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Review Research Article on Traditional *Ghrit* Preparations (*Ghrit Yoga*) and Their Therapeutic Applications

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Abstract

This review explores the traditional practice of *Ghrit Yoga*, which involves the use of various medicated ghee (*ghrit*) formulations tailored for specific therapeutic purposes, including anointment, *Shaman* (pacification), *Brihan* (bulk-promoting), and purification methods. The analysis draws upon traditional texts, such as *Bhaishajya Ratnavali*, to detail the composition, preparation, dosage, and indications of key formulations. Preparations reviewed include *Tiktak Ghrit*, *Mahatikta Ghrit*, *Panchatikta Ghrit*, *Mahakhadir Ghrit*, *Indukant Ghrit*, *Brahmighrit*, *Panchagavya Ghrit*, and various specialized *ghrits*. These formulations demonstrate efficacy against a wide spectrum of ailments, such as leprosy, *Vata* disorders, ophthalmic conditions, fever, epilepsy, and children's diseases. The detailed preparation methods underscore the complexity and precision of traditional pharmaceutical science.

Keywords

Ghrit Yoga, *Ghrit*, *Ayurveda*, *Tiktak Ghrit*, *Mahatikta Ghrit*, *Panchatikta Ghrit*, Leprosy, *Vata* disorders, *Shodhanarth*, *Bhaishajya Ratnavali*.

Introduction

Ghrit Yoga is a component of traditional practice that utilizes different medicated ghee preparations (*ghrits*). The selection of a specific *ghrit* is dependent on the disease condition. These preparations are employed for varied therapeutic applications, including anointment, *Shaman* (pacification), *Brihan* (nourishment), and purification methods. The sources mention several suitable *ghrits* for these purposes. Many of these formulations, such as *Tiktadya Ghrit*, *Mahakhadir Ghrit*, and *Ashwagandha Ghrit*, are documented in classical texts like *Bhaishajya Ratnavali*. The subsequent sections detail the formulation and therapeutic scope of these important preparations.

Aim and Objects

The primary **aim** of this review is to synthesize the information provided in the excerpts regarding the composition, preparation, and therapeutic applications of various *ghrit* formulations.

The **objects** include:

1. To document the specific ingredients and preparation steps for critical formulations like *Tiktak Ghrit* and *Mahatikta Ghrit*.
2. To delineate the range of diseases treated by these preparations, focusing particularly on complex conditions such as leprosy, *Vata* disorders (*Sandhigata Vata*, *Asthigata Vata*), and ophthalmic ailments.
3. To record the prescribed dosages for both regular consumption and purification (*Shodhanarth*) purposes.

Methodology

Classical Text of Ayurveda especially Bhaishajya Ratnavali.

Discussion

1. Tikta Group Ghrits^[1]

Four key preparations—*Tiktak Ghrit*, *Mahatikta Ghrit*, *Panchatikta Ghrit*, and *Tiktadya Ghrit*—are noted in *Bhaishajya Ratnavali*, differing slightly in their constituent substances. *Tiktadya Ghrit* is specified for ulcerative disease, while the other three are indicated for leprosy.

Tiktak Ghrit^[2] is prepared by cooking barks of various plants including *Harad*, *Baheda*, *Amla*, *Haridra*, *Daruharidra*, *Adusa*, *Jawasa*, *Pittapapada*, *Patolpatra*, *Vayamana*, *Kutki*, and *Nib* (each 2 *Pal*), in 1 *Drona* of water until 4 *shers* of decoction remains. To this, 1 *sher* of *Goghrit* (cow ghee) and 20 *tola* of a mixture of *Pippali*, *Motha*, *Lal Chandan*,

Vayamana, *Indrayav*, and *Chirayata* are added to prepare the final solution. The recommended dosage for this ghee is 1 *tola* twice a day with milk. It is beneficial for conditions such as leprosy, fever, dysentery, inflammation, duodenum, *pandu*, and erysipelas. For body purification (*Shodhanarth*), the quantity can begin at 16 ounces on the first day and gradually increase up to 24 ounces by the seventh day.

Mahatikta Ghrit^[3] preparation involves mixing 1 liter of *Kalk* (paste) made from numerous barks and herbs (*Saptaparna*, *Atis*, *Amaltas*, *Kutki*, *Motha*, *Patha*, *Khas*, *Chifla*, *Patol*, *Nib*, *Pittapapada*, *Dhamasa*, *Red Chandan*, *Pippali*, *Gajapippali*, *Padmakh*, *Haridra*, *Darharidra*, *Vacha*, *Indrayan*, *Shatavari*, *Anantmool*, *Shyama*, *Indrayav*, *Adusa*, *Murva*, *Guduchi*, *Chirayata*, *Mulethi*, and *Trayamana*) with 4 liters of Cow Ghee, 8 liters of *Amla* juice, and 32 liters of water. This preparation is useful for leprosy, biliousness, erysipelas, acidity, gout, *pandu*, *Hadrog*, and *Gulm Pidaka*, among other ailments.

