

GHRITHA-AN ELIXIR IN VISHA CHIKITSA

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Abstract: Every moment, human beings are exposed to a wide variety of poisoning. It is imperative to have an advancement in science to protect our body from the harmful effect of poison. Hridaya is the organ which is primarily affected by Visha which results in death of an individual. Ghritha is considered as an elixir in Visha chikitsa as it is Vishahara, Ojo vardhaka, Vatapittahara and it does Hridayavarana and increases the longevity of life.

Key Words: Hridaya, Hridayavarana, Visha, Ghritha, Ojas.

Introduction-Hridaya is the vital organ in our body which holds many important functions. It is Considered as the seat of dasa dhamani¹, seat of ojas², one among the dasa pranayathana³ ie resorts of life, and one among the trimarma⁴. All the guna's of Visha are opposite to Ojas⁵. So, when a person is affected with visha, ojas is affected which in turn affect the seat of ojas ie Hridaya. When Visha reaches hridaya, it blocks all the channels of circulation by its teekshnadi guna and this will lead to the death of the person⁶. The teekshnadi guna which are opposite to the gunas of ojas aggravate the tridosha and leads to immediate death⁷.

Ojas is the essence of all dhathus, it possess mridu and ateeskshna gunas. The seat of para Ojas is Hridaya. Prana is situated in Ojas and the destruction of Ojas leads to the destruction of prana as well⁸.

The gunas of Ojas are opposite to that of visha.

Gunās of Ojas	Gunās of Visha
Guru	Laghu
Sheetha	Ushna
Madhura	Anirdeshya Rasa
Mridu	Teekshna
Prasanna	Ashu
Snigdha	Rooksha
Sthira	Vyavayi
Pichchila	Vishada
Slashna	Vikashi
Bahala	Sookshma

Though Prasanna and aashu are not contradictory to each other, aashu can help visha in destroying the Prasanna guna in ojas⁹.

Hridayavarana is one among the Chathurvimsathi upakrama¹⁰. Hridayavarana refers to the protection of hridaya by some medicines¹¹. At first, heart of the patient should be protected and whatever is available to protect the heart should be administered to him. Honey, ghee, bone marrow, milk, cow dung juice, boiled sugarcane juice, juice of meat of crow, blood of goat, ash and mud mixed in water immediately to the patient affected with poison to save the life of the person¹².

The patient who is living in company of friends get poisoned, then Hridayavarana should be done constantly. For this the intelligent one should drink ghee like ajeya ghritha, amrutha ghritha e.t.c or he should drink ghee, curd, milk, honey, cold water, meat of peacock, mangoose, ant-eater, dotted deer, deer and their soup as well¹³.

Hridayavarana is done to prevent the spread of poson to different parts of the body. It does hridaya prachadana and hridaya raksha by using drugs like mooshika, ajaruha and using ghritha like amrutha ghritha, ajeya ghritha, purana ghritha dooshivishari agada and mahasugandha agada¹⁴.

Visha by its penetrating property weakens the heart, so in order to protect the heart, the patient should be made to drink ghee, ghee mixed with honey, or anti-poisonous drink added with more of honey, bone-marrow of animals, juice of fresh cow dung, solution of ash, solution of black mud, pancha gavya (milk, curd, urine, ghee and Cowdung), curd and solution of gairika, may be drunk or the bark of kovidara, arka, shireesha and katabhi be eaten. Children, old person and women may drink the blood of goat or sheep, the pregnant lady may drink milk added with anti-poisonous drugs of cold potency¹⁵.

Ajeya ghritha is made up of madhuka, tagara, kushta, devadaru, Harenu, punnaga, ela, nagakesara, utpala, sita, vidanga, Chandana, Tamala patra, priyangu, katrina, haridra, daruharidra, brihati, sariva, shaliparni. These drugs are made into kalka and ghritha is prepared of this. Ajeya ghritha can protect the hridaya and it can be used in all types of Vishas¹⁶.

Amritha Ghritha is made up of drugs like seeds of Apamarga, Shireesha, Masha, two varieties of Shankha pushpi, kakamachi and these drugs are made into a kalka by triturating it with gomutra and a ghritha is prepared of this kalka. This ghritha can regain the life of a person who is apparently dead by the effect of Visha. Amrutha ghritha is Vishahara and also it can protect the hridaya¹⁷. Ghritha is vatapittahara, Ojo vardhaka and Vishahara¹⁸.

The drugs which are mentioned for hridayavarana and the yogas like Ajeya ghritha and Amrutha ghritha are ojovardhaka, Visha nashaka and Pitta

and vatahara. Ghritha can be used in different form and in different stages of poisoning and there is nothing which is equivalent to ghritha that can nullify the effect of Visha¹⁹.

The different ghritha yoga's which are used in Visha chikitsa are Kalyanaka ghritha and Vrishadhi siddha ghritha mentioned in Garavisha Chikitsa, Neelidaladi ghritha, tikthakam ghritha, Ajeyaghritha, Amritha ghritha etc

Discussion- Administration of antidote is one among the general principles of treatment of Poisoning. Antidotes are classified into physical antidote, chemical antidote, physical and chemical antidote and physiological antidotes. Demulcents are the fatty foods like vegetable oil, Milk, Egg white etc which can protect the mucous membrane of the stomach by its physical structure. This is a Physical Antidote²⁰. Ghritha, being a fat can definitely exert a demulcent action on poisonous substances.

Conclusion-Ghritha is one among the four fats mentioned in Ayurveda. It is considered as the best among the four fats, because it has the power to assimilate effectively the properties of other substances. Ghee has the capacity to transform itself so as to imbibe the qualities of substances added to it. Moreover, it is used in hridayavarana the protection of heart, it is ojovardhaka, Vishahara and Vatapittahara. Further research of ghritha as such or in medicated form like Ajeya ghritha or Amrutha ghritha can be done to know its efficacy in various acute and chronic toxicity. Such studies will definitely open up the doors to the invention of innovative and successful treatment of many cases of poisoning through Ayurveda.

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