



Dhatripayasyadi Ghrita: Ayurvedic Brimhana Formulation- A Comprehensive Review

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ABSTRACT

Ayurveda gives great importance to *Ghrita* because of its nourishing, strengthening and rejuvenating properties. Among the many medicated ghee preparations, *Dhathri Payasyadi Ghrita*, mentioned in *Arogya Raksha Kalpadruma*, is traditionally used as a *Pushtikaraka* (body-building) formulation. It is prepared using *Dhathri* (*Amalaki*), *Payasya*, *Ikshu*, *Tila* and *Ghrita*, ingredients known for their *Brimhana*, *Balya* and *Rasayana* actions. These drugs predominantly possess *Madhura rasa*, *Snigdha guna*, *Sheeta veerya* and *Madhura vipaka*, which help nourish body tissues and support strength. Modern studies have also identified beneficial compounds such as flavonoids, polyphenols, phytosterols, vitamins and essential fatty acids in these ingredients. Thus, both classical Ayurvedic concepts and modern scientific findings support the use of *Dhathri Payasyadi Ghrita* as a nourishing formulation, particularly in conditions like *Karshya* (emaciation).

KEYWORDS: Dhathri payasyadi ghrita, karshya, Brihmana

INTRODUCTION

The term 'Drug' is derived from a French word 'Drouge' meaning a 'Dry Herb' WHO defines the drug as "a substance or product that is used or intended to be used to modify or to explore the physiological system or pathological status for the benefit of the recipient This definition is more suitable as far as the view of Ayurveda is concerned because it gives enough attention to the mitigation of diseases as well as preservation of good health. It is fact that the drug covers the wide range of area. It is not only concerned with mankind, but it is also concerned with all living bodies. Acharya Charaka says that the best medicine is one which give relief to the patient from his suffering . The worlds oldest Pharmacological therapeutic writing come from India and China. Description of various drugs available right from the Vedic period. Ayurveda is held in high esteem by the western intelligentsia owing to its holistic approach and safely efficiency. Enormous number of single and

compound drugs have been advocated in the vast literature of Ayurveda for Brimhana Effect and specially for disease Karshya .

Ayurveda considers a *Dravya*¹ (drug) as an important means for maintaining health and alleviating disease. The therapeutic approach of Ayurveda encompasses both the management of disease and preservation of physiological well-being. A wide range of single drugs and compound formulations have been described in the classical literature for *Brimhana* (nourishing and promoting bodily tissues), particularly in conditions such as *Karshya*.

Among the four varieties of *Sneha*, *Ghrta*² is considered highly important because of its ability to assimilate the properties of drugs processed with it while retaining its own inherent properties. Ayurvedic literature describes *Ghrta* as *Madhura*, *Snigdha* and *Sheeta*, with *Vata-Pitta shamana*, *Agni vardhana*, *Medhya* and *Rasayana* properties. It is also described as useful in conditions associated with wasting and depletion. *Dhathri Payasyadi Ghrta* is described as a *Pushtikaraka Ghrta* in *Arogya Raksha Kalpadruma*. The principal ingredients include *Dhathri*, *Payasya*, *Ikshu* and *Tila*, processed with *Ghrta*. *Payasya*, identified in the source as *Arkapushpi/Jivanti*, possesses *Madhura rasa*, *Laghu-Snigdha guna*, *Sheeta veerya* and *Madhura vipaka* and is described as having *Brimhana* potential. *Dhathri* contributes *Rasayana* properties. These attributes provide the Ayurvedic rationale for considering *Dhathri Payasyadi Ghrta* as a nourishing formulation.

MATERIALS AND METHODS

Study Design

The present work was undertaken as a classical and contemporary literature review of *Dhathri Payasyadi Ghrta*, with particular emphasis on its Ayurvedic pharmacodynamic properties and the properties of its individual ingredients.

Source of Data

Relevant information was compiled from Ayurvedic classical literature and available contemporary literature concerning *Ghrta*, its therapeutic attributes, and the individual ingredients of *Dhathri Payasyadi Ghrta*. The formulation is described as a *Pushtikaraka Ghrta* in *Arogya Raksha Kalpadruma*.

