

**COW GHEE: AS A DRUG OF CHOICE IN POISONING**

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**ABSTRACT**

Now a days, poisoning is becoming a common incident experienced by people. Human life is experiencing new and different kinds of poison every day which are becoming more difficult and complex to treat, so now treatment regime for it needs to be more specific with wide qualities to pacify the treatment. Ayurvedacharya's explained ghee as "Ambrosia for curing all types of poison". Ghee is available easily, it is cheap i.e. cost effective and in abundance. Ayurvedic classics applaud the use of ghee in poisoning which is also acknowledged admirably by modern toxicology too. In Ayurveda when ghee word is used it indicates cow's ghee.

**KEYWORDS:** Cow Ghee; Poison; Oja.**INTRODUCTION**

Ayurvedic samhitas have elaborately discussed different aspects about the poisons, poisoning and treatment of it and for this dividing the ayurveda into 8 branches<sup>[1]</sup> and one branch named 'Agadtantra' is mentioned to discuss the different poisons in detail.

While sushruta dedicated a whole sthan for poison, charaka the father of Indian medicine discuss about the poisons in one chapter of chikitsa sthan and vagbhata also added to the knowledge with his own experience.

Ayurvedic scholars have mentioned 24 procedures<sup>[2]</sup> of treatment for poisoning starting from Mantra including the emergency procedures for resuscitation.

There are different types of agadas and even ekal dravyas are mentioned for treatment in poisoning one such ekal dravya is cow ghee.

While Ayurveda takes ghee as a drug of choice, in modern toxicology ghee has been mentioned in the common household materials to be used as an antidote.

**OBJECTIVES**

- 1) To study the toxic effects of poison on victim as described by the Ayurvedic samhitas and in the modern toxicology.
- 2) To study the effect of cow ghee on victim of poisoning as described by the Ayurvedic samhitas and in the modern toxicology.

**MATERIALS AND METHODS**

For this study charak samhita, sushruta samhita & ashtang hridaya were studied in detail & useful information were collected.

For the modern views, authentic books on this were studied & information was collected.

Similarities & dissimilarities were identified in the statements collected from above information.

Depending upon the above information the utilization of ghee as a drug of choice in poisoning was justified.

**RESULTS****Toxic effects of poisons on victim**

According to ayurvedic samhitas poison has 10 qualities that toxifies the victims body. These 10 qualities are opposite to that of oja, hence poison causes the destruction of oja quantitatively & qualitatively which further can cause destruction or stoppage of life i.e.death. In the modern toxicology death is caused by poison. Death is nothing but cessation of vital organs i.e. the heart, lung & brain. While poison ultimately affects the heart, lung & brain, it also affects the kidney & liver adversely. Poison is digested & is tried to get excreted by the body by two ways i. e. through kidney & liver. So poison in many cases leads to kidney & liver failure too. So there will be no excretion of these harmful poisons hence these will start getting accumulating & leading to multi organ failure hence resulting in death.

**Treatment of toxic effects on victim due to poisoning**

According to ayurvedic samhitas poison damages the oja rigorously as they both have opposite qualities. So the aim for treatment in poisoning is to conserve the oja. To fulfill this aim the treatment should eliminate the poison and expand the qualities of the oja. Ghee has such ability and characteristics. It has the same ten qualities as that of oja.

Sr. No.	Qualities of Poison <sup>[3]</sup>	Qualities of Oja <sup>[4]</sup>
01.	Laghu	Guru
02.	Ruksha	Snigdha
03.	Ashu	Prasanna
04.	Vishada	Pichchhila
05.	Vyavayi	Sthira
06.	Tikshna	Mridu
07.	Vikasi	Shlakshna
08.	Sukshma	Bahala
09.	Ushna	Shita
10.	Anirdeshya Rasa	Madhur Rasa

Hence from other drugs ghee is more preferable as drug of choice for poisoning due to its exact similarities and dissimilarities with the poison.

