



Review Article

A CRITICAL REVIEW OF *KSHEERAGHRTAABHYASO RASAYANANAAM* (REGULAR INGESTION OF GHEE AND MILK FOR REJUVENATION AND LONGEVITY OF LIFE)

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ABSTRACT

The literal translations of the terms "*Rasa*" and "*Ayana*" are "*Dhatu*" and "*Path*," respectively. Hence, *Rasayana* refers to *Rasa* and its motion inside the body. *Rasayana's* role in the body is to nourish each cell and tissue. *Ahara Rasa* serves as the raw ingredient. *Stanya*, the *Prasada baga* of *Madhura rasa* and *Rasa dhatu*, is created during the digestion of food. Ideal milk must have normal *Prakrthi Varna*, *Gandha*, *Rasa*, and *Sparsha* entirely dissolved in water due to its watery nature. Acharya Charaka asserts that *Godughdha* has 10 *Gunas*, which are similar to the *Gunas* of *Ojas*. *Ojas*, a crucial *Dhatu* in our bodies, enlarges as a result of this. *Go ksheera* is referred to as *Shrestha Rasayana* because it is the finest *Jeevaniya Padartha*. *Goksheera* is regarded as the best *Rasayana dravya* since it may be used by individuals of all ages as a part of a healthy diet and as a dietary supplement. *Ghrta* is composed of the following elements: *Pitta-nilaharam*, *Rasa*, *Shukra*, and *Ojo Hitam*; *Niravapanam*; *Mrdukaram*; *Swaravarna Prasadnam*; *Kapha Medo Vivardhanam*; *Smruthi Budhi vardhakam*; and *Agni vardhakam* as per Acharya Charaka. *Rasayana Dravya* can be appropriately ingested to encourage the normal growth and expansion of *Sapta Dhatu*, which in turn raises *Ojas*. *Ojas* are raised as a result of the regeneration of biological tissues and cells. It is common knowledge that the developing world has a higher risk of infectious diseases due to increased pollution, bad lifestyle choices, fast food consumption, unhygienic living conditions, and improper eating habits. In the present study, we will collect the scientific facts to re-establish the statement '*Ksheeraghartaabhyaso Rasayananaam*' to know the effects of regular intake of ghee and milk in the diet for rejuvenation and longevity of life.

INTRODUCTION

Rasayana is one of the branches of Ashtanga Ayurveda that is largely concerned with sustaining health. The basic objectives of Ayurveda are the prevention and treatment of disease, then the promotion of good health. A technique that can help with this is *Rasayana*. It increases immunity and performs several essential biological functions. *Bala* The *Rasayana* therapy that is given to children is known as *Rasayana*.

According to Acharya Sushruta^[1], the *Rasayana tantra* addresses *Vayasthapana*, *Medhya*, *Balakara*, and *Rogahara*. The term "*Rasayana*" is a combination of the terms "*Rasa*" and "*Ayana*". The literal translations of the terms "*Rasa*" and "*Ayana*" are "*Dhatu*" and "*Path*," respectively. Hence, *Rasayana* refers to *Rasa* and its motion inside the body. *Rasayana's* role in the body is to nourish each cell and tissue. It increases physical and mental health and lengthens life expectancy. "*Labhobayo hi shasthanaam rasadheenaam Rasayanam*"^[2] is the definition of *Rasayana*.

Rasayana denotes the fact that *Bheshaja*, which cares for both *Jara* and *Vyadhi*, is known as *Rasayana*. *Rasayana* is used in two different ways by Acharya Dalhana^[3] in the "*Sarvopaghata Samanya Rasayana*" chapter of his commentary on Sushruta Samhita.

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Living in an especially constructed house while receiving therapy is known as *Kutipravesika*.

A treatment called *Vataatapika* entails moving in the wind and sunlight. It also comes in three different varieties:

A request for benefits like as long life, superior knowledge, wealth, etc. is known as *Kamyas Rasayana*. The *Naimittika Rasayana* uses recipes from *Silajatu*, *Bhallataka*, and *Tuvaraka* to treat ailments like *Prameha*, *Kushta* etc.