Drug Review

The formulation was reviewed with respect to:

1. Classical description of *Ghrta*.
2. Therapeutic and pharmacodynamic properties of *Ghrta*.
3. Classical indication of *Dhathri Payasyadi Ghrta*.
4. Botanical and morphological identity of individual ingredients.

5. *Rasa, Guna, Veerya, Vipaka, Dosha karma* and therapeutic actions.
6. Reported chemical constituents of the individual ingredients.
7. Possible relationship of these properties with the *Brimhana* action of the formulation.

The formulation consists of *Payasya, Amalaki, Ikshu, Tila* and *Ghrita*. The source provides their respective botanical identities, parts used and pharmacodynamic attributes.

Assessment of Pharmacodynamic Attributes

The individual ingredients were assessed according to their *Rasa, Guna, Veerya, Vipaka, Doshaghnata* and *Karma*. Particular attention was given to attributes associated with *Brimhana, Balya, Rasayana* and *Agni vardhana*.

Contemporary Chemical Review

The reported chemical constituents of *Payasya, Amalaki, Ikshu, Tila* and *Ghrita* were also reviewed to provide a contemporary perspective on the formulation. The source reports compounds including triterpenoids and phytosterols in *Payasya*, emblicanins and phenolic compounds in *Amalaki*, sucrose and flavonoid-related compounds in *Ikshu*, sesamol and tocopherol in *Tila*, and various fatty acids³, CLA, β -carotene and tocopherols⁴ in *Ghrita*.

TABLE NO: 1
Morphological Details

SL no:	Official Name	Botanical Name	Family	Parts used
1	<i>Payasya</i>	<i>Holostemma adakodiensis</i>	Apocynaceae	Rhizome
2	<i>Amalaki</i>	<i>Embelica officinalis</i>	Euphorbiaceae	Fruit
3	<i>Ikshu</i>	<i>Saccharum officinarum</i>	Poaceae	Stem
4	<i>Tila</i>	<i>Seasmum indicum</i>	Pedilaceae	Seeds
5	<i>Ghrita</i>	-----	-----	

TABLE NO: 2

Pharmacodynamics of the drugs ^{5,6}

Drug	Rasa	Guna	Veerya	Vipaka	Doshaghnata	Karma
Payasya	Madhura	Guru, Snigdha	Sheeta	Madhura	Vata pittahara	Brihmana, Balya
Amalaki	Lavanavarjta pancharasa	Laghu ,ruksha	Sheeta	Madhura	Tridosha hara	Balya, Rasayana, vrishya
Ikshu	Madhura	Guru ,Snigdha	Sheeta	Madhura	Vata pittahara	Brihmana, Balya, vrishya
Tila	Madhura, Tikta, Kashaya	Guru ,Snigdha	Ushna	Madhura	Vatahara	Balya, Shukrala
Ghrita	Madhura	Guru ,Snigdha	Sheeta	Madhura	Vata pittahara	Brihmana, Balya, Rasayana, Agni vardhaka

TABLE NO: 3

Chemical constituents of individual drugs in Dhatri payasyadi Ghrita

Drug Name	Chemical Constituent name
Payasya	α-Amyrin (triterpenoid) , Lupeol (triterpenoid) β-Sitosterol (phytosterol) Flavonoids , Alkaloids, Tannins .
Amalaki	Emblicanin A , Emblicanin B ,Punigluconin, Gallic acid , Ellagic acid Vitamin C (Ascorbic acid)
Ikshu	Sucrose ,Octacosanol ,Apigenin ,Luteolin ,Ferulic acid
Tila	Sesamol , Sesaminol , γ -Tocopherol (Vitamin E) , β -Sitosterol Oleic acid
Ghrita	Butyric acid, conjugated linoleic acid (CLA), oleic acid, palmitic acid, stearic acid, β -carotene, tocopherols.

DISCUSSION

The therapeutic significance of *Dhathri Payasyadi Ghrita* can be understood by examining both the properties of *Ghrita* as the vehicle and the pharmacodynamic attributes of its constituent drugs.

