

## IMPORTANCE OF GOGHRUTA IN DIET W.S.R. TO DOSHAJA PRAKRUTI

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### ABSTRACT

Today's lifestyle is devoid of any discipline leading to many health issues like heart disease, obesity, diabetes, etc. Invariably the common finding in these diseases is elevated lipid profile leading to exclusion of unctuous food from the diet. Ayurveda states Ghruta as an important part of the meal. It also describes various benefits of consuming Ghruta in different *Prakruti*. Hence there is a need to assess the effect of Ghee in *Prakruti* as given in Compendia and to decide its dose as per *Prakruti* in the future to establish the precedence of *snigdhatva* (unctuousness) in food as stated in Ayurved physiology which is being given humongous importance in Ayurveda for achieving longevity and health. The study was aimed to assess the nutriment effect of goghruta in *Doshaja prakruti*. **Methodology-** After assessment of prakruti, standardized *Goghruta* was given to individuals in *Hrasiyasi Matra* (minimum quantity) i.e. 30 ml *Sabhukta* (with meal) for a period of 30 days on a daily basis. Assessment of textual concepts regarding benefits of *Goghruta* was done on the basis of a questionnaire and data was analyzed by chi-square test. **Observation-** The study showed an increase in hunger, thirst, stamina, glow in complexion, sound sleep, easier bowel motion, especially in vata-pitta and pitta vata prakruti because of ruksha (dry) and sasneha (slightly unctuous) quality of pitta as ghruta can be easily assimilated in these persons whereas kapha dominant persons already have unctuous quality in them so comparatively fewer effects are seen in them. **Conclusion-** Benefits of *Goghruta* as given in ayurvedic texts have been validated by this study. *Goghruta* can be consumed safely by everyone in *Hrasiyasi Matra* i.e. 30 ml per day. The amount of *snighdatva* should be decided on the basis of the constitution as *Vata* dominant constitution and *Pitta* dominant constitution can have it in moderate quantity while *Kapha* dominant constitution should have it in less quantity. The study concluded that *Goghruta* is indeed an important element in food.

**Key words-** Goghruta, Cow Ghee, Prakruti, Diet, Sneha

### INTRODUCTION

In today's time to match with the fast pace of life, people are compromising a lot on their daily schedule. Neck-to-neck competition to existing in this material world has changed them into machines. To compete and co-exist, every individual is facing a lot of stress and anxiety. Due to lack of time, instead of cooking a fresh and healthy meal, people are tending more towards readymade and unhealthy choice of meal. Junk food and quick snacking plus late nights and late mornings have become a norm of their life thus creating an imbalance in the body leading to lifestyle disorders like indigestion, hyperacidity, obesity, hypocholesteremia, CHD, etc. While evaluating these lifestyle disorders, one can link the problems easily to vitiated *Vata* and *Pitta doshas*. One of the main common findings in all these diseases is elevated levels of lipid profiles. Due to this, modern science is gradually tending towards reducing fat percentage in the daily diet in general. Due to this misconception or myth, prevalent in today's society about fat, people are not sure about consuming *Ghruta*, oil etc. They are terrified with relation of *Sneha* with cholesterol and heart disease. Whereas, Ayurveda states Ghruta as

an important part of the meal. It also describes various benefits of consuming Ghruta in different *Prakruti*. So there is need to understand the relation of *Prakruti* with respect to metabolism of *Sneha*. This will help us to clear the status of 'sneha consumption' in all the *Prakruti* for maintaining health as stated by Ayurveda.

As *Ghruta* (ghee) is the best source of *Sneha* and out of all *Ghrutas*, cow's *Ghruta* is the best. So *Goghruta* will be taken as a *Sneha* in the study. Ayurveda also gives a lot of importance to *Ghruta* as a part of daily food as well as in different medicated forms. It is *satmya* (compatible) to everyone, right from birth till old age. It's easily available and also very palatable. According to Ayurvedic scriptures *Goghruta* can be consumed daily<sup>1</sup> and its quantity should be *Prakruti* dependent. There is a need to assess effect of Ghee in *Prakruti* as given in Compendia and to decide its dose as per *Prakruti* in future. The study was aimed to assess the nutriment effect of *goghruta* in *Doshaja prakruti*. And to establish precedence of *snigdhatva* (unctuousness) in food as stated in Ayurved physiology which is being given humongous importance in Ayurveda for achieving longevity and health.

