu*

Doshakarma – *Tridoshaghna*

Vyadhikarma – *Agnimandya, Atisara, Pravahika, Udarashoola, Krimi Roga*

Constituents^[1] – Its Bark contains a large number of Alkaloids. The Chief amongst them are: Conessine, Norconessine, Conessimine, Kurchine, Conimine, Holarrhimine, Kurchicine. Seeds contain same properties but in less quantity.

Pharmaco-Therapeutic Action^[1] – It is principally used as a remedy for Amoebic Dysentery. It is also used as an Anti-spasmodic, Anti-diarrhoeal and Anthelmintic.

Uses or Indications^[1]

“*Indrayava*” act as a *Krimighna*/Anthelmintic. It is useful in *Jwara, Atisara, Arsha, Visarpa, Kushtha, Krimi Roga* and in the cases of *Kapha-Vataja* Disorders.

Method of Preparation of Medicated Ghee: (*Charak Samhita, Kalpa Sthanam* – 12/101).

If in a Recipe of Medicated Ghee or Medicated Oil, the Quantities of Water (Liquid), Fat (Ghee/Oil) and other Drugs (to be used in the form of Paste) are not specified, then the Paste of Drugs should be One Part, the Fat (Oil or Ghee) should be 4 Parts and Water (including Decoction, Juice, Milk, etc.) should be 16 Parts, i.e., the Fat should be Four times in Quantity of the Paste, and Water, Decoction, etc., should be Four Times in Quantity of the Fat.

following properties:-

❖ **Ghrita Properties^[2]**

- सर्पस्त्रजावसातैलं सन्नेहेषु प्रवरं र्त्तर्त् ।
तत्तार्ष च उत्तर्त् संस्कारस्य

अनुवतनात् ।

रथाध्यादि अस्वदाहत्वाद् आजब्दाद् एव च
शिलनात् ॥ (अ.ह.सू. १६।२)

- ‘Ghrita’ is one among the ‘Jangama Sneha’ and it is considered as one of the Best amongst all the Snehas, because of its “संस्कारस्य अनुवर्णन
 - *Madhuryat* – Sweet in Taste.
 - *Avidahitwat* – Not causing Vidaha.
 - *Janmadyeva ca Sheelanat* – Being used since Birth.
- र्ण” Property.

Properties of Ghrita (Ghee)^[2]

- *Sarpi, Taila, Vasa* and *Majja* are considered Best among all the Snehas. Amongst these Four Varieties of Snehas, *Sarpi* is considered best because of its “संस्कारस्य अनुवर्णनार्ण”

Property (i.e., by Proper Processing, the Qualities will get increased or enhanced without losing its own Properties) and also due to its *Madhurya* (Sweetness), *Avidaaha* Property (not causing Burning Sensation) and it is *Satmya* since Birth.

- “संस्कारस्य अनुवर्णनार्ण” Property also means that it is capable of preserving its own Qualities along with the Qualities of other Materials or Substances processed along with it.
- Gunas of ghrita (Properties)^[2]

घतं पताननलहरं रसिकुञ्जसारं
हतम् ।

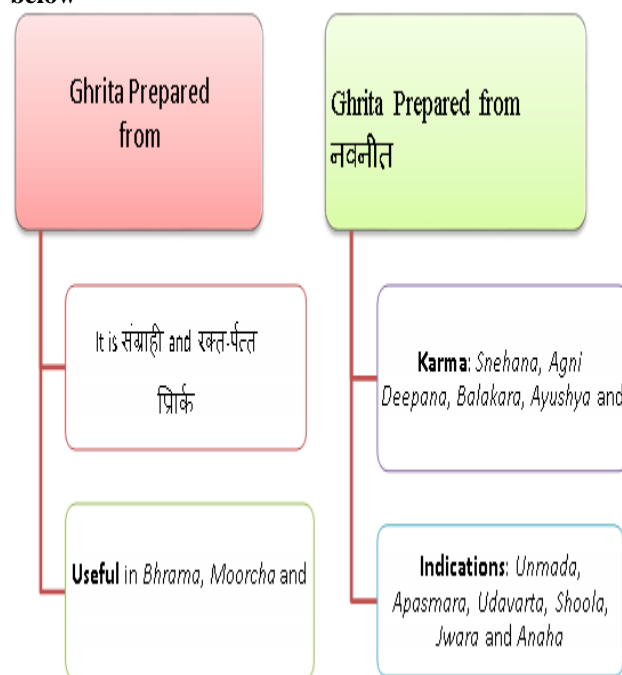
ननवापणं र्दकरं स्वखणप्रसादनम् ॥
(च.सू. १३।१४)

Mitigates *Pitta-Vata*; Good for *Rasa Dhatu, Shukra Dhatu* and *Ojas*; *Nirvapana (Daha Prashamaka)*; Increases Softness; and Nourishes Voice and Complexion.

❖ **Indications of Ghrita:** (*Charak Samhita, Sutra Sthanam* – 13/14)

Persons of *Vata-Pitta Prakriti*, Diseases arisen due to *Vata-Pitta*, those who are keen on preserving their Eyesight, Injured, Emaciated, Old, Weak or Young, those who are desirous of Longevity; those who are willing of improvement in Strength, Complexion, Voice, Plumpness, Progeny, Youthfulness and; increase of Luster, Memory, Talent, Knowledge, Power of the Senses, those afflicted with Heat and those who are injured by Weapons, Poisons and Fire.

