

# IMPORTANCE AND RELEVANCE OF GHRITHA MURCHANA WITH A COMPARITIVE ANALYSIS OF MURCHITHA AND AMURCHITHA GHRITHA

<sup>1</sup>Dr Shamitha K V, <sup>2</sup>Dr T V Sreeni MD (Ay)

<sup>1</sup>P G Scholar, <sup>2</sup>Associate Professor,

<sup>1,2</sup>Department of Rasasastra and Bhaishajya Kalpana, Government Ayurveda College, Thiruvananthapuram, Kerala.

## Abstract

*Sneha Murchana* is the first and foremost step of *Sneha Kalpana* which helps to enhance the medicinal qualities of *Sneha*. Like how *Sneha Kalpana* is divided into *Ghritha* and *Taila Kalpana*, like wise *Sneha Murchana* also mainly divided into *Ghritha Murchana* and *Taila Murchana*. From literature review it is evident that the *Sneha Murchana* got its importance from the *Laghutrayi* period (From 13<sup>th</sup> century AD) and detailed descriptions can be observed in *Bhaishajya Ratnakara* which is famous as a famous treaty of *Bhaishajya Kalpana*. In Kerala *Sneha Murchana* is not widely practiced now a days. This work mainly aims to identify the importance and relevance of *Ghritha Murchana* along with a comparative analysis of *Murchitha* and *Amurchitha Ghritha*. *Ghritha Murchana* carried out using classical reference. From analytical study conducted it is observed, the analytical parameters of both the *Murchitha* and *Amurchitha Ghritha* are comes under normal limit mentioned by standard. But the parametric values of Raw or *Amurchitha ghritha* tends to the border line values. *Murchitha ghritha* shows better qualities than Raw or *Amurchitha ghritha* even though it comes under normal limit.

**Key words:** *Sneha Murchana, Ghritha*

## INTRODUCTION

*Bhaishajya Kalpana* deals with the formulations and its pharmaceutical applications. In Classics *Acharyas* were mentioned Primary Formulations and Secondary Formulations, modified from Primary Formulations. *Sneha kalpana* is one among the Secondary *Kalpana*. *Murchana* is the term which meant increasing potency<sup>4</sup>. While explaining different *Kalpanas* in classics *Brihat trayees* doesn't mentioned *Sneha Murchana*. *Murchana* got its relevance and importance from the period of *Laghutrayees*. References are obtained from *Sarangadhara Samhitha* and *Bhaishajya Ratnavali*.

Benefits of *Sneha Murchana* include it relieves *Amadosha* and *Durgandha*, along with this it improve the potency of the medicine and also it gives *Soukhyadayi*. Need of *Ghritha murchana* is said to be, getting water content in the raw *Ghritha* are having many chance and by this it causes early rancidity, Fungal growth, loss of odor and colour which affects the quality and absorbability of the *Ghritha*. *Murchitha Ghritha* is also said to best to prevent early rancidity of ghee, prevent fungal growth and oxidation of ghee, Impart colour and odour to the ghee which gives aesthetic and aromatic property to the ghee.<sup>2</sup>

From the survey conducted among the pharmacies of the local area, it is not widely practiced.

## MATERIALS AND METHODS

Literature review were done from *Brihat trayee* and *Laghu trayee*. In *Brihat trayee* there is no evident observation regarding *Sneha Murchana* can be seen. *Sneha Murchana* got its importance and its gets popularized during the period of *Laghu trayees*. In *Bhaishajya Ratnakara Jwara Chikitsa*, Govindas Sen has explained different methods of *Sneha Murchana*<sup>2</sup>. In *Sarangadhara samhita* also mentioned about *Sneha Murchana* using *Pancha pallava kalka*<sup>4</sup>. According to these *Acharyas Sneha Murchana* mainly divided into *Ghritha* and *Taila Murchana*<sup>2</sup>. From the survey conducted among the the pharmacies of local area, *Murchana* process is not widely practiced. Some of the Practioners use just boiling of the raw *Ghritha* for removing the excess water contents in the *Ghritha*

For analyzing the relevance of *Ghritha Murchana*, comparative study of *Murchitha* and *Amurchitha Ghritha* were conducted and for this *murchitha ghritha* were prepared using *Bhaishajya kalpana* reference.

