

Antipoisonous (*vishaghna*) effect of Ghee: a review

Wijesinghe WAMS¹ Karandugoda KKIE¹

¹Department of Chikithsa, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Yakkala

Abstract

In Ayurveda ghee is considered with utmost importance in every aspect of treatment. It is an animal originated fat and said to be the best among *jangama sneha* (fats and oils of animal origin). It is a byproduct of cow's milk. Apart from its various uses as a medicine, it is also considered as an excellent antipoisonous agent both as an individual substance as well as an ingredient or an accompanying drink. A literature study was carried out to explain its usage in toxicology and to understand the rationale of its wide recommendation as an antipoisonous agent. It was also wished to emphasize the value of ghee in the terms of Ayurveda and also through the modern findings. Data was collected using original Ayurveda treaties and secondary sources of information such as books and World Wide Web. It was seen that certain special qualities of ghee undoubtedly plays a major role in working as an excellent antipoisonous substance. As a basic fact, ghee possesses qualities opposite to that of *visha*. It also has 2 very special properties namely *yogavahi guna* (ability to spread rapidly throughout the body) and *sanskara anuvarthana guna* (ability to acquire the properties of a mixed drug while retaining its own properties without a change). Also it has a heart protective quality (*hridayavarana*) and *dosha* softening (*kledana*) quality which makes the expulsion of vitiated *doshas* easier. Due to these properties, it can be thought that ghee successfully fulfills the requirements of an antipoisonous substance. According to the nutritional facts, ghee is a rich source of fat soluble vitamins and also a good supplement for Omega3 and 6 fatty acids. Also it carries a number of antioxidants which is undoubtedly useful in healing the damages caused by poisons.

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e-mail: masha.wijesinghe99@gmail.com