## MATERIALS AND METHODS

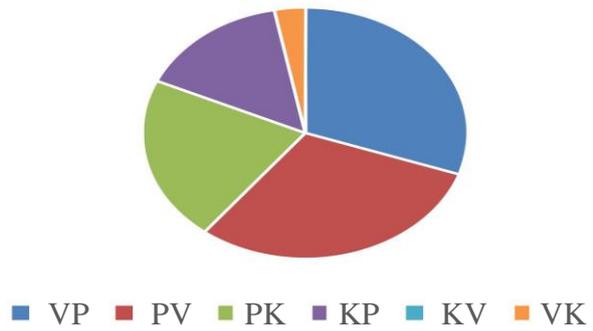
A review of Ayurvedic literature is taken regarding *prakruti and goghruta*. The study was conducted on 50 individuals between 18 to 50 yrs both male and female. All *snehan ayogya* (contraindicated for oleation) according to Ayurveda such as persons having *Annadvesha* (Anorexia), *kapha-medha* aggravation, *garbhini* (pregnant women), *aam dosha*, *chhardi* (emesis) etc. 6 are excluded from the study<sup>2</sup>. The *Prakruti* was assessed with the help of Ayusoft software. Though Ayurvedic scriptures explain 3 groups of *Dwandaj Prakruti*,<sup>3</sup> it is observed that due to dominance of each dosha 6 groups of *Prakruti* are found in practice. So sub-grouping was done as *Vata Pitta* (VP), *Pitta Vata* (PV), *Kapha Vata* (KV), *Vata Kapha* (VK), *Kapha Pitta* (KP), *Pitta Kapha* (PK). Santulan Annayog's Santulan Ghruta was used for the Standardized *Goghruta* was given to individuals in *Hrasiyasi Matra*<sup>4</sup> (30 ml/(27.2g)) with meal i.e. *Sabhukta* for a period of 30 days on a daily basis. In modern literature, the allowed limit of fat for a normal working individual is 60g per person. Out of which 30g should be saturated fat and 30g should be unsaturated fat. 30ml of Ghruta quantity was finalized on the basis of a common grounds of both modern and Ayurvedic science. Assessment of textual concepts regarding benefits of *Goghruta*<sup>5, 6</sup> was done on the basis of a questionnaire. It is important for the concepts to be converted in to variables as they can be subjected to measurement. This questionnaire was given to the subjects and data was analyzed by chi square test.

## OBSERVATIONS AND RESULT

The study was conducted on total 53 participants with an age range of 18-50 yrs. 2% of participants were below 20 yrs, 49% of the participant were from 20-30 yrs of age, 30% of the participants were from 30-40 yrs of age, and 19% of the participants were of 40-50 yrs. of age. 72% of the participants were male and 28% of the participants were female. Due to propaganda of relation of Ghee or fat with weight gain, female participants were reluctant to join the study so 72% of the participants were male. 57% of the participants were non vegetarian and 43% of the participants were vegetarian.

Table No. 01

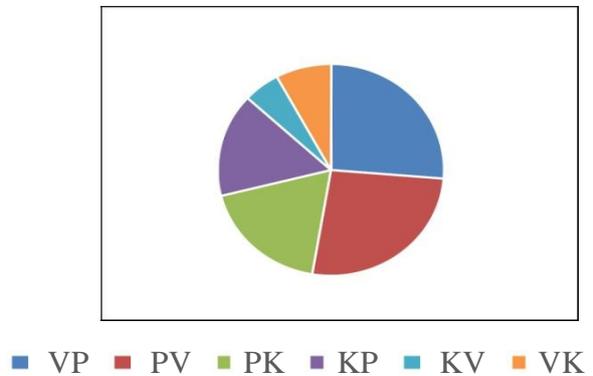
Increase in Hunger		
	Value	Percentage
Yes	33	62
No	20	38
Total	53	



