



HERBAL HILLS



*Back to nature*

Medicated Cow Ghee Formulations

Product Catalogue



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# Medicated Cow Ghee Formulations



**Medicated Cow Ghee  
in Soft Gelatine Capsule**



Eye Care



Joint Care



Immunity  
Support



Stress  
Management



Women's  
Health



Skin Care



# Description of Ghruta in the Ayurvedic Authentic Texts



**Ghruta** is made from Cow's milk, yogurt and has a sacred role in Vedic and modern Hindu libation and an ointment rituals mention in Yajurveda. Ghee is used as medium and major ingredient in many Ayurvedic preparations. (Ayurvedic Pharmacopeia, Vol. 1) Ghruta (clarified butter) is mentioned as ingredient or medium for many formulations (British Pharmacopeia 2009).

A specific word 'Sahasraveerya', depicting infinite potency or power of 'Ghruta', is used by Charaka. Charak (Sutrasthanam 27;232) says that "Ghruta is the best fat to eat". Shushruta Samhita (Kalpasthanam) says that Ghruta is **"good for coronary arteries"**.

## **Bhava Mishra (Bhavaprakash) says that Ghruta is :**

- ☞ A great rasayana (rejuvenator) for the eyes
- ☞ Enhances the digestive fire while cooling and alkalizing
- ☞ Binds toxins and pacifies pitta and vata with proper combining and processing, it is not clogging or kapha aggravating
- ☞ Enhances complexion and glow of the face and body
- ☞ Increases physical and mental stamina, supports learning, retention and recall. Increases longevity
- ☞ Cools and lubricates the stomach wall
- ☞ Nurtures and cleanses blood tissue



## **Superiority of Ghruta Formulations over formulations**

Ghee formulations are rendered to be superior over the other formulations for the following reasons:

1. Medicines processed in Cow Ghee offer the effect of both the water soluble active ingredients as well as liquid soluble compounds
2. Effect of Ghruta itself are therapeutic in terms of being nourishing, immunity builder etc.
3. Offers better stability to the products as the chances of product degradation reduces significantly in Ghruta base as compared to powders and extracts.
4. The possibility of contamination on exposure to moisture also reduces considerably in Ghruta formulations.
5. Ghruta itself acts as an excellent carrier or vehicle for the herbs and medicines that it is processed with.
6. Some of the scientific studies on medicated Ghruta have established its superiority.





# Scientific basis behind the Ayurvedic methods of Siddha Ghruta preparations

**The Ayurvedic method of Ghruta preparation is very unique as well as scientific. Closely observing the various steps involved in Ghruta preparation, we can observe the following:**

- Murchana is done to eradicate the harmful components and instill value, lightness to ghruta.
- The use of water decoction (kwath) means that all water soluble plant extractives are incorporated in the Cow Ghee.
- The use of Kalka ensures that if there are any volatile components that may be lost in preparing decoction are preserved by not heating the kalka dravyas in water.
- Processing the water decoction in ghee ensures the lipid soluble / oil soluble or miscible compounds being incorporated in the Cow Ghee.
- The whole process being carried out at a low flame, ensures that no loss happens due to excess temperature.

## Scientific review of the two primary properties of Medicated Ghruta :

Yogavahi and Sanskaranuvartan (carrying the properties of the medicines along with which ghee is processed) are the main properties of Cow Ghee. Ghruta possesses the property of 'yogavaahitwa' by way of which it enhances the properties of substances with which it is processed. Ghruta has been described to absorb the properties of the material with which it is processed ('sanskaranuvartana').

Cow Ghee carries the therapeutic properties of herbs to all the body's tissues. It is an excellent anupana (vehicle) for transporting herbs to the deeper tissue layers of the body.

## Possible Explanation of Properties of Cow Ghee

The distribution of drug in blood is chiefly influenced by its lipid solubility, ionization, differences in the regional blood flow etc. A water soluble drug is usually distributed in the extracellular spaces and it may not readily diffuse in to CSF and other body cavities, while the lipid soluble drugs are rapidly distributed throughout the intra and extra cellular spaces.

