

Therapeutic Potential of *Amrita Ghrita* in *Kushtha Roga*: An Evidence-Based Review

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The life sciences of Ayurveda offer a wealth of guidance on health and health-related issues. Two important Ayurvedic branches are *Rasa Shastra* and *Bhaishjya Kalpana*. In *Rasa Shastra*, we study the uses of *Rasa Aushadhis*, or mineral-based medicines, and in *Bhaishjya Kalpana*, we study how Ayurvedic herbo-mineral formulations are made. Our Ayurvedic Acharyas taught thousands of *Yogas* to benefit humanity. *Tinospora cordifolia*, also known as *Guduchi*, is a fantastic medication that may be used to treat a wide range of illnesses. Acharyas have traditionally utilized *Guduchi* to treat *Kushtha* (disorders of the skin). Nearly all *Nighantukaras* suggested *Guduchi* as a *Kushtha* cure. My responsibility as an *Ayurvedavaschapat* is to demonstrate the legitimacy and effectiveness of Ayurvedic medications in society. *Guduchi* is known as an immunity booster. It is widely used in COVID conditions; because it acts as an antipyretic, it is used in almost all types of fever. Very few people know that *Guduchi* gives unexpected results in skin disorders, whether used as a single drug or in combination with a combination of other medications.

Details of *Amrita Ghrit*

Ingredients	Benefits	Method of preparation
<ul style="list-style-type: none"> • <i>Guduchi</i> • <i>Dugdha</i> • <i>Ghrit</i> 	<ul style="list-style-type: none"> • <i>Vata-Rakta</i> • <i>Dushadhyu-Kushtha</i> 	Make a paste of <i>Giloy</i> and make a paste of ghee with milk. This <i>Ghrita</i> conquers <i>Vatarakta</i> and incurable skin disorders.

Description of *Guduchi* (*Tinospora cordifolia* (Willd.) Hook. f. and Thoms.) in different *Nighantus*

S. N.	<i>Nighantu</i>	<i>Varga</i>
1.	<i>Dhanwantri Nighantu</i> ¹	<i>Guduchyadi Varga</i>
2.	<i>Madanpala Nighantu</i> ²	<i>Abhayadi Varga</i>
3.	<i>Raj Nighantu</i> ³	<i>Guduchyadi Varga</i>
4.	<i>Priya Nighantu</i> ⁴	<i>Pippalyadi Varga</i>
5.	<i>Bhavprakash Nighantu</i> ⁵	<i>Guduchyadi Varga</i>
6.	<i>Shodhal Nighantu</i> ⁶	<i>Guduchyadi Varga</i>

SUMMARY OF AYURVEDIC PROPERTIES OF *Guduchi* (*Tinospora cordifolia* (Willd.) Hook. f. and Thoms.)⁷

- *Rasa*- *Tikta, Kasaya*
- *Guna*- *Guru, Snigdha*
- *Virya*- *Ushna*
- *Vipaka*- *Madhura*
- *Karma*- *Tridoshshamaka*

Parts Used⁸

- Leaves
- Stem
- Areal roots

DOSAGE⁹

- Stem powder – 3-6 gm
- Stem Decoction – 50-100 ml

- Fresh Juice – 10-20 ml
- *Guduchi Sattva* – 1-2 gm

IMPORTANT FORMULATIONS¹⁰

- *Amritarishta*
- *Amritadikasaya*
- *Amritadi Guggulu*
- *Bala Guduchyadi Tailam*
- *Panch Tikta Guggulu Ghritam*
- *Chandraprabhavati*
- *Amrita Ghrit*

PHARMACODYNAMIC PROPERTIES OF *Guduchi* (*Tinospora cordifolia* (Willd.) Hook. f. and Thoms.) IN *NIGHANTUS*:

S. N.	Texts	Rasa	Guna	Virya	Vipaka	Karma
1.	<i>Dhanwantri Nighantu</i> ¹¹	<i>Tikta-Kasaya</i>	<i>Guru</i>	<i>Ushna</i>	-	<i>Tridoshashamaka, Medhya, Sangrahi, Balya, Kandughna, Kushthaghna etc.</i>
2.	<i>Madanpala Nighantu</i> ¹²	<i>Katu-Kasaya</i>	<i>Tikshn, Laghu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Rasayana, Balya, Kamlanashak, Kushthaghna, Jwarhar, Vataraktanashaka, Krimirognashaka etc.</i>
3.	<i>Bhavprakash Nighantu</i> ¹³	<i>Katu-Tikta-Kasaya</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Rasayana, Sangrahi, Balkarka, Agnidipaka, Tridosh-Aam-Trisha-Daha-Meha-Kasa-Pandu-Kamla-Kustha-Vatarakta-Jwara-Krimi-Nashaka</i>
4.	<i>Raj Nighantu</i> ¹⁴	<i>Tikta-Kasaya</i>	<i>Guru</i>	<i>Ushna</i>	-	<i>Jwaranashani, Daha samaka, Trishnasamaka, Prameha-Vatarakta-Panduhara</i>
5.	<i>Priya Nighantu</i> ¹⁵	<i>Tikta</i>	-	<i>Ushna</i>	-	<i>Balya, Rasayana, Premeha-Kamla-Vataraktahara</i>

