

A Review on *Maha Paishachika Ghrita* - An Ayurvedic Formulation Used in Psychiatric Disorders

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Abstract- Ayurveda is not only a science of longevity but also have spiritual aspects. The equilibrium of health is achieved by the proper acquaintance of Tridosha, Sapta Dahatu, Trimalas and proper co-ordination with sense organs and Manas. Here the Manas refers the mind. The clarity of the mind is achieved by the balance in the Satva, Raja and Tama Gunas. The imbalance in these attributes leads to psychological as well as somatic diseases. In Ayurveda the psychological disorders refer to Manasa Rogas. Viz; Unmada, Apasmara, Chittodvega, Atavabhinivesha, Vishada, etc. This imbalance in the attributes leads to Dhi, Dhriti and Smriti Vibhramsha ie the mind unable to recognize the which is good and which is bad. To attain the Samyak Jnana. Ayurveda enumerated various kinds of formulations. In these formulations most of them are Ghrita preparations. Because the Ghrita crosses the blood brain barrier, and gives the desired effect. Among these Ghrita preparation the Maha Paishachika Ghrita is majorly used by our ancestors. The main ingredients of these Ghrita are; Jatamansi, Haritaki, Bhutakeshi, Carati(Kumbhi), Markati(Shoka Shimbhi), Vacha, Trayamana, Jaya(Jayanti), Veera(Ksheera Kakoli or Shalaparni), Choraka, Katuka Rohini, Kayastha(Sookshma Ela), Shukari(Varahikanda), Chatra(Madhurika), Atichatra(Shatapushpa), Palankasha(Guggulu), Mahapurusha Danta(Shatavari), Vayastha(Bramhi), Nakuli, Gandhanakuli(Rasna), Katambara (Katabhi), Vrischikali, Shalaparni. The prepared Ghrita is administered with milk and also administered as Nasya ie through nasal route and through the rectal route in the form of medicated enema. Here an

attempt is made to highlight the formulation, ingredients, their botanical source, preparation, its administration. The Maha Paishachika Ghrita is advised to consume daily with warm milk to avoid psychological disorders.

Indexed Terms- Ayurveda, Manas, Triguna, Maha Paishachika Ghrita, Manasa Rogas, Psychological disorders etc.

I. INTRODUCTION

A healthy mind and healthy body is constitutes healthy well being. The mind is also termed in classics as Satva. It is synonyms of Manas(Mind)^[1]. The Satva is of three types viz; Pravara- Strong will power who can sustain the and endure the pain full situations. It is predominated by Satva Guna. The second one is Madhyama Satva- Has moderate will power and moderate capacity to tolerate the disease. It is predominated by Rajo Guna. The third one is Avara Satva- Has weak mental capacity and unable to endure the pain and situations. It is predominant by Tama Guna. The mind is responsible for the thinking pattern and activity. The disequilibrium of the Satva, Raja and Tama attributes affects the mental health.

As per Acharya Sushruta ^[2] the mental health is Prasannata of the mind ie healthy mind with emotional well being, appropriate thinking and behaviour along with proper coordination with Indriya(Sense organs), and Atma(Soul). A Satvik well being person whose Dhee(Intellect), Dhriti(Patience), and Smriti(Memory), and who is able to differentiate the right and wrong, wholesome and unwholesome,

who has proper control over the *Indriyas*(Sense organs), *Chintya*(Thinking pattern), *Uhya*(Proper reasoning), *Dhyeya*(Determination) and *Sankalpa*(Strong will power). The abnormal condition of the mind leads to impairment of mental functions, like improper coordination with sense organs, thinking pattern, analyzing capacity, *Buddhi*, *Smriti*(Retention capacity), Sense perception *Chesta*(Activities or functions), and also on life style. This causes *Alpa Satva*(Weak will power), and psycho-somatic disorders. Therefore Mind is regarded as *Ashraya*(Substratum) of diseases along with *Sharira*(The body)^[3].

