

IMPORTANCE OF GHRITA IN THE MANAGEMENT OF VARIOUS DISORDERS: AN
AYURVEDIC REVIEWDr. Nitin Sharma*¹, Dr. Vipul Singh², Dr. Vikas Saini³¹PG Scholar, Department of Ayurvedic Samhita Evam Siddhant, Quadra Institute of Ayurveda, Roorkee, Uttarakhand.²Assistant Professor Department of Ayurvedic Samhita Evam Siddhant, Quadra Institute of Ayurveda, Roorkee, Uttarakhand.³PG Scholar, Department of Ayurvedic Samhita Evam Siddhant, Quadra Institute of Ayurveda, Roorkee, Uttarakhand.***Corresponding Author: Dr. Nitin Sharma**PG Scholar, Department of Ayurvedic Samhita Evam Siddhant, Quadra Institute of Ayurveda, Roorkee, Uttarakhand. DOI: <https://doi.org/10.5281/zenodo.19908189>**How to cite this Article:** Dr. Nitin Sharma*¹, Dr. Vipul Singh², Dr. Vikas Saini³ (2026). Importance Of Ghrita In The Management Of Various Disorders: An Ayurvedic Review. World Journal of Pharmaceutical and Medical Research, 12(5), 59–63.

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ABSTRACT

Ghrita (clarified butter) occupies an important place in Ayurveda due to its unique therapeutic, nutritional, and medicinal properties. Classical Ayurvedic texts describe *Ghrita* as a highly beneficial substance that nourishes body tissues, improves digestion, supports mental functions, and enhances overall vitality. Because of its *Snigdha*, *Mridu*, and *Samskara Anuvartana* properties, *Ghrita* acts as an excellent carrier for herbal drugs and enhances their therapeutic efficacy. It is widely used in the preparation of many medicated formulations and plays a significant role in the management of various disorders. According to Ayurvedic principles, *Ghrita* helps balance aggravated *Dosha*, particularly *Vata* and *Pitta*, while supporting proper functioning of *Agni*, *Dhatu*, and *Srotas*. Classical texts mention the use of medicated *Ghrita* in the management of neurological disorders, digestive diseases, skin disorders, eye diseases, respiratory problems, and metabolic conditions. Due to its nourishing and rejuvenating properties, *Ghrita* is also widely used in *Rasayana* therapy to promote longevity, immunity, and strength. Modern studies have also suggested that *Ghrita* contains essential fatty acids and fat-soluble vitamins that support metabolic activities and tissue nourishment. The lipid-based nature of *Ghrita* facilitates better absorption and bioavailability of active herbal constituents, thereby enhancing therapeutic outcomes. Considering its wide spectrum of actions, *Ghrita* remains an important therapeutic medium in Ayurvedic pharmaceuticals and clinical practice. Thus, the present review aims to highlight the importance of *Ghrita* in the management of various disorders from an Ayurvedic perspective and to understand its therapeutic relevance in maintaining health and treating diseases.

KEYWORDS: *Ghrita*, Ayurveda, *Dosha*, *Rasayana*, *Agni*, Ayurvedic therapeutics.**INTRODUCTION**

Ghrita^[1] (clarified butter) holds a very important place in Ayurveda because of its nutritional and therapeutic value. Classical Ayurvedic texts describe *Ghrita* as one of the best lipid substances used for both dietary and medicinal purposes. It is considered highly beneficial for maintaining strength, vitality, and proper functioning of body tissues. According to Ayurveda, *Ghrita* possesses properties such as *Snigdha*^[2], *Mridu*^[3], *Guru*^[4] and *Madhura*^[5] which help nourish the body and maintain physiological balance. Due to these qualities, *Ghrita* is widely used as a base for many Ayurvedic formulations and therapies.

In Ayurveda, maintenance of health depends on the proper balance of *Dosha*,^[6] *Dhatu*,^[7] and *Mala*,^[8] along with the normal functioning of *Agni*. Disturbance in these factors leads to various diseases. *Ghrita* plays an important role in restoring this balance because it pacifies aggravated *Vata* and *Pitta Dosha* and supports the nourishment of body tissues. Classical texts also explain that *Ghrita* improves digestive fire, enhances memory and intellect, and promotes longevity. Because of these actions, it is frequently used in the management of several systemic disorders.

Another important feature of *Ghrita* is its ability to act as an excellent carrier of medicinal substances. Ayurveda

explains this property through the concept of *Samskara Anuvartana*,^[9] which means that *Ghrita* can absorb the qualities of drugs processed with it without losing its own properties. This characteristic makes medicated *Ghrita* formulations very effective in delivering herbal drugs deep into body tissues. Therefore, many classical preparations such as medicated *Ghrita* are used in neurological disorders, digestive diseases, skin disorders, eye diseases, and respiratory conditions.