The term "continuous usage of a nutritious diet to maintain adequate nutrition by way of direct sustenance," or "*Ajasrika Rasayana*," refers to the regular use of foods that are habitual and intended to be consumed every day, such as milk, ghee, etc. *Kamyas* and *Ajasrika Rasayana* are the two best prospects for *Kumaraas* given their *Aparipakwadhatu* criteria. The *Dhatu's* health is promoted from the start thanks to their use. "*Purvae vayasi madhya va*," said Vagbhata.^[4] As a result, *Ajasrika Rasayana* is one of the *Rasayana* subcategories that provide sustenance through dietary practices that are often used every day. Because of their ongoing impact on *Rasayana*, *Ghritha* and *Ksheera* are classified as *Ajasrika Rasayana*. *Ajasrika Rasayana* feeds the *Rasa-raktadi dhatus* when taken frequently, which enhances *Ojas*. According to Acharya Charaka, "*Ksheeraghartaabhyaso rasayananaam*" is accurate. Consuming *Ksheera* with *Ghritha* is considered to be *Rasayana*, according to verse.^[5]

AIM OF STUDY

In the present study we will collect the scientific facts to re-establish the statement '*Ksheeraghartaabhyaso Rasayananaam*'

Analysis and Review of *Achara Rasayana*

According to Ayurveda, one of the most important variables in extending life is a dharma *Rasayana*, or a code of ethics. Charaka asserts that those who take additional *Rasayanas* without abiding by the rule of conduct do not fully profit from the *Rasayanas*. Yet, people who adhere to all moral guidelines with severe rigor (*Achara Rasayana*) do not require subsequent *Rasayanas*. Charaka's description of *Achara Rasayana* suggests that persons who want a long life should be cautious to adhere to the following rules^[6]:

Satyavadinam – Truthfulness or Sincerity

Sincerity is essential since it gives a clear indication of a person's moral character. In recent years, modern science has fully accepted the essential connection between the mind and body. Stressful issues emerge when someone lies. Ailments from this stress may develop. Physiological changes brought on by mental stress brought on by lying to "self" or others might cause self-destructive conduct.

Akrodham- Try not to become upset

Anger is associated with the *Pitta Dosha*, which regulates the fire element. Anger raises *Pitta* in the body, upsetting the delicate balance of the metabolism at the cellular level. When one is upset, their blood pressure and heart rate both rise. Stress brought on by anger upsets the physiological milieu of the body.

Madya Nivirati – Do not indulge in alcoholic drinks

The Charaka Samhita's chapter on alcohol consumption and alcoholism begins with a warning that alcohol is poison. It lays down strict restrictions on drinking. Some of the qualities of alcohol include *Laghu*, *Ushna*, *Tikshna*, *Sukshma*, *Amla*, *Vyavaayi*, *Ashuga*, *Ruksha*, *Vikashi*, and *Vishada*. These characteristics are all the antithesis of what *Ojas* possesses. It has such a direct impact on our *Sattva*.

Maithuna Nivirati– Watch the sexual act and celibacy

This definition of celibacy does not require adherence to "*Brahma Acharaya*" or indefinite abstinence. Depending on the constitutions of both partners, it is advised to have sex once every week, or no more frequently than twice per week, according to Ayurveda texts. The goal is to engage in sexual activity with one partner, not numerous partners, and to carry it out by the season. The life essence, or "*Ojas*," is lost every time a man ejaculates and every time a woman orgasms, albeit the loss is lower for women. Our protection against disease is called *Ojas*.

Ahimsa – Non-violence

Physical restraint, as described (not harming self and others physically). *Vachana* is the term for pleasant conversation or peaceful dialogue. *Manana*, or peaceful idea (with thoughts and feelings). "The intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, which either results in or has a high likelihood of resulting in injury, death, psychological harm, mal-development, or deprivation" is how the World Health Organization defines violence.

Anayasaka – Evade overexertion

Overexertion is not recommended since it aggravates *Vata*, our bodies' physiological air quality. Exercise that exceeds 50% of your maximum ability may be hazardous, according to Ayurveda^[7]. A key component of the Ayurveda philosophy of life, rejuvenation, and preventative treatment is *Vyayam*, or physical exercise. The goal of the exercise is to push yourself to 50% of your maximum strength or capacity. The idea of *Balaardha* derives from Ayurveda. It is advantageous to maintain a constant energy level during your workout.

Prashantam – Stay with a calm and peaceful mind

The lack of mental tension or worry, is a state of being internally untouched by external situations or occurrences. When a person is at peace with himself, they are able to retain their inner equilibrium and good judgment all the time, regardless of challenges or occurrences. The term "inner serenity" is commonly used to describe this state (also known as "peace of mind"). It requires having the necessary knowledge and awareness to maintain composure under pressure or in the midst of conflict.