Description of *Dudgdha* in different *Nighantus*

S. N.	Nighantu	Varga
1.	<i>Dhanwantri Nighantu</i> ¹⁶	<i>Suvarnadi Varga</i>
2.	<i>Madanpala Nighantu</i> ¹⁷	<i>Paneeyadi Varga</i>
3.	<i>Raj Nighantu</i> ¹⁸	<i>Kshiradi Varga</i>
4.	<i>Priya Nighantu</i> ¹⁹	<i>Drav Varga</i>
5.	<i>Bhavprakash Nighantu</i> ²⁰	<i>Dugdha Varga</i>

SUMMARY OF AYURVEDIC PROPERTIES OF DUDGDHA²¹

- **Rasa-** *Madhura*
- **Guna-** *Snigdha*
- **Virya-** *Sheet*
- **Vipaka-** *Madhura*
- **Karma-** *Vata-Pitta-shamaka*

INDICATIONS

The indications of milk as per *Ayurveda* for various conditions are as follows:

1. *Jeernjwara* (Chronic Fever):

- Milk is considered useful in managing *Jeernjwara* as it helps to pacify *Pitta* and *Vata*, which are typically aggravated in prolonged fevers. It nourishes the body and supports the recovery process by providing essential nutrients.

2. *Shosh* (Wasting/Emaciation):

- In cases of emaciation or wasting (often due to chronic disease or malnutrition), milk is considered highly beneficial. It provides nourishment, strengthens the tissues, and helps in building body mass and strength.

3. *Murcha* (Fainting/Unconsciousness):

- Milk is often recommended in cases of *Murcha*, where the person experiences fainting or loss of consciousness. It has a calming effect on the nervous system and helps to restore balance to *Vata* and *Pitta*, which may be disturbed.

4. *Panduroga* (Anemia):

- Milk is beneficial in treating *Panduroga* (anemia) due to its ability to support the formation of *Rakta* (blood). It helps in increasing the quantity of blood and can be combined with other herbs like *Ashwagandha* or *Guduchi* to improve its efficacy.

5. *Daha* (Burning Sensation):

- Milk has a cooling effect on the body and is useful in conditions where there is a burning sensation (often associated with *Pitta* imbalances like *Amlapitta* or *Rakta-Pitta*). It pacifies excess *Pitta* and helps soothe the body.

6. *Rakta-Pitta* (Blood Disorders):

- Milk is indicated for conditions involving excess heat in the blood (*Rakta-Pitta*). It helps cool the system and reduce symptoms like rashes, bleeding, and inflammation by balancing the *Pitta dosha*.

7. *Amlpitta* (Acid Reflux/Hyperacidity):

- Milk is recommended for *Amlpitta* as it has a cooling and soothing effect on the digestive system. It can help alleviate the burning sensation and acidity associated with this condition.

8. *Hridyaroga* (heart disease):

- Milk is used in the treatment of heart diseases in *Ayurveda*. It nourishes the heart, helps reduce stress on the cardiovascular system, and provides essential nutrients that support the body's overall health.

9. *Balaka-Vridha-Kshatkshin-Krishta-Ojkshya-Labhakara* (Nutritional Support for Children, Elderly, Wasting, and Exhaustion):

- Milk is highly beneficial for both children (*Balaka*) and the elderly (*Vridha*), as it provides nourishment, improves immunity, and helps in the growth and maintenance of tissues. For those suffering from *Kshatkshin* (weakness), *Krishta* (exhaustion), or *Ojkshya* (loss of vitality), milk acts as a rejuvenator and helps restore energy and strength.

WHOLE MILK COMPOSITION:

- **Fat:** 29.36%
 - Milk fat plays a key role in providing energy, fat-soluble vitamins, and essential fatty acids.
- **Protein:** 26.98%
 - **Casein:** 22.22%

- Casein is the primary protein in milk and is known for its slow digestion and excellent amino acid profile.
- **Whey proteins:** 4.76%
 - Whey proteins are fast-digesting proteins that are rich in essential amino acids, especially leucine, making them ideal for muscle recovery.
- **Lactose:** 38.1%
 - Lactose is the natural sugar found in milk, providing a source of energy. It is metabolized into glucose and galactose in the body.
- **Ash:** 5.56%
 - Ash represents the mineral content in the milk, including calcium, magnesium, phosphorus, and trace elements essential for various bodily functions.

