

Short term escalating administration of large amount of cow's ghee does not increase blood lipids

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Ayurveda has a special treatment modality i.e. Oleation or snehana (use of unctuous substance like ghee or oil). It is administered in various patterns to get various therapeutic effects in the body. Escalating pattern of using ghee or oil is classical Ayurvedic treatment in which escalating dose of oil or ghee is administered for precipitation and dilution of toxins (doshas) in body. Due to Oleation therapy (snehana) along with sudation therapy, doshas or toxins or non-assimilated substances or harmful substances get separated from body tissues or body elements (dhatus) and channelized towards alimentary canal, from where they can be easily and safely removed by appropriate cleansing therapy (shodhana) like emesis or purgation. Since this type of Oleation requires administration of large amount of ghee there is fear that patients may experience increase in harmful lipids. So the study examined the effect of escalating pattern of using ghee on relevant physical and physiological parameters in normal individuals before and after proper Oleation method and proper purification or cleansing therapy.

Study design and objective: Escalating pattern of using ghee is used in healthy individuals according to digestive capacity (Agni) to achieve symptoms of proper Oleation. We assessed parameters of Oleation therapy in all individuals including all symptoms of proper Oleation explained in Ayurvedic Classics, quantity of ghee consumed. Effect of Oleation on weight, abdominal circumference and lipid profile were measured before and after Oleation. Statistical significance of results was quantitated by paired t test.

Results: After proper Oleation, 16 out of 29 volunteers showed a significant weight loss of > 2kg ($p < 0.0001$). The remaining 13 volunteers showed less but significant

weight loss (< 0.0006). Notably, all 29 volunteers showed a significant reduction in abdominal circumference and weight after Oleation for short term. Although this type of use of cow's ghee did not significantly alter levels of total cholesterol, HDL, and LDL, it did cause a significant reduction in triglycerides ($p = 0.009$) and VLDL ($p = 0.005$) in all 29 volunteers.

Discussion and Conclusion: Short term escalating use of ghee is responsible for precipitation of toxin or non-assimilated substances (doshas) in body and does not cause nourishment of body tissues or body elements. Importantly, this treatment did not negatively affect health of any of the volunteers. Notably, this pattern of ghee use caused different degrees of statistically significant reduction in body weight, abdominal circumference, and levels of specific lipids (triglycerides and VLDL) in these 29 volunteers. These encouraging results could be due to the composition and metabolism of the pure cow's ghee used for Oleation treatment in this study.

Keywords: Oleation, escalating pattern of using ghee, cleansing or purification therapy, lipids.

Biography

Monica Mulay is an Ayurvedic physician working for almost 20 years in the field of Ayurveda. She is director of Prakruti Ayurvedic Clinic in Pune and teaching Ayurveda for last 20 years. She has completed her M.D. and Ph.D. in Ayurveda in the subject panchakarma. She has completed her Ph.D. in classical concept of snehapana i.e. Oleation and its efficacy including alterations in Lipid Profile. Recently she has published the paper on ghee (clarified butter) and its effect on lipid profile. She has published different papers in national and international seminars. She has been serving as a reviewer for peer reviewed international journals.

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