The drugs that are rapidly absorbed from the gut because of their lipid solubility are known to readily diffuse in the CSF and the brain. Drugs given in the form of a Ghee which is a fat are rapidly absorbed and distributed in the target areas of the body like the nervous system.

The main reason behind this is the molecular structure of the blood brain barrier. This membrane separating the CNS tissue and the circulating blood is lipophilic in nature. Thus it selectively allows the passage of lipids and lipid soluble drugs across it. Therefore any drug given in the form of ghee will not only be digested and absorbed fast, but will also be able to reach some of the most distant and difficult to reach areas of body like the CNS. This explains the better efficacy of various Psychotropic drugs given in the form of ghee in CNS diseases. And also tallies with the qualities of Cow Ghee like Buddhi and Smritivardhaka. Also its antioxidant properties prevent the oxidative damage of brain and other tissues of the nervous system, thus providing protection from various degenerative diseases. Cow Ghee is therefore one of the most effective drug dosage forms used in Ayurvedic medicine.



# Cow Ghee as a Bio-enhancer

It is believed that the therapeutic efficacy of the drug is significantly affected by various factors related to the nature of ingredients in the formulation. Similarly it is also possible that adjuvant / vehicles and other excipients used in the formulation may have an impact on expression of biological activity.



Cow Ghee is a traditional adjuvant / vehicle described in Ayurveda. Processing of Cow Ghee with plant material is renowned for enhancing the therapeutic efficacy of the plant ingredients.

Cow Ghee is believed to be made more potent through its processing with substances possessing different properties and it also has property of 'yogavaahitwa' by way of which it enhances the properties of substances with which it is processed. Administering the plant material incorporated in a Cow ghee, known to enhance the therapeutic efficacy of the plant ingredient.

Moreover, Cow Ghee has been described to absorb the properties of the material with which it is processed ('sanskaraanuvartana') Besides acting as a vehicle and an adjuvant, Cow Ghee has been described to exert therapeutic effects like 'rasaaya' (adaptogenic activity).

These positive research findings support the beneficial effects of Cow ghee mentioned in the ancient Ayurvedic texts and the therapeutic use of Cow ghee for thousands of years in the Ayurvedic system of medicine.

## Conclusion and rationale behind use of medicated Cow Ghee:

It can thus be concluded that scientifically prepared Cow Ghee when consumed in moderation with a proper balance of physical activity can reduce lipids and thus can be safely consumed. Long term use of this can be highly beneficial to various organs and in various disease conditions especially those related to the brain and CNS.

Cow Ghee is one of the best medium to deliver the beneficial effects of the herbs with which they are processed. It is important to properly process the ghruta and adopt proper methods to ensure that the properties of ghruta are kept intact. By virtue of its two prime properties i.e. Sanskaranuvartan and yogavahi Ghruta and medicated Ghruta can be considered to be one of the best methods of drug administration especially in certain conditions like – joint and muscle disorders, dermatological disorders, brain and nerve disorders etc.





