



## “Study of Puran Ghrut – A Literature Review”

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### **Puran Ghrut:**

**Abstract:** In Ayurveda as we knows the taila is used for Vata, Ghee is used for Pitta dosha, Madhu (Honey) is used for Kapha. So the use of ghee in Ayurveda is not a new concept. Use of medicated ghрут in Ayurveda is a common thing. But which ghee is called as puran ghee. The subject is quit debatable so in this article we are focusing the puran ghee as per different authors. As we puran ghee is useful in psychological diseases.

In this Concept of Puran ghрут given and also its uses in Ayurveda.

**Keywords: Puran Ghрут.**

**Introduction:**

*Ghruta* (clarified butter), oil (of sesame), *vasa* (muscle fat) and *majja* (bone marrow) are considered the best *sneha*. Among these, *ghruta* is superior as it possesses the qualities of *samskara* i.e. blending with other substances having different properties without losing its own properties.

*Ghruta* alleviates *pitta* and *vata*, and is beneficial for *rasa*, *shukra* and *ojas*. Provides relief from burning sensation, softens the tissues, improves voice and complexion.

After consuming *ghruta*, hot water should be taken as *anupana* (after drink). *ghruta* is most important as it has more medicinal properties due to its *samskara anuvarti guna*. It can be use in all tridosha chikitsa. Traditionally, in India ghee is one of the main ingredients in food.

The Vedas and other ancient literatures describe ghee as one of the most healthiest of foods and also the one that has many medicinal properties. Hence, it is used in many medicinal preparations.

After one year of preparation *ghruta* is known as *purana ghruta*. It is having *katu rasa katu vipaka*, *madamurcha*, *apasmara*, *unmada*, *garavisha jwara*, *karnashula*, *yonishula*, *sheerashula nashaka*. It used in *udar roga*. Also has *vrana ropaka* & *vrana shodhaka* properties.

**Material and Methods:**

Manual searching & Collection.

Following are the Puran *ghrut* references mentioned in different classics of Ayurveda.

SN	Puran Ghrut	References
1	Puran Ghrut -10 yrs old Ghrut -	Charak, Sushrut, YogaRatnakar,
2	Puran Ghrut -1 yrs old Ghrut-	Bhav praksha
3	Puran Ghrut- 15 yrs old Ghrut	Arundatta
4	Prapuran Ghrut- 10-100 yrs old ghee	Charak
5	Kaumbha Sarphi- 11 to 100 yrs ghee	Sushrut
6	Kaumbha Sarphi- upto 100 yrs ghee	Yogaratnakar
7	Kaumbha Sarphi- 10 yrs old ghee	Chakradatta.
8	Maha sarphi- after 100 yrs	Sushrut

**Properties of puran ghrut (Guna Karma):**

Rasa : Katu tikta .

Guna : Laghu, tikshna, sara Tridoshanashak, Durgandhit.

Virya : Ushna

Vipaka : Katu.

**Karma** : Deepan, chhedan, Lekhan, srotovishodhan & Vranya.

**USES:** Act as Amrut can be used as Nasya, Netra Tarpan, Abyanga, Basti pan etc.

Uses: Puran Ghrut: Murcha, kusta, visha, unmada, apasmara, timira and bhutunmada, diseases of shira, karna, akshi, yoni and vrana shodana ropana.

Kumba ghruta uses -Bhogana, tarpana, shrama, panduroga, kamala, netra vikara, rajayakshma, gives to bala and vrudha, is prashasta in amavikara, visuchika, vibanda, madatyaya, jwara, mandagni.

**Dose:** 5 drops to 2 tablespoon per day. Depending upon Age, Agni, disease.

### Discussion:

As acharayas have not explained about the type of ghruta to be taken, plain ghruta can be taken and also preparation of purana ghruta is a type of samskara. As older the ghruta, more the properties it contains.

As a whole Purana Ghruta is Medhya, Ojasya, and Rasayana. When processed with other Medhya and Vatahara drugs the efficacy still more increases as Medhya regulating the adverse effect of Vata-Dosha. The abnormalities like convulsive movements and the others are greatly Vata predominant, which are cured by the Vata-Shamaka property of the Ghruta. The Sroto-Shodhaka action of the Purana Ghruta, removes the Aavarana of Tamas blocking the mind. Acharyas mention that the Sparsha-Darshana-Gratha of Purana Ghruta would cure Manasika Vikaras.

### Conclusion:

1. Knowledge of Puran Ghrut is essential for the success of treatment.
2. Puran Ghrut is useful in Mansika diseases.
3. Principles and mode of action of Puran Ghrut is important as academic and practical purpose.

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