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## SAMVARDHAN GHRITA – REMEDY FOR DEVELOPMENTAL DISORDERS: A DRUG REVIEW

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### ABSTRACT

*Samvardhan ghrita* is formulation explained by *Kashyap Acharya* in *Kashyap samhita*. It is used for developmental disorders like *Panguta* (Lame), *Mukatva* (Dumb), *Ashruti* (Deaf) and *Jadatva* (Mentally deficient).<sup>1</sup> In present era due to improper following of *Garbhini paricharya*, *Dauhruda Avamana*, *Inappropriate Ritu*, *Kshetra*, *Ambu* and *Beej*<sup>4</sup> global incidence of developmental disorders has increased. In *Ayurveda Panguta* (Lame), *Mukatva* (Dumb), *Jadatva* (Mental retardation), *Ekanga rog* (Monoplegia), *Sarvang rog* (Quadriplegia), *Pakshaghata* (Paralysis) etc are kept under the group of *Vatavyadhi*.<sup>3</sup> *Samvardhan ghrita* contains ingredients *Khadira*, *Prishniparni*, *Syndana*, *Bala*, *Atibala*, *Kebuka*, *Saindhav*, *Kshira*, *Ghrita* and *Jala*.<sup>1</sup> Most of the drugs having *Kashaya*, *Madhura* and *Lavana* rasa *Guru Guna*, *sheet virya* and *Madhur Vipaka* which are opposite to the properties of *Vata*, and they also possess the qualities like *Tridoshshamak* effect and hence useful in developmental disorders.

### Index Terms :

*Samvardhan ghrita*, *Panguta*, *Muka*, *Jada*, *Tridoshshamak*, Developmental disorders.

### INTRODUCTION

*Ayurveda* the parental origin of all the pathies may have its proper solution for both preventive as well as curative. *Ayurveda* expertise and care for the treatment of various developmental disorders in children like *Panguta* (Lame), *Mukatva* (Dumb), *Ashruti* (Deaf) and *Jadatva* (mental retardation), cerebral palsy, autism and ADHD.<sup>1</sup> Developmental delay is a term that indicates slower development of child in four main domains that is Motor, Mental, Social and Communication skills when compared to the children of the same age. When more than one domain is affected, it is termed as Global developmental delay. *Samvardhan ghrita* helps in rapid growth of healthy child and also used in the treatment of developmental disorders mainly arouse with the pathologies like *Shosha*, *Dhatukshaya* and *Mastishkaghata*. These pathologies can be conveniently improved with the administration of *Samvardhan ghrita*.<sup>1</sup>

## AIM

*Samvardhan ghrita* helps in rapid growth of healthy child and treatment of developmental disorders..

**Table 1: Composition of *Samvardhan ghrita*<sup>1</sup>**

Sr no	Drug	Latin Name	Quantity
1	<u>Khadira</u>	<i>Acasia catechu</i> Wild	1/7
2	Prishniparni	<i>Pseurathria viscida</i> Desv	1/7
3	Syandana	<i>Ougenia dalbergiodes</i> Benth	1/7
4	Bala	<i>Sida cordifolia</i> Linn	1/7
5	Atibala	<i>Abutilon indicum</i> Linn	1/7
6	Kebuka	<i>Costus speciosus</i> Smith	1/7
7	Saindhav	Sodium chloride	1/7
8	Kshira	Milk	1
9	Ghrita	Ghee	1/2
10	Jala	Water	4

## Method of Preparation

*Kalka* is not mentioned in the classical description of the *Ghrita Paaka Vidhi*. *Kwatha* of above mentioned drugs should be prepared by ¼ reduction method. After then milk should be added as per mentioned proportion. Then it should be processed by heat up to *Samyaka Siddhi Lakshana* of *Ghrita Paka*. Then it was filtered and cooled.<sup>1</sup>

## Method of Storage

Stored in air tight container in dry place.

