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Amrutham Ghrita : A Literary review

Revathy V¹, Ravikrishna S², Sreejith K³, Chaithra Hebbar⁴

¹Post Graduate Scholar, Department of PG studies in Agadatantra, Sri Dharmasthala Manjunatheswara College of Ayurveda, Udupi, Karnataka, India.

²Associate Professor, Department of PG studies in Agadatantra, Sri Dharmasthala Manjunatheswara College of Ayurveda, Udupi, Karnataka, India.

³Assistant Professor, Department of PG studies in Agadatantra, Sri Dharmasthala Manjunatheswara College of Ayurveda, Udupi, Karnataka, India.

⁴Professor, Head of the Department, Department of PG studies in Agadatantra, Sri Dharmasthala Manjunatheswara College of Ayurveda, Udupi, Karnataka, India.

ABSTRACT

Background: *Amrutham Ghrita* is a formulation explained in Samhitas in the context of *Visha Chikitsa*. It is a potent formulation which acts as *Sarvavishaharam*. *Acharyas* says that this *Yoga* can retain the life of a dead person. **Objective:** The objective of the present work is to do a critical review on *Amrutham Ghrita*. **Method:** The Reference of *Amrutham Ghrita* is taken from *Susruta Samhita Kalpa Sthana - Dundubhisvaneeyam Adhyaya* and *Ashtangasangraha Uttarantra - Vishapathishedha Adhyaya*. **Conclusion:** The action of *Amrutham Ghrita* is *Samshamana* of *Visha*. Majority of the drugs are *Katu*, *Tikta Rasa Pradhana* and having *Ushna Veerya* which acts as *Kaphavatahara*, hence this *Ghrita* may act on *Visha*.

Key words: *Vishachikitsa*, *Amrutham Ghrita*, *Sarvavishahara*, *Ayurveda*.

INTRODUCTION

Agada Tantra is one among the *Ashtangas* of *Ayurveda*,^[1] which deals with the signs & symptoms and management of Poisons and poisonous bites. *Bhratrayees* as well as *Laghutrayees* are well explained the signs and symptoms and management of *Visha* along with formulations which are useful in *Visha Chikitsa*. Many formulations which are not in use or not available in market due to the lack of clarity in the

identification of drugs mentioned in classics. *Amrutham Ghrita* or *Amritham Sarpi* is one of the formulations, which is not in practice but explained by *Acharya Susruta* and *Acharya Vagbhata*. Here is an attempt to review *Amrutham Ghrita*.

Ghrita is one among the *Chathursneha*.^[2] It is considered as best among the *Sneha Dravyas*.^[3] It assimilates the properties of other *Dravyas* without giving up its original properties.^[4]

In the aspect of *Visha Chikitsa*, *Acharya Charaka* mentioned *Chaturvimshati Upakrama* as a treatment protocol for poisoning, which consist of 24 *Upakramas*.^[5] *Hrudayavarana* is one among the 24 *Upakramas* which aims to protect the *Hrudaya* of the poisoned person. *Ghrita* is used as *Hrudayavarana Dravya* along with *Madhu* and *Agada*.^[6] Administration of *Ghrita* immediately after poisoning or envenomation slows down the action of *Visha* in the body, so that more time will be available to save the life of person.

Address for correspondence:

Dr. Revathy V

Post Graduate Scholar Department of PG studies in Agadatantra, Sri Dharmasthala Manjunatheswara College of Ayurveda, Udupi, Karnataka, India.

E-mail: revathyharish5@gmail.com

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Medicated *Ghrita*, which is made according to *yoga*, where *Ghrita* is medicated with appropriate *Dravya* in liquid medium along with the *Kalka* of *Dravyas*.^[7]

AIMS AND OBJECTIVES

To do critical review of *Amrutham Ghrita* from Ayurveda classics

MATERIALS AND METHODS

The Reference of *Amrutham Ghrita* is taken from *Susruta Samhita Kalpa Sthana*^[8] and *Ashtanga Sangraha Uttara Tantra*^[9], in the context of *Visha Chikitsa*. The three essential components required for the preparation of *Ghrita* are *Drava Dravya*, *Kalka* and *Sneha*. Since the quantity or ratio is not mentioned specifically by *Acharyas*, general ratio must be considered.

Kalka: *Kalka* made of the drugs (Drugs 1-6 in table no. 1& 2) is prepared by doing *Bhavana* with *Gomutra*^[10]

Ghrita: *Goghrita* has been considered since it is not specified.^[11]

Drava: As per *Dalhana* commentary *Gomutra* must be taken as *Drava Dravya*^[12]

Yoga

Classical reference to this formulation is mentioned as '*Amrutham Ghrita*'. *Acharya Vagbhata* and *Acharya Susruta* enumerated 6 drugs along with *Gomutra* and *Goghrita*.

