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PANCHGAVYA OF AYURVED IN PASHU CHIKITSA: THE MEDICINE OF MILLENNIUM

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Abstract: In Hindu culture cow has been considered as mother for all the creatures, this is not mythology but it is completely based on scientific aspects. Cow milk and its derivatives, cow urine & dung collectively known as Pancha Gavya are not only being used for sacred task, but it was also practiced in day to day life as well as for diseased conditions. Even in present era scientific utility of Panchagavya like anto carcinogenic, immunomodulator, brain cell rejuvenating effect etc. have been established. We had also very good dairy industry and animal husbandry in past; but unfortunately we left our culture and running behind western and so called scientific culture. We started to cross breeding of our deshi Indian cow with western cow and the result this is in front of us in the form of increasing life style disorders like diabetes mellitus, heart disease, hypertension, juvenile type of diabetes, pollution, impaired intelligence in children etc. Basically Indian cow (*Bos indicus*) having A2 types of milk and western cow (*Bos Taurus*) having A1 type of milk. This A1 type of milk – daval is the root cause for all the problems and to revert the original Indian cow breeding is the only solution for the situation.

Keywords: A1 & A2 milk, Panchagavya, Gauvighyan, *Bos taurur*, *Bos indicus*, medicine of millennium

Introduction: As per Hindu mythology there are 84 lacs yonies for creatures. Of course, Human being is the best and most intelligent amongst all. Cow is known as mother for all creatures. It is given special importance to cow in Indian culture. Cow Urine, Milk and its derivatives are described as holy in veda and many other Indian classics, that cow urine is sacred & valuable like Gangajal, Cow milk is really fortunate & elixir! Cow's ghee is grace! Statement mentioned in sacred literature and this above said is not false story or to throw bubble in air but it is authentic and so it must be accessed. In Indian culture every important things are mentioned through classical literature as Indian people have had more faith in dharma since era. While western culture believes in physical evidence only and they accept only those things which are proved scientifically. In this condition many things which are not discovered are just away from their knowledge.

In fact science religions are two sides of a single coin and we Indian people have strong heritage of science based truth, but all the things are given by our seers in religious classics. Being an Indian it is our duty to discover this hidden or

silently mentioned very scientific truth in from of the world which is very much useful for the society.

Indian Heritage for Health of All Creatures:

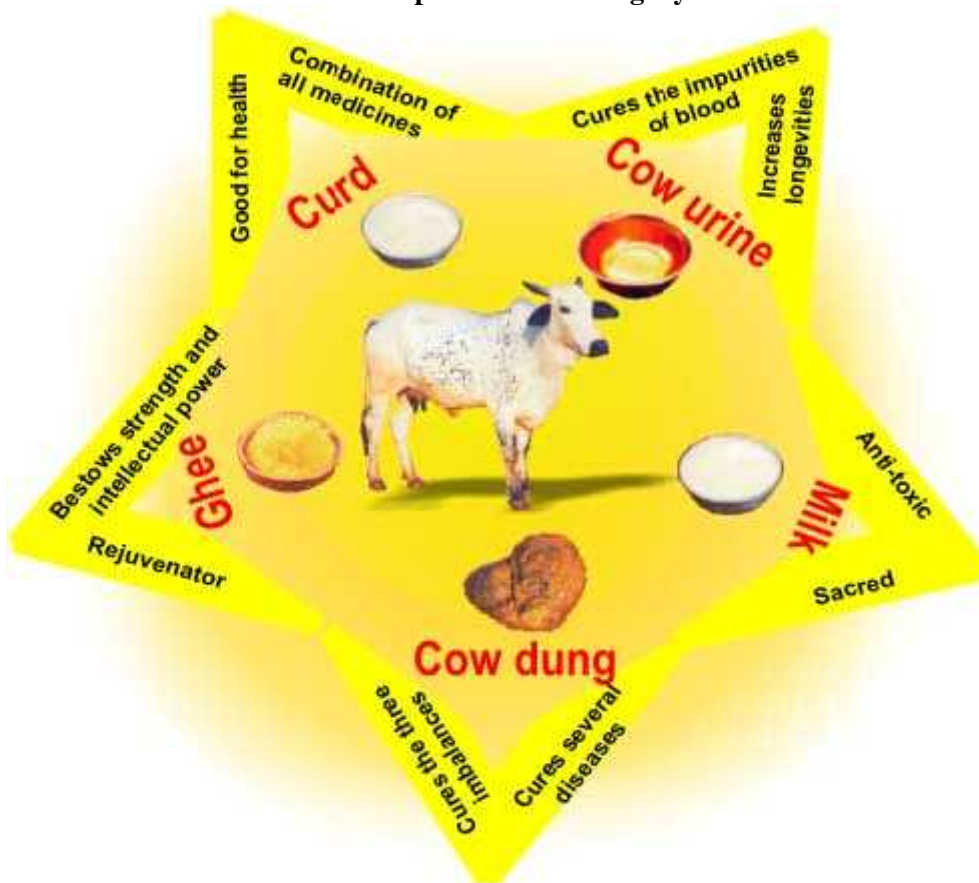
As ayurveda is science of life for human health and diseased conditions; same way health science for veterinary & animal husbandry are also available since era. Scientific literature like Palkapya Shastra for elephant, Haya Ayurved for horse, Gau Auryveda for Cows and for other animals including pets Mriga Ayurveda, Vriksha Ayurveda for herbs & plants etc. were developed and utilized since long^[1]. Same way for agriculture science Krishi Parashara Samhita, for science of pasture, dairy technology & milk food industry Nakul Samhita is authentic one. Well established and developed many branches of many disciplines were available. Unfortunately we have left this big scientific heritage behind and looking to other country for scientific researches.

