

Shata Dhauta Ghrita and Its Benefits : A Review Article

Maniya Gaur¹, Priti Kumari²

¹ U.G student, Ishan Ayurvedic Medical College and Research Centre, Greater Noida.

² U.G student, Ishan Ayurvedic Medical College and Research Centre, Greater Noida.

Abstract

Introduction: Shata Dhauta Ghrita is an Ayurvedic formulation recognized for its myriad health advantages. It is made from clarified butter (ghee) mixed with particular medicinal herbs, which are thought to amplify its healing characteristics. The term "Shat Dhaut" typically denotes ghee treated with various herbs or components to enhance its efficacy. 100 times washed ghee is also referred to as "Shata Dhauta Ghrita." The name is derived from the Sanskrit terms "Shata" (hundred), "Dhauta" (washed), and "Ghrita" (ghee). Shata Dhauta Ghrita is an Ayurvedic skincare remedy that traces its roots to the 5,000- year-old Charaka Samhita [2], frequently advised for various skin ailments including burns, scar healing, skin marks, burning sensations, herpes, and more. The procedure of washing the ghee 100 times is known as "Dhauta Samskara". **Methodology:** Shata Dhauta Ghrita originates from Cow Ghee, which is washed 100 times in a copper container. As per Acharya Charak, this cream should be prepared on the night of the full moon in a pure copper vessel by washing pure A2 cow ghee 100 times while chanting sacred mantras. **Result and Conclusion:** This washing technique is believed to make the ghee lighter, more voluminous, and easier for the skin to absorb. The copper vessel also plays a role, as the antioxidant and antibacterial properties of copper may aid in collagen and elastin synthesis, which can minimize wrinkles and fine lines. Shata Dhauta Ghrita serves as a lightweight cream that hydrates the skin without leaving an oily residue. It is claimed to penetrate the skin's deepest layers and nourish from within. Shata Dhauta Ghrita is a luxurious ancient Ayurveda skin cream with potent anti- aging, deep moisturizing & magical beautification properties.

Keywords: 100-times washed ghee, Traditional Medicine, Anti-aging, Wound healing

Introduction

Shata Dhauta Ghrita, or 100-times-washed ghee, is an ancient Ayurvedic formulation known for its exceptional skincare benefits. Its ability to penetrate and moisturize all seven layers of the skin makes it a powerful natural remedy for various skin concerns. With rich contents of Omega 3 and 9 fatty acids, along with essential vitamins A, D, E, and K, it nourishes the skin deeply, helping to combat dullness, dryness, and fatigue.

Its anti-aging properties make it an excellent natural alternative to commercial anti-wrinkle creams. Regular use helps in reducing fine lines, preventing dry and scaly skin, and enhancing skin elasticity through increased collagen production—thanks to the trace copper content.

Shata Dhauta Ghrita also acts as a natural sunscreen, providing protection from harmful UV rays while keeping the skin moisturized and glowing. Its cooling and calming properties make it suitable for treating dark circles and puffiness around the eyes, serving as a gentle yet effective eye cream.

Additionally, it plays a therapeutic role in healing burns, reducing inflammation, and soothing conditions like psoriasis and eczema by rejuvenating dermal tissues. Its gentle nature makes it ideal for baby care, useful as a moisturizer and treatment for baby acne, diaper rash, heat rash, and cradle cap. Versatile in use, Shata Dhauta Ghrita can be applied both during the day and night, offering comprehensive skin support for all ages. Its natural composition and deep-acting qualities highlight its enduring value in holistic skincare. Shata Dhauta Ghrita originates from Cow Ghee, which is washed 100 times in a copper container. As per Acharya Charak, this cream should be prepared on the night of the full moon in a pure copper vessel by washing pure A2 cow ghee 100 times while chanting sacred mantras.[1] This washing technique is believed to make the ghee lighter, more voluminous, and easier for the skin to absorb. The copper vessel also plays a role, as the antioxidant and antibacterial properties of copper may aid in collagen and elastin synthesis, which can minimize wrinkles and fine lines. Shata Dhauta Ghrita serves as a lightweight cream that hydrates the skin without leaving an oily residue. It is claimed to penetrate the skin's deepest layers and nourish from within. Shata Dhauta Ghrita is a luxurious ancient Ayurveda skin cream with potent anti-aging, deep moisturizing & magical beautification properties.[2] The reason to choose A2 variety of cow ghee over A1 is that A2 variety of cow ghee are best as these are desi varieties or Indian breeds which are highly nutritious with many health benefits. It has more protein, Omega 3 and 9 fatty acids, Vitamin B complex; it slows the ageing process. It has anti-bacterial, anti-fungal, anti-inflammatory and anti-oxidant properties.[3]

Aim:

The aim is to study the traditional preparation, and therapeutic application of Shata Dhauta Ghrita (100-times washed ghee) as described in Ayurvedic samhitas

Objectives:

1. To explain the classical references and significance of Shata Dhauta Ghrita.
2. To describe the traditional preparation process and essential rules.
3. To compare the sensory, physical, and chemical parameters of cow ghee and Shata Dhauta Ghrita.
4. To evaluate its therapeutic benefits in skincare and healing.