Method of preparation^[13]

The drugs mentioned in table no. 1 (No.1-6) are taken in equal quantity and *Bhavana* with *Gomutra* is given. This must be taken as *Kalka* and *Gomutra* is added as *Dravadravaya* to the *Ghrita* for preparation.

Ghrita Kalpana: *Ghrita* is boiled with *Drava Dravya* and *Kalka* according to the formulation. Generally, the ratio of components is 1:4:16; *Kalka:Ghrita:Drava Dravya*.^[14] Since the *Drava Dravya* is *Gomutra*, *Ghrita* must be cooked for 5 days.^[15] The ingredients must be added in this manner.

1 part: *Kalka: Gomutra Bhavitha Kalka*

4 parts: *Ghrita*

16 Parts: *Gomutra*

Snehapaka: Madhyama Paka^[16]

Dose: There is no classical references for the dosage of this formulation, so general dose can be taken. i.e., *Uttama Matra: 1 Pala* (~48ml)^[17]

Application: Mode of administration is not specified; hence it can be used for *Sarvakarma (Panadi)*.^[18] Since it is *Vishaharam* and *Sanjeevayetmrutham* i.e., it diminishes the action of *Visha* and as per *Acharyas* it retains the life of a person, it can be applied in all aspects like *Pana*, *Abhyanga*, *Lepa* etc. in the case of *Visha*.

DISCUSSION

There are two references in the name of *Amrutham Ghrita* are found in *Samhitas*. One is from *Susruta Samhita Kalpa Sthana Dundubhisvaneeyam Adhyaya* and the other one is from *Ashtangasangraha Uttarantra Vishaprathishedha Adhyaya*.

The ingredients of *Amrutham Ghrita* as per both *Acharyas* have 8 in number including *Dravadravaya* and *Sneha*. Among that *Acharya Vagbhata* replaced *Jatamamsi* instead of *Mashaka* by *Acharya Susruta*. Both the drugs are *Balya*, and *Jatamamsi* is *Tridosahara* whereas *Mashaka* is *Vatashamaka*. *Moola* is used in case of *Jatamamsi* and *Beeja* is used in *Mashaka*.

Majority of the ingredients having *Katu Tikta Rasa*, *Ushna Veerya*, *Katu Vipaka*, *Kaphavatahara* quality (Table no. 3). *Sneha Dravya* which is mentioned as *Ghrita*, since it is not specified, *Goghrita* is considered as ultimate. *Ghrita* is having qualities such as *Vishahara*, *Alakshmi* *Paapanashana*, *Samskaragunavath*.^[19] No other medicine is equal to *Ghrita* in *Visha Chikitsa*.^[20] The management of *Visha Chikitsa* should not be done without *Ghrita*.^[21] *Ghrita* is one of the *Hrudayavarana Dravya* which protects the *Hrudaya* and prolongs the lifesaving period for the poisoned person.

Amrutham Ghrita is the one which is ultimate for *Vishasamshamana*, as per the *Phalasaruthi* it is said that it restores the life of individual.

CONCLUSION

The action of *Amrutham Ghrita* is *Samshamana* of *Visha*. Majority of the drugs are *Katu*, *Tikta Rasa Pradhana* and having *Ushna Veerya* which acts as *Kaphavatahara*, hence, these drugs may acts as an antidote against *Visha*. *Ghrita* which is the base of this formulation acts as *Vishahara* as *Ghrita* is mentioned under *Hrudayavarana*. It attains the qualities of the drugs while processing together without hampering its own qualities. By adding these drugs, it enhances the *Vishahara* action of *Ghrita*. Further detailed preclinical & clinical research may reveal the selection of the ingredients of *Amrutham Ghrita* and it will be helpful for practical utility.

Table 1: List of ingredients of *Amrutham ghrita* as per *Ashtanga Sangraha*

SN	Drug	Botanical name	Part used	Quantity
1.	<i>Vacha</i>	<i>Acorus calamus. Linn</i>	<i>Moola</i>	1 part
2.	<i>Kakamachi</i>	<i>Solanum Americanum.Mill</i>	<i>Whole plant</i>	1 part
3.	<i>Jatamamsi</i>	<i>Nardostachys jatamansi</i>	<i>Moola</i>	1 part
4.	<i>Kadabhi</i>	<i>Celastrus paniculatus. Willd</i>	<i>Beeja</i>	1 part
5.	<i>Prathyakpushpi</i>	<i>Achyranthus aspera. Linn</i>	<i>Beeja</i>	1 part
6.	<i>Shirisha</i>	<i>Albizia lebek (L.) Benth</i>	<i>Beeja</i>	1 part
7.	<i>Ghrita</i>	-	-	4 parts
8.	<i>Gomutra</i>	-	-	16 parts

