

CONCEPTUAL STUDY ON EFFECTS OF AMRITA GHRITA IN GARAVISHA***Dr. Anjum M. Shaikh**

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ABSTRACT

In contemporary society, the consumption of Viruddhaahara (incompatible diet), fast food, food additives, and soft drinks has significantly risen. According to Ayurvedic Samhitas, these dietary habits manifest as Garavisha (artificial/concocted poison) and Viruddhaaharjanya Vyadhi. Garavisha is a Samyogaj Visha that does not kill instantly but remains in the body long-term, causing systemic diseases like Pandu (anemia), Alpagni (low digestive fire), Udara, Kushtha, and Amlapitta by impairing the Rasa Dhatu. Mandagni and Ama formation serve as the root pathology for these conditions. This study aims to conceptually evaluate the medicinal uses, Ayurvedic properties, and the probable mode of action of Amrita Ghrita in the management of Garavisha. Amrita Ghrita consists of Amrita (*Tinospora cordifolia*), Shunthi (*Zingiber officinale*), and Ghrita (clarified butter). Ghrita acts as an excellent antitoxic vehicle (Vishahar) and kindles the digestive fire (Agnideepan). Amrita possesses Tridoshaghna, Deepaniya, and Vishaghni properties, which restore corrupted Rasa Dhatu via its Rasayan action. Shunthi provides Aampachan, Deepan, and Anuloman actions, effectively digesting the accumulated Aamvisha. Together, the formulation counters the core pathology of Garavisha through Aampachana, Vishanashana, and Tridosha balancing. Conceptually, Amrita Ghrita offers a safe and potent therapeutic approach to treat Garavisha by improving Agni, digesting Ama, and neutralizing cumulative toxicity. However, further empirical clinical trials are required to fully validate its medicinal efficacy.

KEYWORDS: Garavisha, Amrita Ghrita, Viruddhaahara, Aampachana, Vishaghna, Mandagni.

INTRODUCTION

- Acharya Vagbhat mentioned that effects of Garvisha are same as that of Viruddhaahara.
- Acharya Charak has mentioned the several

Viruddhaaharjanya Vyadhi.

- Shandhya (impotency), Aandhya, Visarpa, Udara, Visphota, Bhagandar, Adhmana, Kushtha, Kilasa, Grahani, Aamvisha, Pandu, Amlapitta, etc are Viruddhaaharjanya Vyadhi.
- In day to day life intake of viruddhaahara is increasing diet like fast food, various delicious recepies, salad, etc. It resulting into number of Garvishajanya Vyadhi or Viruddhaaharajanya Vyadhi.

Amrita (Guduchi) is Tridoshaghna, Deepaniya and Vishaghni,^[2] so it is useful in the management Garavisha.

Shunthi, one of the content of Amrita Ghrita, have Ampachak, Deepan and Paachan karma.^[3] Hence it helps in treating Garavisha by Pachan of Dosha and Ama, as well it increases Agni.

So we take a Conceptual study on effects of Amrita Ghrita in Garavisha.

AIMS AND OBJECTIVE

- To study medicinal uses of Amrita Ghrita in Garavisha Chikitsa
- To evaluate and discuss the Ayurvedic properties of Amrita Ghrita and its mode of Action on Garavisha Chikitsa.

MATERIALS AND METHODS

- The study on Garavisha and Amrita Ghrita was done with the help of Ayurvedic Samhitas specially

Chakradatta and Bharat Bhaishajya Ratnawali and conceptualise and summarise the data of different Samhita.

- Journals has also been referred to review of material of concept topic.

CONCEPTUAL STUDY

Diseases of Garavisha According to Acharya Vagbhat are Pandu (Anemia), Alpagni, Ardita, Vata Pratiloma, Udara, Daurbalya, Shandhya, Andhya, Visarpa, Udara, Visphota, Unmada, Bhagandara, Aamvisha, Kushtha, Shotha, Amlapitta, Jwara, etc.

Garavisha

Garavisha is a Samyogaj Visha which exerts toxic effects after interval of time and it does not kill patient instantly.

It produces many diseases after long time. Garavisha is a Kalantar Avipaki, it means it does not get digested early. It remains in body for long time and do not eliminate. It further produces clinical features.^[5]

Mode of Action of Garavisha

Prolonged and frequent intake of Viruddhaahara (incompatible diet), food additives, and soft drinks becomes harmful to body as these are toxic and forms of Garavisha.

