

**A COMPREHENSIVE REVIEW OF CHAVYADI GHRIT: AYURVEDIC
PHARMACOLOGY AND THERAPEUTIC APPLICATION*****¹Dr. Snehal Anil Patil, ²Dr. Mrunali Patil**¹MD Scholar, PG Department of Rasashastra Evum Bhaishajya Kalpana, LRP Ayurvedic Medical College and Hospital, Post Graduate Institute and Research Centre, Islampur. Tal-Walwa Dist-Sangli.²HOD and Professor of Rasashastra and Bhaishajya Kalpana.***Corresponding Author: Dr. Snehal Anil Patil**

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ABSTRACT

Chavyadi Ghrith is an ayurvedic medicated herbal formulation mentioned in Bhaishajya Ratnavali for the management of anorectal and gastrointestinal diseases. The formulation comprises of herbs with properties like Deepan, Pachana, Vatanulomana, Grahi and Shoolahara. Ghee medium as a carrier vehicle helps in enhancing the potency and bioavailability of therapeutic constituents. This article focuses on compiling and discussing the classical references, pharmacology, formulation, mechanism of action and therapeutic application of Chavyadi Ghrith. The pharmacodynamic aspect of all the ingredient has been discussed under the heading 'Rasa, Guna, Veerya, Vipaka and Karma'. This informative review underlines the therapeutic potential of Chavyadi Ghritha in the management of Arsha, Grahani, Agnimandya and Gulma. There is need for pharmacological and clinical evidence to support the empirical claims of this classic formulation. It concludes by emphasizing the Chavyadi Ghritha's significance as a classical formulation and scope for future research.

KEYWORDS: Chavyadi Ghritha, Ghritha kalpana, Grahani, Pravahika, Deepana, Pachana**INTRODUCTION**

Ayurveda the ancient Indian system of medicine is based on the concept of health and disease. The prime goal is to achieve health by balancing the dosha, dhatu, mala and agni. Amongst these agni is regarded as the most important factor since it regulates the process of digestion, absorption, assimilation and metabolism. Any imbalance in agni results in the formation of ama, toxins which in turn disrupts various normal physiological functions and causes diseases especially related to the gastro intestinal tract. Thus in ayurveda, management of diseases mainly focus on removing ama from body and normalizing agni.

Chavyadi Ghrith is a classical medicated preparation mentioned in Bhaishajya Ratnavali which contains various herbs with property of Deepana(Pacifying), Pachana(Digestive), Vatanulomana (promoting), Grahi(constipating), Krimighna(anti-parasitic),

Shoolahara(relieving pain), Shothahara(reducing swelling). Hence these medicated ghee is effective in managing various ailments like impeded digestion, constipation, parasites, vata and pitta imbalances, swelling and pain.

A thorough literature search is needed to gather all the information available for this formulation from Classical Ayurvedic texts and modern scientific literature. Such reviews would contribute immensely towards filling up the lacunae in the existing literature and promote evidence-based ayurveda as well as identify the scope for future pharmacological and clinical studies.

AIM

To review and discuss the pharmacological properties, therapeutic applications, classical references and scientific validation of Chavyadi Ghritha.

OBJECTIVES

- To review classical references of Chavyadi Ghrit.
- To Access the Ayurvedic pharmacological properties of the ingredients of Chavyadi Ghrit,
- To discuss therapeutic indications of Chavyadi Ghrit.

MATERIALS AND METHODS

A survey was made of the texts like Bhaishajya Ratnavali, Charak Samhita, Sushruta Samhita, Sharangadhara Samhita, Bhavprakash Nighantu etc. To explore the materia medica, modern databases like PubMed, Ayush Research portal, Google Scholar were also used. Keywords such as Chavyadi Ghrit, Bhaishajya Ratnavali, Ratnavali, Chavanprash, Ghrita kalpana were also used.

Review of literature**Drug review**

चव्यं त्रिकटुकं पाठां क्षारं कुस्तुम्बुरुणि च । यमानीं पिप्पलीमूलमुभे च बिडसैन्धवे ॥१८८॥

चित्रकं बिल्वमभयां पिष्ट्वा सर्पिर्विपाचयेत् । शकृद्वातानुलोम्यार्थं जाते दधि चतुर्गुणे ॥१८९॥

प्रवाहिकां गुदघ्नं मूत्रकृच्छ्रं परिस्रवम् । गुदवङ्क्षणशूलञ्च घृतमेतद् व्यपोहति ॥१९०॥

Chavyadi Ghrita is indicated in Bhaishajya ratnavali (Arshorogadhikara). It is mainly used for the management of diseases where Mandagni, Ama and vata-kapha dosha are the predominant factors. The dravyas used in this ghrita are mainly having Katu and Tikta rasa, Laghu and Tikshna Guna, Ushna Virya and Katu Vipaka Karma, which helps in deepanam, pitta pachana, ama pachana and balana of bowels.

