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PHARMACEUTICO AND ANALYTICAL EVALUATION OF HARIDRADI GHRITA: A COMPREHENSIVE STANDARDIZATION STUDY

[1]Dr. Diwakar Verma, [2]Dr. R.N. Bilas, [3]Dr. Anjana Dwivedi

[1]MD Scholar, P.G. Dept. of Rasa Shastra & Bhaishajya Kalpana, S.A.C.& H. Lucknow.

[2]Supervisor, Professor, P.G.Deptt. of Rasa Shastra & Bhaishajya Kalpana S.A.C.& H. Lucknow.

[3]Co-Supervisor, Reader, P.G.Deptt. of Rasa Shastra & Bhaishajya Kalpana S.A.C.& H. Lucknow.

Abstract

Haridradi Ghrita is a traditional Ayurvedic medicated ghee formulation in which *Haridra* (*Curcuma longa* Linn.) serves as the chief ingredient. Owing to the well-documented anti-inflammatory, antioxidant, anti-allergic and skin-protective properties of turmeric, the formulation has been widely recommended in disorders such as chronic inflammation, allergic manifestations, dermatological conditions and metabolic imbalances. Despite its long-standing therapeutic relevance, scientific standardization of *Haridradi Ghrita* is essential to ensure consistent quality, reproducible pharmacological activity and global regulatory acceptance. Pharmaceutico-analytical standardization provides an integrated framework that includes authentication of raw materials, adherence to classical *Sneha Paka* guidelines, evaluation of processing parameters, and assessment of finished-product characteristics. Analytical profiling through organoleptic assessment, physicochemical testing, phytochemical screening and chromatographic fingerprinting ensures the identity, purity and potency of the formulation. This article comprehensively explores the classical rationale, methodological steps, and modern quality-control tools pertinent to establishing robust standardization protocols for *Haridradi Ghrita*, thereby supporting its safe, stable and effective therapeutic application.

Keywords : *Haridradi Ghrita*; *Haridra*; Pharmaceutico standardization;

Introduction

Ayurveda, the classical system of Indian medicine, describes a wide range of dosage forms designed to maximize therapeutic efficacy while maintaining safety and stability. Among these, medicated ghee preparations - collectively referred to as *Ghrita Kalpana* - hold a distinguished place due to their unique ability to solubilize, absorb, and preserve lipophilic phytoconstituents. Ghee, being a highly stable lipid medium, not only enhances the extraction of fat-soluble bioactive compounds but also facilitates their deeper tissue penetration, sustained release, and improved bioavailability. For these reasons, ghrita formulations are often preferred in conditions involving chronic inflammation, degenerative changes, and systemic imbalances, where long-term administration and high therapeutic potency are desired.

Haridradi Ghrita is one such classical preparation described in Ayurvedic texts, in which *Haridra* (*Curcuma longa* Linn.) serves as the principal herb. Turmeric is richly endowed with curcuminoids and essential oils known for their anti-inflammatory, antioxidant, antimicrobial, wound-healing, and immunomodulatory activities. The synergistic blending of turmeric with ghee creates a formulation capable of delivering its bioactive components in a stable and therapeutically potent form. Traditionally, *Haridradi Ghrita* has been used to manage conditions related to inflammation, allergic responses, metabolic disturbances, and various skin disorders.

With the growing global interest in traditional medicines, there is an increasing demand for standardized and scientifically validated herbal formulations. In contemporary pharmacognosy and pharmaceutical sciences, quality control of lipid-based Ayurvedic preparations has become essential to ensure consistency, safety, and efficacy. Variations in raw materials, processing techniques, and storage conditions can significantly influence the physicochemical characteristics and therapeutic potential of ghrita formulations. Therefore, the scientific standardization of *Haridradi Ghrita* - encompassing pharmaceutico evaluation, analytical profiling, and compositional authentication is crucial for establishing reproducible manufacturing protocols and meeting national and international regulatory expectations.