Table 2: List of ingredients of *Amrutham Ghrita* as per *Susruta Samhita*

SN	Drug	Botanical name	Part used	Quantity
1.	<i>Apamarga</i>	<i>Achyranthes aspera.Linn</i>	<i>Beeja</i>	1 part

2.	<i>Shirisha</i>	<i>Albizia lebek (L.) Benth.</i>	<i>Beeja</i>	1 part
3.	<i>Mashaka</i>	<i>Vigna mungo L.Heppar</i>	<i>Beeja</i>	1 part
4.	<i>Vacha</i>	<i>Acorus calamus. Linn</i>	<i>Moola</i>	1 part
5.	<i>Kadabhi</i>	<i>Celastrus paniculatus Willd</i>	<i>Beeja</i>	1part
6.	<i>Kakamachi</i>	<i>Solanum americanum.Mill</i>	<i>Whole plant</i>	1part
7.	<i>Ghrita</i>	-	-	4 parts
8.	<i>Gomutra</i>	-	-	16 parts

Table 3: *Rasapanchaka* of ingredients of *Amrutham Ghrita*

SN	Drug	Ras a	Gun a	Veerya	Vipaka	Karma
1.	<i>Vacha</i> ^[2]	<i>Tikta, Katu</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatakahamaka</i>
2.	<i>Kadabhi</i> ^[23]	<i>Tikta, Katu</i>	<i>Tikshna, Sara</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatakahamaka</i>
3.	<i>Apamarga</i> ^[24]	<i>Tikta, Katu</i>	<i>Laghu, Ruksa, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>
4.	<i>Kakamachi</i> ^[25]	<i>Katu, Tikta</i>	<i>Snigdha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosahara</i>
5.	<i>Jatamansi</i> ^[26]	<i>Tikta, Kashaya, madhura</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Tridosahara</i>

6.	Shirisha [27]	Madhura Tiktika, Kashaya	Laghu, Ruksha, Tikshana	Anushna	Katu	Tridosahara
7.	Mashaka [28]	Madhura	Snigdha, Guru	Ushna	Madhura	Vatakshamaka
8.	Gomutra [29]	Katu	Tikshana, laghu	Ushna	Katu	Kaphavatahara
9.	Ghrita ³⁰	Madhura	Soumya, Guru	Sheeta	Madhura	Vatapittahara

Table 4: Rogagnata of ingredients of Amrutham Ghrita

Drug	Rogagnata
Vacha	Vibandha, Admana, Shoola, Shakrutmutra Vishodhini
Kadabhi	Prameha, Arsha, Nadivrana, Visha, Krimi, Kushta
Kakamachi	Rasayana, Shodha, Kushta, Arsha, Jvara, Prameha, Hikka, Chardi, Hrudroga
Jatamamsi	Medhya, Balya, Daha, Kushta, Visarpa
Apamarga	Chardi, Arsha, Kandu, Shoola, Udara
Shirisha	Shodha, Visarpa, Kasa, Vrana, Visha
Mashaka	Balya, Gudakeela, Svasa, Paktishoola
Gomutra	Shoola, Gulma, Udara, Anaaha, Kushta, Kasa, Svasa, Shodha, Kamala, Pandu Roga
Ghrita	Udavarta, Unmada, Apasmara, Shoola, Jvara

