

A REVIEW ON ACTION OF GHRITA IN CONDUCT DISORDERS**Dr. Avinash Katti^{1*} and Dr. Jithesh Chowta²**

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ABSTRACT

Conduct disorder is a type of behaviour disorder. It's when a child has antisocial behaviour. He or she may disregard basic social standards and rules. He or she may also be irresponsible, skip school or run away, steal or do other things to violate the rights of others, physically harm animals or other people, such as committing assault or rape. Ghrita can be used in management of conduct disorder in children. Ayurveda classics mentions that Ghrita acts as Rasayana and does Vaatapittashamana, Kaphavardhaka, Medhya and Balya. Formulations like Brahmi Ghrita, Kalyanaka Ghrita can be used in treating conduct disorders.

KEYWORDS: Conduct disorder, Ghrita.**INTRODUCTION****Conduct disorder**

Conduct disorder is a repetitive and persistent pattern of behaviour in children and adolescents in which the rights of others or basic social rules are violated, either aggressive or non-aggressive manner.^[1]

Conduct disorder is more common in boys than girls, current data states that the prevalence of conduct disorder is from 2% to 5% in children between 5-12 years and 5% to 9% in adolescents between 13-18 years.^[2]

The child or adolescent usually exhibits these behaviour patterns in a variety of settings—at home, at school, and in social situations and they cause significant impairment in his or her social, academic, and family functioning.

MATERIALS AND METHODS

The classical ayurvedic textbooks Astanga Hrudaya, Charaka Samhita, Sushruta Samhita and Kashyapa Samhita along with journals, articles and internet sources were referred for details on Conduct disorder and ghrita.

Types of conduct disorder

1. Childhood onset type

Indicators of conduct disorder show before the age ten.

2. Adolescent onset type

This occurs when the signs of conduct disorder appear during the teenage years of a child.

3. Unspecified onset type

This usually means the age at which this disorder developed is unknown.

Causes of conduct disorder

Experts believe that many factors play a role in conduct disorder. These are

- Brain damage
- A traumatic event
- Genes
- Child abuse
- Past school failure
- Social problems

Some children with conduct disorders seem to have a problem in the frontal lobe of the brain. This interferes with a child's ability to plan, stay away from harm, and learn from negative experiences.

Some experts believe that a series of traumatic experiences occurs for a child to develop a conduct disorder. These experiences then often lead to depressed mood, behaviour problems, and involvement in a deviant peer group.

Behaviours characteristic of conduct disorder include

- Aggressive behaviour that causes or threatens harm to other people or animals, such as bullying or intimidating others, often initiating physical fights, or being physically cruel to animals.
- Non-aggressive conduct that causes property loss or damage, such as fire-setting or the deliberate destruction of others' property.
- Deceitfulness or theft, such as breaking into someone's house or car, or lying or "conning" others.
- Serious rule violations, such as staying out at night when prohibited, running away from home overnight, or often being truant from school.

The severity of symptoms of conduct disorder occurs in three degrees**1. Mild**

If the child has mild symptoms, it means that they display limited behavioural problems and it can be managed. Their behaviour is relatively harmless. Common issues include lying or staying up after dark without permission.

2. Moderate

In the case of a child showing moderate symptoms, they are more likely to display numerous behaviour. This can have a mild to severe impact on others around them. These problems may include stealing or destroying property.

3. Severe

Your child may have severe symptoms when they display excessive issues that are required to be diagnosed and treated. Severe conduct problems can have a harmful impact on the child as well as others. These behaviours may include rape, the use of weapons, or breaking and entering.

Treatment**1. Therapy**

Cognitive behavioural therapy

Family therapy

Peer group therapy

2. Medications: No specific medicines.

Properties and Indication of *Ghrta* are mentioned in

- *Astanga Hrudaya Sutrasthana* 5/37-40 and 16/8
 - *Charaka Samhita Sutrasthana* 13/14
 - *Sushruta Samhita Chikistasthana* 31/4 and 45/108-111
 - *Kashyapa Samhita Sutrasthana* 22/6 and 23/25
- ***Ghrta*** is *Madhura rasa*, *Soumya*, *Mrudu*, *Guru*, *Anabhishyandi Guna*, *Sheeta Veerya* and *Madhura vipaaka*.
- ***Dosha***: *Vaatapitta prashamana*, *Kaphavardhaka*
- ***Karma***: *Snehana*, *Agnideepana*, *Balakara*, *Ayushya*, *Vrushya*, *Medhya*, *Vayasthaapana*, *Chakshushya*.
- It pacifies *vata* and *pitta* and cures *Visha*, *Unmada*, *Shosha*, *Alakshmi* (inauspiciousness)
- Desire to wisdom proper function of sense organs, power of digestion, intelligence, nourishment... etc.

Principles of treatment in children according to *Kashyapa Samhita*^[3]

They should be treated only by *Ashana*, *Lepa* and *Sechana* with those drugs which are *Snighda*, *Sheeta*, *Madhura* and do not produce burning sensation.

