

DOI: 10.21767/2574-2817.100027

## Shatdhauta Ghrita - A Evaluation Study in Pediatrics

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Rec date: December 14, 2017; Acc date: January 22, 2018; Pub date: January 29, 2018

Citation: Bidwai VR, Gumble SP, Pawade S, Deshmukh AR, Morey M (2018) Shatdhauta Ghrita - A Evaluation Study in Pediatrics. Ped Health Res. Vol. 3 No.1:2.

### Abstract

Skin diseases and skin problems are increases now a day because increasing pollution, decrease in ozone layers. Sun rays are also responsible for skin disease. Lifestyle is also becoming a major threat for skin disease. There is increase the use of chemical and hybrid food habits. To overcome on these problems only Ayurveda has solution because it has grand knowledge of skin diseases. But ayurvedic Vaidya has that much knowledge of curing disease which can provide association to cure disease for all types of skin disease. In this study, we are evaluating all types of pediatrics skin diseases and dryness of the skins with by applying Ghrita, in concluding that it gives excellent result in all types of skin disease. Sanskar is an important phenomenon and playing main role plays an important role to make all formulations to transfer desire drug into desired dosage to work as better therapeutic theory. Shatadhouta Ghrita is nothing but Ayurvedic preparation wash with water and an example for Dhauta sanskara, Jala sanskara and Agni sanskara. It is prepared by various methods with using or giving various bhavna of various ayurvedic preparation. Mostly, the Ghrita is preparation by two method A. Ghrita (Ghee) is heated and poured in cold water and recollecting Ghrita for one hundred times, in first method. B. Ghrita is washed with water for one hundred times, in second method.

**Keywords:** Ghrita; Samskara; Dhauta; Skin disease

### Introduction

Shatdhauta Ghrita is the medicinal preparation in ayurveda by giving different types of sanskara [1,2]. It is excellent preparative product, has much ability to cure all kinds of skin disease. Sanskara is excellent preparative work which make the dose in desired medicine associated to induce the

therapeutic properties so that will increase potency and bioavailability of the drugs involved [3].

Ayurvedic drug preparation depends on the bhawana associated to transform physical properties and changes to chemical properties with medicinal important. Bhawana changes the basic properties of dravya and give excellent drugs to have many medicinal properties [3].

Shatadhouta Ghrita is ghee base ayurvedic preparation which is associated for treatment of skin disorder.

The recommended name Shatadhouta Ghrita like as washing the Ghee one hundred times with water [3]. It is not only Ayurvedic preparation but also it includes medicinal properties which increase healing properties.

After washing Ghee with water, the ghee transforms into a soft, cooling, nourishing, silky ointment which is associated as a traditional moisturizer and anti-wrinkle skin cream, decrease the ageing sign and have the capacity to cure all types of skin diseases [4].

As known preparation of Shatadhouta Ghrita nothing but the washing of the Ghee with many times as water till the water turns warm, then that water is discarded, and fresh water is added for the preparation of medicinal Ghee. This process should be repeated so many times near about hundred times.

Because of the low immunity the pediatrics have some skin disease so many times like dryness etc. Skin infections are the primary infection to cause disease in dermatology practice.

Here in this study, the common skin infections of pediatrics are evaluated and checked by using medicinal Ghee. Some common disease is Roseola, Atopic Dermatitis, Hives, Viral warts, Ringworm, Impetigo, Heat Rash, Contact Dermatitis etc. [5-7].

## Materials and Methods

An open clinical trial was designed to study the effect of medicated Ghrita to decrease the infection on early basis.

The all type of pediatrics patients having any types of skin disease selected for the study. The 20 Pediatrics patients were collected for this study for the dry skin. 20 patients selected for the viral infection. 10 patients were selected for the bacterial infection. 10 patients were selected for the *Staphylococcus* infection. The consent was taken from the parents of patients for above mentioned drug i.e Ghrita in dose only external application for three times in a day for first 21 days.

The changes were observed recorded before and after treatment.

Selection of the patients based on the inclusion criteria of observation of Dermatologist confirmed that patents have which kind of infection, the patient's girls and boys included age group of 3 to 10. Exclusion criteria is based on the patients positive for the other any kind of infection with skin disease, association with some other complications or critical condition.

## Results

### Effect of theory on the dry skin

The most probably the pediatric patients have common problem i.e. dry skin, so we applied here a medicated Ghrita continued for the three month we come to know that the recovery started within 21 days of the patients shown in **Figure 1**.



**Figure 1** Recovery of the pediatric patients from skin disease.

### Effect of theory on viral infection

So many times, the children were suffered by the viral infection and after medication it reoccur again and again, so we shift the pediatric patients from medicine to mediated Ghrita. We got excellent result within 2 months, but we continued to use of same Ghrita for the more 4 months. This result shown in **Figure 2**.



**Figure 2** The effect of Ghrita on viral infection.

### Effect of theory on bacterial and *Staphylococcus* infection

As seen bacterial infection is very common to the children and as well as *Staphylococcus* infection is also very common to children, but *Staphylococcus* infection is sometimes very dangerous or lethal to pediatrics patents. It is often recurrent and if not treated by antibiotics (unrecovered make antibiotics resistance to same infection). We applied here medicated Ghrita to treat infection without taking any kind of antibiotics. We get excellent result within 4 months shown in **Figure 3**.



**Figure 3** The effect of Ghrita on both bacterial and *Staphylococcus* infection.

We used here only 10 pediatric patients to show the result. Shatashouta Ghrita has shown amazing results in skin disease like dryness, viral infection, bacterial infection, *Staphylococcus* infection.

It not only gives excellent result in dryness but also it shows excellent result in decreasing signs of age.

## Discussion

Shatadhauta Ghrita is nothing but Ghee based Ayurvedic formulation which is important and used for the treatment of wounds, burn, skin diseases etc. It is best used as emulsion associated to which Ghrita and water are in immiscible liquid [7-9].

There are several types of preparation of Ghrita, but the most important method is

1. Heated ghee is poured in cold water (24°C). this the best example of emulsion i.e. oil in water. When wed heated ghee in cold water, Ghrita is broken up into globules which denote Ghrita as dispersed phase and water denotes as continuous phase [9,10]. After some time, the Ghee is become solid form on the surface of the water. Then ghee is collected after washing [11].

2. Ghrita added along with water, it is nothing but and water oil emulsion because water is in dispersed phase and oil is in continuous phase. Here, washing is continually done by the water by steering leads to swelling of Ghrita up to feint green color observed.

Here in this study, we observed that the Ghrita added along with water gives excellent result in any kind of skin infection.

Both methods applied in all types of skin disease and recoveries started within 21 days after application.

## Conclusion

Shatadhauta ghrita is frequent used by Ayurvedic Vaidya in various disease of skin; it gives excellent result in skin burning.

It regenerates new cells of skin. So, many times it is used as an external application. As discussed it is made up by various methods by giving different bhawana of herbal drugs to improve the quality of the basic medicine.

But here, we used two types of method of preparation by using hot water and cold water then recollecting it from that cold water. In short, the Ghrita is wash so many times by water.

Since from the Ayurveda, disease or any kind of inaction is caused by inequality of three types of doshas which is present our body, apocopated as Vata, Pitta and Kapha (made everyone's system of the body). But most of us has one dominate and other one is recessive. So, by application of Ghrita we came to know that it is worthy useful to control the dominant dosh in our body system.

Both the preparations give excellent result in all types of skin disease.

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