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Review Article

A REVIEW ON KALYANAKA GHRITA AS VISHAGHNA

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ABSTRACT

Agada Tantra is the branch of medicine that deals with Toxicology and is one of the eight branches of Ayurveda. It deals with the treatment of poisons. Various forms of medicines have been explained for the management of poisons. One form is ghrita kalpas, as in treatment of visha use of ghee plays an important role. Kalyanaka Ghrita is a formulation that has a combination of many herbs been out of which nine drugs are sheeta veerya and nineteen drugs are Ushna (hot) veerya in nature. Many drugs have proved to have anti- microbial, anti- venom, antioxidant, antimicrobial, etc. properties. Most of the drugs are easily available, easy to formulate and practice.

KEY WORDS: Kalyanaka ghrita, Vishaghna (anti-poisonous), Ghrita

INTRODUCTION

In Bruhatrayees many formulations are mentioned for the management of poisons¹. In Susrutha samhita in dundubhiswaniya adhyaya Kalyanaka ghrita is mentioned. There are twenty eight drugs in this formulation along with ghrita (ghee)². The word meaning of kalyanaka is “kalyane shubhakarmani shreyaskara” it is auspicious, brings prosperity and wellbeing to mankind. References for kalyanaka ghrita can be found in Susruta Samhita, Kalpasthana dundubhiswaniya adhyaya, Charaka Samhita chikitsasthana in unmada chikitsa, Ashtanga Hridaya, Uttara tantra in unmadapradisedha adhyaya, Bhaishajya Ratnavali under unmada roga adhikara and AFI.

In Kalyanaka ghrita most of the drugs are having Vishaghna (anti-poisonous), rakta sodhaka and hridya properties that may help in the quicker action in management of Visha.

Table 1: Ingredients of Kalyanaka Ghrita

Drug name	Latin name	Part used	Quantity
Amalaki	<i>Emblia officinalis</i>	Fruit	1 aksha (12g)
Vibhitaki	<i>Terminalia bellirica</i>	Fruit	1 aksha (12g)
Haritaki	<i>Terminalia chebula</i>	Fruit	1 aksha (12g)
Devadaru	<i>Cedrus deodara</i>	Stem bark	1 aksha (12g)
Dadima	<i>Punica granatum</i>	Fruit	1 aksha (12g)
Malati pushpa	<i>Jasminum grandiflorum</i>	Flowers	1 aksha (12g)
Brihati	<i>Solanum indicum</i>	Root	1 aksha (12g)
Kantakari	<i>Solanum surattense</i>	Root	1 aksha (12g)
Prushniparni	<i>Uraria picta</i>	Root	1 aksha (12g)
Salaparni	<i>Desmodium gangeticum</i>	Root	1 aksha (12g)
Tagara	<i>Valeriana wallichii</i>	Rhizome	1 aksha (12g)
Elavaluka	<i>Prunus cerasus</i>	Fruit	1 aksha (12g)
Gavakshi	<i>Colocynthis schrad</i>	Fruit	1 aksha (12g)
Haridra	<i>Curcuma longa</i>	Tuber	1 aksha (12g)
Daruharidra	<i>Berberis aristate</i>	Tuber	1 aksha (12g)
Padmaka	<i>Nelumbo nucifera</i>	Stem bark	1 aksha (12g)
Harenu	<i>Vitex negundo</i>	Leaves	1 aksha (12g)
Nagakesara	<i>Messua ferra</i>	Flowers	1 aksha (12g)
Utpala	<i>Nymphaea alba</i>	Flowers	1 aksha (12g)
Manjishta	<i>Rubia cordifolia</i>	Root	1 aksha (12g)
Kushta	<i>Saussurea lappa</i>	Root	1 aksha (12g)
Vidanga	<i>Embelia ribes</i>	Fruit	1 aksha (12g)

Talisapatra	<i>Abies webbiana</i>	Leaves	1 aksha (12g)
Danti	<i>Baliospermum montanum</i>	Root	1 aksha (12g)
Sariva	<i>Hemidusmus indicus</i>	Root	1 aksha (12g)
Krishna sariva	<i>Cryptolepis buchanani</i>	Root	1 aksha (12g)
Chandana	<i>Santalum album</i>	Bark	1 aksha (12g)
Priyangu	<i>Callicarpa macrophylla</i>	Fruit	1 aksha (12g)
Ghrita	Cow's ghee		1 prastha (768g)