Now according to the modern toxicology for the treatment of the poisons physical antidotes<sup>5</sup> have been mentioned. In this physical antidote comes fats, oils, milk & egg albumin. Ghee is an animal fat hence is included in this group of antidote. These physical antidote eg. – Ghee makes a layer of fat on the mucous membrane of stomach that results in prevention of absorption of the poison. These antidotes can be used in wide variety of poison and its household availability and cost effectiveness makes it a good antidote and useful in first aid emergency for poisoning. But it is contraindicated in the fat soluble poisons like phosphorus.

Absorption of ghee<sup>[6]</sup>: Ghee is a fat that bonds with lipid soluble nutrients and lets the dravyas (drugs) to penetrate the cell wall of the body which is lipid based. Ghee carries the active components intracellularly which is increased by ghee hence ghee helps in growth of marrow, semen and ojas. While water based drugs are not absorbed by csf and other body parts. Ghee reaches more targeted organs or areas hence is more efficient.

**Characteristics of ghee<sup>[6]</sup>**

Cow ghee is known to get digested 96% which is highest as compared to other vegetable or animal fats. It contains phospholipids, diglycerides and triglycerides also mainly it contains antioxidants mainly vitamin E and - carotene (600IU). Absorption of ghee increases the good (HDL) and not bad cholesterol (LDL) level.

Cow ghee loosens up and liquefies the toxins and pacifies the doshas in skin and blood. In order to remove the toxins, it dislodges the small channels and removes the toxins. So these toxins get drained from the deeper

tissues and go to the gastro intestinal tract for its removal.

Rasa: Madhur

Veerya: Shita

Vipaka: Madhur

Guna: Snigdha, Mridu

Karma: Agnideepana, Anabhishtyandi, Ayushya, Balya, Chakshushya, Deepana, Hridya, Kaantiprada, Medhya, Ojovardhak, Rasayana, Ruchya, Shleshmavardhak, Snehana, Shukravardhaka, Tejobalakara, Twachya, Vatapittaprashamana, Vayasthapana, Vishahara, Vrishya.<sup>[7,8,9]</sup>

Ayurveda is not complete without the mention of cow ghee. From its use in different diseases like skin, respiratory and other till its use as a rasayana, it is an integral part of Ayurveda.

Cow ghee is used as an added ingredient in case to take care of the incompatible items. Also to help other drugs to get along or help increase its absorption or help increase its therapeutic effects. Cow ghee is used as an anupaan i. e. carrier.

**DISCUSSION**

The ayurvedic literature discuss the details of ghee 3000 years before. Charak, sushruta, vaghbhata and other acharyas have mentioned the details of cow ghee in healthy persons as well as in diseased patients. Ayurveda mentions its effect on skin, bone, muscles, also how it increases memory, intelligence and ultimately how it increases the main element i.e. oja of human in body which holds and maintains the vital functions of body i.e. it increases the vitality. Acharyas explained in detail that it has antibacterial, antifungal effect as it is rakshoghna, it is beneficial for the eyes as ghee is chakshushya and has capability to cure insanity as it is unmaadnashaka. Charaka mentioned ghee specifically as vishahara. Charak also mentions ghee as “ambrosia for curing all types of poison”.<sup>[10]</sup>

Also vaghbhata mentions if there has been no specifications for snehaprayoga in poisoning or poisoning related diseases only cow ghee should be used.<sup>[11]</sup>

In modern toxicology ghee is considered well in the poisoning treatment but the solubility concept makes it to be used for selective cases only. In the vast ocean of ayurveda treatment cow ghee is the pearl that makes it very valuable. Cow ghee has a wide variety of diseases it can treat from skin diseases to rasayana. Also its qualities which not only help to treat the patient but increases the quality of their oja. As it has the equivalent qualities as the oja. Also poison has contrasting qualities as that of oja hence ghee can help in poisoning treatment. This is the main mode of action of ghee for poisoning. Cow ghee can be used alone or it can be used with other drugs to intensify the treatment of poisoning.

**CONCLUSION**

Considering the above discussion, ghee is praiseworthy as a drug of choice in poisoning. Further research study and experiment work should be done with scientific protocols and disciplinary efforts.

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