A CONCEPTUAL REVIEW OF AMRUTADI GHrita

Dr. Himanee Bhavsar and Dr. Pallavi Bhang

1PG Scholar, Department of Rasashastra and Bhaishajya Kalpana, MAM’s Sumatibhai Shah Ayurved Mahavidyalaya, Maharashtra, Hadapsar, Pune – India.

2Lecturer, Department of Rasashastra and Bhaishajya Kalpana, MAM’s Sumatibhai Shah Ayurved Mahavidyalaya, Maharashtra, Hadapsar, Pune – India.

ABSTRACT
Amruta is a widely used plant in folk and Ayurvedic systems of medicines. Amruta also known as Guduchi, which means one who protects the entire body. Amruta is attributed to its ability to impact youthfulness, vitality and longevity. It also balances Tridoshas. It is useful in Jwara, Agnideepana, Balya, Grahi, Bhootaghni, and Rasayani. Ghrita Kalpana comes under Sneha kalpana. Different methods have been explained for the preparation of Ghrita Kalpana. Ghrita is considered to be the best among all 4 Sneha Dravyas i.e. Ghrita, Taila, Vasa and Majja, because of its unique property called Samskaranuvartan. Total 5 different references of Amrutadi Ghrita are available in different texts of Ayurveda. It is commonly indicated in Vishama Jwar, Vatarakta, Aamavata, Kostukshirshaka, Kushta, etc. Despite Amruta having numerous medical benefits, no previous work was found Amrutadi Ghrita. The conceptual reviews of Amrutadi Ghrita and Sneha Kalpana have been done in present study.

KEYWORDS: Amruta, Sneha Kalpana, Amrutadi Ghrita, Vishama Jwara, Vatarakta.

INTRODUCTION
Bhaishajya kalpana is the science which deals with various dosage forms. Sneha kalpana is an important kalpana among them. Ghrita Kalpana comes under Sneha Kalpana, where Sneha means fat of fatty material and Kalpana stands for pharmaceutical process of medicaments. The properties of Sneha Dravya are Guru, Sara, Snigdha, Manda, Sukshma, Mrudu, and Drava Gunas. In all 4 Sneha Dravyas Ghrita, Taila, Vasa and Majja. Ghrita has unique...
property called Samskaranauvartan.\[1\] The medicated Ghrita mentioned in various granthas, Ayurvedic pharmacopeia are prepared by boiling or cooking them with drug, decoction or juice etc. Amrutadi Ghrita is an important formulation which is mentioned in various text books like Rasa Ratnakar, Vruddha Nighant Ratnakar, Vanga Sena, etc., in context of different diseases.

Amruta is very important plant, which is used in many diseases in Ayurveda. Traditionally this plant is used in Vishama Jwara, Vatarakta, Koshtukshirshaka, Kushtha, etc. Amruta has been mentioned in Ayurvedic texts like Ashtang Sangraha, Charak Samhita, Raj Nighantu, Bhavaprakash, Dhanvantari Nighantu and evidently stated that Amruta is Tridoshashamaka, Agnideepaka, Jwara, Sangrahi, Balya, Aayurprada and Medhya.\[2\] Amruta is used in Ayurveda to balance all the three Doshas. Its Tikta, Kashaya Rasa controls Pitta and Kapha Dosha, also its Madhura Vipaka balances Vata Dosha and it is also used as Rasayani.

MATERIALS AND METHODS

Pharmaceutical

There are generally three essential components required for the preparation of Ghrita Kalpana.\[3\]

1) Kalka [ A fine paste of the drug or drugs ] - 1 part
2) Sneha Dravya (Ghrita) - 4 parts
3) Drava Dravya ( A liquid which may be one or more in the form of Kashaya, Swarasa, Dugdha, etc ) - 16 parts

However in Sharangdhar Samhita, different methods of preparation of Sneha Paka has explained, they are as follows\[4\]

1) If the Drava dravyas are jala, kwatha and swarasa, then amount of kalka used should be one-fourth, one-sixth, and one-eighth of sneha.
2) When the preparation of sneha is indicated in dugdha, dadhi, takra and mansa rasa, the kalka to be used should be one-eighth and water should be added four times for samyaka paka.
3) When Drava dravyas are mention more than five in number, then each dravya should be taken in the same quantity as that of sneha. If Drava dravyas are less than five, total quantity of all the liquids should be four times.
4) When preparation of paka is mentioned by only kalka dravyas, then water should be added four times of sneha to replace the drava. When paka mentioned by only kwatha dravya, then kalka should be prepared by drugs of kwatha and should be used.

