



**PREPARATION, AYURVEDIC PROPERTIES AND LOCAL APPLICATIONS OF  
SHATADHAUTA GHRUTA**

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**ABSTRACT**

The external use of Shatadhauta Ghrita in the treatment of a variety of illnesses, especially those brought on by Pitta dosha imbalance, is well documented in Ayurvedic literature. Traditionally made either by heating or not heating, Shatadhauta Ghrita is used as a basis for external formulations such as Lepa (herbal paste) as well as an independent therapeutic agent. Its function as a permeability enhancer in topical medication delivery systems is also highlighted by recent study. According to the Charaka Samhita, Shatadhauta Ghrita is a unique Ayurvedic formulation made using the concepts of Dravya-Karana or Dravya-Samskara, which is the transformative processing of a substance to impart specific medicinal capabilities. Considering the medicinal importance of these all factors present article expresses preparation, Ayurvedic properties and local applications of Shatadhauta Ghrita.

**KEYWORDS:** Ayurveda, Shatadhauta Ghrita, Topical, Dravya-Samskara, Dosha.

**INTRODUCTION**

*Shatadhauta Ghrita* is an effective Ayurvedic preparation; with a variety of medicinal uses. The *Samskara* process utilizes to prepare *Shatadhauta Ghrita*, in which *Ghee's* properties are changed by this special procedure, which improves its suitability for external therapeutic application. The special preparative method used to prepare *Shatadhauta Ghrita* which increases substance's bioavailability and therapeutic effectiveness. Half *Go Ghrita* is made by washing it 100 times with water, which gives it a silky, cooling, and nourishing texture. This formulation has been used traditionally to cure a variety of skin ailments. *Shatadhauta Ghrita* possesses a smooth, non-greasy and odorless property which emollient action that provides anti-wrinkle action to moisturize skin.<sup>[1-4]</sup>

**Preparation Method**

Clarified cow ghee is prepared by putting it in a shallow vessel and kneading it with water several times. The mixture is allowed to settle and the water is emptied after every two to three minute kneading session. One hundred repetitions of this cycle are made. While the original procedure is entirely mechanical, some texts describe another referenced variation that requires boiling the ghee and then pouring it into cold water.<sup>[4-6]</sup>

Ghee changes from water-in-oil (W/O) emulsion to an oil-in-water (O/W) emulsion during the repeated washing process. Water acts as the dispersed phase in the continuous fat medium at first, but mechanical agitation during subsequent washings causes the fat globules to shrink. This may eventually lead to intricate emulsion systems, possibly involving W/O/W forms. This emulsification improves formulation entry into deeper tissues and raises its skin permeability.<sup>[5-7]</sup>

Furthermore, because of the interaction with water, the fat-splitting reaction takes place during the process. Glycerol and free fatty acids are produced as triglycerides decompose, changing the ghee's structure and chemical makeup. The formulation's emollient and therapeutic properties are enhanced by this metabolic alteration.

Its transformation from basic *Go Ghrita* to a skin-friendly, bioavailable and non-irritating emollient makes it a useful formulation for Ayurvedic dermatological and cosmetic uses. In addition to improving its stability and penetration, the procedure demonstrates the deep scientific knowledge ingrained in traditional Ayurvedic pharmaceuticals. The Ayurvedic properties of *Shatadhauta Panchagavya Ghrita* are as follows.<sup>[1-3, 6-8]</sup>

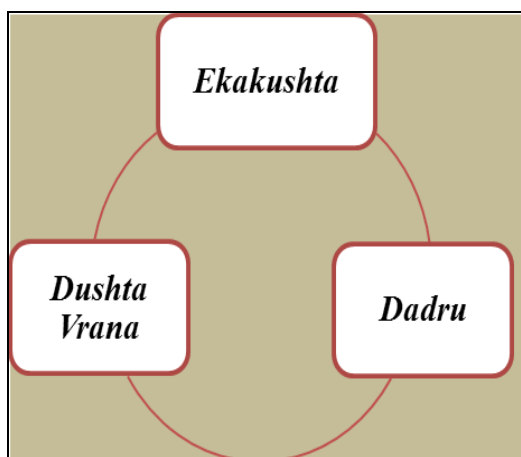
- ✓ **Rasa:** Madhura
- ✓ **Guna:** Snigdha, Mridu, Guru and Shita
- ✓ **Virya:** Sheeta
- ✓ **Vipaka:** Madhura
- ✓ **Prabhava:** Twakprasadana, Ropana, Daha Shamana and Vranashodhana

By virtue of above mentioned properties *Shatadhauta Panchagavya Ghruta* helps to cleansing and healing wounds, nourishes skin and relieves burning sensation, etc.

### Therapeutic Applications

- ✓ *Shatadhauta Ghruta* is widely used to treat a range of skin conditions, including burns and herpes lesions.
- ✓ Helps to treat burning sensations and inflammatory skin problems.
- ✓ Cures skin discoloration and wound scarring.
- ✓ It promotes deep feeding and tissue restoration by penetrating all seven layers of the skin.
- ✓ This formulation can be used as a base for external applications like *Lepa*.
- ✓ *Shatadhauta Ghruta* can be used for *Abhyanga* and *Pichu Dharana* purpose.

The major clinical indications of *Shatadhauta Panchagavya Ghruta* for topical actions are depicted in **Figure 1**.



**Figure 1:** Major indications of *Shatadhauta Panchagavya Ghruta* for topical purposes.

*Shatadhauta Panchagavya Ghruta* has several therapeutic effects when administered externally. Its *Shita Virya* is essential for calming *Pitta Dosha*, which is frequently implicated in inflammatory skin disorders including burns, psoriasis and eczema. This cooling property instantly relieves skin irritation and burning feelings. When dryness and inflammation occur in *Vata-Pitta* dominating illnesses, the *Snigdha Guna* provides deep moisturization to dry, rough, or cracked skin. Additionally, this characteristic makes it easier for active ingredients to enter deeper layers of the epidermis, increasing their therapeutic effectiveness.<sup>[4-6]</sup>

Particularly in cases of wounds and ulcers, the *Mridu* and *Guru Gunas* help in the regeneration and restoration of skin. *Ghee* is turned into a smooth, cooling, and water-compatible emulsion by the *Shatadhauta* method, which entails washing it with water 100 times. This makes the formulation appropriate for sensitive or *Pitta*-prone skin in addition to eliminating the natural heat of *ghee*. The procedure also improves the formulation's shelf life, skin absorption and consistency.

Every element of *Panchagavya* contributes a unique therapeutic benefit: *Dadhi* helps to preserve the skin's natural pH and flora, *Gomutra* has antibacterial and detoxifying properties, *Gomaya* has antimicrobial and healing properties, *Go Ksheera* is nutrient-rich and has a calming effect, and *Go Ghruta* serves as a nourishing base that promotes deeper absorption. This composition also demonstrates *Ropana* and *Twakprasadana* qualities thus it speeds up wound healing and lowers chance of scarring while preserving skin tone, suppleness and clarity.<sup>[6-9]</sup>

### CONCLUSION

*Shatadhauta Ghruta* is an Ayurvedic formulation with a variety of medicinal uses. Classical scriptures have extensively documented its effectiveness in treating a variety of clinical disorders, which makes it a useful drug for alleviating skin ailments. According to Ayurvedic literature, the preparation techniques for *Shatadhauta Ghruta* impart or enhance therapeutic qualities of formulation. Clinically it is considered very effective for managing several skin ailments including psoriasis, eczema, fungal infections, wounds, cracked heels and to reduce burning sensation in case of inflammatory skin problem.

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