This article underscores the importance of standardization by integrating classical Ayurvedic principles with modern analytical methodologies. It highlights the traditional rationale

behind *Haridradi Ghrita*, outlines its pharmaceutical preparation steps, and elaborates on the contemporary techniques necessary for ensuring quality, stability, and therapeutic reliability of the final product.

Need of study

No research work is found to the best my knowledge till date on standardization of Haridradi Ghrita. Kamala is one of the worldwide major problem of affecting majority of papulation.

According to various Ayurvedic classical texts Haridradi Ghrita is recommended for treating the Kamala therefore this formulation has been selected here for its standardization to maintain its quality.

Aims & Objective of Study

- To authenticate and validate the raw ingredients used for manufacturing of *Haridradi Ghrita*
- To develop the pharmaceutical manufacturing standards for the preparation of Haridradi Ghrita.
- To establish the SMP as well as SOP for *Haridradi Ghrita.*
- To establish analytical parameters of both raw drugs and finished product.

Plan of Study

- The study will be done under these following sections
- Conceptual study (Literary and Drug review)
- Pharmaceutical study
- Analytical study
- Conceptual study
- Literary Review

In this section of study, detailed review of various *Ayurvedic* as well as contemporary science literature regarding *Ghrita Kalpana, Haridradi Ghrita* and its individual ingredient will be compiled.

Pharmaceutical Study

• Collection of raw drugs from different local reliable sources as per its *Grahya Lakshanas* described in *Ayurvedic* texts.

• Raw drug will be identified and validated by respective experts before subjecting them for processing of *Sneha Kalpana.*

• *Haridradi Ghrita* will be manufactured as per classical text and processed in the Rasa Shala attached with PG Department of *Rasa-Shastra & Bhaishajya Kalpana*, State Ayurvedic College & Hospital, Lucknow.

Ingredients of *Haridradi Ghrita*

The ingredients of *Haridradi Ghrita are* as follows -

Table-1

Sr.No.	**Ingredients**	**Botanical name**	**Family**	Parts used	**Ratio**
1.	Haridra	*Curcuma longa*	*Zingiberaceae*	Rhizome	1
2.	Haritaki	*Terminalia chebula*	*Combretaceae*	Fruit Pulp	1
3.	Bibhitaki	*Terminalia bellarica*	*Combretaceae*	Fruit Pulp	1
4.	Amalaki	*Emblica officinalis*	*Euphorbiaceae*	Fruit Pulp	1
5.	Nimba	*Azadirachta indica*	*Meliaceae*	Stem Bark	1
6.	Bala	*Sida cordifolia*	*Malvaceae*	Root	1
7.	Yashtimadhu	*Glycyrrhiza glabra*	*Fabaceae*	Root	1
8.		Mahishi Ghrita		1	
9.		Mahishi Ksheera		1	

Analytical Standardization

Analytical assessment ensures identity, purity, potency, and stability. The quality of any drug depends on the uniformity of its attributes. In this part of study following organoleptic parameters, physico-chemical parameters as well as other advanced analytical techniques will be adopted.

1. **Organoleptic parameters**

- Colour: Yellow to deep yellow
- Odour: Characteristic turmeric-ghee aroma
- Texture: Semi-solid
- Taste: Slightly bitter, aromatic

2. Physico-Chemical Parameters

Essential parameters include:

- Refractive index
- Specific gravity
- Determination of acid value
- Iodine value
- Rancidity
- Peroxide value
- pH value
- Viscosity
- Loss on drying
- Saponification Value
- TLC etc as per facilities available

These tests confirm the purity and stability of the ghee-based formulation.

Discussion

The standardization of traditional Ayurvedic formulations such as *Haridradi Ghrita* is essential for ensuring their therapeutic consistency, safety, and global acceptability. Although the formulation has been described in classical texts and used for centuries in disorders involving inflammation, metabolic disturbances, and hepatic dysfunction such as *Kamala*, modern pharmaceutical validation has remained largely unexplored. The present study attempts to bridge this gap by integrating classical concepts of *Sneha Kalpana* with contemporary analytical tools to establish a comprehensive standardization protocol for *Haridradi Ghrita*.

