wjpmr, 2022,8(2), 206-209

SJIF Impact Factor: 5.922

WORLD JOURNAL OF PHARMACEUTICAL AND MEDICAL RESEARCH

www.wjpmr.com

Review Article

ISSN 2455-3301

WJPMR

A REVIEW OF EFFECT OF *DRAKSHA GHRITA*

Dr. Azara Qureshi*[1], Dr. Vivek Lohan[2], Dr. Monika Rasotra[3], Dr. Riyanka Kumari[4]

[1,3,4]Assistant Professor, Babe Ke Ayurvedic Medical College and Hospital, Daudhar, Moga, Punjab.
[2]P.G. Scholar, Department of Kayachikitsa, R. G. G. PG. Ayurvedic College and Hospital, Paprola, H.P.

***Corresponding Author: Dr. Azara Qureshi**

Assistant Professor, Babe Ke Ayurvedic Medical College and Hospital, Daudhar, Moga, Punjab.

Article Received on 21/12/2021 **Article Revised on 11/01/2022** **Article Accepted on 31/01/2022**

ABSTRACT

Draksha Ghrita is a medicated ghee and it is mainly used for the cure of diseases related to Pitta, Vata and Rakta. Draksha Ghrita is mentioned in Charak Samhita. The main ingredients of Draksha Ghrita are Draksha and Go Ghrita. The main aim of this article is to collect informations regarding the use of Draksha and Ghrita in the prevention and treatment of Pitta disorders.

KEYWORDS: *Draksha, Go Ghrita, Pitta Vikara.*

INTRODUCTION

In *Ayurveda,* "Drug" has been given more importance for the treatment and prevention of the disease. Acharya *Charak* has included the "Drug" under *'Trisutra of Ayurveda'* and considered it at second place in the vital four folds of treatment.[1]

हेतुलिंगौषधज्ञानं स्वस्थातुरपरायणम्।
त्रिसुत्रं शाश्वतं पुण्यं बबुधे यं पितामहः॥
(Ch.S.Su.1/24)

According to *Ayurveda*, every *Dravya* in this world has medicinal value even if it is a poison. So, it solely depends upon the physician's skill to make a drug beneficial one or a harmful one. The drug is said to be ideal when it cures the diseases without any toxic effects. The best medicine is the one which cures the diseases without producing any side effects.

AIM AND OBJECTIVES

- To review the various literature of *Draksha Ghrita*.
- To review the Pharmacological activity of *Draksha Ghrita*.

MATERIAL AND METHODS

- Text will be collected from *Ayurvedic Samhitas*, different websites and journals will be referred.
- Relevant articles published in various national and international journals.

***Draksha Ghrita*[2]**

पुराणसर्पिषः प्रस्थोद्राक्षाऽर्द्धप्रस्थसंधितः।
कामलागुल्मपाण्डवर्तिज्वरमेहोदरापहः॥ (Ch.S.Chi. 16/52)

Table 1: Description of *Draksha Ghrita*.

S. No	Ingredients	Botanical name	Family	Part used	Proportion
1.	*Draksha*	*Vitis vinifera Linn.*	Vitaceae	Fruit (Dry)	1 part
2.	*Murchhita Goghrita*				2 part

Draksha

Latin name : *Vitis vinifera (Linn.)*
Family : Vitaceae
Gana : *Snehaopaga, Virachenopaga, Kasahar, Jwarahar,*[3] *(Ch.)*
Kakolyadi Gana, Parushakadi Gana,[4] *(Su.)*

Vernacular Name

Hindi : *Angoor, Dakh, Munakka*
English : Grape
Synonyms : *Mrudvika,Gostani, Swaduphala, Madhuyoni, Bruhmani Rasalaa, Priyaphala.*

Part used : *Phala*
Habitat : This is widely grown in western parts of India, Punjab, Kashmir, Central, Europe, Turkey, Morocco and Portugal.

Ayurvedic Properties[5]

Rasa	:	*Madhur*
Guna	:	*Snigdha, Guru, Mridhu*
Veerya	:	*Sheeta*
Vipaka	:	*Madhur*
Dosha Karma	:	*Vatapitta Shamak*

Karma[6]

कोष्ठ मारुतह्रद वृष्याकफपुष्टिरुचिप्रदा।
हन्ति तृष्णाज्वरश्वासवातवातास्रकामला:॥
कृच्छास्रपितसम्मोहदाहशोषमदात्य्यान्। (भा. प्र.)

Chemical composition
Catechin, epicatechin, beta-sitosterol, ergosterol, jasmonic acid, glucose, fructose, galactose, tannic acid, mallic acid.

Medicinal Uses
Trishna, Vibhanda, Kamala, Hriddorbalya, Raktavikara, Kasa, Shwasa, Mutrakrichha, Mutradaha, Krishta, Shosh, Twaka Roga.