Skim Milk Composition (Non-Fat Solids):

- **Lactose:** 52.15%
 - In skim milk, the concentration of lactose is higher as the fat content is lower.
- **Protein:** 38.71%
 - **Casein:** 31.18%
 - Casein still dominates the protein content in skim milk, providing slow-digesting protein.
 - **Whey proteins:** 7.53%
 - The proportion of whey protein is higher in skim milk, which provides quick-absorbing protein.
- **Fat:** 1.08%
 - Skim milk is low in fat, which makes it a suitable choice for those who need to reduce fat intake while still benefiting from milk's other nutrients.
- **Ash:** 8.06%
 - The ash content in skim milk is slightly higher than in whole milk due to the lower fat content, and it still contains essential minerals.

Health Implications:

- **Whole Milk:**
 - Higher in fat and calories, it is more suitable for individuals who need more energy, such as children or people with higher energy requirements. The fat content also aids in the absorption of fat-soluble vitamins like A, D, E, and K.
- **Skim Milk:**
 - Lower in fat and calories, making it a healthier option for those looking to reduce their intake of saturated fats.

- Skim milk, being lower in fat, is typically recommended for individuals aiming to reduce fat intake or manage weight. It still retains a significant amount of protein and essential minerals, making it a good source of nutrition for muscle repair and overall health.

Description of *Ghrit* in different *Nighantus*

[Table no. 6]

S. No.	<i>Nighantu</i>	<i>Varga</i>
1.	<i>Dhanwantri Nighantu</i> ²²	<i>Suvarnadi Varga</i>
2.	<i>Madanpala Nighantu</i> ²³	<i>Paneeyadi Varga</i>
3.	<i>Raj Nighantu</i> ²⁴	<i>Kshiradi Varga</i>
4.	<i>Priya Nighantu</i> ²⁵	<i>Drav Varga</i>
5.	<i>Bhavprakash Nighantu</i> ²⁶	<i>Dugdha Varga</i>

SUMMARY OF AYURVEDIC PROPERTIES OF *GHRET*²⁷

- *Rasa*- *Madhura*
- *Guna*- *Snigdha*
- *Virya*- *Sheet*
- *Vipaka*- *Madhura*
- *Karma*- *Vata-Pitta-shamaka*

INDICATIONS²⁸

1. ***Budhi-Smriti-Medhashaktidayaka* (Enhances Intelligence, Memory, and Cognitive Power):**
 - Ghrit is considered beneficial for improving intellectual faculties such as memory, concentration, and learning. It nourishes the brain and enhances mental clarity, making it useful in conditions of cognitive decline or weakness.
2. ***Agnidipaka* (Improves Digestion and Fire):**
 - Ghrit is believed to stimulate the digestive fire (*Agni*) and enhance digestion. It aids in the proper assimilation of nutrients and is commonly used to improve appetite and support digestion, particularly in cases of weak digestion (*Mandagni*).
3. ***Bal-Ayu-Sukrvardhaka* (Enhances Strength, Longevity, and Vitality):**
 - Ghrit is known for its rejuvenating properties. It helps in building strength, increasing lifespan (*Ayur*) and improving overall vitality and endurance. It is particularly useful in cases of weakness, fatigue, or after illness to restore physical health.
4. ***Netrahitkari* (Beneficial for Eyes):**
 - Ghrit is used for improving eye health. It nourishes the eyes and is recommended for conditions like dryness, fatigue, or weakening eyesight. It is often used as an ingredient in eye washes or as part of Ayurvedic treatments for ocular health.
5. ***Balaka-Vridh-Santanuttpati-hikari* (Promotes Child Health, Growth, and Reproduction):**
 - Ghrit is beneficial for children (*Balaka*) and the elderly (*Vridh*) alike. It supports growth in children and helps in the production of healthy offspring (*Santana*). In the elderly, it helps restore vitality and rejuvenate tissues.
6. ***Kanti-Sukumartakaraka* (Promotes Glow, Smoothness, and Beauty of the Skin):**
 - Ghrit is often used in skin care to enhance the complexion (*Kanti*) and promote soft, smooth skin. It nourishes the skin from within, helping to maintain its elasticity and reducing dryness or roughness.
7. ***Ksatksheen-Visarpa-Shastraghata-Agnidgdha-Oaj-Tej-Vridhikar* (Restores Strength after Injuries, Infections, or Burns):**

- Ghrit is useful in promoting healing and tissue regeneration. It is beneficial for wounds, injuries, and burns (*Agnidgdha*). It aids in recovery from physical trauma, infections, or injuries caused by weapons (*Shastraghata*), by improving tissue healing and restoring vitality.

8. Rasayana (Rejuvenation):

- Ghrit is a key component in *Rasayana* therapy, which aims at rejuvenation and anti-aging. It supports overall vitality, enhances immunity, and promotes longevity. Ghrit, in combination with herbs, is commonly used for overall health maintenance and restoration of youthful vigor.