Priyavadinam – Speak pleasantly (do not hurt others with your speech)

Every choice in medicine is guided by the idea of doing no damage. Abuse of any form, whether it is a verbal, emotional, or physical, must be avoided if we are to live in harmony with one another. Once said a word has power and cannot be taken back. Our goal should be an honest reflection of who we really are. To offer comfort and encourage healing, one need just be nice.

Japa para – Keep doing prayers

Connection to the God who created the universe helps to foster a concentrated mind as well as centeredness and grounding. If we can see the beauty in everything, life becomes richer and more fulfilling. One of the plagues of an unbalanced lifestyle is the idea of "myself" or the self-centeredness of modern culture. Yoga and meditation can help you overcome this distance.

Soucha Para – Purity

Personal hygiene and cleanliness are important indicators of someone's health. Impurities on both the inside and outside of the body block the channels or tissues in our bodies that are crucial for a healthy metabolism. We can stop germs and viruses from entering our bodies from the outside if we keep ourselves clean and pure. Those who keep their homes tidy and clean tend to be healthier and happier.

Dheera – Patience

A mental triumph leads to a practical one in life. Being courageous for good goals can include both giving up behaviors that no longer serve us and introducing ones that are helpful for our overall wellness.

Dana – Charity

Overconsumption or the accumulation of things we don't need causes both physical and emotional clutter in our living places. In the same way that we engage in activities that lift our spirits, we maintain what we need. We might follow Gandhi's dictum of "Simple living elevated mind" by giving goods or money. Giving has immeasurable rewards

and grace that make it simpler to help others without expecting anything in return. Selfless action is the same as selfless living. We are not only here to live comfortably and consume things. The joy of living for others may be a true healer.

Tapaswin – Austerity

Religious conflicts have existed throughout the history of human civilization. In a garden, there are several flowers with various fragrances and colors, but they all coexist in perfect harmony. There isn't a one ideal religion or set of beliefs. In our multiracial, multiethnic community, each theological viewpoint has its advantages and disadvantages.

Samadara – Be respectful

We learn how to be intelligent and informed through our parents, teachers, elders, and gurus. Nobody is born enlightened or has attained self-mastery. One must always get instruction or training in order to advance.

Anrashamsya – Do not harsh to any individual

Our emotions and brains are disturbed by cruelty, which breeds hatred. Being cruel shouldn't make one happy; on the contrary, being kind and kind to others makes one happy since what goes around, comes around. What is tossed away is returned. By being nice to people in return, we may demonstrate to them how much we appreciate and care about them.

Nitya karuna vedinah – Be kind

There is always a need for help in uplifting the weak, sick, and helpless in society. Oftentimes, selfish people have fewer friends and undesirable neighbours. Individuals have the ability to step up and assist others who are in need. Empathy and sympathy are essential for progressing in one's own evolutionary process.

Sama Jagrana – Swapna

Maintain a balance between your sleeping and waking hours. Avert taking naps throughout the day and staying up late. The idea of *Avastha paka* may be found in Ayurveda [8]. *Ratri* and *Divas* are similarly separated into three pieces based on the predominant *Dosha*. According to recent studies, distinct body organs remain active during the day and night.

Nitya ksheer ghrishinah – Ingest milk (Ksheera) and ghee (Ghrita) in moderate quantity along with diet

Warm milk is both excellent quality and easy to digest. Milk nourishes the body's deepest tissues and tones the entire body. Sometimes it's suggested to use the relaxing effects of milk along with a sprinkle of nutmeg for people who have trouble falling asleep. Ghee or clarified butter feeds the body and moisturizes the tissues. This is the only dairy product that is regarded as helpful for those with excessive

cholesterol. When consumed in moderation, it lowers or even lowers the bad cholesterol while raising the good cholesterol (HDL) (LDL).

Desha-Kala-Pramanagya

Our bodies need some time to acclimate to new locations and weather patterns. When we live in harmony with nature and the season, we experience better physical, mental, and spiritual health.

Yuktigya - Planner

It is said that "failing to plan is planning to fall" in life. If there is no clear path, there is no destination. Similarly, reaching the goals is difficult without tactics. Making wise future planning is possible when we employ practices like yoga and meditation to gain insight. Life might be challenging and demanding without a clear approach.