Pharmacological Activity
Antioxidant effects
Grape seed extract has antioxidant and free radical scavenging activity**.** The sparing/recycling effect of pro-cyanidins from V. vinifera seeds on alpha-tocopherol was established in phosphatidylcho lineliposomes and red blood cells. Procyanidines, in addition to scavenging free radicals, strongly and non- competitively inhibit xanthine oxidase activity, the enzyme which triggers the oxy-radical cascade**.**[7]

Hepatoprotective effects

- It has been shown that pre-exposure of grape seed extract (3 or7 days, 100mg/kg, *p.o.*), followed by hepatotoxic doses of acetaminophen (400 and 500 mg/kg,*i.p.*) significantly attenuated acetaminophen-induced Hepatic DNA damage, apoptotic and necrotic cell death of liver cells, and counteracted the influence of acetaminophen-induced changes in bcl-X expression in mice. In one study, grape seed extract (50mg/kg a day orally for 28 days) protected the liver from oxidative damage. Also, in another study, administrations of grape seed extract at a dose of 50mg/kg/day orally for 15days before ischemia/reperfusion injury and repeated before the reperfusion period, reduced hepatic ischemia/ reperfusion injury in rats.
- The treatment of the rat with grapeseeds effectively protected the rat against alcohol-induced hepatotoxicity, as evidenced by decreased AST, ALT and LDH serum enzyme levels. In this study, experimental alcoholosis was induced in rats by feeding them with a diet containing 20 % ethanol in drinking water for 50 days. The known biochemical findings of the ethanol toxicity in rats were also observed. While administration of subchronic ethyl alcohol promoted MDA concentration fluctuations in the antioxidative systems and elevated liver damage serum marker enzymes, the grapeseeds supplement imparted protection against alcohol-induced liver injury and oxidative stress.[8]

Dermatological studies
The combination grape seed extract containing 5000 ppm resveratrol could accelerate wound contraction and healing in mice. The application of topical grape seed extract facilitates oxidant induced vascular endothelial growth factor (VEGF) expression in keratinocytes by modulating pathways that are common to both H2O2 as well as TNF-a signaling.[9]

Murchhita Ghrita
Murchhita Ghrita,[10] used for the preparation of *Draksha Ghrita*.

पथ्याधार्त्रीबिभीतैर्जलधररजनिमातुलंगद्रवैश्चसवैरेतै:सुपिष्टै:
पलकंपरिमितैर्मन्दमन्दानलेन्।
आज्यंप्रस्थंविफेनंपरिचपलगतंमुच्छर्येद्वैधराजस्तस्मादामोप
दोषंहरतिचसहसावीर्यवान
सौख्यदायि॥ (Bh.R.5/1285)

Table 3: Description of *Murchhita Ghrita.*

Ingredients	Latin name	Family	Part used	Quantity
Amalaki	*Emblica officinalis*	Euphorbiaceae	Pericarp	1 *Pala*
Haridra	*Curcuma longa*	Zingiberaceae	Rhizome	1 *Pala*
Mustaka	Cyprus rotandus	Cypraceae	Rhizome	1 *Pala*
Haritaki	*Terminelia chebula*	Combretaceae	Pericarp	1 *Pala*
Bibhitaki	*Terminelia bellerica*	Combretaceae	Pericarp	1 *Pala*
Matulung	*Citrus Medica*	Rutaceae	*Swarasa*	1 *Pala*
Goghrita	-	-	-	1 *Prastha*
Jala	-	-	-	4 *Prastha*

Murchhita Ghrita

Sneha Kalpana (lipid preparations) is one of the commonly prescribed *Ayurvedic* dosage form used in day-to-day practice. *Ghrita* (ghee), *Taila* (oil), *Vasa* (fat) and *Majja* (marrow) are mainly four *Sneha Dravya* mentioned in Ayurvedic classics. *Goghrita* and *Tila Taila* are best among all *Jangama* (animal origin) and *Sthavara* (plant origin) *Sneha* respectively. Before the preparation of medicated ghee formulations (*Aushadhi Siddha Ghrita), Ghrita Murchana Samskara* (processing of ghee) is to be done firstly as mentioned in *Bhaishajya Ratnavali*.[11]

Aim of *Ghrita Murchana*

If medicated *Ghrita* (ghee) is prepared, without *Ghrita Murchana* (processing of ghee), it may not contain standard qualities and not give the expected results. Therefore, to get standard qualities and expected results, *Ghrita Murchana* (processing of ghee) is required.