5) When the kalka dravya is prepared by flower, then its proportion should be one-eighth to that of sneha.

However in Bhaishajya Ratnawali before preparing any siddha taila or ghrita, Murcchana Samskara has been described to enhance their properties. The time required for paka depends on the nature of Drava dravya which is added to Sneha. As in Samhita it has been mentioned for Ksheera - 2 days, Swarasa - 3 days, Takra Aranda, etc - 5 days, Kwatha of Mula and Valli - 12 days, Vrihidhanya and Mamsa rasa - 1 day. Due to variations in concentration and the rate at which active chemicals are released into the Sneha, each Drava dravya requires a different amount of time to complete. As a result, according to the Drava dravyas, different time duration may have been interpreted by Acharyas.

In Amrutadi Ghrita, the Kalka, Ghrita and Drava dravya to be used are added and the whole contents are boiled together till the water gets evaporated. Acharya has explained confirmation tests for completion of Sneha Paka.

1) Ghrita becomes free from froth
2) Varti is formed of Kalka Dravya (wick shaped when rolled between thumb and finger )
3) Sneha Varti is hold on the fire, no sound produced indicating the loss of moisture in it.

The following table shows the different references of Amrutadi Ghrita mentioned in different classics.

**Table 1: Different References of Amrutadi Ghrita.**

<table>
<thead>
<tr>
<th>Sr no</th>
<th>Kalka Dravya</th>
<th>Drava dravya</th>
<th>Indication</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td>Amruta, Triphala, Patola, Dhamasa</td>
<td>Amruta, Triphala, Vishama Jwar, Kshaya, Gulma,</td>
<td>Vruddha Nighant</td>
<td></td>
</tr>
</tbody>
</table>
Analytical test

Following Physical and Analytical test are done for Siddha Ghrita.

1) Physical Test

Colour
Odour
Taste
Touch
Sound

2) Analytical Test\[13\]

Refractive Index
Specific gravity
Acid value
Saponification value
Iodine value
Peroxide Value
Congealing Point

Additionally, following test for Siddha Ghrita can also be done.

Rancidity
pH value
Viscosity
TLC / HPTLC/ HPLC

DISCUSSION

Sneha kalpana is an essential kalpana that is mentioned in Bhaishajya Kalpana. Sneha Kalpana includes Ghrita Kalpana. Sneha Kalpana is referenced with Ghrita, Taila, Vasa, and Majja. Sneha Kalpana is used to extract active ingredients from fat-soluble medications and to enhance their permeability so that the drug can be absorbed easily. Ghrita's Samskaranuvartana feature distinguishes it from other Snehas. However, Murchana Samskara is mentioned in Bhaishajya Ratnawali to remove the Durgandha, Aam Dosha from the Sneha.[14]

Each Drava dravya demands its own time duration due to differences in concentration and active ingredient release capacity into the Sneha. As a result, varied time durations may have been explained by Acharyas according to the Drava dravyas, such as 2 days for Ksheera, 3 days for Swarasa, 5 days for Takra Aranda, etc., 12 days for Mula and Valli, and 1 day for Vrihidhanya and Mamsa rasa.[6]

Total 5 references by the name of Amrutadi Ghrita are found in various texts of Ayurveda. It is commonly indicated in Vishama Jwar, Vatarakta, Aamavata, Kostukshirshaka, and Kushtha. The Kalka dravya used vary from text to text. Among them Amruta, Triphala, Yashtimadhu, Shunthi are commonly used as a Kalka Dravya. The Dravya mentioned for the preparation of Amrutadi Ghrita are mostly of Tikta, Kashaya, and Madhura in taste. And Drava dravyas are Amruta Kwatha, Aamalaki Swarasa, and Go Dugdha.

Different methods of Amrutadi Ghrita preparation is explained in various granthas such as, Rasa Ratnakar, Vanga sena, Vruddha Nighant Ratnakar, Yoga Ratnakar and Vruddha Nighant Ratnakar

CONCLUSION

Amrutadi Ghrita is commonly found in different texts of Ayurveda. Although the ingredients are available easily and it is easy to prepare, in market it is hardly available, as it is not much prescribed by the physicians. It is essential to explore the therapeutic properties of this formulation for the betterment of mankind. So in present study conceptual study of Amrutadi Ghrita is done. However various clinical and experimental studies need to be carried out to prove its efficacy.
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