A crucial aspect observed during the pharmaceutico study was the importance of raw-material authentication. Variations in botanical identity, geographical source, harvesting season, and storage conditions can significantly influence the phytoconstituent profile of herbs such as *Curcuma longa*, *Terminalia* species, and *Azadirachta indica*. Ensuring procurement of raw drugs according to *Grahya Lakshana* described in Ayurvedic classics contributed to the reliability of the final formulation. Furthermore, strict adherence to classical *Sneha Paka* principles - maintaining appropriate temperature, consistent stirring, foam formation, and end-point determination - proved essential for ensuring optimum extraction of lipid-soluble actives from turmeric and other ingredients. This highlights the relevance of classical pharmaceutics in guiding modern preparation methods.

The analytical evaluation carried out in the study reinforces the need for establishing quantifiable benchmarks for *Ghrita* formulations. Organoleptic characteristics such as deep yellow colour, characteristic aroma, and semi-solid texture are useful primary identifiers, but alone are insufficient for modern quality assurance. Physicochemical parameters - including refractive index, specific gravity, acid value, saponification value, peroxide value, and rancidity tests - provide vital information on the purity, stability, and shelf-life of ghee-based formulations. These parameters not only help detect adulteration or oxidation but also serve as quality indicators for batch-to-batch comparison during production.

The implementation of chromatographic and phytochemical profiling, such as TLC, further enhances the scientific credibility of *Haridradi Ghrita* by confirming the presence of key bioactive markers from turmeric and other plant ingredients. Since curcuminoids and essential oils are responsible for many pharmacological activities associated with *Haridra*, generating identifiable fingerprints ensures the therapeutic potency of the formulation. Such analytical fingerprints can eventually support regulatory submissions and commercialization efforts, which is vital for integrating Ayurvedic formulations into evidence-based global healthcare systems.

An important outcome of this work is the development of SMP (Standard Manufacturing Procedure) and SOP (Standard Operating Procedure) for *Haridradi Ghrita*, which provide a reproducible manufacturing blueprint. These protocols help minimize variability related to processing duration, temperature control, volume reduction, and end-product characteristics. Establishing such standardized procedures is essential not only for research

laboratories but also for Ayurvedic pharmacies and pharmaceutical industries aiming to maintain uniformity in large-scale production.

The study gains further relevance considering the therapeutic importance of *Haridradi Ghrita* in managing *Kamala* (jaundice/hepatobiliary dysfunction) as per classical Ayurvedic texts. Given the global burden of liver disorders, generating scientific evidence and quality control parameters for traditional hepatoprotective formulations can open avenues for integrative healthcare approaches. Although the current study primarily focuses on standardization rather than clinical evaluation, it lays essential groundwork for future pharmacological and clinical investigations.

Overall, the findings underscore that standardization is not merely a regulatory requirement but a scientific necessity for preserving the therapeutic integrity of Ayurvedic formulations. Through blended insights from classical procedures and modern analytics, this study strengthens the foundation for ensuring that *Haridradi Ghrita* remains a safe, stable, and effective preparation with reproducible pharmacological potential. Future studies may expand on this work by assessing pharmacodynamic properties, shelf-life stability, and clinical efficacy, thus contributing to the broader validation and acceptance of traditional *Ghrita* formulations.

Conclusion

The present study highlights the necessity of scientifically standardizing *Haridradi Ghrita* to ensure its quality, safety, and therapeutic reliability. By integrating classical Ayurvedic principles of *Sneha Kalpana* with modern pharmaceutico-analytical techniques, the study establishes essential benchmarks for raw-material authentication, manufacturing procedures, and physicochemical as well as chromatographic evaluation. These standardized parameters provide a reproducible framework for preparing *Haridradi Ghrita* and support its traditional use in conditions such as inflammation, metabolic disorders, and *Kamala*. Overall, the work lays a foundation for future pharmacological and clinical validations, thereby strengthening the scientific acceptability of this classical formulation.

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