In addition to classical Ayurvedic understanding, modern scientific studies have also recognized the therapeutic potential of *Ghrita*. It contains essential fatty acids and fat-soluble vitamins that support metabolism, immunity, and tissue nourishment. The lipid nature of *Ghrita* helps improve the absorption of herbal constituents and enhances their bioavailability. Because of these combined traditional and modern perspectives, *Ghrita* continues to play a significant role in Ayurvedic treatment and remains an important therapeutic medium in the management of various disorders.

AIM AND OBJECTIVES

Aim

To review the therapeutic importance of *Ghrita* in the management of various disorders from an Ayurvedic perspective.

OBJECTIVES

- To study the classical description of *Ghrita* in Ayurvedic texts.
- To understand the pharmacological and therapeutic properties of *Ghrita*.
- To analyze the role of medicated *Ghrita* in different diseases described in Ayurveda.
- To correlate the classical concept of *Ghrita* with modern scientific understanding.

MATERIAL AND METHODS

The present study is a conceptual and literary review based on classical Ayurvedic texts and modern scientific literature. Information regarding *Ghrita*, its properties, indications, and therapeutic applications was collected from classical texts such as *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and various Ayurvedic pharmacological textbooks. Relevant modern data were obtained from contemporary medical textbooks, research articles, and scientific journals related to nutrition, lipid metabolism, and pharmacology. The collected information was analyzed and interpreted to understand the therapeutic significance of *Ghrita* in different disorders.

CONCEPTUAL STUDY – AYURVEDIC REVIEW

Ghrita is clarified butter obtained from cow's milk and is considered one of the most important substances in Ayurvedic diet and therapeutics. It is widely used both as a food substance and as a medicinal base for various formulations. Classical texts describe *Ghrita* as a nourishing, rejuvenating, and therapeutic substance

capable of promoting health and preventing diseases. Due to its unique qualities, it is included in many internal and external therapies in Ayurveda.

Properties of *Ghrita*

According to Ayurveda, *Ghrita* possesses several important properties that make it beneficial for the body. It is described as *Madhura Rasa*,^[10] *Sheeta Virya*,^[11] and *Madhura Vipaka*.^[12] It has *Snigdha*^[13] and *Guru Guna*,^[14] which help in nourishing tissues and maintaining physiological stability. These properties make *Ghrita* particularly useful in conditions involving dryness, weakness, and degeneration of tissues.

Ghrita is known for pacifying aggravated *Vata* and *Pitta Dosha*.^[15] It improves digestive power and helps maintain proper functioning of *Agni*. Due to its nourishing nature, it supports the formation and nourishment of various *Dhatu* and improves overall strength and vitality.

Ghrita as a Therapeutic Medium

One of the most important features of *Ghrita* described in Ayurveda is its ability to act as a carrier for medicinal substances. This property is explained through the concept of *Samskara Anuvartana*,^[16] which means that *Ghrita* can absorb the properties of herbs processed with it without losing its own characteristics.

Because of this ability, many medicated formulations such as *Brahmi Ghrita*, *Mahatikta Ghrita*, and *Triphala Ghrita*^[17] are used for treating various disorders. These preparations allow the active components of herbs to reach deeper tissues and enhance therapeutic effects.

Role of *Ghrita* in Neurological Disorders

In Ayurveda, disorders related to the nervous system and mind are often associated with the aggravation of *Vata Dosha* and disturbance of *Manovaha Srotas*.^[18] Classical texts describe *Ghrita* as one of the most beneficial substances for the nourishment of the brain and nervous system. Because of its *Snigdha*, *Madhura*, and *Sheeta* properties, *Ghrita* helps pacify aggravated *Vata* and *Pitta Dosha*, which are frequently involved in neurological conditions. It also enhances the strength and stability of *Majja Dhatu*,^[19] which is closely related to the nervous system.

Medicated *Ghrita* preparations such as *Brahmi Ghrita* and *Kalyanaka Ghrita*^[20] are traditionally used to improve memory, intellect, and mental clarity. These formulations are described to promote *Medha* (intellect), improve concentration, and stabilize emotional disturbances. In conditions such as *Unmada*^[21] (psychosis) and *Apasmara*^[22] (epilepsy), *Ghrita* acts as a nourishing and calming agent that supports normal brain function and reduces neurological instability.

Modern understanding also supports the neurological benefits of ghee. The lipid content of ghee provides

essential fatty acids that are important for the structural integrity of brain cells and neuronal membranes. These fatty acids help support cognitive functions, learning ability, and memory retention. Because of this nourishing effect, *Ghrita* is considered highly beneficial for maintaining mental health and neurological stability.