Mode of Action

Figure 1: Analysis of Rasa

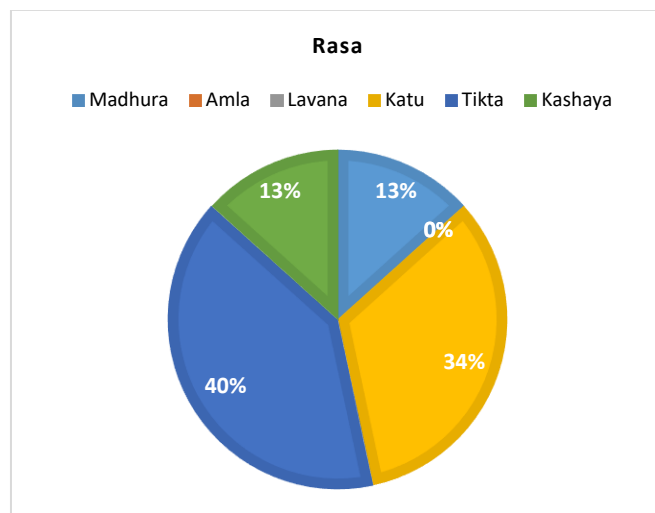


Figure 2: Analysis of Guna

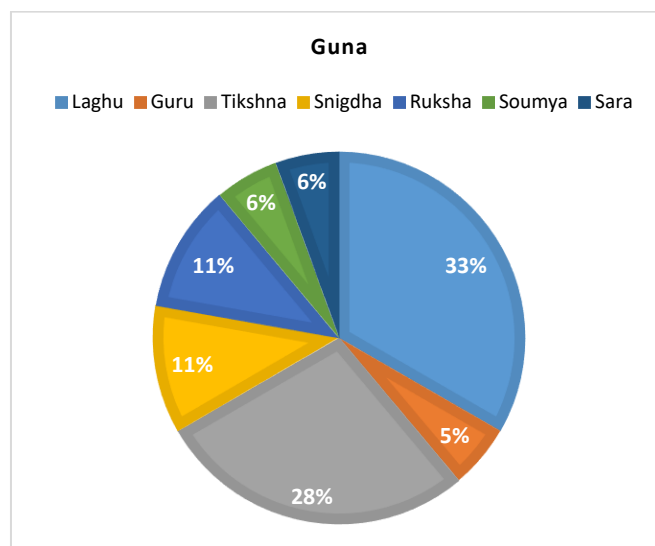


Figure 3: Analysis of Veerya

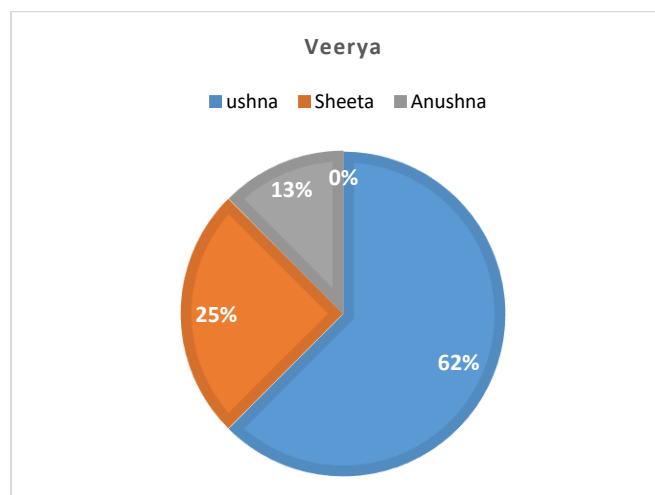


Figure 4: Analysis of Vipaka

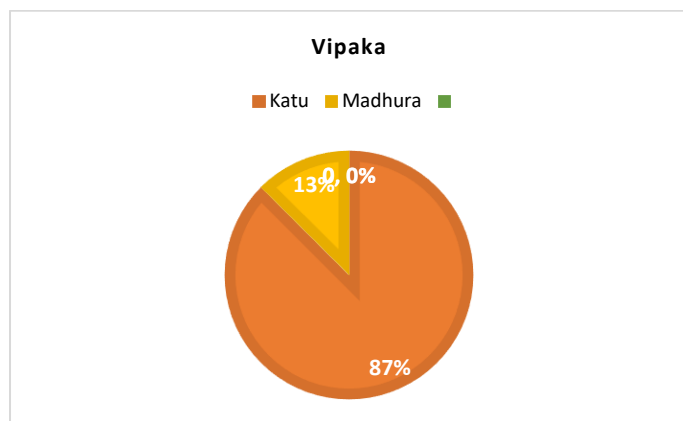
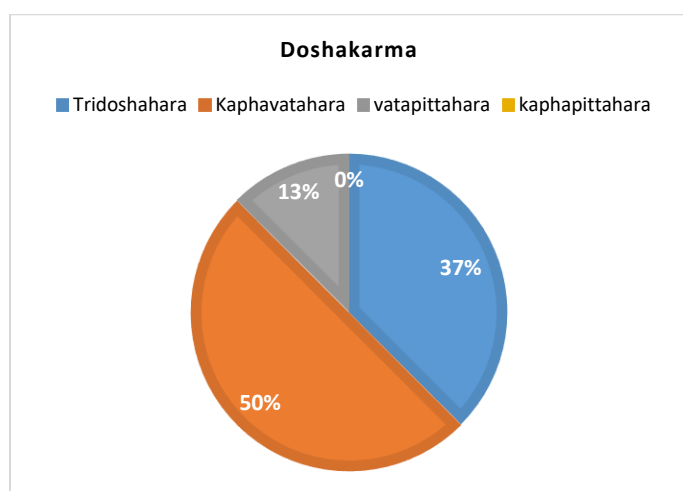


Figure 5: Analysis of Doshakarma



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