Anahamkari - Elude excessive egotism

Breaking the ego is the best course of action in the contemporary environment. We are ego-driven rather than heart-driven. When the body, mind, and soul are in balance, the best actions and acts from one's soul appear, upending and crushing the ego.

Shastachara- Maintain good behaviour in the society

Sages were noted for their outstanding behaviour because of the discipline they learned as a result of experiencing the highs and lows of a life that was always changing. These can act as a set of guiding ideas for the many life paths we all take.

Asamkiran

Giving and receiving are mutually beneficial; we both receive and give. Being compassionate does not involve renunciation or giving up everything. Sharing cultivates empathy for others, which breeds empathy for oneself. With neighbours, co-workers, family members, and friends, generosity promotes harmony.

Addhyatma Parayanam

The finest outcome is obtained when we are doing with pure consciousness, regardless of how small the deed may be. A conscious mind is a pure mind, also known as a *Sattvic* mind. *Sattva* is the urge to move forward, progress, and advance.

Upasitarah vridhdhanam

Elders have provided us with a variety of advantages, including giving birth to us, raising us, and sharing their knowledge and wisdom with us so that we can live our lives as gracefully as possible. They not only merit our respect and gratitude, but they also contributed to the development of who we are. By assisting others, you are nourishing your own spirit.

Upasitarah Astikanam

They are priests, sages, and saints because of the morally superior lives they have lived. We can learn a lot from them and their path of virtue. One way to earn their goodwill is to serve them or appreciate their quest for excellence.

Upasitarah Jitatmanam

We are always under pressure from all directions as a result of our desires to be strong, wealthy, and healthy. Our senses are the source of desire. Healthy desires are good for society as a whole, but we regularly engage in unhealthy ones in order to satisfy our own, including excessive sex, using dishonest or unethical methods to get fortune, and hurting others. Individuals who are in control of their senses are in control of themselves. By taking care of them, we may get a profound awareness of how to live without allowing our senses rule our actions.

Dharma Para

Whether your religion or belief system, it is essential to put your beliefs into passionate and sincere practice. A devoted and concentrated mind can handle any problem in life with great elegance. We gain a concentrated, reflective mind that is clear and exact via religious engagement.

Shastra para

Ayurveda, the science of life, has been practiced for more than 5000 years, however it has changed through the years. Due to discoveries, as well as improvements in medicine and technology, science has evolved in remarkable ways during the past 50 years. Understanding all methods, including holistic and contemporary sciences, is essential to maintaining health and treating illness. When we invest our hearts and brains into integrating all practices, new discoveries, and research in healing the root cause of an imbalance, the building of a healthy society won't be just a dream.

Review of Ksheera

There are several synonyms for milk^[9]. They go by the names *Ksheera*, *Piyusha*, *Udhastha*, *Stanya*, *Paya*, and *Amrutha*. *Stanya* is the baby's first meal shortly after birth. It is believed that *Stanya* is a *Rasadhatu Upadhatu*. *Ahara Rasa* serves as the raw ingredient. *Stanya*, the *Prasada bago* of *Madhura rasa* and *Rasa dhatu*, is created during the digestion of food. Ideal milk must have normal *Prakrthi Varna*, *Gandha*, *Rasa*, and *Sparsha* entirely dissolved in water due to its watery nature. Children receive nutrients and a healthy, pain-free condition from perfect milk^[10]. If breast milk is insufficient, the child may be given goat's milk, cow's milk, or milk from a wet nurse since milk is often appropriate for youngsters. Ashtanga Hridaya advises processing milk with the *Hrsva Panchamula*

remedies (roots of *Shalaparni*, *Prishniparni*, *Brihati*, *Kantakari*, and *Gokshura*) or with *Sthira* and sugar when breast milk is not available. Breast milk completely satisfies an infant's nutritional and hydration needs during the first six months.