Ghrita occupies a special position among *Sneha dravyas*.⁷ Its ability to assimilate the properties of substances processed with it is considered important in Ayurvedic pharmaceuticals. It is described as *Madhura*, *Snigdha* and *Sheeta*, with *Vata-Pitta shamana*, *Agni vardhaka*, *Medhya* and *Rasayana* actions. These properties provide a suitable foundation for its use in formulations intended for nourishment and tissue support. The principal ingredient, *Payasya*, possesses *Madhura rasa*, *Guru-Snigdha guna*, *Sheeta veerya* and *Madhura vipaka*. It is described as *Vata-Pitta hara*, *Brimhana* and *Balya*. Thus, from an Ayurvedic perspective, *Payasya* contributes directly to the nourishing character of the formulation.

Amalaki is described as having five tastes excluding *Lavana*, with *Laghu-Ruksha guna*, *Sheeta veerya* and *Madhura vipaka*. It is attributed with *Tridosha hara*, *Balya* and *Rasayana* actions. Its inclusion may therefore complement the nourishing purpose of the formulation while contributing a *Rasayana* component.

Ikshu possesses *Madhura rasa*, *Guru-Snigdha guna*, *Sheeta veerya* and *Madhura vipaka* and is described as *Brimhana*, *Balya* and *Vrishya*. These attributes are consistent with the overall nourishing orientation of the formulation. *Tila*, with its *Guru-Snigdha* properties and *Vatahara* and *Balya* actions, further contributes to the *Brimhana* profile.

The properties of *Ghrita* itself—*Madhura*, *Guru*, *Snigdha*, *Sheeta* and *Madhura vipaka*—together with its *Brimhana*, *Balya*, *Rasayana* and *Agni vardhaka* actions, complement the properties of the herbal ingredients. Thus, the formulation demonstrates a combination of nourishing, strengthening and rejuvenating attributes from an Ayurvedic pharmacodynamic perspective.

The contemporary chemical review further identifies several constituents in the individual drugs. *Payasya* is reported to contain α -amyrin, lupeol and β -sitosterol; *Amalaki* contains emblicanin A and B, gallic acid, ellagic acid and vitamin C; *Ikshu* contains sucrose and several phenolic/flavonoid-related compounds; *Tila* contains sesamol, sesaminol, γ -tocopherol and oleic acid; and *Ghrita* contains fatty acids, CLA, β -carotene and tocopherols.

Taken together, the classical properties of the ingredients show a predominantly *Madhura*, *Snigdha*, *Guru* and nourishing profile, with contributions from *Balya* and *Rasayana* actions. This provides a rational Ayurvedic basis for the description of *Dhathri Payasyadi Ghrita* as a *Pushtikaraka* formulation and its consideration in *Brimhana* therapy.

CONCLUSION

Dhathri Payasyadi Ghrita is described in *Arogya Raksha Kalpadruma* as a *Pushtikaraka Ghrita*. Its formulation combines *Payasya*⁸, *Amalaki*, *Ikshu*⁹ and *Tila*¹⁰ with *Ghrita*, bringing together properties such as *Madhura rasa*, *Snigdha/Guru guna*, *Sheeta veerya* and *Madhura vipaka*.

The individual ingredients contribute *Brimhana*, *Balya* and *Rasayana* actions, while *Ghrita*¹¹ serves as an important *Sneha* with *Brihmana*, *Balya*, *Rasayana* and *Agni vardhaka* properties. The pharmacodynamic profile of the formulation therefore supports its classical description as a nourishing preparation.

The contemporary chemical review identifies diverse phytoconstituents and lipid components in the ingredients, providing an additional perspective for understanding the formulation. However, these reported constituents should be regarded as supportive contemporary information and not as a direct substitute for the classical Ayurvedic assessment.

Overall, the literature review indicates that *Dhathri Payasyadi Ghrita* possesses a coherent Ayurvedic rationale for use as a *Pushtikaraka* and *Brimhana* formulation, particularly in conditions associated with depletion and inadequate nourishment such as *Karshya*.

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