Methodology

Important rule for making Shat Dhouta Ghrita:

First rule: use a copper vessel i.e. plate or utensil. For churning the ghee, we need to take such a copper glass or pot whose bottom part is flat. Keep in mind that nowadays, in the name of making chutney and ghee, people are making ghee in mixer or in steel utensils. By doing this, we will not get the medicinal properties that we get from ghee and copper. For this process, we have to use only copper.

Second rule: of Shata Dhauta Ghrita is that for making this, we have to use only pure desi ghee (A2 cow) ghee only, that also ghee made by pure Desi Bilona. [4]

Third rule: use cold water kept in earthen pot with these 3 ingredients Shat Dhauta Ghrita is prepared.

Method:

- Firstly add 5-6 spoon of ghee in copper vessel then add 3-4 spoon cold water ideally the water which is kept in earthen pot.
- Then move the copper glass in circular motion under pressure so that the essence from copper vessel gets absorbed into ghee.
- This movement should be repeated 10000 times so that the ghee is washed 100 times.
- Before every wash make sure that u repeated this movement 100 times.
- This process takes 6-7 hours.

During this process the maker should chant mantras so that the positive energy of mantras gets absorbed into the ghee [5]

Observations And Results

Table 1 Comparative Parameters of Cow ghee and SDG [6]

Criteria	"Cow" ghee	<i>Shata Dhauta Ghrita</i>
Sensory Parameters		
Colour	Yellowish Golden	Pure White
Odour	Pleasant and Characteristic	Odorless
Taste	Characteristical	Tasteless
Texture	Oily and Granular	Homogeneous mass, Smooth and non-oily in nature

Table 2 Physical Parameters [6]

	Cow ghee	SDG	Changes
Moisture Content (%)	0.27	0.8	2.98 times
PH	4.6	5.9	1.28 times
Particle size (H)	179.02	59.99	2.98 times
Viscosity (cp) at 20 rpm for 30 sec	8000	9770	1.22 times
Copper Content (ppm)	0.13	1.2	8.86 times

Table 3 Chemical Parameters [6]

	Cow ghee	SDG	Changes
Acid value	0.84	0.11	7.59 times
Saponification value	234.26	25.96	9.02 times
Iodine value	35.59	2.82	12.62 times
Unsaponification matter	0.78	0.04	18.72 times
RM value	21.67	0.22	98.50 times

Discussion

Shata-dhauta ghrita (SDG) is a classical topical Ghrita prepared by washing cow ghee repeatedly with water; this repeated washing fundamentally alters its physical and chemical profile and explains the marked differences seen in Tables 1–3. Mechanistically, the washing produces a fine oil-in-water type dispersion (dramatic reduction in particle size) and removes much of the volatile/odorous components and free unsaponifiable matter, yielding a homogeneous, non-oily, odourless product with improved spreadability and patient acceptability. These structural changes raise moisture and pH (toward neutral), and can increase measured viscosity in some testing conditions because of the emulsion-like behavior and entrapped water; they also explain the reduction in iodine, saponification and acid values as polar/unsaponifiable fractions are depleted during washing. Increased copper content is commonly reported when SDG is prepared or agitated in metal (copper) vessels; trace copper can catalyse certain oxidative/stabilizing reactions and alter shelf-life metrics, but also requires attention for quality control. Overall, the SDG profile (lower acid/iodine/unsaponifiable, smaller particles, neutral pH, smooth texture) makes it a superior base for topical wound and burn applications and as a permeation-enhancing vehicle for herbal actives, while emphasizing the need for standardized processing and vessel/material controls during manufacture.

Conclusion

Shata Dhaut Ghrit is a versatile and potent Ayurvedic formulation with numerous health benefits, ranging from mental clarity and digestion to detoxification and joint health. Ayurvedic texts such as Charaka Samhita, Sushruta Samhita, and Ashtanga Hridayam describe ghee-based preparations as vital for nurturing and rejuvenating the body, mind, and spirit

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