II. AIMS AND OBJECTIVES

- Preparation of the Maha Paishachika Ghrita.
- To Study the role of Maha Paishachika Ghrita in Manasa Rogas.

III. MATERIAL AND METHODS

- Preparation of Maha Paishachika Ghrita as per Ayurvedic standards.

IV. DISCUSSION

The mind is an instrument or the factor by which one can perceive the knowledge^[4]. The mind is the constituent of the subtle body and it is under the control of *Atma*. Due to *Atma* mind is active and conscious. The properties of mind is Repulsion and Attraction and it is concerned with *Inanendriyas* and *Karmendriyas*. Therefore it is called as *Ubhayatmaka Manah*.(Concern with both sensory and motor centers). The action of mind^[5] are perception and motor control, *Swanigraha*(Self control), guessing, thinking, control over sensory and peripheral organs, ability to differentiate between right and wrong, possibilities and non possibilities, acceptable and non acceptable. The factors responsible for abnormal functions of the mind are impairment in the mental faculties, *Alpa Satva*, vitiation of *Sharirika* and *Manasika Doshas*. Vitiation of *Manovaha Strotas* due to *Raja* and *Tama Doshas*, which impairs mental faculties like *Dhi*(Power of intelligence^[6], *Dhriti*(Power of retention^[7] and *Smriti*(Power of recall)^[8]. *Acharya Sushruta*^[8] enumerated entities of

mid are *Krodha*(Anger), *Shoka*(Sorrow), *Bhaya*(Fear), *Harsha*(Happiness), *Vishada*(Depression), *Irsha*(Jealousy), *Abhyasa*(Continuous efforts), *Dainya*(Dejection), *Matsarya*(Cruelty), *Kama*(Lust), *Lobha*(Greed), *Maana*(Pride), *Mada*(Neurosis), *Moha*(Ignorance and Dellusion), *Amarsha*(Intolerance), *Dambha*(Sense of boosting), *Karpanya*(Unable to take decisions), *Udvega*(Anxiety neurosis), *Roudra*(Short temperament). *Acharya 20Charaka* enumerated the description of *Manasika Vikara* like *Unmada*(Psychosis), *Apasmara*(Convulsive disorders), *Atatwabhinivesha*(Psycho neurosis), Personality disorders.

V. GENERAL PATHOGENESIS OF MANO VIKARA

Due to *Mithya Ahara Vihara* and *Alpa Satva* there will be *Sharirika* and *Manasika Doshas Prakopa*. Which leads to *Manovaha Stroto Vaignunya*. This leads to further impairment in *Mano Karma* causes *Mano Vikaras*.

VI. SYMPTOMS OF MANO VIKARA^[9].

The symptoms of *Manovikara* are categorized under two groups viz; *Udvega Lakshana*(Hyper active symptoms) and *Vishada Lakshana*(Hypo active symptoms).

The Hyper active symptoms are *Bhaya*(Fear), *Asthairya*(Lack of resolution), *Vepathu*(Tremors), *Hritkampa*(Palpitation), *Sheeghra Kopa*(Short temper), *Sweda Bahulata*(Excessive perspiration), *Tritbahulata*(Excessive thirst), *Mukshashosha*(Dryness of mouth), *Galashosha*(Dryness of throat), *Vakshoparodha*(Chest congestion). The Hypo active symptoms includes *Vishada*(Depression), *Utsahanasha*(Lethargy), *Shoka*(Grief), *Asha Bhangha*(Loss of expectation leads to frustration/depression), *Apravartana*(Lack of motivation), *Anannabhilasha*(Lack of interest in food intake), *Alpavak*(Reduces speech), *Alpachestha*(Reduces activity), *Anidra*(Loss of sleep), *Saada*(Fatigue).