**Result:** 62% of the total participants showed increase in hunger.

**Table No. 02**

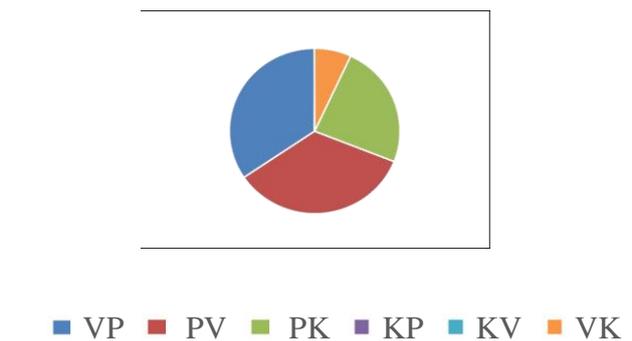
Increase in Thirst		
	Value	Percentage
Yes	38	72
No	15	28
Total	53	



**Result:** 72% of the total participants showed increase in thirst.

**Table No. 03**

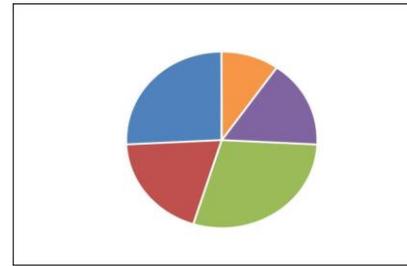
Sound Sleep		
	Value	Percentage
Yes	29	55
No	24	45
Total	53	



**Result:** 55% of the total participants had sound sleep after consumption of *Goghruta*.

**Table No. 04**

Increase in Stamina		
	Value	Percentage
Yes	31	58
No	22	42
Total	53	

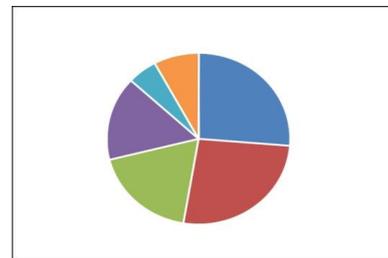


■ VP ■ PV ■ PK ■ KP ■ KV ■ VK

**Result:** 58% of the total participants showed increase in stamina.

**Table No. 05**

Increased glow in complexion		
	Value	Percentage
Yes	40	75
No	8	15
Total	53	

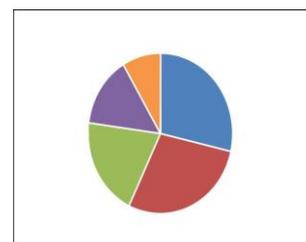


■ VP ■ PV ■ PK ■ KP ■ KV ■ VK

**Result:** 75% of the total participants showed increased glow in complexion.

**Table No. 06**

Easy Bowel Motion		
	Value	Percentage
Yes	35	66
No	18	34
Total	53	

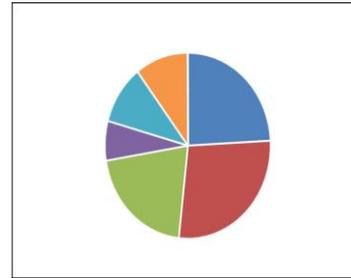


■ VP ■ PV ■ PK ■ KP ■ KV ■ VK

**Result:** 66% of the total participants showed easier bowel motion after consumption of *Goghruta*.

**Table No. 07**

Positive Emotional Changes		
	Value	Percentage
Yes	29	55
No	24	45
Total	53	

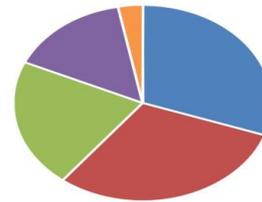


■ VP ■ PV ■ PK ■ KP ■ KV ■ VK

**Result:** 55% of the total participants showed reduction of anxiety, anger and irritation.

**Table No. 08**

Desire to continue Goghruta		
	Value	Percentage
Yes	25	47
No	28	53
Total	53	



■ VP ■ PV ■ PK ■ KP ■ KV ■ VK

**Result:** 47% of the total participants want to continue with the same amount of *Goghruta*.

Five subjects of *Vata Pitta Prakriti* reported that voice became more melodious during *Goghruta* consumption. One subject of *Vata Pitta Prakriti* showed loss of 2 kg in weight during *Goghruta* consumption. One subject of *Kapha Vata Prakriti* showed increase in mucus production for first 15 days. 5 subjects of *Vata Pitta + Vata Kapha Prakriti* showed decrease in eye fatigue during *Goghruta* consumption. Hence *Goghruta* should be consumed in *Hrasiyasi Matra* (30 ml) on daily basis. dose safely by everyone.

