

Role of Draksha Ghrita in various diseases, a review article

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ABSTRACT

Draksha Ghrita is a medicated ghee. *Draksha ghrita* is mainly used for cure of diseases related to *pitta*, *vata* and *Rakta*. *Draksha Ghrita* is mentioned in Charak Samhita by Acharya Charaka. The main ingredients of *drakshadi ghrita* is *Draksha* i.e. (*vitis vinifera*) and cow ghee. The use of *Draksha ghrita* and its ingredients is well defined in Ayurvedic texts like *Charak Samhita*. This article is aimed to gather all the scientific research findings supporting the use of *Draksha ghrita* and its ingredients in the prevention, treatment and cure of various Pitta disorders. It possesses various pharmacological activities like Anti-Anemic, Anti-Oxidant, Anti-ageing, anti-viral, anti-carcinogenic, *Hepato* protective and cardio protective. The aim of this article is to support the pharmacological potential of *Draksha*

Ghrita and its ingredients with scientific result.

KEY WORDS: *Draksha ghrita, antioxidant, hepatoprotective, cardio protective, kamala Pandu, cow ghee.*

INTRODUCTION:

Draksha ghrita is belonging to the category of Ayurveda formulations. This *ghrita* is prepared according to the prescribed formula in Ayurvedic texts. These lipid based *polyherbal* formulations have the potential to cross blood brain tissue. The main ingredients of *Draksha ghrita* is *Draksha (vitis vinifera)* and cow ghee¹. This *ghrita* possess yellow color pleasant smell and sweet taste. It is used in the treatment of anemia, hepatitis, fever, thirst, Anorexia and other diseases of *Pitta dosha*.

The extraction of lipid soluble extractives of these drugs in *Go ghrita*

(Cow -ghee) may show cumulative positive effect on psychosis and helps to prevent blood related disorders. Vehicle used in preparation of Draksha ghrita is cow ghee which makes the preparation highly lipid soluble and it easily crosses blood brain barriers.

In Ayurveda ghee has been considered to be the healthiest source of edible fat possesses beneficial properties and facilitate the positive effect of herbal drugs added to it in the preparation of medicated ghee². The dosage of *Draksha ghrita* as a medicine should be consider according to the agnibala and age of individual. It usually gives before food once or twice a day along with warm water.³ *Draksha ghrita* was search from different Ayurvedic Sanhitas and web search using key words like *ghrita*, *Draksha*, cow ghee, Hepatitis, Anemia etc. The information was also collected from various Ayurvedic treaties, textbooks of *Ayurveda* and books of pharmacognosy. The information was also gathers from various thesis, dissertations and research articles.

AIM:

- To know the effect of *Draksha Ghrita* in various diseases.

OBJECTIVES:

1. To know the pharmacological action of *Draksha Ghrita* in various diseases.
2. To know the various literature about *Draksha ghrita* from *Sanhitas*.

MATERIAL AND METHOD

Draksha ghrita - According to *Ayurvedic* theory, the cumulative effect of all ingredients are seen in final product. hence *Draksha ghrita* is useful in the treatment of digestive impairment occurred due to *pitta vikara* (Bile disorder) and can be used in Anemia, Anorexia, Jaundice⁴. Cow ghee has specific property i.e. it enhances its properties along with the properties of other drugs mixed with it without losing its own natural properties.

Ingredients of *Draksha ghrita*-⁴

Draksha- Dried ripe fruits are taken as *Draksha*.

Latin name-*Vitis vinifera*

Family- *Vitaceae*

Rasa-*Madhur, Amla*

Vipak- *Madhur*

Virya- *Shita*

Guna- *snigdha, Mrudu, Guru*

Doshaghnata- *Vata-pitta shamaka*

Karma-Rakta *prasadana, Vrushya, Balya, Jeevaneya.*

Parts used- *Phala* (fruits)

Ghrita(ghee)⁵-

Rasa- *Madhur*

Vipak-Madhur

Virya- Shita

Doshaghnata- Vata -pitta shamak.

Go Ghrita (cow ghee) is best in all sneha ,it has properties like vayasthapak(anti-ageing),*buddhi-smriti vardhak*(improve memory and intelligence *jatharagni vardhak* (appetizer), *bal-kanti swar vardhak* (improve immunity, skin complexion, voice) and mainly *vata pitta shamak* (bile and CNS disorder)⁵.

Method of preparation of *Draksha ghrita (snehapaka vidhai)*⁶

1part of *kalka* (pest) added to 4 part of sneha an also added 16 part of *drava dravya*. all these are heated up to the liquid parts burn out that means only remain the sneha that's *snehapaka*. *Kalka* of *Draksha* was cooked on *mandagni* along with go ghrita and water till it gets *Ghrita siddhi lakshana*.

