Role of a traditional Micro Nutrient Supplement
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ABSTRACT

Balance state of body elements are known as health according to Ayurveda. That can be possible because of proper nutrition only. According to Ayurveda, ingestions which balance Dosha, Dhatu and Mala are able to nourish body appropriately. According to Acharya Charaka, Sneha is one factor to digest food property and Ghrita is considered as a best Sneha Dravya amongst all. As per chemical analysis, Ghrita contains many micro nutrient elements viz. copper, Iron, vitamins and minerals etc. Ghrita increases Oja - a purest Dhatu of our body, due to that normal body functions can take place. As a counterpart, traditionally made desi cow ghee will not increase bad cholesterol. Many preparations from Ghrita can be made for easy palatable intake viz. traditional sweets, granule forms, biscuits etc. Hence, Ghrita would be helpful as daily micro-nutrient supplement.

Key words: Nutrition, Vitamins, Minerals, Jeevaniya, Chakshushya, Balya, Ghee, Oja.

INTRODUCTION

The world is driven towards the concept of wealth instead of therapeutics. The definition of nutrition in Ayurveda is very from current scientific term used for this. One can acquire good nutrition because of normal state of Dosha, Agni, Dhatu and functions of Mala and meaning of nourished body and mind viz. Hitayu and Sukha Ayu.\[1\]

It is to be understood on the bases of relation between intensity of sacred fire and Ghrita, adding more Ghrita, Agni becomes more intent. Similarly, if we use Ghrita to intent Jatharagni in appropriate way; definitely, it increases digestion capacity. By maintaining Jatharagni one can get proper nutrition.

Six factors are responsible for well digestion viz.

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Ushma, Vayu, Sweda, Kala, Sneha and Samayoga. Sneha is one of the important factors for proper conversion of food into nutrient material. Ghrita should be consumed minimum 10% of the total food quantity for well digestion. Hence, it leads to convert onto good nutrient material.

Intake of Ghrita is prescribed for those who desiring good eye sight (Chakshushya), with chest injured (Kshata Ksheena), senile age, children and weak, those desirous of longevity, of strength, good complexion, voice, nourishment, progeny, tenderness, luster, immunity, memory, intelligence, power of digestion, wisdom, proper functioning of sense organs and those afflicted with injuries due to burns, by weapons, poisons and fire.\[2\]

Ghrita pacifies Pitta and Vata, increases Rasa, Shukra and Ojas. It also produce Nirvapana, Mruduta (softeness) enhances Swara and Varna.\[3\] Ghrita pacifies Vata by Snehaguna and Pitta by its Shitaguna and Kapha having equal quality it acts on it by Samskara.

Chakrapani also quoted that no other Sneha Dravya has this type of propertyof Samskara Anuvartana, as compared to Ghrita, hence it is best.\[4\]

Some important nutrient factors in cow ghee.\[5\]
- General contains: moisture -14.4%, fat -32.4%, protein - 36.0%, lactose- 12.0%,
Major constituents: Vitamin A - 600 μg/100gm, Vitamin D - 8 μg/100gm, Vitamin E - 2.8 mg/100gm, energy - 876 kcal/100gm.

**Trace Constituents:** Diglyceride, Monoglyceride, Phospholipids, Proteins, Lactose.

**Free acids:** Water soluble like formic, acetic, propionic and lactic acids, fatty acid like buturic, caproic, oleic etc.

Fat breakdown products like fat hydro peroxide, free aldehydes and ketones, lactones.

Minerals like calcium, magnesium, copper, iron etc.

Ghrita is the richest source of CLA. The CLA content is reported to be higher in ghee than in the parent milk fat[6] and can be increased by up to five fold by increasing the temperature of clarification from 110°C to 120°C.

Ghee is also reported to contain essential Fas.[7]

Based on the CODEX guide to food labelling,[8] ghee can be labelled as high in both Vitamin A and Vitamin D.

