Ashtamangal Ghrita Medicine for Intelligence: A Drug Review

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Abstract—Ashtamangal Ghrit is one formulation Mentioned in Rakshoghna (protection from the infection), enhance Medha (intellect) and Smriti. It was explained in Vagabhatta¹, Yogaratnakar² and Kashyap Samhita³. It contains Acorus calamus Linn. (Fam. Araceae), Saussurea lappa C.B.Clarke (Fam. Compositae), Bacopa monnieri (Linn.) Wettst., Syn. Herpestis monniera (Li.M.) H.B.& K. (Fam. Scrophulariaceae), Hemidesmus indicus (Linn.) R. Br. (Fam. Asclepiadaceae), Piper longum Linn. (Fam. Piperaceae), Brassica campestris Linn. (Fam. Brassicaceae), Ghee and Saindhav.

Keywords—Vacha, Kashtha, Bramhi, Pippali, Sarshap, Ghee, Saindhav.

I. INTRODUCTION

In classical Ayurvedic texts Lehana Karma is done for inadequate growth and development without having any disease. Health of the child depends on Lehana. For Lehana Karma, many compounds have been prescribed in that Ashtramangal Ghrita is one of them, which is a polyherbal formulation as it contain eight drugs –Bramhi, Vacha, Pippali, Sariva, Kubtha, Siddharthaka (Brassica campestris), Saindhava and Ghrita. This formulation is used as Rakshoghna (protection from the infection), enhance Medha(intellect) and Smriti. In Ayurveda, there are ample evidence of many nootropic drugs uses for improvement and enhancement of mental sub-capability.

Classically, it is explained in the samhita like Vagabhatta¹, Yogaratnakar² and Kashyap Samhita³ and Yogaratnakar as—

“वचाकुष्ठंब्राम्हीससध्दाथथकमापऩ

न विशाचानशस्त्रिनमभुतानयंचतारः।

प्रवेण्टिकुमारणापिबलाष्ट्रादिलम्॥¹¹

Aim: Ashtamangal Ghrita is beneficial for Intelligence

<table>
<thead>
<tr>
<th>Sr.no</th>
<th>Name of Drug</th>
<th>Latin Name</th>
<th>Part used</th>
<th>Qty</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Vacha⁴</td>
<td>Acorus calamus</td>
<td>Rhizomes</td>
<td>36 gm</td>
</tr>
<tr>
<td>2</td>
<td>Kashtha⁴</td>
<td>Saussurea lappa</td>
<td>Root</td>
<td>36 gm</td>
</tr>
<tr>
<td>3</td>
<td>Bramhi⁴</td>
<td>Bacopa monnieri</td>
<td>Whole Plant</td>
<td>36 gm</td>
</tr>
<tr>
<td>4</td>
<td>Sariva⁴</td>
<td>Hemidesmus indicus</td>
<td>Root</td>
<td>36 gm</td>
</tr>
<tr>
<td>5</td>
<td>Pippali⁴</td>
<td>Piper longum</td>
<td>Root</td>
<td>36 gm</td>
</tr>
<tr>
<td>6</td>
<td>Sarshap⁴</td>
<td>Brassica campestris</td>
<td>Seed</td>
<td>36 gm</td>
</tr>
<tr>
<td>7</td>
<td>Ghee⁴⁶⁷</td>
<td>-</td>
<td>-</td>
<td>1 kg</td>
</tr>
<tr>
<td>8</td>
<td>Saindhav⁴⁷</td>
<td>-</td>
<td>-</td>
<td>36 gm</td>
</tr>
<tr>
<td>9</td>
<td>Water⁴⁷</td>
<td>-</td>
<td>-</td>
<td>4 litre</td>
</tr>
</tbody>
</table>

Method Preparation²

1) Take all the ingredients in Kalka form.
2) Mix them homogeneously in Kalka form
3) Then add 1 Kg of Ghrita and 4 Litres of water in it.
4) Keep this mixture on Mandagni and wait for Ghrita sidha Lakshanas.
5) Then it is stored in tight container.

Anupana: Ko-ushna Jala

Standard Dosage³:

- Babies - Infants: 6 months to 4 yrs: 3 ml x 2 times a day.
- Children 4yrs - 12 yrs: 5 ml x 2 times a day.

Routes of Administrations:

- Orally¹²³
- As nasya¹³

Duration:

- Can be taken as a regular dietary supplement.
- Recommended minimum usage - 12 months.