VII. TREATMENT OF *MANO VIKARA* ^[9]-

- *Daiva Vyapashraya Chikitsa*- Spritual Therapy
 - *Satvavajaya Chikitsa*- Psychotherapy
 - *Yukti Vyapashraya Chikitsa*- Logical Treatment
- The administration of Maha Paishachika Ghrita in Manovikarasa comes under logical treatment.

VIII. INGREDIENTS OF *MAHA PAISHACHIKA GHRITA*-

The main ingredients of *Maha Paishachika Ghrita* are;

1. *Jatamansi*(*Nordostachys jatamansi* Dc, Vallirianaceae)^[10]- The *Jatamansi* acts as *Medhya*(Brain Tonic), *Twachya*(Good for skin), *Kanti Vardhana*(Improves complexion).
2. *Haritaki*(*Terminalia chebula* Retz, Combretaceae) ^[11]- *Haritaki* is *Medhya*(Brain tonic), *Vayasthapana*(Anti oxidant), and *Deepana*(Appetizer).
3. *Bhutakeshi*(*Vitex negundo* Linn Verbenaceae) ^{[12],[13]}- *Nirgundi* or *Bhuta Keshi* is *Krimighna*(Anti helmenthic), *Shophagna*(Reduces edema), *Kustha*(Skin diseases), *Vatahara*. It promotes *Smriti*(Memory), *Keshya*(Good for hair), and eyes.
4. *Carati*(*Kumbhi*)- (*Careya arborea* Roxb, Barrangtoniaceae)^[14]- It helps in diseases of *Prameha*(Urinary diseases including diabetes), *Arsha*(Haemorrhoids), *Vrina*(Ulcers), *Visha Roga*(Poison effects), *Krimi*(Worms).
5. *Markati*(*Mucuna prurita* Hook, Fabaceae)^[14]- *Kapikacchu* acts as *Vrishya*(Aphrodisiac), *Vatahara*(Subsides *Vata Dosh*)
6. *Vacha*(*Acorus calamus* Linn, Acanthaceae)^[15]- *Vacha* is *Ayushya*(Health promoting), *Buddhi Vardhaka*(Memory booster), *Smriti Vardhana*(Improves retention power), It is *Kapha- Vata shamaka*, *Amapachaka*, *Bhutagna*(Removes external evil spirits).
7. *Trayamana*(*Gentiana kurro* Royle, Gentiaceae)^[16] - *Trayamana* acts as *Sara*(Laxative), *Kapahapittahara*(Subsides *Kapha* and *Vata Dosh*as), *Rakta Gulmahara*(Cures *Raktaja Gumla*), *Jwaragna*(Subsides fever).
8. *Jaya*(*Jayanti*) ref raja nigha (*Sesbania aegyptiaca* Pers, Fabaceae)^[17] - *Jayanti* is *Tikta Katu* in *Rasa*, *Ushna Veerya*, *Vatahara*(Subsides *Vata Dosh*a), It is specifically indicated in *Galaganda*
9. *Veera-Ksheera Kakoli* ^[18] is *Madhura*(Sweet), *Guru*(Heavy), and *Sheeta Veerya*(Cold in potency). It alleviates *Vata Dosh*a, *Daha*(Burning sensation), *Asrapitta*(Haemorrhagic diseases), *Shosha*(Emaciation), *Trishna*(Thirst), *Jwara*(Fever).
10. *Choraka*(*Angelica glauca* Edgew, Umbelliferae)^[19]- *Choraka* is *Laghu*(Light), *Teekshna*(Penetrating), *Katu*(Pungent), *Tikta*(Bitter in taste), *Katu Vipaka*(Pungent in post digestive effect), *Ushna Virya*(Hot in potency). It acts as *Medhya*(Brain tonic), *Deepana*(Appetizer), *Pachana*(Digestive), *Jwargna*(Cures fever), *Kusthagna*(Skin diseases).
11. *Katuka Rohini*(*Picrorrhiza kurrao* Royle ex Benth, Scrophulariaceae)^[20]- *Katuka Rohini* is *Tikta*(Bitter), *Katu Vipaka*(Pungent in post digestive effect), *Ruksha*(Dry), *Sheeta*(Cooling), *Laghu*(Light), It is *Bhedini*(Softens the hard stools), *Deepana*(Appetizer), *Hridya*(Good for heart and pleasant when consumed), Subsides *Kapha*, *Pitta* and *Jwara*, *Prameha*(Urinary diseases including diabetes), *Shwasa*(Dyspnoea), *Kasa*(Cough), *Rakta* diseases(Bleeding diseases), *Daha*(Burning sensation), *Kustha*(Skin diseases), *Krimigna*(Worm infestation).
12. *Kayastha*(*Elettaria cardamomum* Maton, Scitaminaceae)^[21]- The *Kayastha* is *Katu Rasa*(Pungent in taste), *Sheeta*(Cooling), *Laghu*(Light), *Vatahara*(Subsides *Vata Dosh*a). The *Sookshma Ela* alleviates *Kapha*, *Shwasa*(Dyspnoea), *Kasa*(Cough), *Arsha*(Haemorrhoids), *Mutrakrichra*(Dysuria).
13. *Varahikanda*(*Dioscorea bulbifera* Linn, Dioscoreaceae)^[22]- *Varahi Kanda* or *Shukari* is *Madhura*(Sweet), *Tikta*(Bitter) in taste, *Katu Vipaka*(Pungent in post digestive effect), It is helps in *Shukra*(Increases sperm count), *Swara*(Voice), *Varna*(Complexion), *Agni*(Appetite), *Bala*(Strength). Reduces *Kapha Dosh*a, *Kustha*(Skin diseases), *Meha*(Urinary

