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**ABSTRACT**

Today's world is stressed up with a lot's of work and hectic schedule there is no time for sleep and diet, hence people are stressed both physically and mentally. This is main cause of many psychiatric diseases. Hence the number of psychiatric patients are increasing day by day. To get rid of these diseases there are many yoga's explained by acharays, which contains many ghrita yogas and special importance is given to purana ghrita in this context. Hence it is important to know about ghrita its importance and preparation of purana its importance and its clinical utility. Hence this article explains about the use of purana ghrita in psychiatric diseases.

**KEYWORDS:** Ghrita, Purana ghrita, Psychiatric disorders.**INTRODUCTION**

Ayurveda is a science of life, where sneha kalpas are used abundantly in most of the treatment aspects. Most of the classical references have explained about 4 types of sneha I.e. ghrita, vasa, majja & taila. Acharyas explained ghrita 1<sup>st</sup> among there and said ghrita is best among the above 4 snehas because samkraanuvartanath. Ghrita is the best pittashamaka among the above four. And also ghrita is said to laghu among the sneha varga.<sup>[1]</sup> There are many types of ghrilas explained in ayurveda, among them goghruta is said to be best.<sup>[2]</sup>

Gunas of go ghrita:<sup>[3]</sup>

Rasa- madhura

Guna- guru, snigdha,

Virya- sheeta

Vipaka- madhura

It enhance's dhi, smruthi, medha, agni, bala, sukra and it is chuksya.

As go ghrita is said to be best among ghrita, hence all the properties explained above are about goghruta.

**Purana Ghrita<sup>[4]</sup>**

According to charaka ghrita which stored in air tight container for 10 yrs is said to purana ghrita.

It has katu and tikta rasa and has urragandha.

विशेषतः पुराणं च घृतं तं पाययेद्भिषक्  
त्रिदोषघ्नं पवित्रत्वाद्विशेषाद्ग्रहनाशनम् ५६  
गुणकर्माधिकं पानादास्वादात् कटुतिक्तकम्  
उग्रगन्धं पुराणं स्याद्दशवर्षस्थितं घृतम् ६०  
लाक्षारसनिभं शीतं तद्धि सर्वग्रहापहम्  
मेध्यं विरेचनेष्वग्र्यं प्रपुराणमतः परम् ६१  
नासाध्यं नाम तस्यास्ति यत् स्याद्द्वर्षशतस्थितम्  
दृष्टं स्पृष्टमथाघ्रातं तद्धि सर्वग्रहापहम् ६२  
अपस्मारग्रहोन्मादवतां शस्तं विशेषतः

Virya- sita (sita increases as old as it is)

&gt;10 yr- purana ghrita

&gt;100 yr – prapurana ghrita (laksharasa sadrushya)

&gt;100- kumbha ghrita

Bhavaprakasha nigantu explain's 1 yr old ghrita is said as purana ghrita with the same properties and explained 4 types of purana ghrita.<sup>[5]</sup>

According to Acharya surhruta<sup>[6]</sup>

10 yr old - purana ghrita

111yr old- kumbha ghrita

&gt;111yr above – mahaghrita.

According to kaiyadeva nigantu<sup>[7]</sup>

1 yr old - purana ghrita

10 yr old – pra purana ghrita (laksharasa sadrushya)

100 yr old- khumba ghrita

111yr old- kumbha ghrita (sushruta)

&gt;111 yr above – mahaghrita.

Properties according to kaiyadeva nigantu-  
Rasa- katu  
Guna- sara, teekshna, laghu,

**Virya- ushna**  
Vipaka- katu

kaiyadeva nigantu only explains that purana ghrita is ushna others old its sheeta virya

**Special properties** - deepana, chedana, lekshana, sroto vishodhana, varnya.

**Purana and prapurana** – acts like amrutha and can be used for nasya, netrapurana, abhyanga, vasti, pana and can be used for all karmas.

1 yr old ghrita - abhishyanda & tridosha nasaka  
4 yr old ghrita- abhishyanda completely decreases  
5 yr old ghrita- kashaya rasa as anurasa  
10yr old ghrita- katu rasa and laghu  
>10yr old ghrita- acts like rasayana.  
Kumba ghrita- rakshaghna  
Maha ghrita- sresta ghrita

#### Procedure<sup>[8]</sup>

Ghrita is made luke warm and it should poured in mud pot or glass pot so that 2/3<sup>rd</sup> of the pot is filled and mouth is sealed with multani mitti smeared cloth and kept below the ground for 1- 10yrs is known as purana ghrita. Now a days it is difficult to keep it below the ground hence some practioner's keep it in a procelin jar so that there is no air exchange and ghrita maintains it warmsness. Hence paka takes place in it. This is a type of ghrita samskara. It is having the potency to cure almost all the psychiatric diseases.

As older the ghrita, more the properties it contains.

**Indication**<sup>[3,6,7]</sup> murcha, kusta, visha, unmada, apasmara, timira and bhutunmada, diseases of shira, karna, akshi, yoni and vrana shodana ropana.