Sansthanik Karma (Systemic Action):

- *Nadi Sanathan* (Nervous system)

—

It acts as *Medhya* i.e. improves intellect and is elevates mental feeling of wellbeing.

- *Pachan Sansthan* (Digestive system) —

By the virtue of *Snigdha, Sheeta* and *Madhur guna* it acts as *Anulomak* (mild purgative), *Trushnanigrahan* i.e. controls thirst and is *Snehan* (Unctioned) in nature.

- *Raktawaha Sansthan* (Circulatory system) —

It is said to be having *Ballya* (cardiac tonic) effect on *Hrudaya* (heart), is *Raktaprasadaka* i.e. blood purifier and *raktapitta shamak*.

Doshaj Karma — By the virtue of *Snigdha, Guru, Mrudu* and *Madhur rasa* it causes *shamana* of vitiated *vata* likewise due to *Sheeta virya* acts on vitiated *pitta*.

PHARMACOLOGICAL ACTIVITIES OF *DRAKSHADI GHRITA*

Anti-carcinogenic effect⁷

Go ghrita (cow ghee) was tested in the cancer-cousing cells in the mammary glands and the expression of

cyclooxygenase-2 and peroxisome proliferators were observed for the activated receptor- γ -in rats. In this study it is concluded that cow ghee protect against mammary carcinogenesis. Grapes seeds also shows anti-carcinogenic effect.⁷

Cardio protective effect-

One study indicated that if ghee is made to constitute 10% of the diet, it does not enhance the processes associated with the peroxidation of lipid molecules. It helps in preventing the risk of cardiovascular and other free radical-induced disease. Oral consumption of standardized grape extract (100 and 200mg/kg) provide significant cardioprotection by improving post - ischemic ventricular recovery and reducing the amount of myocardial infarction in rats.⁸

Hepato protective effect-

Cow's ghee shows significant Hepatoprotective activity by rectification of lowered protein level as well as lowering the levels of serum marker enzymes and bilirubin. In one study grape seed extract (50mg/kg a day orally for 28 days) protected the liver from oxidative damage following bile duct ligation in rats.⁹

Antioxidant effect

Studies have confirmed that grape seed proanthocyanidin extract (GSPE) provided protection against free radicals in in-vitro free radical scavenging assay and this effect was better than vitamin C and E.⁹

Grapes seed extract has antioxidant and free radical scavenging activity.

Effect on Fertility-

Grapes help to increase fertility of men and women. It increases quality and quantity of semen count and sperm motility. It also helps to strengthen the female reproductive system. *Draksha* are known as "*vrishya*" which means they help in erectile dysfunction and premature ejaculation.¹⁰

Antimicrobial and antiviral effects-

Anti microbial activity has been reported in several components of grapes including *gallic acid*, *flavanols*, *trans-resveratrol*, and tannins.¹¹

CNS effect-

One study show that administration of grape seed extract (100mg/kg) 30 days to aged rats increased memory performance and reduced reactive oxygen species production, which may be related to enhancement of the anti-

oxidant status in the central nervous system.¹²

Nutritive effect-

Draksha is very good source of micro-nutrients. It is richest source of Vit c. The main basic element of grape is manganese. It also contains *vitamin B6*, *Thiamine*, *Ribofavin* and potassium.¹³

DISCUSSION-

Draksha and *ghrita* both have *Madhur ras*, *Madhur vipak*, and *Sheet virya*. Both drugs show *Vata-pitta shamak* effect. *Draksha* has properties like *Rakta prasadana*, *vrushya*, *balya*, *jeevaneeya* and *Ghrita* has properties like *vayasthapak*, *buddhi smriti vardhak*, *bal - kanti swara vardhaka*.

It mainly has action against *pitta* and *rakta vikara*. Ingredients of *Draksha ghrita* have action on central nervous system, antioxidant, hepato protective, skin and digestive system. They also shows antimicrobial and antiviral effects, also shows anti-carcinogenic effect. *Draksha* is known as "*vrishya*" so it increases fertility in men and women. It's a rich source of micronutrients vit c, Iron, and vit B6, thiamine riboflavin and potassium. Thus it is interpreted that as a cumulative effect *Draksha ghrita* prepared with all

these ingredients may have all these activities.

CONCLUSION:

This study concludes that *Drakshadi Ghrita* possess a tremendous pharmacological and therapeutic potential. *Draksha ghrita* and its ingredients are proved to possess anti-anemic, hepato protective, anti-carcinogenic, Nutritional, anti-oxidant, cardio protective and many other therapeutic uses which are still to be explored.

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