**Table 2 Pharmacodynamics of Drugs<sup>6</sup>**

Sr no	Name of Drug	Rasa	Virya	Vipaka	Guna	Effect on Tridosha
1	<u>Khadira</u>	Tikta, Kashay	Sheet	Katu	Laghu, Ruksha	Kapha-Pitta shamak
2	Prishniparni	Madhur, Tikta	Sheet	Madhur	Laghu, Snigdha Sar	Tridoshshamak
3	Syandana	Kashay	Sheet	Katu	Laghu, Ruksha	Kapha-Pitta shamak
4	Bala	Madhur	Sheet	Madhur	Laghu, Snigdha, Pichil	Vata-Pitta shamak
5	Atibala	Madhur	Sheet	Madhur	Laghu, Snigdha, Pichil	Vata-Pitta shamak
6	Kebuka	Tikta, Katu	Sheet	Katu	Laghu, Ruksha	Kapha-Pitta shamak
7	Saindhav	Lavana	Sheet	Madhur	Laghu, Snigdha Sukshma	Tridoshshamak
8	Kshira	Madhur	Sheet	Madhur	Guru, Snigdha Shalakshana	Vata – Pitta shamak Kapha vrudhikar
9	Ghrita	Madhur	Sheet	Madhur	Guru, Snigdha Shalakshana	Tridoshshamak
10	Jala	Madhur	Sheet	Madhur	Sheet, Laghu	Tridoshshamak

**Table 3 Ingredients with its chemical constituents <sup>6</sup>**

Sr No	Ingredients	Chemical Constituents
1	Khadira	Tannins, Catechu-tannic acid, Catechin
2	Prishniparni	Alkaloids, Saponins, Flavonoids, Glycosides, Proteins, Steroids, Tannins, Phytosterols
3	Syandana	Iso-flavonoids, Hemoferitin, Urogenin
4	Bala	Ephedrine, Vasicinol, Hypa phorine, Choline, Betaine, Phytosterol, N-methyl tryptophan
5	Atibala	Alkaloid, Saponins, Amino acids, Flavonoids, Glycosids and steroids.
6	Kebuka	Costusosides, Saponins - dioscin, gracillin and beta-sitosterol-beta-D-glucoside
7	Saindhav	Sodium chloride
8	Kshira	-
9	Ghrita	-
10	Jala	-

## Probable Mode of Action

Only a good seed will give birth to a fruitful tree with the availability of Independent living and existence. Human body consist of *Vata*, *Pitta* and *Kapha dosha*. *Kapha dosha* with *guru* and *snigdha guna* which are absolutely needed for proper growth forms the substratum for cellular growth. *Vata dosha* has good control over cell division and differentiation, normal growth with normal pace results. *Pitta dosha* plays an important role in entire metabolic activities in the body. Coordinated functioning of all these three *doshas* make a normal growth and development.<sup>5</sup> Any error or imbalance in this coordinated programme results in developmental disorders in children. *Samvardhan ghrita* mentioned by *acharya Kashyap* is useful in rapid growth of healthy child and treatment of *Panguta* (Lame), *Mukatva* (Dumb), *Ashruti* (Deaf), *Jadatva* (Mental Retardation) child.<sup>1</sup> Most of the drugs having *Kashaya*, *Madhura* and *Lavana rasa Guru Guna sheet virya* and *Madhur Vipaka* which are opposite to the properties of *Vata*, *Guru snigdha guna* and *tridosha shamak* property further add to coordination of tridosha.<sup>2</sup> *Ghrita kalpana* plays an important in treatment both internally and externally. Internally it enters the systemic circulation and can easily cross blood- brain barrier, thereby strengthens or stimulates the central nervous system.<sup>7</sup> *Ghrita* promotes memory, intellect and power of diagection. *Medhya* property of *Samvardhan ghrita* also improved Personal and social milestone.<sup>1</sup>

## Conclusion

*Samvardhan ghrita* contains 10 ingredients most of the ingredients having *Kashaya*, *Madhura* and *Lavana rasa Guru Guna, sheet virya* and *Madhur Vipaka* which are opposite to the properties of *Vata*, *Guru snigdha guna* and *tridosha shamak* property further add to coordination of three *doshas* which is important in growth and development.<sup>2</sup> *Grita kalpana* easily cross blood brain barrier and stimulates central nervous system.<sup>7</sup> Hence *Samvardhan ghrita* proves itself as the best remedy for developmental disorders in children.

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