A Conceptual Review of Dhanyaka Ghrita

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Abstract:

Ayurvedic pharmaceutics deals with various methods of preparation of medicines. Sneha Kalpana is one of them and it may be defined as a pharmaceutical process which prepare oleaginous medicaments by using substances like Kalka, Drava dravya i.e., Swaras, kwatha etc.in specific proportion and subjecting to a unique heating pattern and duration to fulfil certain pharmaceutical parameters. This process ensures transformation of active therapeutic properties of the ingredients to the solvents. Ghrita formulations are included under the Sneha Kalpana. Ghrita is considered to be best because of its unique nature of incorporating the properties of the drugs with which it comes in contact without leaving its own natural qualities. Total four references of Dhanyaka Ghrita are available in Vangasen Samhita. It is indicated in Atisara, Ajirna, Amvata, Amashoola, Gudashoola, Vankshanshoola, Yonishoola, Amavata, Udavarta, Arsharaga etc.

Keywords: Sneha Kalpana; Dhanyaka; Dhanyaka Ghrita; Atisara; Ajirna.

1. Introduction:

Ayurveda the science of life, uses natural resources to fulfil the fundamental objectives i.e., Swasthya Rakshanam and Vyadhi prashamanam.

व्याधिः प्रशांतं, स्वास्थ्यम् विकारं प्रशांतं।||¹

च सू 30/26

Ayurveda has been given the greatest emphasis to comprehensive knowledge of the drugs. The science of manufacturing drugs is divided under two branches as Rasashastra and Bhaishajya Kalpana.

पंचविंद्रिय कषायं इति तद्यथा – स्वरसं: कल्कं: श्रूतं: फांतं: कषायं: घ इति।|²

च सू 4/7

Bhaishajya Kalpana includes Panchavidha Kashaya Kalpana – Swaras (juice), Kalka (paste), Kwatha (decoction), Hima (cold infusion), Phanta (hot infusion). These are the basic Kalpana of all formulations explained in Ayurveda. Each Kalpana has its unique preparation and utility. The preparation like Avaleha Kalpana (confections), Vati Kalpana (tablet), Asava -Arishta (Hydro-alcoholic preparation), Sneha Kalpana (fat preparation) etc. are considered as secondary preparations. Ghrita Kalpana (Ghee preparation) is one among secondary ayurvedic dosage form explained under the heading of Sneha Kalpana in classical texts.

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**Sneha kalpas** manufactured in ayurvedic pharmaceutics are used extensively for medicinal as well as cosmetic purpose. It is one of the widely used preparation in ayurvedic drug industry to achieve solubility of both fat soluble and water-soluble extractives into the oil medium.

\[ सर्पस्तैलं वसा मज्जा सर्वस्थेहोत्तमा मतः \]
\[ एषु चैवस्थेन सर्पं: संस्कारस्यानुवर्तनात् \]

\[ च.सू.13/13 \]

Ghrita, Taila, Vasa, Majja are the Sneha dravyas of all. Amongst them Ghrita is the best Sneha dravya parexcellance because it has “Sanskarasya Anuvartnat” Guna. It absorbed in all Sukshma strotas of the body.

Dhanyaka Ghrita is the important formulation which is mentioned in Vangasen Samhita. It is prepared with Goghrita by adding kalka of the dhanyaka and water.

\[ धान्यकं तुवरं स्स्नग्धमवृष्यं मूत्रलं \]
\[ ततक्त कटुष्णवीयिश्च दीपनं पायन स्मृतं \]
\[ तृष्णादहविमिश्वासकार्यक्रिमिप्रणुतं \]
\[ आद्र्ितु तद मुण्ड्वादृविशेषात्तितनाशनम् \]

\[ भा.प्र.नि.1/87,88 \]

Dhanyaka is used in many diseases in Ayurveda like Jwara, Trishna, Kasa, Shwasa, Chhardi, Daha, Karshya, Krmi etc. Dhanyaka also Tridoshaghn, Grahi and having Deepan, Pachana properties.