100ml of *Murchitha ghritha* was prepared using *ghritha*. 1/4<sup>th</sup> quantity of *Ghritha* added *Pathya, Dhatri, Vibheetaki, Musta, Haridra* made into *Kalka* using *Mathulunga Swarasa*. Added 400ml of water and boiled in *Mandagni* until it attain *Madhayama paka lakshana*. Then taken from fire and filtered through cloth.<sup>3</sup>

Prepared *Murchitha Ghritha* and raw *Ghritha* were analysed for comparative analysis. Colour, pH, Acid value, Refractive index, Moisture, Iodine value, Specific gravity were conducted.



Method of Preparation



Analysis of Acid value



Murchitha Ghritha RI



Raw Ghritha RI



Analysis of RI

## RESULT

Table 1: Showing physio – chemical standards of Raw Ghritha and Murchitha Ghritha

Sample	Colour	Refractive index	Acid value	pH value	Specific Gravity	Moisture	Iodine Value
Ghritha	Yellowish	1.465	1.2085	4.5	0.91	0.50%	34.991
Murchitha Ghritha	Dark Yellow to brown	1.461	0.3926	4	0.92	0.25%	32.124

*Murchitha ghritha* and *Amurchitha Ghritha* differs in appearance with their colour and Aroma. Refractive indices, Acid value, pH value, Specific gravity, Moisture, Iodine value of *Amurchitha* and *Murchitha Ghritha* are within the specified limit. Iodine value of *Amurchitha ghritha* tends to the upper border limit of the normal limit.<sup>6</sup>

## DISCUSSION

Saponification value indicate the number of milligrams of potassium hydroxide required to saponify one gram of fat under the specific condition. Saponification value of the *Sneha kalpana* directly proportional to fatty matter content of the same. More the fatty matter content more chance to get rancid of the same. Acid value is the milligram of potassium hydroxide required to neutralize the free fatty acid in one gram of fat. Hence the Acid value is directly proportional to the decomposition of the *Sneha Kalpana*. Greater the Refractive index facilitates early rancidification of the *Ghritha*. The more iodine is attached, the higher is the iodine value. Meaning the more reactive, less stable and more susceptible it is to oxidation and rancidification. Thus *Murchana* process reduces degree of saturation & enhances degree of unsaturation which is healthier compared to the saturated fatty acid.<sup>1</sup>

## CONCLUSION

Both *Murchitha* and *Amurchitha Ghritha* shows physio-chemical parameters within normal limit. But the analytical values of the *Amurchitha ghritha* tends to Border line values. *Murchitha ghritha* shows better qualities than Raw or *Amurchitha ghritha* even though it comes under normal limit. *Murchana* process prevent from rancidity to an extend and impart good aroma and colour. Apart from improving the qualities *murchana* may contributing in augmenting the therapeutic efficacy of the *snehana*.

## REFERENCES

1. Indian pharmacopoeia, 2007. Ghaziabad: Indian Pharmacopoeia Commission; 2007.
2. Bhaishajya Ratnavali Siddhiprada; Hindi Commentary by Kaviraj Govind Das Sen, Chaukhamba Subharti Prakashan, Reprint Edition 2007, Vol I, Jwara Cikitsa – 5/1266- 72.
3. Dr.G.Prabhakar Rao ,kaviraj govindadas sen-Bhaishajyaratnavali, chaukhamba oreantalia, Varanasi Vol I, Jwara Cikitsa – 5/1266- 72.
4. Sharangdhar Samhita with “Dipika Hindi Commentary”, Edited by Brahmanand Tripathi; Reprint 2008. Charkhamba Subharti Prakashan, Varanasi, Madhyam Khanda, 9/12-13.
5. Review of sneha kalpana with respect to ghritha, International journal of pharmacy & pharmaceutical research, Major SD singh Ayurveda medical college & Hospital, Farukhabad, Uttarpradesh.
6. The ayurvedic pharmacopoeia of India. Vol 6. 1st ed. New Delhi: Govt. of India, Ministry of Health and Family Welfare. Dept. of ISM & 19990-8283 .P 60