Duration

- 30 - 60 minutes before food
- With warm milk or water

Storage:

- Store in a cool dry place in tight container.
- May become solid at room temperature on cool weather
- Can be stored in refrigerator
- Use a clean dry spoon

Shelf Life: 36 months

Pharmacodynamics of Drugs

1) Vacha:
- Latin name: Acorus calamus
- Family: Araceae
- Synonyms: Aruna, Uragandhi, Lomasi, Bhutnashini, Mangalya
- Rasa: Katu , Tikta
- Veerya: Ushna
- Vipak : Katu
- Guna: Laghu, Tikshna
- Part used : Rhizomes

2) Kushta:
- Latin name: Saussurea lappa
- Family: Asteraceae
- Sanskrit Names: kashmirirj,utpal,pakal,
- Rasa: Tikta, Katu ,Madhur
- Veerya: Ushna
- Vipak : Katu
- Guna: Laghu, Rakshya, Tikshna
- Part used: Root

3) Bramhi:
- Latin name: Baccopa Monnerie
- Family: Scropularaceae
- Synonyms: Smritiprada, Tikta ,Medhaya
- Rasa: Tikta ,Kashay
- Veerya: Shita
- Vipak: Madhur
- Guna: Laghu
- Part used: Whole plant

4) Sariva:
- Latin name: Hemidesmus indicus
- Family: Asclepiadaceae
- Synonyms: Madhura ,Vrishyaa
- Rasa: Madhur, Tikta
- Veerya: Sheet
- Vipak : Madhur
- Guna: Gur, Snigdha
- Part Used: Root

5) Pippali:
- Latin name: Piper longum
- Family:Piperaceae
- Synonyms: Magadh,vaidehi,Chapala.
- Rasa: Katu
- Veerya: ushna
- Vipak: Madhur
- Part used: Fruit, Root

6) Sarshap:
- Latin name: Brassica campestris
- Family: Cruciferae
- Synonyms: Kalamohare,sasive,sarish
- Rasa: Katu,Tikta
- Veerya: Ushna
- Vipak: Katu
- Part used: Seed

7) Ghrita:
- शस्त्रदीपीयमंगलानिनिनीहुल्लकनेन्द्रादिशं
- बालवृद्धप्रजाकालकलासनिकुमायस्क्तिसद्वितिमे
- Ghrita is apart for those who wish to enhance dhi (intellect), smriti(memory), Medha (discriminative ability), agni (Digestion/metabolism), Bala (strength), Ayu(Longetivity), sukla(virility) ,caaks(vision).It is desirable for those who have progeny,to enhance complexion,beauty and sweetness of voice.

8) Saindhava:
- शुक्रश्चऺुषाम
- शुक्रानुष्णद्दश
- लघुअनुष्णद्दश
- अल्फार्थानुष्णद्दश
- Saindhava has slight madhurs rasa (Sweet taste)is vrsya (aphrodiasic),Hridya and pacifies tridoshas. It is Laghu,not much ushna desirable for the eyes and does not produces burning sensation during digestionbut also carminative.

II. PROBABLE MECHANISM OF ACTION
- Vacha reduces bodily kapha and mental doshas & restores Conciousness.It is the best medicine for children to having lowered the IQ power. So, it is called as Medicine of Brain since ages.
- Kushta used in Vata disease, especially, in Epilepsy since it is Vaatahara and Anti-Epileptic. It is also used as Appetizer and Digestive.
- Bramhi is used in Nervous System disorders and Epilepsy is two conditions which require Bramhi.
- Sariva also helps in Appetizer, Digestive and Laxatives blood purifier and Anti Inflammatory.
- Pippali is a Brain Tonic and alleviates Vata. It is useful in weakness of the brain and Vata disorders and Sarshap Agravardhan,Varnykar.
- Both the Ghrita and Saindhava are also having properties which enhances the intellect and memory and discriminative ability.
- In previous work was a preliminary study experiments suggest that Ashtamangal Ghrita increases the brain AChE activity in developing brain. This effect was more pronounced in undernourished animals.
- Orally administered Ashtamangal Ghrit showed a significant increase of test parameters viz. neutrophil adhesion, haemagglutinating antibody titre (HAT) and delayed type hypersensitivity (DTH) response. In rats immunized with sheep RBC, AG enhanced the humoral antibody response to the antigen and significantly potentiated the cellular immunity by facilitating the footpad thickness response to sheep RBC in sensitized rats. With a dose of 300 mg/kg/day the values of HAT and DTH responses were 455.08 ± 0.75 and 31.0 ± 10.72 respectively, in comparison to the control group. These differences were statistically significant.
- Potency of improving intellect, improves memory recall power and retention span thereby memory enhancer action, induces alertness, improves concentration, reduces rate of cell death of neurons, improves ability of thinking and reasoning and improves concentration, alertness, and other cognitive functions.
- Nootropic effect of Ashtamangal Ghrita and Jyotismati Taila is well established in Ayurveda. Ashtamangal Ghrita as Nasya having...
It also helps in Depressions and mental Retardation by enhancing Intellegency.

- It is easy to prepare & dispense due its availability in Leha form.

III. CONCLUSION

Ashtamangal Ghrita contains eight drugs mentioned in Vagabharta, Yogaratnakar and Kashyap Samhita in Leha form, which is one of formulation indicated in Nervous System diseases. It can be used in day to day practice as all the drugs are readily available and palatability is good in children.

REFERENCES