The Classification of Ghrita has been mentioned below



The *Paryaya* (Synonyms) of Ghrita are: *Abhidhaar, Jivaniya, Pavitra, Navnitaj, Aadhaar, Sarpi, Havi* etc. (As per *Kaideva Nighantu*).

Health Benefits of Go Ghrita (Cow's Ghee) as per Ayurveda are as follows^[2]

1. It is an Excellent Home Remedy to improve Digestion and Metabolism.
2. Drinking a Warm Glass of Milk containing a Spoon of Cow's Ghee before going to Bed will enhance your 'Digestion Power' and will cleanse the Stomach in the Morning.
3. It is also known as Brain Tonic. Excellent for improving Memory Power and Intelligence.
4. Normalizes *Vata* and *Pitta Dosha*. Nourishes the Body.
5. Cures Insomnia (Sleeplessness).
6. Various Research Studies says that it mobilizes the Fats from the Stubborn Fat Areas of the Body. Also it breaks down the Fat from the Body.
7. Increases 'Metabolism' and Reduces 'Bad Cholesterol'.
8. It is recommended for those suffering from Piles (*Arsha*), Fissure and Fistula (*Bhagandara*). Applying Ghee externally helps in relieving Pain and Burning Sensation.

Constituents of Ghee as per Modern Science and their Health Benefits.^[2]

1. As per Modern Science, *Ghee* consists of Vitamin E, Vitamin A, Antioxidants and other Organic Compounds.
2. Modern Science shows that eating Fat-rich Foods like *Ghee* can increase the "Bioavailability" and Absorption of some Healthy Vitamins and Minerals.

3. *Ghee* contains Medium-chain Fatty Acids which the Liver can absorb directly and Burn immediately, making it a healthier source of Energy than most of the Carbs (Dietary Carbohydrates) we eat today.
4. *Ghee* is rich in Conjugated Linoleic Acid (CLA), a Fatty Acid that protects against Plaque, Cancer and Diabetes.
5. *Ghee* is rich in Omega-3 Fatty Acids, which lowers Cholesterol and improve Heart Health.
6. *Ghee* is packed with Butyric Acid, a Short-chain Fatty Acid that has several benefits, one of which is better Digestion. Our bodies actually convert Fiber into Butyric Acid, so
7. eating it makes the Body's job easier. Butyric acid heals the Digestive Tract and keeps it healthy.
8. The Butyric Acid in GHEE also promotes immunity, by increasing the production of Killer T cells in the Gut.
9. Various Butyrate Supplements to treat inflammatory conditions, so GHEE is a better option, since it is Natural.
10. GHEE triggers the release of Gastric Acid, which results in Better Digestion and increased appetite.
11. Many Oils have a Low Smoke Point, at which they break down and form Free Radicals. Free Radicals are harmful agents that cause all sorts of Diseases and Deterioration in the Body, right from Ageing to Cancer. GHEE has a High Smoke Point (250 °C), so it doesn't break down into Free Radicals while Cooking.
12. Research is showing that Negative Emotions have a Chemical Composition, and that these Chemicals get stored in Unhealthy Fats. GHEE is a Healthy Fat that does not harbor these Emotions; instead it can be used to flush them out.
13. Loaded with Vitamin K2, GHEE plays an important role in the development of the Baby's Facial Features and Teeth, during Pregnancy.

According to *Ayurveda*, GHEE is considered to be a SATVIC food. SATVIC foods promote Good Health, Positivity and Personal Growth.

Some of the Images of Preparation of Ghrita according to Sharangadhara Samhita Madhyama Khanda – 9th Chapter.

Vacha-Haridradi Gana Siddha Ghrita was prepared in Parul Ayurved College Pharmacy as per the Classical Preparation of *Ghee* mentioned by *Acharya Sharangadhar* in *Sharangadhara Samhita, Madhyama Khanda*, 9th Chapter – *Sneha Kalpana*.^[3]



Appearance of Ghee on Top of the Vessel



Appearance of Sneha Siddhi Lakshanas

Results or Outcome of *Vacha-Haridradi Gana Siddha Ghrita*

Oral Administration of *Vacha-Haridradi Gana Siddha Ghrita* was carried out in *Arohana Krama Matra* for 5 to 6 Days by the Patients diagnosed with Obesity (Sthaulya). Astounding results were obtained after the administration of *Vacha-Haridradi Gana Siddha Ghrita* in the form of *Shodhanartha Snehapana* or *Shodhananga Snehapana* which was later followed by *Virechana Karma* with *Trivritt Avaleha*.

E.g. – One of the Subjects was having BMI 29.49 kg/m², consumed *Vacha-Haridradi Gana Siddha Ghrita* orally for Five Consecutive Days in *Vardhamana Matra* (Increasing Dosage). After *Snehapana*, the BMI of the Subject reduced from 29.49 kg/ m² up to 27.8 kg/m². Also in this Subject (Patient), the Total Cholesterol

Levels as well as the Bad Cholesterol Level (LDL) got reduced drastically after the Treatment; The Total Cholesterol Level got reduced from 215 mg/dl up to 134 mg/dl and LDL (Low Density Lipoproteins) got reduced from 145.3 mg/dl up to 77.7 mg/dl.

CONCLUSION

Vacha-Haridradi Gana Siddha Ghrita is effective in treating the Patients of *Sthaulya* (Obesity) and it has also proved to be efficacious in reducing the Bad Cholesterol Levels in the Patients.

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