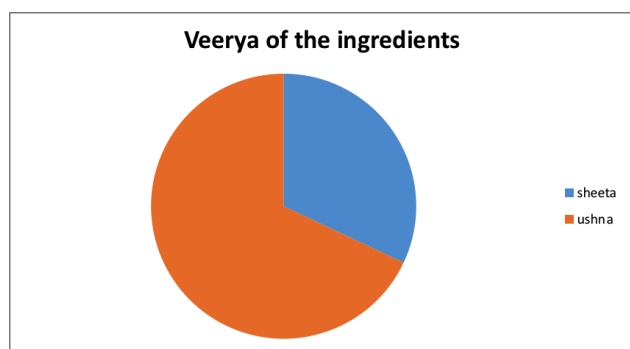
Table 2: Pharmacological properties of individual drugs

Drug	Rasa	Guna	Veerya	Vipaka	Karma ³
Amalaki	Lavana varjitha pancharasa (All six tastes except salty)	Laghu (light) Ruksha (dry)	Sheeta (cold)	Madhura (sweet)	Rasayana (rejuvenative), Kushtaghna (useful in skin disease)
Vibhitaki	Lavana varjitha pancharasa	Laghu (light) Ruksha (dry)	Ushna (hot)	Madhura (sweet)	Rasayana (rejuvenative)
Haritaki	Lavana varjitha pancharasa (All six tastes except salty)	Laghu (light) Ruksha (dry)	Ushna (hot)	Madhura (sweet)	Rasayana (rejuvenative), Hrudya (cardio protective) ⁴
Devadaru	Tikta (bitter), Kashaya (astringent)	Laghu (light) Ruksha (dry)	Ushna (hot)	Katu (pungent)	Vedanasthapana (analgesic)
Dadima	Kashaya (astringent) Madhura (sweet)	Laghu (light), Sukshma (fine)	Sheeta (cold)	Madhura (sweet)	Hrudya (cardio protective)
Malathi pushpa	Katu (pungent), Tikta (bitter)	Laghu (light) Ruksha (dry)	Sheeta (cold)	Katu (pungent)	Vishaghna (anti-poisonous), Kushtaghna (useful in skin disease), Raktapitta(bleeding disorder)
Brihathi	Katu (pungent), Tikta (bitter)	Laghu (light) Ruksha (dry)	Ushna (hot)	Katu (pungent)	Sothahara (anti-inflammatory) Kushtaghna (useful in skin disease), kanduhara (anti-pruritic)
Kantakari	Katu (pungent), Tikta (bitter)	Laghu (light) Ruksha (dry)	Ushna (hot)	Katu (pungent)	Krimighna (anti-microbial)
Prushniparni	Madhura (sweet), Tikta (bitter)	Laghu (light) Sukshma (fineness)	Ushna (hot)	katu (pungent),	Vishaghna (anti-poisonous), vranahara (ulcer healing)
Salaparni	Madhura (sweet), Tikta (bitter)	Guru (heavy) Sukshma (fineness)	Ushna (hot)	Madhura (sweet)	Rasayana (rejuvenative)
Tagara	Katu (pungent), Tikta (bitter)	Laghu (light), Snigdha (unctuous)	Ushna (hot)	Katu (pungent),	Vishaghna (anti-poisonous),
Elavaluka	Tikta (bitter) ,	Laghu (light)	Ushna (hot)	Katu (pungent)	Vishaghna (anti-poisonous), Kushtaghna (useful in skin disease), Raktapitta(bleeding disorder)
Gavakshi	Tikta (bitter)	Laghu (light) Ruksha (dry)	Ushna (hot)	Katu (pungent)	Vishagna (anti-poisonous), krimi (anti- microbial)
Haridra	Tikta (bitter) ,Kashaya (astringent)	Laghu (light) Ruksha (dry)	Ushna (hot)	Katu (pungent)	Vishaghna (anti-poisonous)
Daruharidra	Tikta (bitter) Kashaya (astringent)	Lagu Ruksha (dry)	Ushna (hot)	Katu (pungent)	Vishaghna (anti-poisonous), Kushtaghna (useful in skin disease),
Padmaka	Madhura (sweet), Tikta (bitter)	Laghu (light) Ruksha (dry)	Sheeta (cold)	Katu (pungent)	Vishaghna (anti-poisonous)
Harenu	Tikta (bitter) Kashaya (astringent)	Laghu (light) Ruksha (dry)	Ushna (hot)	Katu (pungent)	Vishaghna (anti-poisonous), Shothahara (anti-inflammatory)
Nagakasara	Tikta (bitter) Kashaya (astringent)	Laghu (light) Ruksha (dry)	Ushna (hot)	Katu (pungent)	Raktasthambhaka
Utpala	Madhura (sweet), Tikta (bitter)	Laghu (light), Snigdha (unctuous)	Sheeta (cold)	Katu (pungent)	Medya
Manjishta	Madhura (sweet) , Tikta (bitter)	Guru (heavy) Ruksha (dry)	Ushna (hot)	Katu (pungent)	Vishaghna (anti-poisonous), Kushtaghna (useful in skin disease),
Kushta	Madhura (sweet), Tikta (bitter)	Laghu (light) Ruksha (dry)	Ushna (hot)	Katu (pungent)	Kushtaghna (useful in skin disease), Visarpa (erysipelas)
Vidanga	Katu (pungent), Kashaya (astringent)	Laghu (light) Ruksha (dry)	Ushna (hot)	Katu (pungent)	Krimighna (anti-microbial)
Talisapatra	Madhura (sweet), Tikta (bitter)	Laghu (light), snigdha	Ushna (hot)	Katu (pungent)	Hrudya (cardio protective)
Danti	Katu (pungent),	Guru (heavy) Snigdha (unctuous)	Ushna (hot)	Katu (pungent)	Tikshnavirechana (purgative)
Sariva	Madhura (sweet),	Laghu (light)	Sheeta (cold)	Madhura (sweet)	Kushtaghna (useful in skin