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

Nava ghrita	Purana ghrita
Madhura rasa	Katu, tikta rasa
Pittavataghna	Tridoshanashaka
Sugandha	Durgandha
Used in normal regime and is trapaka, balya, sharama hara, increases dhi, dhruiti, smruti, ayu etc	It is used in most of psychiatric diseases
Indicated – raktapitta, pandu, kamala, netraroga etc	Indicated – murcha, kusta, visha, unmada, apasamara, timira etc

Yogas made of purana ghrita<sup>[9]</sup> brahmi ghrita explained in unmade roga adhikara is the only preparation.

Ekamoolika prayoga<sup>[10,11,12]</sup> purana ghrita alone or it is even taken with milk daily can treat all psychiatric diseases. It can be even used for abhyanga.

Sushrutha<sup>[13]</sup> in apasmara chikitsa explained to taken ghrita, abhyanga, nasya,vati, anjana etc preparation using purana ghrita and many other rakshoghna dravya's.

Here I have tried to correlate between analytical parameters of 2 brahmi ghrita in which

- 1) Brahmi ghrita prepared with purana ghrita (of ten years old).<sup>[14]</sup>
- 2) Brahmi ghrita prepared using normal ghrita.<sup>[15]</sup> These analytical parameters are taken from 2 different articles.

	BG with purana ghrita	BG with normal ghrita
Acid value	4.03	0.160
Saponification value	230.01	184.17
RI value	1.4582	1.467
Iodine value	35.88	26.715
Rancidity test	-ve	-ve

BG- brahmi ghrita, RI-refractive index

#### DISCUSSION

Whether plain or murchita ghrita is taken for purana ghrita?

As acharayas have not explained about the type of ghrita to be taken, plain ghrita can be taken and also preparation of purana ghrita is a type of samskara hence in my view there is no need of murchita ghrita. preparation done is the above 1<sup>st</sup> article purana ghrita without murchana. Murchana process may also be done by purana ghrita.

In olden days acharayas used pot for the preparation and they used to keep it underground for some period. This might inhibit air exchange and to maintain sustained temperature for anerobic fermentation. Now a days this can also be kept in porcelain jar as pickles are kept because there is no effect of air & temperature inside the porcelain jar.

As explained in unmada chikitsa, acharayas explained most of the ghrita yogas and asava/arista, this explains the importance asava/arista and ghrithas main action on brain and if we go through CSF formation this tells that alcohol and some lipid soulable molecules can cross BBB by passive diffusion this shows that ghrita and asava/arista is the anupana for oushadi dravyas to cross BBB. Hence our acharyas have given atmost importance to ghrita.

Hence acharyas might have taken samskara (procedure) as that of asava/arista to ghrita so that it can easily cross

BBB, hence we can tell that purana ghrita is more effective than that of plain ghrita.

Bring awareness about purana ghrita and its importance.

### Fermentation process + ghrita = purana ghrita

#### Hence purana ghrita is fermented ghrita

Even the articles explained above shows significant increased parameter in brahmi ghrita prepared using purana ghrita. It has high acid value, saponification value and iodine value all these parameters shows that purana ghrita can be stored for longer, has a good absorption value, hence can be told as best one.

Now let us discuss about the analytical values of BG with purana ghrita & BG with naveena ghrita

**Acid value:** Increase in acid value indicates the number of free fatty acids present in that ghrita, this in turn indicates the rancidity of ghrita (shelf life of ghrita). FFA are formed due to the hydrolysis of triglycerides and may be promoted by the reaction of the ghrita and moisture. Hence FFA content in ghrita indicates the shelf life, flavour, stability of ghrita and purity of ghrita.<sup>[16]</sup> Hence BG with purana ghrita has more acid value than that of BG with naveena ghrita.

**Saponification value:** long chain fatty acids shows low Saponification value and short chain fatty acid shows high Saponification value. SCFA is essential fuel source for colocytes particularly in the distal colon. SCFA deficiency causes diversion colitis and ulcerative colitis. SCFA readily absorbed a greater increase in SCFA production & potentially a greater delivery of SCFA's, specially butyrate to the distal colon, may result in the protective effect.<sup>[17]</sup> Hence BG with purana ghrita improves the colonic & systemic health & it is easily absorbed, digested & plays a protective role than BG with naveena ghrita.

**Iodine value:** iodine value implies to unsaturated fatty material present in the ghrita. Higher the iodine value, higher quantity of unsaturated fatty material present. Unsaturated fatty supplementation increases the total dietary intake to the recommended intake. Intake of unsaturated fatty material doesn't adverse impact on blood lipids. It also improves the nutritional status, reduces systemic inflammation & helps in regulation blood cholesterol levels<sup>18</sup>. Hence BG with purana ghrita contains more number of unsaturated fatty material than that of BG with naveena ghrita.

### CONCLUSION

Purana ghrita – fermented ghee can be stored for longer days because of increased acid value and is having high capacity to cross BBB, and easy drug absorption, hence medicines prepared out of this ghrita has very good clinical efficacy in all the psychiatric diseases.

But it ghrita is not in practice, might be it was not much needed in those days, but today's stress is increasing in the no psychiatric patients, hence I made a small attempt to

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