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### 2. Material and method:

Three essential components required for the preparation of Snehakalpana.

\[ कल्काच्चतुगुिणीकृपयं घृतं वा तैलमेव वा \]
\[ चतुगुिणे द्वे साध्यं तस्य मात्रा पलोनिमिता \]

\[ शा.सं.मं.खा.9/1 \]

1. Kalka dravya(a fine paste of the one drug or mixture of drugs) - 1 part

2. Sneha dravya - 4 parts

3. Drava dravya (a liquid which may be one or more as Kashaya, Swaras, Dugdha, Water etc.) – 16 parts

In Dhanyaka Ghrita paka, Goghrita is taken and heated on Mandagni, then prepared Kalka is added to it. then water is added and whole contents are boiled together till the water portion get evaporated and ghrita becomes free from froth and till Sneha Siddhi Lakshanas are obtain.

There is confirmation test for completion of Sneha paka.
1. Sneha kalka attains perfect wick-like shape when rolled between thumb and index finger.
2. Sneha kalka is put into the fire, no sound is produced indicating the loss of moisture in it.
3. Disappearance of bubbles in Ghrita and appearance of bubbles in taila.
4. Appearance of gandha, varna and rasa varies from one formulation to formulation.

2.1. **Composition of Dhanyaka Ghrita:**

2.1.1. **Dhanyaka**⁴ - (Reference – Bhavprakash Nighantu 1/87,88)

Botanical name - *Coriandrum sativum* Linn.

Family - Umbellifereae

Vernacular name - English - Coriander fruit

Hindi - Dhaniya

Marathi - Dhane

Rasa - Kashaya, Tikta, Katu

Guna - Snigdha, Laghu

Veerya - Ushna

Vipaka - Madhura

Karmas - Deepan, Pachana, Grahi, Tridoshashamaka, Mutral, Hridya, Chakshushya.

2.1.2. **Goghrita**⁷ –

शस्तं धीस्मृतिमेधाग्निनिलायुः शुक्कचक्षुषाम् ||

वालवृद्धोजाकारितिसौक्मेश्ट्रस्थानिनाम् ||

क्षतक्षीणपरीसपिशस्त्राम्ब्रलपत्तामनाम् ||

विपके मधुरं शीतं वातपितविषाश्च ||

चक्षुष्यं बल्यमहयशच गद्यं सर्पिगुणोत्तरम् ||

ध.ति.6/135-136

Rasa - Madhura

Guna - Mrudu, Snigda, Guru

Veerya - Sheeta

Vipaka – Madhura

Karmas – Agnivardhaka, Dhi-dhruvi-smruti vardhaka, Vrushya, Chakshushya, Vishahara, Kantivardhaka, Swarya, Vayasthapana
Doshaghnta – Vata-pitta shamak

(According to Harita Samhita 8/77 – Tridosahara⁹)

Indications⁹ – Udavarta, Unmada, Apasmara, Shoola, Jwara, Anaha etc.

(उदावत्रोऽन्मादापस्मारशूलज्वारानाहातिप्रशमनमिनिमिदिपनम् - सु.सू.45/96)

2.2. References of Dhanyaka Ghrita

1. धान्यकल्केन संसिद्ध चतुर्गुणाः जले घृतम्

   पितातिसारे सरूजेद्य दीपनपाचनम्||¹⁰

   वं.से.10/91(अतिसाराधिकार)

Kalka dravya - Dhanyaka kalka

Sneha dravya - Goghrita

Drava dravya - Jala

Indications – Atisara specially pittaja atisarajanya shoola, Deepan, Pachana.

2. धान्यजीरकसंसिद्धम् घृतमिनिमिदिपनम्

   रोचनं दोषशमनं छदीदाहववनाशनम्||¹¹

   वं.से.38/107(अजीणाधिकार)

Kalka dravya - Dhanyaka and Jeeraka kalka

Sneha dravya - Goghrita

Drava dravya - Jala

Indications – Agnivardhaka, Ruchikara, Tridosha-shamaka, Chhardi, Daha-shamaka.

3. धान्यकं निस्तुं खुल्वा जले चाष्टड्गुणे पवेत्

   तेन् पादावशोषेण तत्कलकैवपचेदधतम्

   वातरोगेषु सर्वेषु पैतिकेषु घ शस्यते

   कफजेषु घ रोगेषु समर्पितदयामूलम्||¹²

   वं.से.38/108-109(अजीणाधिकार)

Kalka dravya - Dhanyaka kalka

Sneha dravya - Goghrita

Drava dravya - Dhanyaka kwatha
Indications - Sarva Vataja, Pittaja, Kaphaja rogas.