Drug review^[1]

sr no	Ingredient (sanskrit)	Botanical Name	Rasa	Guna	Virya	Vipaka	Major Ayurvedic Karma
1	Chavya ^[2]	Piper retrofractum vahl	Katu	Laghu, Tiksha	Ushna	Katu	Deepana, Pachana, Vatanulomana, shoolahara
2	Shunthi ^[2]	Zingiber officinale roscoe	Katu	Laghu, Snigdha	Ushna	Madhura	Deepana, Pachana, Amapachana
3	Maricha ^[2]	Piper nigrum Linn	Katu	Laghu, Tikshna	Ushna	Katu	Deepana, Krimighna, Kapha-Vatahara
4	Pippali ^[2]	Piper nigrum Linn	Katu	Laghu, Snigdha	Anushna-ushna	Madhura	Rasayana, Deepana, Pachana
5	Pippali-moola ^[2]	Piper nigrum Linn	Tikta, katu	Laghu, Tikshna	Ushna	Madhura	Deepana, Vatanulomana
6	Patha ^[2]	Cissamplelos pareira Linn	Katu	Laghu	Ushna	Katu	Grahi, Deepana, Shothahara
7	Chitraka ^[2]	Plumbago Zeylanica Linn	Katu	Laghu, Tikshna	Ushna	Katu	Agniideepana, Pachana, Amapachana
8	Bilva ^[2]	Aegle marmelos	Kashaya, tikta	Laghu, Ruksha	Ushna	Katu	Grahi, Deepana, Atisarahara
9	Haritaki ^[2]	Terminalia chebula Retz	Pancharasa(except Lavana)	Laghu, Ruksha	Ushna	Madhura	Anulomana, Rasayana, Grahi
10	Dhanyaka ^[2]	Coriandrum sativum Linn	Kashaya, Tikta, madhura	Laghu, Snigdha	Ushna	Madhura	Deepana, Panchana, Trishnahara
11	Ajamoda ^[2]	Trachyspermum ammi sprague	Katu	Laghu, Tikshna	Ushna	Katu	Deepana, Panchana, Vatanulomana
12	Yavakshara ^[3]	Alkali prepared from Hordeum vulgare	Katu	Tikshna, Laghu	Ushna	Katu	Bhedana, Lekhana, Anulomana
13	Saindhava Lavana ^[4]	Rock salt	Lavana	Laghu, Snigdha	Sheeta	Madhura	Deepana, Tridoshaghna, vatanulomana
14	Vida Lavana ^[6]	Black salt	Lavana	Laghu, Tikshna	Ushna	Katu	Deepana, Panchana, Adhmanahara
15	Go-Ghrita ^[5]	Cow's ghee	Madhura	Guru, Snigdha	Sheeta	Madhura	Yogavahi, Rasayana, Balya, Vata-Pittahara

Therapeutical indication

- Arsha
- Pravahika
- Gudaroga
- Muktrakriccha
- Atisara
- Grahani
- Agnimandya

DISCUSSION

Chavyadi Ghrita is a rational polyherbal formulation to normalize the defective digestive system and to get rid of ama. The association of various digestive, absorbents, carminatives, and anti-inflammatory drugs with ghrita gives a powerful therapeutic entity to manage the gastrointestinal tract disorders. The ghrita base helps to deliver the active constituent which is beneficial for the body. Even though each herb has been proved to have pharmacological actions, there is a need for clinical trials and more research on this formulation. Further research is needed to standardize the phytochemical, quality, toxicity, and clinical studies in order to make it a reliable therapeutic entity.

CONCLUSION

Chavyadi Ghrita is a classical formulation of ghrita which can be used in a variety of diseases related to the gastrointestinal tract and anal region. The pharmacological actions like Deepan, Pachana, Grahi, Vatanulomana, and anti-inflammatory activities justify the traditional claims of Chavyadi Ghrita. There is a need to incorporate the classical texts into modern science for better therapeutic interventions and to increase the acceptability and accessibility of this formulation in modern medicine.

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