Role of *Ghrita* in Digestive Disorders

Digestive health in Ayurveda depends primarily on the proper functioning of *Jatharagni*.^[23] When *Agni* becomes weak or irregular, digestion becomes impaired and leads to the formation of *Ama*,^[24] which is considered the root cause of many diseases. *Ghrita* plays an important role in maintaining the balance of *Agni* and supporting the digestive process.

Due to its *Snigdha* and *Mridu* qualities, *Ghrita* lubricates the gastrointestinal tract and protects the mucosal lining of the stomach and intestines. It helps reduce irritation, dryness, and inflammation within the digestive system. This makes *Ghrita* particularly useful in inflammatory and ulcerative conditions of the gastrointestinal tract.

In many digestive disorders such as *Grahani*,^[25] *Amlapitta*,^[26] and *Atisara*,^[27] medicated *Ghrita* preparations are recommended to improve digestion and promote healing of intestinal tissues. By improving digestive fire and removing accumulated *Ama*, *Ghrita* supports proper nutrient absorption and restores digestive health.

Role of *Ghrita* in Skin Disorders

Skin diseases in Ayurveda are commonly related to the vitiation of *Pitta* and *Kapha Dosh*, along with the involvement of *Rakta Dhatu*. Disturbance in these factors can lead to various chronic skin conditions collectively described as *Kushtha*. *Ghrita* plays a significant role in the management of such disorders because of its cooling, nourishing, and detoxifying properties.

Medicated *Ghrita* formulations such as *Mahatikta Ghrita*^[28] and *Panchatikta Ghrita*^[29] are widely used in the treatment of skin disorders. These preparations help remove toxins from the body, purify *Rakta Dhatu*, and restore the normal functioning of skin tissues. Because of its lipid nature, *Ghrita* facilitates deeper penetration of medicinal herbs into the tissues, thereby enhancing therapeutic effectiveness.

Furthermore, *Ghrita* promotes regeneration of skin cells and improves the natural moisture and elasticity of the skin. By balancing aggravated *Dosha* and supporting tissue nourishment, *Ghrita* contributes to the healing and maintenance of healthy skin.

Role of *Ghrita* in Eye Disorders

In Ayurvedic ophthalmology, eye health is closely associated with the proper functioning of *Pitta Dosh* and nourishment of ocular tissues. The eyes are

considered delicate organs that require adequate lubrication and cooling to maintain normal vision. *Ghrita* is regarded as one of the most beneficial substances for promoting eye health because of its cooling and nourishing properties.

Classical texts describe the use of *Ghrita* in various ophthalmic therapies, including internal administration and external procedures such as *Tarpana*. These therapies help strengthen ocular tissues, improve visual acuity, and prevent degenerative changes in the eyes.

Ghrita also helps relieve dryness, irritation, and burning sensation in the eyes. Its nourishing action supports the health of ocular tissues and improves overall visual function. Because of these properties, medicated *Ghrita* formulations such as *Triphala Ghrita*^[30] are frequently used in the management of various eye disorders.

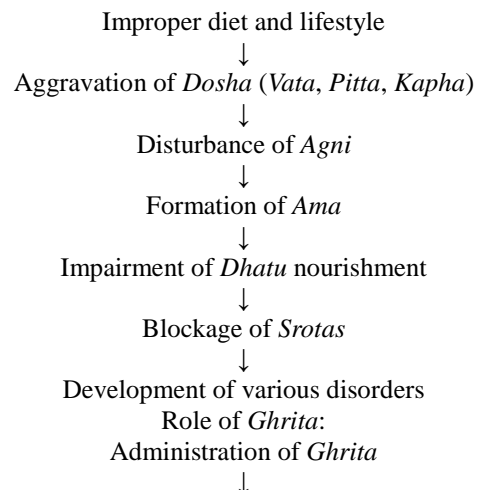
Role of *Ghrita* in Respiratory Disorders

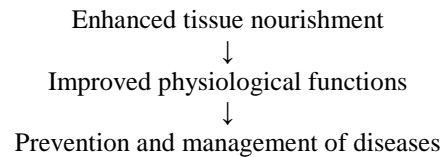
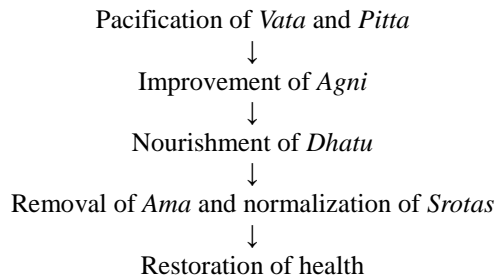
Respiratory diseases in Ayurveda are generally associated with the aggravation of *Vata* and *Kapha Dosh*. These imbalances can lead to dryness, irritation, and obstruction in the respiratory passages, resulting in conditions such as *Shwasa*^[31] and *Kasa*.^[32] *Ghrita* plays an important role in managing these disorders due to its soothing and lubricating properties.