4. धान्यकस्य तु शुद्धस्य चतु-षष्टीपलालि च

जलद्रोणे विपक्षत्वं यावत्पादवाशोपितम् ||

घृप्रस्थं परवेतने शैतानमूदवंशी स्वषषक ||

जीरकस्य पलान्यष्ठौ गोरूकृपय तनधापयेत्|

अभिसत्तोपनं गुदे शूलं शूलं वंक्षणयोनिनम् ||13

वं से 38/112-114 (अजीणाधिकार)

Kalka dravya - Jeeraka kalka

Sneha dravya - Goghrita

Drava dravya - Dhanyaka kwatha

Indications – Agnideepaka, Hridya, Kaphanashaka, Amshoola, Gudashoola, Vankshanashoola, Yonishoola, Udavarta, Arsharoga.

3. Discussion

The references of Dhanyaka Ghrita are found in Vangasan Samhita. It is commonly indicated in Atisara specially pittaja Atisarajanya shoola, Ajirna, Amvata, Amashoola, Yonishoola, Chhardi, Daha, Trishna, Sarva Vataja-Pittaja-Kaphaja Rogas.

Atisara, Ajirna etc. these are the common diseases in clinical practice. In this specially Atisara (Diarrhea) finds a place as important disease in individuals life time. Most important factor in the pathogenesis of disease is Mandagni. According to Ayurveda, main cause of disease is Agnimandya14. Agnidusha and Ajirna contribute significantly towards the disease pathogenesis. It is root cause of Amadosha and it is crucial factor for manifestation of most of the diseases including Atisara. Amadosha results due to Agnidushti caused by mityaaharavihara, ultimately manifesting as Atisara. In short, Mandagni is the most important factor in causation of diseases. Therefore, drugs used for treatment should act directly or indirectly on Agni. In such a condition, Dhanyaka Ghrita play important role because Dhanyaka possess Deepana, Pachana, Pittaghna and Grahi properties.

There are four references of Dhanyaka Ghrita given in Vangasan Samhita. From this –

- The Reference from V.S.10/91 (Atisaradhikara) were Dhanyaka is used as kalka dravya, Goghrita as Sneha dravya and jala as drava dravya, this formulation is indicated in Atisara specially Pittaja Atisarajanya shoola and it has Deepana and Pachana properties.
- The Reference V.S.38/107 (Ajirnadhikara) in which Dhanyaka and Jeeraka are used as kalka dravya, Goghrita as Sneha dravya and Jala is used as Drava dravya. This formulation acts as a Tridosha-shamaka, Daha shamaka, Agnivardhaka, Ruchikara and Chardighna. In Vangasan Samhita, this formulation is named as Dhanyajeeraka ghrita and in Bharat Bhaishajya Ratnakar15, this formulation is named as Dhanyadi Ghrita.
- The reference V.S.38/108-109 (Ajirnadhikara) Dhanyaka is used as kalka dravya, Goghrita as Sneha dravya, Dhanyaka kwatha as drava dravya, and this formulation is indicated in Sarva Vataja, Pittaja and Kaphaja rogas.
- The Reference V.S.38/112-114 (Ajirnadhikara) Jeeraka is used as kalka dravya, Goghrita as Sneha dravya, Dhanyaka kwatha as drava dravya, and this formulation is indicated in Amashoola, Gudashoola, Vankshanashoola, Yonishoola, Udavarta, Arsharoga. It is also Agnivardhaka, Kapha-shamaka and Hridya.

4. Conclusion

Dhanyaka Ghrita is the reference available in Vangasan Samhita in Atisaradhikara and Ajirnadhikara. Atisara and Ajirna are the common diseases in clinical practice, and main cause of disease is Agnimandya. Agnidusha and Ajirna contribute
significantly towards the disease pathogenesis. So, drugs used in treatment should act on Agni. In such a condition, Dhanyaka play important role because it possesses Deepana, Pachana and Grahi properties, dhanyaka is also Tridosha-shamaka.

The ingredients of Dhanyaka Ghrita are available in market. So, chances of adulteration are also less. This formulation is easy to prepare but not easily available in market as it is not much prescribed by physicians.

It is necessary to explore the therapeutics of this formulation for betterment of the mankind. And hence various clinical, experimental studies need to be carried out to prove its efficacy.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest.

References