CHEMICAL CONSTITUENTS OF GHRIT⁸⁰

- **Basic Composition:**
 - ✓ Ghee is processed milk fat, commonly known as clarified butter fat or anhydrous milk fat. It primarily consists of glycerides (~98% of the total matter), with other minor components such as free fatty acids, phospholipids, sterols, sterol esters, fat-soluble vitamins, carbonyls, hydrocarbons, and carotenoids (only in milk fat derived from cows).
 - ✓ Ghee also contains small amounts of charred casein and trace minerals like calcium, phosphorus, and iron.
 - ✓ The moisture content in ghee is very low (approximately 0.3%).
- **Fatty Acids and Nutritional Composition:**
 - ✓ Ghee is composed mainly of glycerides, with sterols (mostly cholesterol) accounting for about 0.5%.
 - ✓ Ghee is known to contain conjugated linoleic acids (CLA), which are associated with anti-cancer properties.
- **Flavor and Acceptability:**
 - ✓ The flavor of ghee is a critical aspect of its acceptability. It imparts a distinct taste to food, which enhances the overall appeal.
 - ✓ The flavor is influenced by factors such as the fermentation of cream or butter and the heat treatment used during processing.
 - ✓ Key flavor compounds in ghee include carbonyls, lactones, and free fatty acids.
- **Shelf Life and Stability:**
 - ✓ Ghee has excellent shelf stability due to its low moisture content and the heat treatment during processing. The stability is further enhanced by the absence of milk solids and non-fat components, which restrict bacterial growth.
 - ✓ Ghee also contains phospholipids, which help maintain its stability, along with natural antioxidants that prevent oxidation, contributing to its longer shelf life.
 - ✓ It is more stable under warm conditions compared to butter and cream, making it a convenient option in tropical regions.
- **Health Benefits and Nutritional Value:**
 - ✓ Ghee is a rich source of fat-soluble vitamins (A, D, E, and K) and essential fatty acids (such as linolenic acid and arachidonic acid), which are essential for overall well-being.
 - ✓ It is suitable for people of all age groups for nourishment and is a good carrier of fat-soluble nutrients.
- **Cholesterol Concerns:**
 - ✓ Ghee contains a small amount of cholesterol (0.2–0.4%), which can contribute to cholesterol intake when consumed in large amounts.
 - ✓ Due to increasing consumer awareness about cholesterol-containing foods, the consumption of ghee has been under scrutiny, potentially affecting its market growth.
- **Quality Standards and Regulations:**
 - ✓ The Government of India has set standards for ghee quality under FSSAI rules, 2011 and Agmark rules, 1981 to ensure that consumers get genuine products.

However, these standards are not comprehensive enough to detect adulteration in ghee, as variations in the physico-chemical composition of milk fat exist due to factors like animal species, feeding practices, and nutritional management.

Conclusion

The present evidence-based review comprehensively highlights the therapeutic relevance of *Amrita Ghrita* in the management of *Kushtha Roga*, as described in classical Ayurvedic literature and supported by contemporary scientific understanding. *Guduchi* (*Tinospora cordifolia*), the principal ingredient, is consistently acclaimed

across multiple *Nighantu* for its *Kushthaghna*, *Rasayana*, *Tridoshashamaka*, and *Raktaprasadana* properties, which directly address the multifactorial pathogenesis of skin disorders. Its *Tikta-Kashaya Rasa*, *Ushna Virya*, and *Madhura Vipaka* help in the pacification of *Doshas*, purification of *Rakta*, and correction of *Agni* and *Aama*, which are central to *Kushtha Samprapti*.

The incorporation of *Dugdha* and *Ghrita* enhances the formulation's efficacy by providing *Snigdha*, *Sheetala*, and *Brimhana* attributes, thereby counterbalancing the dryness, inflammation, and tissue depletion commonly observed in chronic skin diseases. *Ghrita*, being an excellent *Yogavahi*, facilitates deeper tissue penetration of *Guduchi*'s active principles while simultaneously offering *Rasayana*, *Twakprasadan*, and *Ojovardhaka* effects. From a modern perspective, the presence of essential fatty acids, fat-soluble vitamins, antioxidants, and immunomodulatory constituents in *Guduchi* and *Ghrita* supports their anti-inflammatory, antioxidant, and immunoregulatory actions, which are highly relevant in immune-mediated dermatological conditions.

Thus, *Amrita Ghrita* emerges as a rational, holistic, and disease-modifying formulation for *Kushtha Roga*, capable of addressing both systemic and local pathology. However, despite strong literary and pharmacological support, well-designed clinical and experimental studies are warranted to further validate its efficacy, safety, and mechanisms of action, thereby strengthening its integration into evidence-based Ayurvedic dermatological practice.

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