Different *Ksheera*'s characteristics^[11]

- *Gavya Ksheera* has *Madhura rasa*, *Sheeta veerya*, *Mridu*, *Snigdha Bahala*, *Guru*, *Manda*, *Prasanna*, acts as *Rasayana* and *Ojo vardhaka*.
- *Aja Ksheera* have properties like *Kashaya Madhura rasa*, *Laghu Guna*, *Sheeta veerya*, *Malasangraha*, cures *Raktapitta*, *Atisara*, *Kshaya*, *Kasa*, and *Jwara*.
- *Mahisha Ksheera* has the *Guru guna*, together with *Sheeta Veerya*, *Mandagnikaraka*, and *Sneha*, and she heals *Anidra*.
- *Ruksha*, *Ushna Veerya*, *Lavana*, *Laghu*, the ability to treat *Vata Kaphaja Rogas*, *Anaha*, *Krimi*, *Shotha*, and *Arshas* are among the qualities attained by *Ushtra Ksheera*.
- *Aavika Ksheera*: *Ushna Veerya*, *Kapha pitta karaka*, cures *Hikka*, *Shwasa*
- *Ushna Veerya*, *Bala Vardhaka*, and *Stairyakara* are the qualities which attained by *Ashwa Ksheera*, heal *Shakagata Vata*.
- *Maanushi Ksheera*: *Madhura Amla lavana rasa*, *Ruksha Ushna Laghu Guna* cures *Vata pitta Raktaja vikara*, *Akshiroga*, *Abhighata*
- *Hasti Ksheera* (Elephant's milk) is *Balya*, *Guru*, *Stairyakara*

Some of the names for milk include *Preenana*, *Brimhana*, *Vrishya*, *Medhya*, *Balya*, *Jeevaniya*, *Shramahara*, *Deepaniya*, *Pathya*, and *Satmya*. Moreover, it is referenced in the following texts in treatment of: *Shwasa*, *Kasa*, *Raktapitta*, *Trishna*, *Pandu*, *Amlapitta*, *Gulma*, *Shosha*, *Udara*, *Atisara*, *Jwara*, and *Daha*.

Ksheera as *Rasayana*

Stanya is the *Rasadhatu's Upadhatu* and is able to take care of all seven *Dhatus* as well as other body functions for *Prinana*. *Stanya* is a *Satmya* and *Rasayana*, and it also generates a well-built physique, decreases *Meda*, and relieves weariness^[12]. *Goksheera* has the qualities of *Sheetaviryaya*, *Mridu*, *Snigdha*, *Bahala*, *Shlakshana*, *Guru*, *Manda*, and *Prasanna*, among others. These ten qualities describe *Ojas*. Any *Dravyas* having same attributes in terms of *Dravya*, *Guna*, and *Karma* are always doubled or reinforced when ingested, according to Acharya Charaka's "*Sarvada Sarva Bhavanam Samanyam Vridhikaranam*".^[13] Acharya Sushruta claims that "*Swayonidravya Prayoga*," which essentially states that any substance having traits similar to a *Dhatu* will strengthen that *Dhatu* by eating *Dravyas* with those same attributes, is employed in

Dhatu Kshayaavastha. By consuming *Goksheera*, which inturn helps to increase *Ojas* in our systems, a substance with similar abilities. As a result, it is evident from the aforementioned criteria that *Goksheera* plays *Rasayana*. Acharya Charaka asserts that *Godughdha* has 10 *Gunas*, which are similar to the *Gunas* of *Ojas*. *Ojas*, a crucial *Dhatu* in our bodies, enlarges as a result of this. *Go ksheera* is referred to as *Shrestha Rasayana* because it is the finest *Jeevaniya Padartha*. *Goksheera* is regarded as the best *Rasayana dravya* since it may be used by individuals of all ages as a part of a healthy diet and as a dietary supplement. According to Acharya Sushruta, *Goksheera* is an *Alpabhishyandhi*, however Acharya Charaka thinks she is a *Jeevaniya* who engages in *Ojovardhana* and *Rasayana* activities.

Since it contains nutrients that help bone growth, blood pressure management, and weight maintenance, milk is an essential part of a child's diet. A child's developing body is supported by milk's essential nutrients, including high-quality protein, calcium, potassium, vitamin D, vitamin B12, vitamin A, phosphorus, vitamin B2 and vitamin B3, to name just a few. Rickets and developmental delays can occur in children with low vitamin D levels, especially in younger children. One of the best sources of this vitamin replacement and a need for a child's health is cow's milk. Breastfeeding produces certain types of antibodies called immunoglobulins, or colostrum. These immunoglobulins are passed from mothers to their unborn offspring. They are proteins in a sense. Breast milk contains the immunoglobulins IgA, IgM, and IgG as well as secretory forms of IgM (SIgM) and IgA (SIgA). The colostrum's high concentration of SIgA protects the child by creating a shield over the nose, throat, and digestive tract. It is generally known that milk from cows fed on grass has a higher concentration of omega-3 fatty acids than milk from cows given on additional feeds. Vitamin C, specifically 18:3, is also found in higher concentrations in milk from grass-fed cows (linolenic acid and conjugated linoleic acid). As cows are exposed to more sunlight, the milk contains more beta-carotene, vitamin E, and naturally occurring vitamin D. People commonly eat milk and dairy products from grass-fed cows because they are not only wonderful sources of nutrients, but also because they include probiotics and prebiotics. They encourage the development of beneficial bacteria in the stomach, which boosts immunity. For our bodies to remain healthy, a good immune system-gut microbiota relationship is essential.^[14]