	Tikta (bitter)	Ruksha (dry)			disease), Raktapitta (bleeding disorder)
Krishna sariva	Madhura (sweet), Tikta (bitter)	Laghu (light) Ruksha (dry)	Sheeta (cold)	Madhura (sweet)	Raktadoshahara (purifies blood)
Chandana	Madhura (sweet), Tikta (bitter)	Laghu (light) Ruksha (dry)	Sheeta (cold)	Katu (pungent)	Varnya (increases complexion)
Priyangu	Madhura (sweet), Tikta (bitter)	Laghu (light) Ruksha (dry)	Sheeta (cold)	Katu (pungent)	Vishaghna (anti-poisonous)
Ghrita	Madhura (sweet)	Guru (heavy) snigdha (unctuous)	Sheeta (cold)	Madhura (sweet)	Rasayana (rejuvenate) Balakara (gives strength)

Based on veerya of ingredients

67.85% of the ingredients are having Ushna (hot) veerya and 32.14% of the ingredients are having Sheetta veerya.



Based on action of the ingredients

Rasayana (rejuvenate) - 14.2%
 Kushtaghna (useful in skin disease)- 25%
 Hrudyā (cardio protective) - 10%
 Vishaghna (anti poisonous) - 28%
 Raktashodaka (purifies blood) -7.14%
 Krimighna (anti-microbial) - 10.7%
 Visarpahara (erysipelas) - 10.71%
 Shotahara (anti- inflammatory) - 7.14%
 Kaphahara - 32.14%
 Pittahara -7.14%
 Vatahara- 14.28%
 Tridoshahara – 28.57%

Method of Preparation

12gram of each of the drugs should be powdered separately and made into a form of a fine paste. This is to be added to one prastha (768g) of ghee and four prasthas of water. It has to be cooked on medium heat till the tests of perfectness of ghee preparation are attained. Then it is filtered and stored in air tight container.

DISCUSSION

In Sushruta samhita, Kalyanaka ghrita is indicated in Visha and garavisha⁵. In this formulation total twenty eight drugs are

there, out of which nine drugs are sheetta veerya and nineteen drugs are Ushna (hot) veerya. Compared to the properties of Visha these drugs have sheetta, laghu, snigdha, etc. properties and hence will act in counteracting the ill effects caused because of Visha. Most of the drugs have kaphapittahara and tridoshahara properties (pacifies all the doshas).

The drugs in kalyanaka ghrita have Vishaghna (anti-poisonous), Kushtaghna (useful in skin disease), Hrudyā (cardio protective), Raktashodaka (blood purifying) properties. Drugs like haridra, malati pushpa, tagara, daruharidra, padmaka, manjishta, etc. are vishaghna drugs like manjishta, chandana, padmaka, etc. are and raktashodaka (blood purifier) in properties.

Ghee protects the heart and hence in visha where the visha enters into the hridaya and destroys the life of person, ghrita has to be administered first to protect the person from the effect of Visha.

CONCLUSION

Kalyanaka ghrita as mentioned does good to mankind. The drugs which are used in kalyanaka ghrita have properties like anti- poisonous, cardio protective, blood purifying, etc. It has an important role in Visha chikitsa as it does ojovridhi and reduces the visha gunas in the body. It protects the heart from the ill effects of visha by doing avarana by kapha.

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