Because of its *Snigdha* nature, *Ghrita* helps reduce dryness in the respiratory tract and supports the normal functioning of respiratory tissues. It acts as a demulcent that soothes irritated mucosal surfaces and reduces inflammation within the airways.

Medicated *Ghrita* preparations containing herbs beneficial for respiratory health are often used in the management of chronic respiratory conditions. These formulations help balance aggravated *Dosha*, improve respiratory strength, and enhance overall lung function. Through its nourishing and protective actions, *Ghrita* contributes to maintaining respiratory health and reducing the severity of respiratory disorders.

SAMPRAPTI





MODERN REVIEW

Nutritional Composition of *Ghrita*

Ghrita contains a high concentration of healthy fats, including saturated fatty acids and short-chain fatty acids. These components provide energy and support various metabolic functions. It also contains fat-soluble vitamins such as vitamin A, D, E, and K, which are essential for maintaining tissue health and immunity.^[33]

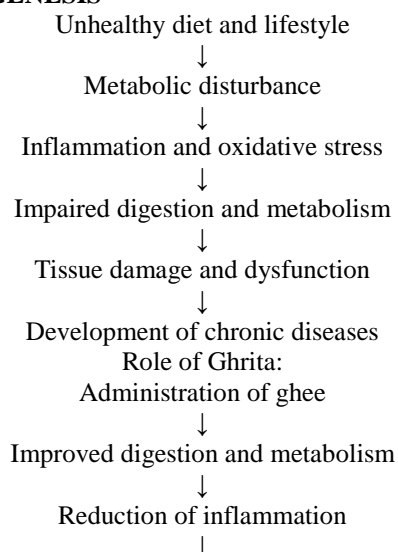
Pharmacological Properties

Scientific studies suggest that ghee possesses antioxidant, anti-inflammatory, and immunomodulatory properties. These effects may help reduce inflammation, improve metabolic functions, and support the body's defense mechanisms. Short-chain fatty acids present in ghee help maintain gut health and support the growth of beneficial intestinal bacteria. This contributes to improved digestion and absorption of nutrients.^[34]

Therapeutic Applications

Research indicates that ghee may play a role in protecting the gastrointestinal tract and improving digestion. It has been observed to support the healing of intestinal mucosa and reduce irritation. Ghee also contributes to brain health due to its lipid composition. The presence of essential fatty acids may help support cognitive functions and neurological health. In addition, the antioxidant properties of ghee help reduce oxidative stress, which is involved in the development of many chronic diseases.^[35]

PATHOGENESIS



RESULT AND FINDINGS

- *Ghrita* acts as an important therapeutic medium in Ayurveda.
- It possesses nourishing and rejuvenating properties.
- It helps balance aggravated *Dosha*, especially *Vata* and *Pitta*.
- Medicated *Ghrita* formulations enhance the therapeutic efficacy of herbs.
- *Ghrita* supports digestive health and improves *Agni*.
- It contributes to neurological health and cognitive functions.
- Modern studies support its antioxidant and anti-inflammatory effects.

DISCUSSION

Ayurveda places great emphasis on the use of *Ghrita* as both a dietary substance and a therapeutic agent. Classical texts describe its ability to nourish tissues, enhance digestion, and promote longevity. Due to its unique properties, *Ghrita* is considered beneficial in maintaining the balance of *Dosha*, particularly *Vata* and *Pitta*.^[36]

The concept of *Samskara Anuvartana* highlights the importance of *Ghrita* as a carrier for herbal medicines. This property allows medicated *Ghrita* formulations to deliver active components of herbs effectively to different tissues in the body. As a result, many classical Ayurvedic formulations use *Ghrita* as a base.^[37]

Modern research also supports the therapeutic potential of ghee. Its nutritional composition and pharmacological properties contribute to improved digestion, better metabolism, and enhanced immunity. These findings indicate that the classical Ayurvedic understanding of *Ghrita* is consistent with modern scientific observations.^[38]

CONCLUSION

Ghrita plays a significant role in Ayurveda due to its nourishing, therapeutic, and rejuvenating properties. It helps balance *Dosha*, improve digestion, nourish tissues, and enhance overall health. Because of its ability to act as a carrier for medicinal herbs, medicated *Ghrita* preparations are widely used in the management of various disorders. Both classical Ayurvedic knowledge and modern scientific evidence support the therapeutic importance of *Ghrita*, making it an essential component in Ayurvedic treatment and health promotion.

CONFLICT OF INTEREST – Nil.

SOURCE OF SUPPORT – None.

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