

Scientific Basis for Ayurvedic Herbal Ghee Therapies

Presented by:

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I'm not a doctor or a healthcare professional. The information provided here is not a medical advice. It is for educational purposes only.

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Topics

- Introduction
- Ghrita Preparation Method
- Why fats?
- Why ghee?
- Research on Herbal Ghritas
- Questions

Ghrita Preparation Method

कल्कात् चतुर्गुणीकृत्य घृतं वा तैलमेव वा ।
चतुर्गुणे द्रवे साध्यं तस्य मात्रा पलोन्मिता ॥

- Sharangdhara samhita madhyama
khanda 9th chapter

Why Fats?

- Extract Fat Soluble Properties
- Polarity of the active principal
- Metabolism of Fats in the Body

Why Ghee?

- Samskar Anuvartan
- Yogvaahi
- High Smoke Point
- Nutrition, not just a Carrier
- Cholesterol

Why Ghee?

सर्पिः तैलं वसा मज्जा सर्वस्नेहोत्तमा मताः ।
एषु चैवोत्तमं सर्पिः संस्कारस्य अनुवर्तनात् ॥

- चरक संहिता सूत्रस्थान १३/१३

Why Ghee?

यत् संयुक्तस्य द्रव्यस्य रसं वहति, तत् योगवाहि ॥
- चरकसंहिता चिकित्सा स्थान ३/३७-३८ – टीका

Research on Herbal Ghritas

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- Mishra RK, Trivedi R, Pandya MA. A clinical study of Ashwagandha ghrita and Ashwagandha granules for its Brumhana and Balya effect. Ayu. 2010;31(3):355-360. doi:10.4103/0974-8520.77164.
- Akhtar B, Mahto RR, Dave AR, Shukla VD. Clinical study on Sandhigata Vata w.s.r. to Osteoarthritis and its management by Panchatikta Ghrita Guggulu. Ayu. 2010 Jan;31(1):53-7. doi: 10.4103/0974-8520.68210.

QUESTIONS?

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