- diseases including diabetes), *Krimi*(Worms), *Rasayana*(Tissue vitalizer).
14. *Chatra*(*Foeniculum vulgare* Mill, Apiaceae)^[23]- *Chatra* is *Laghu*(Light), *Teekshna*(Penetrating), *Pittakara*(Increases *Pitta Dosh*), Subsides *Vata* and *Kapha Dosh*as, *Vrina*(Ulcers), *Shoola*(Spasmodic Pain), *Chakshushya*(Good for eye diseases).
 15. *Atichatra*(*Peucedanum graveolens* Linn, Apiaceae)^[24]- It is *Deepana*(Appetizer), *Shoolahara*(Cures spasmodic pain), Laxative, *Ruksha*(Dry), *Ushna*(Hot in potency), *Pachani*(Digestive), Cures *Kasa*(Cough), *Vamana*(Vomiting), *Shleshma*(*Kapha Dosh*), *Anilahanti*(Reduces *Vata Dosh*).
 16. *Palankasha*(*Commiphora mukul* Hook. ex ootoks, Burseraceae)^[25] - *Guggulu* is *Vishada*(Cleanses the internal tissues), *Tikta*(Bitter) in taste, *Ushna Virya*(Hot in potency), *Pittala*(Increases *Pitta*), *Sara*(Acts as laxative), *Katu Vipaka*(Pungent in post digestive effect), *Rooksha*(Drying), *Laghu*(Light). It is *Bhagna sandhanakara*(Heals the fractures), *Vrushya* (Aphrodisiac), *Teekshna* (Penetrating), *Swarya*(Good for voice), *Rasayana*(Vitalizer), *Dipana*(Appetizer), *Picchila*(Sticky), *Balya*(Promotes strength). Cures *Kapha-Vata* diseases, *Vrina*(Ulcers), *Gandamala*(Thyroid related problems), *Meda*(Excessive fat), *Prameha*(Urinary disorders including diabetes), *Ashmari*(Urinary calculi), *Kleda*(Excessive secretions), *Kustha*(Skin diseases), *Amavata*(Rheumatoid arthritis), *Pidaka*(Carbuncles), *Granthi*(Growths), *Shopha*(Edema), *Arsha*(Haemorrhoids), *Gandamala*(Cervical lymphadenitis), *Krimi* (Worms).
- The *Nava Guggulu*- The freshly collected *Guggulu* is *Brimhana*(Nourishing), *Vrushya*(Aphrodisiac), *Snigdha*(Oily), Yellow, *Pakwa Jambu Phala sadrasa*(Looks like ripen fruit of *Jambu*), *Sugandhi*(Aromatic), *Picchila*(Sticky),
- The *Purana Guggulu*- The old and stored *Guggulu* is *Ati Lekhana*(Deplets the body tissues), *Ruksha*(Gry), *Durgandha*(Emits bad smell), *Tyakta Prakrit Varna*(Devoid of natural colour) and potency.
17. *Mahapurusha Danta*(*Asperagus racemosus*, Asperagaceae)^[26]- *Shatavari* is *Guru*(Heavy), *Sheeta Veerya*(Cold in potency), *Tikta*(Bitter) in taste, *Rasayana*(Tissue vitalizer), *Medhya*(Brain tonic), *Dipana*(Appetizer), *Balya*(Tonic), *Snigdha*(Demulcent), *Netrya*(Good for vision), *Gulma*(Intestinal growths), *Arsha*(Haemorrhoids). *Shukrala*(Promotes semen) and *Sthanya*(Breast milk), improves muscle tone and reduces *Vata*, *Pitta*, *Kapha* and *Rakta*. *Maha-Shatavari* is *Medhya*(Brain tonic), *Hridya*(Good for heart), *Vrushya*(Aphrodisiac), *Rasayana*(Tissue vitalizer), *Sheeta Veerya*(Cold in potency), cures *Arsha*(Haemorrhoids), *Atisara*(Dysentery), and *Netra rogas*(Eye diseases). Its young shoots subsides aggravated *Dosh*as, *Laghu*(Light in action), *Kshaya*(Muscle wasting).
 18. *Vayastha*(*Bacopa monnieri* Linn, Scropulariaceae)^[27] - *Bramhi* is *Hima*(Cold in potency), *Sara*(Laxative), *Tikta*(Bitter), *Laghu*(Light), *Medhya*(Brain tonic), *Sheetala*(Cooling), *Kashaya*(Astringent), *Madhura Vipaka*(Sweet in post digestive effect), *Ayushya*(Promotes longevity), *Rasayani*(Tissue vitalizer), *Swarya*(Improves voice), *Smritiprada*(Improves intellect). It cures *Kustha*(Skin diseases), *Pandu*(Anemia), *Meha*(Urinary diseases), *Rakta Dosh*a(Blood diseases), *Kasa*(Cough), *Visha*(Poisonous effects), *Shotha*(Edema), *Jwara*(Fever).
 19. *Gandha Nakuli*(*Aristolochia indica* Linn, Aristolochaiaceae)^[28]- It is *Pachani*(Digestive), *Tikta*(Bitter in taste), *Guru*(Heavy), *Ushna*(Hot in potency), reduces *Kapha* and *Vata Dosh*a, *Shotha*(Edema), *Shwasa*(Dyspnoea), *Vatarakta*(Gout), *Shoola*(Spasmodic Pain), *Gulma*(Abdominal Pain), *Kasa*(Cough), *Jwara*(Fever), *Visha*(Poison effects), *Sidhma Kustha*(Scaly skin diseases), *Vata* diseases.
 20. *Rasna*(*Pluchea lanceolata* oliver and hiern, Asteraceae)^[29]- *Rasna* is *Amapachani*(Digests the undigested food material), *Tikta*(Bitter in taste), *Guru*(Heavy), *Ushana*(Heat), *Kapha-Vatajit*(Reduces *Kapha* and *Vata*), Cures *Shotha*(Edema), *Shwasa*(Dyspnoea), *Vataakta*(Gout), *Shoola*(Colic), *Udara*(Abdominal distention), *Kasa*(Cough), *Jwara*(Fever), *Visha*(Poisonous effects), *Sidhma*(Scaly type skin diseases), *Vataja* diseases.