## DISCUSSION

Changing lifestyles, busy life schedules and the partiality to junk food and fast food over home cooked meals, more often disrupt the entire *dosha* (biological humors) balance in the body leading to diseases. The concept of diet in Ayurveda is based not just on the nutritional values but also on the *Prakriti* (constitution) of the person. When one ingests food based on his/her *Prakriti*, the *dosha* remain balanced leading to a healthy body and a peaceful mind.

Ayurveda has set certain ground rules for consuming food to maintain the health. Individuals should eat only eat that food in proper quantity which is hot, unctuous, and not contradictory in potency and that too, after digesting the previous meal<sup>6</sup>. It states that one should take unctuous food. Unctuous food is delicious, after intake, it provokes the subdued power of digestion, increases the digestive fire, helps in assimilation, anabolic metabolism in the body, pacifies *Vata dosha*, increases sensory strength, and improves general strength and complexion<sup>7</sup>.

The one who eats *Sneha* (unctuous things) has good digestion fire, clean bowels, good tissue metabolism, strength, complexion, proper functioning of sensory organs, and delayed aging process. The one who eats *Sneha* lives for 100 yrs<sup>8</sup>.

Ayurveda also states that whoever wishes knowledge, memory, and proper digestive fire should consume Ghee.<sup>9</sup> Ayurveda also states that *Ghruta* should be consumed on a daily basis.<sup>10</sup> On the basis of these references, questionnaire is designed to assess the benefits of *goghruta* according to *prakruti*.

During the study, it was observed that some participants felt *Sneha Dwesh* for the first 1-2 days i.e. they felt affliction towards *Goghruta* intake as maybe they were used to have a dry diet. After 2 days participants were comfortable.

Table no.1 showed an increase in hunger in 62% of the total participants. It denotes the *Agnideeptikar* (provokes the subdued power of digestion) property of *Goghruta*.

Table no.2 showed an increase in thirst in 72% of the total participants. It denotes the *Agnideeptikar* property of *Goghruta*.

Table No. 03 showed that 55% of the total participants had sound sleep after consumption of *Goghruta*. It denotes the *vata* pacifying property of *Goghruta*.

Table No. 04 showed an increase in stamina in 58% of the total participants. It denotes the *Bala vardhan* (increases strength) property of *Goghruta*.

Table No. 05 showed an increased glow in complexion in 75% of the total participants. It denotes *Varnya* (enhances complexion) property of *Goghruta*.

Table No. 06 showed easier bowel motion 66% of the total participants after consumption of *Goghruta*. It denotes *Shuddha koshtha* (easy bowel movements) property of *Goghruta*.

In table no.7, 55% of the total participants showed a reduction of anxiety, anger, and irritation. It denotes *Smruti Pradnya Ojas Pushti* property of *Goghruta*.

Table no.8 showed that 47% of the total participants want to continue with the same amount of *Goghruta*.

The study showed an increase in hunger, thirst, stamina, glow in complexion, sound sleep, easier bowel motion, especially in *vata-pitta* and *pitta vata prakruti* than *kapha* dominant persons. This can be due to *ruksha* (dry) quality of *vata* and *sasneha* (slightly unctuous) quality of *pitta* as *ghruta* can be easily assimilated in these persons as they are lacking *snigdha* (unctuous) quality whereas *kapha* dominant persons already have unctuous quality in them so comparatively fewer effects are seen in them.

## CONCLUSION

Benefits of *Goghruta* as given in ayurvedic texts have been validated by this study. *Goghruta* can be consumed safely by everyone in *Hrasiyasi Matra* i.e. 30 ml per day. The amount of *snighdatva* should be decided on the basis of constitution as *Vata* dominant constitution and *Pitta* dominant constitution can have it in moderate quantity while *Kapha* dominant constitution should have it in less quantity. The study concluded that *Goghruta* is indeed an important element in the food.

A future study with large sample size and for a longer duration will be helpful to assess daily requirement of *Goghruta* in general population according to *Prakruti*. This study can act as a base for further research.

The study has proven an age old concept of Ayurveda which paves the way to the revalidation of similar concept. There is need to bring awareness about fat consumption in the society that a reasonable amount of saturated fat consumption poses no health risk, on the other hand it may improve their day to day life.

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