# Chemical composition of Cow Ghee & its Benefits

Fatty Acids		%	Multi Functions of Fatty Acids	Desi Cow Ghee	Groundnut Oil	Sunflower Oil
Saturated Fatty Acid						
C4:0	Butyric Acid	0.70%	• It is known to have anti-fungal as well as some anti-bacterial and anti-viral properties.	65%	20%	25%
C6:0	Caproic Acid	2.20%	• Promotes metabolism			
C8:0	Caprylic Acid	1.20%	• Provides Immunity- have antifungal, antibacterial and antiviral properties.			
C10:0	Capric Acid	2.90%	• Provides Immunity- have antifungal, antibacterial and antiviral properties.			
C12:0	Lauric Acid	3.10%	• The health benefits of Lauric Acid include stress relief, maintaining cholesterol level. • Provides hair care, skin care, stress relief, maintaining cholesterol levels, weight loss, increase immunity, proper digestion and metabolism, relief from kidney problems, heart diseases, high blood pressure, diabetes and bone strength. • Provides Immunity- have antifungal, antibacterial and antiviral properties • Provides Strength to bones			
C14:0	Myristic Acid	11.20%	• Enhance immune system - it helps to stabilize many different proteins, including proteins used in the immune system (eg - Antibody, Antigen, Immunoglobulins).			
C16:0	Palmitic Acid	30.60%	• Acts as anti-oxidant • Promotes weight loss			
C18:0	Stearic Acid	13.80%	• Acts as a powerful lubricant and having softening properties - softens the tissue			
Monounsaturated Fatty Acid						
C16:1	Palmitoleic Acid	1.50%		32%	48%	19%
C18:1	Oleic Acid	28.70%				
C20:1	Gadoleic Acid	1.20%				
C22:1	Eruciic Acid	0.20%	• Produces emollients - soften and soothe the skin			
Polysaturated Fatty Acid				3%	32%	56 %
Total %				100%	100%	100%



# EYE CARE



**Itching**



**Dry Eyes**



**Watery eyes**



**Burning of eye**

## Ocuhills Capsule

30 Soft Gel Capsule  
SKU No.: OC509



900 Soft Gel Capsules  
SKU No.: OC042





# JOINT SUPPORT



**Bursitis**



**Sprains and Strains**



**Neck Pain**



**Weak Bones**



**Stiffness of Joints**

## Arthrohills Soft Gelatin Capsule

30 Capsule  
SKU No.: AT406

60 Capsule  
SKU No.: AT449

900 Capsules  
SKU No.: AT036





# IMMUNITY SUPPORT



**Frequent  
infections**



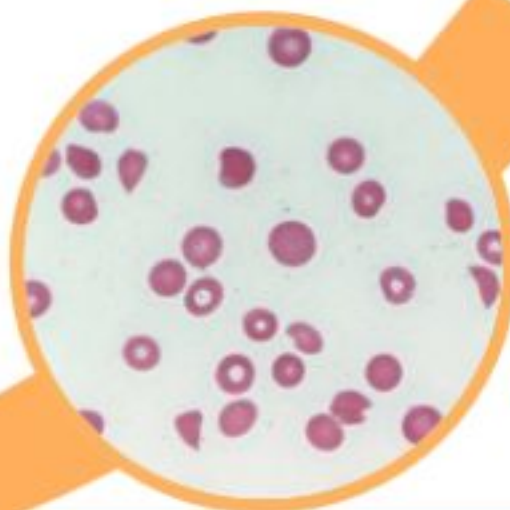
**Delayed  
growth  
and  
development**



**Loss of  
appetite**



**Anemia**



**Low Platelet  
count**

## Imunohills Soft Gelatin Caps

30 Capsule  
SKU No.: IM409



900 Capsule  
SKU No.: IM039





# STRESS MANAGEMENT



**Irritation**



**Backache/  
Headache**



**Sweating**



**Anxiety/  
Nervousness/  
Depression**



**Increased Smoking /  
Drinking**

## Calmhills Soft Gelatin Capsule

30 Capsule  
SKU No.: CM508

900 Capsules  
SKU No.: CM043





# SKIN CARE



**Acne**



**Rashes with /  
without itching**



**Peeling  
skin**



**Dry,  
cracked skin**



**Ageing**

## Glohills Soft Gelatin Capsule

30 Capsule  
SKU No.: GL407

900 Capsules  
SKU No.: GL038





# WOMEN'S HEALTH



**Irregular menstrual cycle**



**Lower back pain**



**Hormonal imbalances**

## Femohills Soft Gelatin Capsule

30 Capsules  
SKU No.: FM408

900 Capsules  
SKU No.: FM044