Ghrita Review

Ghrita, *Ghritam*, and *Sarpi* are all synonyms for ghee.

The assets of *Ghrita* are

- It has *Madhura rasa* (taste)

- It is *Snigdha*, *Mridu*, *Shlakshana*, *Guru Guna*
- It is *Sheeta* in *Veerya* (potency)
- Its *Vipaka* is *Madhura*

Doshagnatha

As per Acharya Charaka^[15]

Tridosha shashamata is composed of the following elements: *Pitta-nilaharam*, *Rasa*, *Shukra*, and *Ojo hitam* (functional improvement in immunity) *Mrdukaram*; (provides softness to the body), *Swaravarna prasadanam* (improved voice quality and lustre of body); *Kapha Medo Vivardhanam* (increases lipo contents of body); *Smruthi Budhi vardhakam* (increases intelligence) and *Agni vardhakam*.

As per Acharya Sushrutha^[16]

Ghritha is *Madhura*, *Saumya*, *Guru* and *Mridu Guna*, *Sheeta Veerya*, *Anabhishtyandi*, *Snehana*, *Vatapitta Prashamana*, *Agni Deepana*, *Smriti medha Kanthi Swara Lavanya*, and *Anabhishtyandi*.

As per Ashtanga Hridaya^[17] the *Ghritha* has the following qualities

Dhi, *Smruthi*, *Medha*, (overall intelligence of body) *Agni* (digestive fire), *Bala* (strength), *Shukra-Chakshushya*, *Kanthi* (glow of body) *Saukaumarya* (delicateness in body), *Sheetam* (cold in potency), *Vayasthapanam*, *Praja* (ability to provide fertile progeny), *Snehanamuttamam*, *Sahasraveeryam*, and *Karmasahasrakrut*.

Purana Ghritha

According to Acharya Charaka^[18], *Purana ghritha* is *ghritha* that has been preserved for ten years. It also includes *Sara*, *Katu Vipaka*, *Tridosahara*, *Katu Tikta* in *Rasa*, *Ugra Gandha*, and *Laksha-Rasa-Nibam* in addition to *Gunas* like *Sheeta*, *Medhya*, *Chedi*, and *Teekshna*. It relieves *Mada*, *Apasmara*, *Murcha*, *Shosha*, *Unmada*, *Visha*, *Jwara*, and *Shoola* in *Yoni*, *Karna*, and *Shiras*. Acharya Vagbata particularly makes mention to the *Vrana Shodhana* and *Ropana* action of the *Purana Ghritha*^[19].

Prapurana Ghritha

Ghritha that has been preserved for more than ten years is referred to as *Prapurana Ghritha*, and it possesses characteristics resembling those of *Laksha rasa*, such as *Sheeta Veerya*, *Graha dosha shamaka*, *budhi vardhaka*, and positive *Virechana* traits.^[20]

Ghritha as Rasayana

Ghritha has attributes like *Madhura*, *Snigdha*, *Guru Guna*, and *Sheeta Veerya* that help to increase *Agni deepana*, which in turn helps with *Pachana*, or the digestion of *Ahara rasa*. The *Rasa Dhatu*, the main *Dhatu*, and all other *Dhatu*s are therefore nourished. *Ojas*, the substance of *Saptadhatu*, is therefore likewise nourished when all the *dhatu*s are fed. Through the production of *Ayuprakarsha*, *Swara Varna Prasadana*,

Medhya, *Chakshushya*, *Shukravardhaka*, etc., *Ghritha* serves as an illustration of an *Ajasrika Rasayana*. Ghee may give kids a lot of energy. Saturated fatty acids are present, giving you both energy and endurance. It fosters brain development. Moreover, it contains a sizable quantity of butyrate, a fatty acid linked to an immunological response for the management of inflammation. Mono-saturated Omega-3s and the fat-soluble vitamins A, D, E, and K are also present. Ghee also fosters gut health, which is important for enhancing immunity^[21]. Ghee improves skin and eye health, assists with digestion, improves memory and cognition, and acts as a lubricant for joints because it is a great source of butyrate fatty acids, which are essential for preventing digestive system diseases.