- Any impurities present in the *Ghrita* (ghee) will be removed by *Ghrita Murchana* (processing of ghee). With this process *Ghrita* (ghee) will attain qualities like change in *Varna* (colour) and *Gandha* (odour) and it also ensures the addition of therapeutic properties in medicated ghee (*Aushadhi Siddha Ghrita*).
- Results of experimental study show *Murchana Samskara* (processing of ghee) contributes specific properties in *Ghrita* (ghee) to reduce total cholesterol, LDL, Triglycerides and to increase HDL in *Ghrita* (ghee). This effect is useful to reduce harmful effects of fats which are considered to play a significant role in atherosclerosis and other cardiac diseases.[12]
- This process is used to reduce *Amadosa, Durgandhata* (bad odour), and other *Dosha*, and also enhances the *Viryata* (potency) of the *Sneha*.
- *Murchana* process imparts changes in good colour, odour, minimizing rancidity & increasing stability facilitates better dissolution of bio constituents in *Ghrita.*
- *Murchana* process causes an increase in the specific gravity, saponification value, iodine value, ester value, total fatty acids and decrease in acid value, viscosity, density etc.
- Drugs used in the *Murchana Samskara* (processing of ghee) having *Katu* (pungent), Tikta (bitter), *Kashaya* (astringent) *Rasa* (taste), *Laghu* (light for digestion) *Ruksh* (dry) *Guna, Kaphahara Doshagnata, Lekhaniya Karma* (action). These attribute the *Medohara* property (hypolipidemic activity) to *Murchita Ghrita* (processed ghee). Recent studies also show that *Triphala, Musta* (*Cyperus rotandus*), *Haridra* (*Curcuma longa*) and Matulunga (*Citrus medica*) which are used for *Murchana Samskara* (processing of ghee) have hypolipidemic and cardio protective activity.[13]

Method of preparation,[14] of *Draksha Ghrita*: One part of *Kalka* added to four part of *Sneha* and also added sixteen 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*.

DISCUSSION AND CONCLUSION

Draksha and *Ghrita* both have *Madhur Ras, Madhur Vipaka* and *Sheeta Virya*. That is why both drugs have *Pitta Shamak* properties. It mainly has action against *Pitta* and *Rakta Vikara*. This study concludes that *Draksha* and *Murchhita Ghrita* possess tremendous pharmacological and therapeutic potential. *Draksha Ghrita* and its ingredients are proved to possess anti-anemic, hepato-protective, anti- oxidant and many other therapeutic uses which are still to be explored.

REFERENCES

1. Vaidya Yadavaji Trikamji Acharya, Charak Samhita, Sutra Sthana 1/24, Chakrapani Tika, Reprint, 2013.
2. Vaidya Yadavaji Trikamji Acharya, Charak Samhita, Chikitsa Sthana 16/52, Chakrapani Tika, Reprint, 2013.
3. Charak Samhita Sutra Sthana Chapter 4, Vidyotani hindi vyakhya.
4. Vaidya Yadavaji Trikamji Acharya, Sushruta Samhita, Nibandhsangraha and Nyayachandrika Panjika tika, Chaukhanba Prakashan, Varanasi, Reprint, 2014.
5. Dravyaguna vigyana volume-II by P. V. Sharma, 640.
6. Bhavapraksha, Bhavapraksha Samhita, Madhyam Khanda, Khemraj Shrikrishanadasa Prakshana.
7. G.K. Jayaprakasha, T.Selvi, K.K.Sakariah; Antibacterial and antioxidant activities of grapes (Vitisvinifera) seed extracts, Food Res.Int., 2003; 36: 117-122.
8. Dogan, A., & Celik, I. Hepatoprotective and antioxidant activities of grapeseeds against ethanol-induced oxidative stress in rats. British Journal of Nutrition, 2012; 107(1): 45-51. Doi: 10. 1017/S0007114511002650.
9. Marjan NassiriAsland HosseinHosseinzadeh; Review of the Pharmacological Effects of Vitis vinifera (Grape) and its Bioactive Compounds, Phytother.Res., 2009; 23: 1197-1204.
10. Shastri Ambikadatta. Bhaishajya Ratnavali. 14th ed. Varanasi. Choukamba Sanskrit Samsthana, 2011; 5/1285.
11. Shastri Ambikadatta. Bhaishajya Ratnavali. 14th ed. Varanasi. Choukamba Sanskrit Samsthana, 2011.
12. Vinay. R. Kadibagil et al / Int. J. Res. Ayurveda Pharm, 2017; 8(3).
13. Dr vinay K, Revansiddppa S S Assessment Of Significant Role Of Murchana Samskara Of Ghrita By Physico-Chemical Analysis June International Journal of Research in Ayurveda and Pharmacy,

2017; 8(2): 162-165. DOI:10.7897/2277-4343.082104.
14. Sharagdhara Samhita, commented by Adamalla Deepika, pandit parashurama shashtri, Varanasi chaukhambha Orientalia publications, madhyam khanda, 2008; 9/1/3.