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Stability Assessment of Brahmi Ghrita with Emphasis on Microbial Integrity

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ABSTRACT

Background: *Nasya karma* is one among the *Panchakarma* where medicine is delivered through nose. The *Ghrita* obtained in *Mridu paka* is used for *Nasya* (Nasal instillation). *Brahmi Ghrita* prepared in *Mridu paka* contain more moisture content

Aim: To examine the stability of *Brahmi Ghrita* by assessing microbial contamination in the final product throughout various time intervals and climatic circumstances (varying temperature and humidity settings).

Materials and Methods: Samples of *Brahmi Ghrita* were studied to inspect microbial contamination at different climatic conditions for a period of one year and 2 months at the Microbiology Laboratory, Institute of Teaching and Research in Ayurveda (ITRA), Jamnagar, Gujarat, India.

Observations & Results: The microbiological study of *Brahmi Ghrita* was carried out as per the samples utilized in clinical study. The samples were analysed for microbial growth by smear and culture study at regular time intervals up to 453 days.

Conclusion: In microbiological study of *Brahmi Ghrita*, growth of microorganisms either bacterial or fungal was not found till 453 days from the date of preparation, which shows its intact stability and good shelf life.

Key words: Stability, Microbial profile, *Brahmi Ghrita*, Climatic conditions

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