DISCUSSION

Rasayana dravya is initially ingested by *Jatharagni*, then by *Butagni*, then by *Dhatuvagni*. Along with the *Vata*, *Pitta*, and *Kapha Doshas*, *Ahara Rasa* is created during *Sara Kitta Vibhajana*. This superior *Ahara Rasa* produces pure *Rasa Dhatu* with the assistance of the proper *Dhatwagni* up till *Ojas* information, which then continues the process of producing further *Raktadi dhatu*s. This well-formed *dhatu*s feeds the body as it is consumed. *Rasayana Dravya* also has an impact on *Ojas*, which increases *Shareera Bala*. *Rasayana dravyas* works at the level of *Dhatu* by raising the nutritional value of *Poshaka rasa*. Most likely, the *Rasayana* function of the *Madhura*, *Guru*, *Snigdha*, and *Sheeta gunas* in *Rasayana dravyas* is to improve the nutritional content of *Rasa*, which in turn helps to produce *Dhatu*s with the best qualities.

Rasayanadravyas works at the *Agni* level by promoting *Saptadhatu* excellence and improving digestion.

By cleansing and stimulating the *Srotoshuddhi* microcirculatory channel, *Rasayanadravyas* improves microcirculation at the level of *Srotas*. *Ksheera* is responsible for causing *Ojovardhana* since it shares traits with *Ojas*. It thus enhances one's *Bala* and *Vyadhikshamatva* and promotes long life. Similar to this, *Ghritha* is also a significant *Vardhaka* since it encourages *Agni deepaka*, which feeds the *Rasaadi Dhatu*s, and assists in the proper development of *Ahara Rasa* and *Pachana*. Acharya Sushrutha reported using *Sheetodaka*, *Ksheera*, *Madhu*, and *Sarpi* alone or together, with *Rasayana* action as well as *Ayusthapanana* activity. The ability of *Ghritha* to successfully absorb the *Gunas* of other substances with which it is treated is referred to as *Samskarasya Anuvartanam*. Moreover, *Ghritha* maintains its effects even when coupled with chemicals that have distinct features. It contains additional milk-related qualities and improves digestion. The use of *Ghritha Kalpana* in the treatment

of many ailments is crucial. *Ghrita* should thus be included in your diet every day. Consuming *Ghrita* and *Ksheera* and practicing *Ajasrika Rasayana* can both promote health and assist individuals avoid and treat illness. It has the best diet and immune-modulating properties.

CONCLUSION

According to Ayurveda, preserving health and avoiding sickness mostly depends on how an individual maintains their lifestyle, psychological well-being, nutrition, and surroundings. As a result, the quantity and quality of food, together with an accurate evaluation of *Agni* condition and the compatibility of people based on *Prakriti*, are crucial factors in preserving health. *Ajasrika Rasayana* and suitable, healthful diets can assist in achieving this. Using *Rasayana Chikitsa*, one may influence the *Dhatu*, *Agni*, and *Srotas* in their body. *Rasayana* is a unique type of medical care since it influences the core parts of the body. *Rasayana Dravya* can be appropriately ingested to encourage the normal growth and expansion of *Sapta Dhatu*, which in turn raises *Ojas*. *Ojas* is raised as a result of the regeneration of biological tissues and cells. It is common knowledge that the developing world has a higher risk of infectious diseases due to increased pollution, bad lifestyle choices, fast food consumption, unhygienic living conditions, and improper eating habits. Children are frequently exposed to a wide range of disease-causing substances, which has major repercussions. Children are consequently exposed to disease at an early age, which may sometimes result in chronic issues and have an influence on their lives. Thus, having a strong immune system is essential. It supports the upkeep of a strong and necessary immune system and is accessible through *Rasayana*. *Rasayana Chikitsa* is given to children as a preventative treatment since it strengthens their immune systems and shields them against a range of infectious diseases.

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