Amrita Ghrita Properties

Contents	Rasa	Vipaka	Virya	Guna	Doshaghnata	Karma
Ghrita ^[8]	Madhura	Madhura	Sheeta	Guru, Snigdha, Mrudu	Tridoshaghna	Agnideepan, Medhya, Vishahar, Kanti
Amrita ^[9]	Tikta-Kashaya	Madhura	Ushna	Laghu, Guru, Snigdha	Tridoshaghna,	Agnideepan, Rasayani, Prabhava-Vishaghni
Shunthi ^[10]	Katu	Madhura	Ushna	Laghu, Snigdha	Kaphavataghna	Deepan, Pachan, Aampachana, Anuloman

Probable Mode of Action

Ghrita has been extensively used as medicine/ an adjuvant in all kinds of poisons and all stages of poisoning for different puposes like Stransana (mild purgative), Pralepa (Application of paste on skin), Bhojya (food), Aushadha (medicine) etc. in Visha Chikitsa.

It can be used as mechanical antidote or as an Anupana for administration of Different Agada.^[11]

Ghrita has Agnideepana Guna, so it increases appetite, hence Dosha, Aama and gets digested.

Amrita (Tinospora Cordifolia), is a Vishaghna medicine. It has Agnideepama, Tridoshghna and Rasayan properties.

Mandagni is a root cause of all diseases, so Agnideepaka Amrita may be useful in Garavishajanya Vyadhi.

Also it balances Tridosha which are disturbed in Garavisha. Due to Rasayan Karma, Amrita cures

When it is ingested, it does not get digested properly. It remains in body and do not eliminate from the body.

This Visha are antagonist to Deha Dhatu (Body Tissue), hence, it interrupts the normal functioning of Dhatu and produces clinical features.

Further it developes into diseases i.e. Garavishajanya Vyadhi.

AMRITA GHRITA^[7]

Contents

Amrita Kwath – 16 Parts Shuthi Kalka – 1 Part Ghrita – 4 Parts

Preparation

Before preparation Murcchana of Ghrita was done with Amalaki (Embllica officinalis), Bibhitaki (Terminalia bellerica), Haritaki (Terminalia Chebula), Haridra, Nagarmotha (Cyprus Rotundus) and Nimbu Ras (Citrus Media).

The Murcchit Ghrita is heated over a moderate fire. Dravya and Kalka added. Stirr mixture continuously to ensure pate does not stick to vessel.

Rasadhatu Vikriti and so on further Dhatu gets cured.

Shunthi, due to its Katu Rasa and Ushna Virya, do Deepana, Aampachan and Anuloman Karma. Due to Mandagni, Ahara do not get digested properly and it turns into Aamvisha, it further affects Rasadhatu. So Shunti can be used as Aampachaka.

By virtue of these properties, properties of Drug can be

So Shunti can be used as Aampachaka.

By virtue of these properties, properties of Drug can be Tridoshaghna, Aampachaka, Deepana and Vishaghna.

DISCUSSION

- Cases of Garavishajanya Vyadhi are increasing due improper diet and faulty eating habits.
- Systemic menifestation of Garavisha includes Pandu, Krishata, Alpagni, Pratiloma Vata, Ardita, Shwasa, Kasa, Udara, Pliharoga, Daurbalya, etc. Acharya mentioned Vaman Chikitsa for management of Garavisha.
- Also Nagdantyadi Ghrita is mentioned as Shaman

Chikitsa. As we know, Mandagni, Ama formation and Rasa Dhatu Vikruti are important factor in pathology of Garavishajanya Vyadhi.

- So, Amrita Ghrita which is having Tridoshaghna, Deepaniya, Pachaniya, Vishaghna, Aampachaka properties produces medicinal effect in Garavisha by Aampachana, Vishanashana and balancing of Tridosha

CONCLUSION

- According to action of Amrita Ghrita and its medicinal properties, Garavisha can be treated successfully by use of Amrita Ghrita.
- Table mentioned above clearly shows that Ghrita and other medicinal herbs have excellent property to reestablish the interrupted Rasa Dhatu Vikruti and so on other Dhatu by Uttarottar Dhatu Poshan.
- It is comparatively safer than other synthetic drugs.
- However, further clinical study is required to identify medicinal effects of Amrita Ghrita in Garavisha.

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