21. *Katabhi* (*Celastrus paniculatus* Willd., Calastraceae)^[30]. It is *Katu* (Pungent), *Tikta* (Bitter) in taste, *Sara* (Laxative), reduces *Kapha* and *Vata*. *Ati Ushna* (Very heat in nature), *Vaamini* (Induces vomiting), *Teekshna* (Penetrating), *Vanhikrit* (Appetizer), *Buddhi Smriti Prada* (Promotes intellect and enhances functions of the brain).
22. *Vrischikali* (*Pergularia extensa* N.E, Asclepiadaceae)^[31]. It acts as *Kasahara* (Cough), *Vata Dosh*, *Vishagna* (Poison effects) p.no-74 drvya guna shokavali
23. *Shalaparni* (*Desmodium gangeticum* Dc, Fabaceae)^[32]. *Shalaparni* is *Guru* (Heavy), *Chardi-Jwara-Shwasa-Atisaragna* (Vomiting-Fever- Dyspnoea- Diarrhoea). It cures *Shosha* (Wasting of the tissues), provides *Bala* (Strength), *Rasayani* (Tissue vitalizer), *Santapa Nashaka*. It is *Tikta* (Bitter), *Vishahari* (Antipoisonous), alleviates ulcers, *Kasa* (Cough), *Krimi* (Worm infestation).
24. *Go-Ghrita*^[33]. Cow Ghee- The Cow's Ghee is *Chakshushya* (Good for vision), *Vrishya* (Aphrodisiac), *Agnikrit* (Appetizer), *Swadupaka* (Sweet at post digestive effect), *Sheeta* (Cold in potency), *Vata-Pitta-Kaphapaha* (Subsides *Vata Pitta* and *Kapha Doshas*), It is *Medhya* (Brain Tonic), *Lavanyakara* (Gives glow to the skin), *Oja-Teja Vriddhikara* (Improves complexion), *Alakshmi, Papahara* (Expells sin and evil spirits), *Balya* (Tonic), *Pavitra* (Auspicious), *Sumangala* (Beneficial), *Rasayana* (Vitalizer), *Sugandha* (Aromatic), *Rochana* (Taste promoter), Considered as best among all the Ghritas.