Sl No.	CRITERIA ^[4]	AYURVEDA
1	Aggression to people and animals	Mano vibhrama Budhi vibhrama Chestha vibhrama Anavasthita vibhrama
2	Destruction of property	Sheela vibhrama Chesta vibhrama Achara vibhrama
3	Deceitfulness or theft	Chesta vibhrama Achara vibhrama
4	Serious violations of rules	Chesta vibhrama Achara vibhrama Smriti vibhrama

Kalyanaka Ghrta^[5]

Ingredients

Vishaala, Haritaki, Bibhitaki, Amalaki, Kaunti, Devadaru, Elavaluka, Sthira, Nata, Rajani, Daruharidra, Sariva, Krsna Sariva, Priyangu, Nilotpala, Ela, Manjistha, Danti, Dadima, Kesara, Talisapatra, Brhati, Fresh Malati Flower, Vidanga, Pṛśniparṇi, Kustha, Candana and Padmaka.

Procedure

One akṣa of each of the twenty-eight drugs, namely vishaala, haritaki, bibhitaki, amalaki, kaunti, devadaru, elavaluka, sthira, nata, rajani, daruharidra, sariva, krsna sariva, priyangu, nilotpala, ela, manjistha, danti, dadima, kesara, talisapatra, brhati, fresh malati flower, vidanga, pṛṣniparṇi, kustha, candana and padmaka should be made to a paste. This paste should be added to one prastha of ghee and cooked by adding four times (prasthas) of water.

Indications

This medicated ghee is useful in the treatment of apasmara (epilepsy), fever, cough, consumption, suppression of the power of digestion, phthisis, vata rakta (gout), pratisyaya (coryza), tṛtiyaka and caturthaka types of visama jvara (irregular fever), vomiting, piles, dysuria, visarpa (erysipelas), itching, pandu (anaemia), unmada (insanity), poisoning, meha (obstinate urinary disorders including diabetes), seizures by supernatural beings (bhutas), gadgada (lulling speech), acetas (unconsciousness) and sterility in women. It endows the individual with wealth, longevity and strength. It removes inauspiciousness, sins, demoniac seizures and afflictions by evil spirits. It is most useful in pumsavana (the second sacramental ritual or samskara for getting a child of desired sex). This recipe is called kalyanaka sarpi.

Brahmi ghrita^[6]

Ingredients

Brahmi, Vaca, Kustha, Sankhapuspi.

Procedure

Old cow's ghee (one part) should be cooked with the juice of brahmi (four parts) and the paste of vaca, kustha and sankhapuspi (1/4 part in total).

Indications

This medicated ghee cures unmada (insanity), alaksmi (inauspiciousness), apasmara (epilepsy) and papa (effects of evil deeds).

DISCUSSION

- In conduct disorder *vaata* is increased due to *Raatrijagarana* (Violation of rules, night roaming).
- In aggressive behaviours *pitta* is increased due to angry, blaming others. These are the conditions that we observe in Conduct disorder.

- According to *Kashyapa* (K.S. 27/66) *Aushada* should contains *Snigdha*, *Sheeta*, *Madhura gunas* in the management of diseases in children.
- According to *Charaka*, practicing *Achara rasayana* (good conducts) with *Ghrita* does shamana of *vata* and *pitta*.
- In children *kapha* is in *pradhana avastha*, due to *vaatapitta prakopa*, psychological and physiological changes are seen, *Ghrita* is best option to normalise the vitiated *doshas*.
- *Ghrita* contains *Prithvi* and *Jala Mahabhuta* which helps in promotion of strength and nourishment of the body.
- *Ghrita* contains *Snigdha* and *Guru Guna* which helps in mitigating *Vata dosha* and maintaining *kapha dosha*.
- *Ghrita* has *Madhura Rasa* which is *Saptadhatu Vardhaka*, *Indriyaaa Prasadaka*, *Rasayana*, *Smriti*, *Buddhi*, *Agni*, *Shukra*, *Oja*, *Vardhaka* etc.
- By applying the theory of similarity, it can be said *Mastishka* (brain) which resembles molten ghee can be supplemented with clarified butter in various therapies.
- *Ghrita* has a striking efficacy in crossing BBB (Blood Brain Barrier) which is very much needed for treating mental anomalies.
- 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 into the CSF and the brain. The main reason is the molecular structure of the blood brain barrier.
- For better efficacy of various Psychotropic drugs given in the form of *Ghrita* in CNS diseases.
- Its antioxidant properties prevent the oxidative damage of brain and other tissues of the nervous system, thus providing protection from various degenerative diseases. *Ghrita* is one of the most effective drug dosage forms used neuro developmental disorder.

CONCLUSION

For conduct disorder, awareness should be given to parents for early detection of symptoms and to approach the hospital as early as possible. *Ghrita* plays important role in treating conduct disorder. Proper guidance and counseling are needed to the mother.

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