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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. *Hita Ayu* 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.

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* (softness) 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 property of *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%,

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- 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 butyric, 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

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

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*'.^[10] 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.

Hrudya

Cow *Ghrita* narrated as *Hrudya* - cardio protective or good for heart. *Oja* is situated in heart and nourishing it. Consumption of *Ghrita* accrues *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 physic-chemical property of *Ghrita*, required nutrients like Calcium, Magnesium, Copper, Iron etc. was available in it. Moreover, micro-nutrition to *Dhatu*s, *Oja* and *Indriyas*

can supply too. These findings shows, *Ghrita* would be helpful as daily micro-nutrient supplement.

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