Some researches on Ghrita show that it increases Hb% in the blood.

**Different form of Ghrita administration**

<table>
<thead>
<tr>
<th>Formulation</th>
<th>Major Ingredients</th>
<th>Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plan Ghrita Granules</td>
<td>Pure desi cow ghee, milk powder, flavoring agent (chocolate)</td>
<td>Useful as health supplement, against tonics available in market.</td>
</tr>
<tr>
<td>Herbal Ghrita Granules</td>
<td>Ghrita, Herbs etc.</td>
<td>Useful as micro nutrients.</td>
</tr>
<tr>
<td>Nutrient Biscuits</td>
<td>Ghrita/butter, Herbs etc.</td>
<td>Useful against normal biscuits.</td>
</tr>
<tr>
<td>Panchagavya Ghrita Granules</td>
<td>Panchagavya Ghrita, milk powder, herbs</td>
<td>Useful as micro nutrients in disease condition too.</td>
</tr>
</tbody>
</table>

**METHOD**

- Literature review of Agni, Ahara Parinamakar Bhavas, Ghrita etc. followed by understanding the concept and correlation.
- References compiled from different Samhitas.
- Review was done from research articles, observations and web site.

**DISCUSSION**

The spectacles of Ayurveda shows different angle of Ghrita. All the Ayurvedic concepts, drugs and treatments are based on Guna and Karma. With same, Ghrita furnishes following nutrient aspect.

**Jeevaniya**

Cow derivatives are to be considered as Jeevaniya. Acharya Vagbhatt narrated the word Jeevaniya means ‘Jeevanam praana dharanam'[9] which holds the life. Here, Ghrita helps in holding main Agni i.e. Jatharaagni. Once Agni is being held, life is hold too as ‘Shanto Agne Miryate’. Cow milk is the richest source of Conjugated Linoleic Acid (CLA), further this quality comes in cow Ghrita too. The consumption of foods naturally enriched with CLA during lifetime would be an alternative to reduce increased adiposity. Besides, it could reduce de risk of other diseases associated with obesity, since they would ensure the beneficial effects on body composition and would not add effects that are adverse to health.[11]

**Balya**

Ghrita increases Kapha or Oja. While, Kapha and Oja both are the symbol of strength. On the other hand, chemically, it is the large source of fat and fat releases maximum amount of energy in the midst of all.

**Hrudy**

Cow Ghrita narrated as Hrudy - cardio protective or good for heart. Oja is situated in heart and nourishing it. Consumption of Ghrita accres Oja subsequently it reinforces the heart. Some controversies or misbelief about Ghrita was erected by western science that consumption of Ghrita increases cholesterol and body fat which leads to cardiac and many more diseases.
And again it is countered by them, now there are two types of cholesterol HDL - good cholesterol and LDL - bad cholesterol. Nowadays, it is proved that traditional made cow Ghrita increases good cholesterol.[12]

**Chakshushya**

Due to similar attributes in eyes and Ghrita viz. Paitika, it nourishes through finest part and enhances the quality of vision. On the arm, Ghrita is good source of vitamin A i.e. 600 mg. 100gm, through that it nurtures eyes in intra-uterine and nourishes after birth.

Some other functions would be acquired as a part of nutrition from Ghrita as Shukrala, Varnya, Swarya etc.

**Necessary minerals and supplements:** Calcium, Magnesium, Copper, Iron etc. minerals were found in cow Ghrita too. It fulfills the required supplements to body.

**CONCLUSION**

The overview on Guna and Karma of Ghrita shows, that it will be helpful directly or indirectly to fulfill the nutrient requirements of body. Many forms can be possible for intakes. Looking to the physico-chemical property of Ghrita, required nutrients like Calcium, Magnesium, Copper, Iron etc. was available in it. Moreover, micro-nutrition to Dhatus, Oja and Indriyas can supply too. These findings shows, Ghrita would be helpful as daily micro-nutrient supplement.

**REFERENCES**


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