

**“ROLE OF SAMANGADI GHRITA LEHANA AS A NUTRITIONAL SUPPLEMENT
FOR HEALTHY GROWTH AND DEVELOPMENT OF CHILDREN”**



Dissertation submitted as partial fulfillment for the degree of

Ayurveda Vachaspati

[Doctor of Medicine – Ayurveda]

Specialty– Kaumarabhritya – Balaroga

Scholar

Dr. MINAXSHI P SHARMA

Under the supervision of

Guide

Dr. SWAPNIL C RASKAR

M.D. (Ayu.), PhD (Ayu)

Department of Kaumarabhritya – Balaroga

Department of Kaumarabhritya – Balaroga

Parul Institute of Ayurveda

Parul University, Limda, Vadodara, Gujarat-391760 (India).

April - 2019

Enrollment No: 160202207006

ABSTRACT

INTRODUCTION:

Children are vulnerable to hamper their growth and development, especially in poverty and resource poor setting like India. When one speaks of under-five ailments, about 34% conditions are related to growth, and therefore it is need of hour to do research on ayurveda nutritional supplements to promote the healthy growth and development of children. In kashyapa samhita, there are number of medicated ghee preparations explained, *Samangadi ghrita* is one among the enlisted *ghrita* preparations.

METHODOLOGY: Randomized Interventional Parallel Group, controlled Clinical Trial

AIMS:

- To study the effect of “*samangadi ghrita lehana*” in comparison with volunteer without medication.

OBJECTIVES:

- To evaluate the role of ‘*samangadi ghrita*’ in the healthy growth and development of children
- To compare it with the children observed without medicinal course

RESULTS:

Results obtained in this clinical trial showed statistically significant improvement in both groups. Though there are statistically significant results in children observed without treatment, the percentage increase was more in children treated with *samangadi ghrita lehana* group.

DISCUSSION:

The effect of *Samangadi Ghrita* on healthy growth and development of children, can be explained as, *Ghrita* and *Madhu* are sweet in taste, easy to digest and assimilates, having good palatability due to sweet taste and semisolid consistency, also have *Yogvahi* property means it carries the active ingredients and metabolites of the drugs used along with them to target organs. The drugs easily cross the Blood Brain Barrier (BBB), and at the same time the ingredients have antioxidant properties, relieves oxidative stress on cells and tissues, improves metabolism and helps to grow and repair all body tissues. At the same time the ingredients supply good nutrients including vitamin C and therefore useful to improve physical bulk and strength of the baby.

CONCLUSION:

Application of *samangadi ghrita* hasten the growth, prevents illness, and offers the better quality of life (assessed on who qol parameters). In all *samangadi ghrita lehana* is very effective supplementary as

well as therapeutic ayurveda topical preparation, for healthy growth of pre-school and school going age children.

CTRI NUMBER: C.T.R.I. No. CTRI / 2018 / 01 /011468