IX. PREPARATION OF MAHA PAISHACHIKA GHRITA^[34]

Jatamansi, Haritaki, Bhutakeshi, Kumbhi, Markati, Vacha, Trayamana, Jaya, Veera, Choraka, Katuka Rohini, Kayastha, Varahikanda, Chatra, Atichatra, Guggulu, Shatavari, Bramhi, Gandha Nakuli, Rasna, Katabhi, Vrischikali, Shalaparni- The above drugs are made into paste with the help of mortar and pestle by adding some water. When paste is prepared it is transferred to the vessel by adding four times of Cow's ghee of the total weight of the paste. It is mixed well with by adding sixteen parts of water of the total ghee

weight. The mixture is heated with mild fire by stirring continuously. When all water get evaporated the ghee is filtered and stored in air tight containers or bottles.

CONCLUSION

Since ancient times our *Acharyas* used to treat many idiopathic diseases by their supernatural energy. They came to conclusion that most of the psychological diseases are originated by unhealthy and non spiritual practices. So they had planned the systematic treatment plan which includes Spiritual practices along with medicated ghee administration. As ghee mainly acts on *Manovaha Strotas*. So medicated ghee is prescribed in *Manovikara* patients. Among them the *Maha Paishachika Ghrita* is prescribed in various types *Manovikaras*. Because this helps in drug delivery to the target organ. At the cell membrane the lipid soluble drugs reaches the cerebrum and CSF which helps to relieve the *Manovikaras*. Hence the *Ushna* and *Teekshna Dravyas* are made in *Ghrita* to get target drug delivery in *Mano Vikaras*.

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