Panchatikta Ghrit^[4] is created by preparing a one-fourth decoction of *Nimb* bark, *Patol* leaves, *Kantakari*, *Giloy*, and *Adulsa* (10 *pal* each) in 1 *dron* of water. To this, 1 *sher* of *Goghut* and 20 *tola* of *Triphala Kalk* are added. This formulation is claimed to cure 80 types of *vaatrog*, 40 types of *Pitta rog*, and 20 types of *Kaph rog*, including ulcer, *krimi*, *arsh*, and *kaas*.

Panchatikta Ghut Guggulu^[5] involves cooking *Ashtamansh Kwath* (one-eighth decoction) of *Neem* bark, *Guduchi*, *Adusa*, *Patol*, and *Kantakari* (2 *Pal* each) in 2 *Drona* of water. Subsequently, 5 *Pal* of pure *guggul* and 1 *Sher* of cow ghee are added and cooked. A paste (*Kalk*) composed of *Patha*, *Vidang*,

Devdaru, Gajapippali, Swarjokshar, Yavakshar, Dry ginger, Haridra, Fennel, Chavya, Leprosy, Tejavati, Black pepper, Indrayav, Cumin, Chitrak, Kutki, Shuddbhallatak fruits, Vacha, Pippalimool, Manjishtha, Atis, Triphala, and Ajvain is sprinkled in *ek karsh Pramana*. This specific formulation is beneficial for conditions like *Ghrit-Vishadosha, Prabalvat, Sandhigata Vata, Asthigata Vata, Mejjagata Vata, Dhatugatat Leprosy, Ulcer, Arbud, Fistula, Goiter, Heart disease, Pandu, and Vidradhi*. The standard quantity is *3 masha* to *6 masha*. It is noted as a medicine that provides miraculous benefits, particularly for leprosy, varicose veins, and rheumatic pains in *Majjagat vata*. Its purification quantity can range from *10 tola* to *20 tola*.

2. Specialized Ghrit Preparations

Mahakhadir Ghrit^[6] is discussed in *Bhaishajya Ratnavali* under the lesson of *Kushtha* (leprosy). It requires *5 Tula* of *Khadir* bark, and *3 shers* and *100 gm* of *Sesame* wood or bark, *Asan* bark, *Vetus*, *Pitta papada* bark, *Kuda* bark, *Adusa*, *Vyvidang*, *Haridra*, *Daru Haridra*, *Amaltas*, *Giloy*, *Triphala*, *Nishoth*, and *Saptaparna*. These are mixed together and used to prepare an *Ashtamansh Kwath* in *20 Drona* of water. Four *seers* of gooseberry juice and 4 *seers* of *Goghut* are mixed in the *Kwath*, along with a *Kalk* quantity equal to that of *Mahatikta ghee* ingredients (from *Saptaparna* to *Naraymana*). This ghee is used for betel leaf and *abhyanga* in cases of leprosy.

Indukant Ghrit^[7] is obtained by mixing *Putikaranj*, *Devdaru*, *Dashmool Kwath*, and *Shatpal Ghrit* with *Ksheer*. It is recommended for use in tumors, stomach, colic, gout, and fever.

Saraswat Ghrit (Chhattisgarh)^[8] is prepared by mixing 5-5 parts each of *Ardraka, Vacha, Shigru, Haritaki, Pippali, Marich, Patha, Saidhav*, 160 parts of ghee, and 640 parts of goat's milk. Its related formulation, **Brahmighrit**, is prepared by taking 4 *prasthas* of *swaras* from *brahmikalk*, 1 *prastha* of *goghut*, and 1 *tola* each of *kalk* of turmeric, *amla*, sweet *kuth*, *trivrit*, *myrobalan*, *Pippali*, *Vyvidang*, *Saindhava*, *Chini*, and *Vacha*. *Brahmighrit* enhances memory power, purifies speech, and is beneficial in leprosy, dysentery, gout, gonorrhoea, *taas*, *clavia*, and infertility in women.

Panchagavya Ghrit^[9] is prepared using 1 part *Gokshir* (cow milk), 1 part *Gomay* (cow dung), 1 part cow urine, 1 part *Godadhi* (cow curd), and 4 parts *Goghrit*. It is indicated for use in mania, epilepsy, quadruple fever, and planetary obstruction.

Triphala Ghrit and **Triphaladi Ghrit**^[10] are two related texts given for Ophthalmology. *Triphala Ghrit* is made with 1 *seer* of *Goghut*, 1 *seer* of *Triphala (Siddha Kwath)*, 3 *seer* of *Godugdha* (cow milk), and 1 *seer* of *Kalk* made of *Triphala, Munakka, Trikatu, Mulethi, Kutki, Pundariya* wood, small cardamom, *Vidang, Nagkeshar, Neelkamal, Swet Sariva, Krishnasariva*, White sandalwood, *Haridra*, and *Daru Haridra* (1 *tola* each). *Triphaladi Ghrit* uses 1 *seer* of Cow milk, 2 *seers* each of *Triphala* decoction and *Shatavari swaras* or decoction, and 20 *tola* of *Kalkarth Mulethi*. Both preparations are beneficial in blackness, and are used for conjunctivitis, jaundice, cataract, tumor, erysipelas, leucorrhoea, gout, bleeding, alopecia, *palatya-varma, suk* (eye disease), and cataract diseases.

Ashwagandha Ghrit^[11] destroys *Vata* diseases and is *Vrishya* (aphrodisiac/vitalizer). One formulation noted in *Bhaishajya Ratnavali* is prepared in 1 *seer* of *Godhut*, 4 *seer* of *Ashwagandha* decoction, 1 *seer* of *Ashwagandha Kalk*, and 4 *seer* of *Godudgh*. Another text (Ch.P.) describes proving Ghee equal to 10 times *Nibuk Ras* with equal parts of *Ashwagandha*, *Vidari*, *Shatavari*, *Gokshar*, *Amalaki*, *Yashtimadhu*, *Punarnava*, *Ushir*, *Erandmool*, and *Tunpanchmool*.

Kalyan Ghrit^[12] is prepared with 2 *seer* of *Goghrit*, 8 *seer* of *Kantakari Panchang* decoction, and a *Kalk* of 1 *tola* each of *Shankhapushpi*, *Vacha*, *Brahmi*, *Triphala*, *Khismis*, *Khand*, dry ginger, *Jeevanti*, *Jeevak*, *Bala*, *Kachur*, *Javasa*, *Belgiri*, *Anardana*, *Tulsi*, *Shalparni*, *Motha*, *Pushkarmool*, small cardamom, and *Gajpal*. This formulation is profitable for children's diseases, planetary defects, worms, and dental diseases. Notably, it is also useful for dysentery alongside epilepsy.

Noteworthy *Ghrits*

Several other *ghrits* are listed with their uses:

- *Kushmand Ghrit*: Gives immense power, used in a quelling manner.
- *Milk-Kalyanak Ghee* and *Mahakalyanak Ghoot*: Used for mania and diabolical frenzy.
- *Jivantyadi Ghrit*: Used for *Rajyakshma*.
- *Dashmoolshatpal Ghrit*: Profitable for fever, cough, abdominal pain, *gulm*, stomach issues, breathlessness, *hikkah*, rheumatism, spleen enlargement, *gulm* fistula, and *Gughsi*.

- *Kantakari Ghrit*: Used for *Kas* (cough).
- *Vasa Ghrit*: Useful for blood bile, fever, swelling, colic, enlargement of liver and spleen, and diseases of the intellect and heart.
- *Fruit Ghrit*: Useful for vaginal pain, vaginitis, vaginal diseases, and infertility.
- *Shatavari Ghrit*: Suitable for acidity, haemoptysis, flatulence, bile fever, vaginitis, burning sensation, and dysuria.
- *Sukumarkumar Ghrit*: Prescribed for urinary colic, dysuria, lumbar spine pain, *medhu* colic, inguinal colic, vaginal colic, and gout.
- *Shatpal Ghrit*: Useful in *Gulm*, *Sangrahani*, *Pandu*, spleen enlargement, cough, and fever.

Conclusion

The practice of *Ghrit Yoga* provides a diverse and sophisticated system of medicated ghee preparations, utilized for therapeutic application in traditional medicine. The formulations detailed in the sources, such as the *Tikta* group (*Tiktak Ghrit*, *Mahatikta Ghrit*) and *Mahakhadir Ghrit*, demonstrate specific utility in managing chronic and systemic diseases like leprosy, requiring precise preparation methods involving multiple components cooked into a decoction (*Kwath*) and paste (*Kalk*). Furthermore, specialized preparations target unique physiological systems, such as *Triphala Ghrit* for ophthalmology, *Brahmighrit* for memory enhancement and speech purification, and *Panchagavya Ghrit* for nervous and psychological disorders (mania, epilepsy). These traditional texts not only provide

formulations but also specify dosages for standard use versus large-scale purification (*Shodhanarth*). This extensive library of *ghrits* showcases the comprehensive nature of traditional formulations in addressing a vast array of human ailments, from physical pain to psychological disturbances.

The preparation of *ghrit* can be metaphorically compared to brewing a highly specialized tea: while the basic component (the ghee, or the water) is common, the precise selection and concentration of herbs (the barks, roots, and spices, or the *Kalk* ingredients) determine the final medicinal property, making each *ghrit* uniquely suited to pacify (*Shaman*) or purify (*Shodhanarth*) a specific imbalance.

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