Use of Panchgavya Ayurved in Pashu

Chikitsa: Panchgavya Chikitsa has not only proved to be helpful in treating humans it plays an important role in veterinary medicine too. With the use of Gomutra Arka, the dialysis of a

dog was terminated (Dr. Dakshinkar. Nagpur) of cow.
 Gomutra and Goghrit help in curing skin diseases

Five Components of Panchgavya



Cow-Indian Economy & Dairy Industry in Ancient India: Again as it is told previously that cow and gauvans (cow family) has been considered on top since ever. Our country remained dependent on agriculture and animal husbandry and dairy technology was also on its highest development. Whole Indian economy was based on it. World Dhanvan is synonyms of Dhenuvan. Richness of any person was considered on availability of number of Dhenu (Cow) with a person,, as reference available in classics [2].2.

No. of owing cow	Designation of the person
5 Lac	Upanand
9 Lac	Nand
10 Lac	Vrushbhanu
50 Lac	Vrushbanuvar
1 crore	Nandaraja

Collectively 14 nanda reside in a similar area was called Gokul and 14 Gokul collectively known as vraja. Kingdom named Mathura was a very famous dairy of its time”. This reference shows beauty of Indian dairy economic development.

Even Muslim king Akbar has noted that in his time per day >40 Liters of milk from a cow

was obtained in India. On the basis of such references now the statement that “in very old time there were revers of ghee and milk in India” could be under stood.

Almost all the classics of Ayurveda has mentioned in detail the importance of cow’s milk, butter milk & butter, gorochan, goshring cow dung and cow urine in the prevention of diseases, as co therapy, as diet and as treatment of various human aliments. All these five products obtained from cow are individually called Gavya and collectively termed as Panchagavya [3].

India’s cow’s milk, ghee and urine contains various vitamins, minerals and trace elements, Ayurveda has explained cow ghee, cow milk and cow urine as vishaghna (antitoxin), balya & oja vardhak (improves quality of all body tissue) & Sharma (which purify body tissue). It has been indicated in thousands of formulas and for many diseases in classical texts like Charaka Samhita and Sushrut samhita. This indicates that panchagvyia is not only useful for healthy or diseased condition but much more than these. It can be said that whole Indian

economy & health system were developed with keeping cow in centre. It was our past! Cow, gauvansh, gauvigyan, cow based economy, Ayurved & health! Which gives “sarve santu niramaya”–health for all to the world. But, today’s scenario is just different. We have not preserved our inheritance and the whole world is on threat because of ‘western influenced, so-called scientific, market and consumer oriented materialistic approach.’

Humankind is on Top of Grate Tsunami of Disease!: In present era with the help of antibiotics & caccinations infectious diseases are controlled but in opposite hand especially in developed and developing country life style diseases like DM, IHD, CAD, MI, HT are increasing more and more. The chief reason of this epidemiology is our altered life style and diet pattern.

India is also in the same crisis. The alarming figures are- 60, million affected from diabetes in 2012, the total cancer cases in India are likely to up from 9,79,786 in the year 2010. Nearly 32 Million Indian suffer from heart diseases. Futhermore, it is becoming more dangerous as it makes human gene deterioration very fast as in one hand as a result of industrialization and so called progress we are facing danger of pollution and again use of genetic modified food. Chemical fertilizer and pesticides. Frequent and wrong use of latest generation antibiotics and radiation affects body mechanism up to great extent... Same way use of contaminated soil, water and food makes body more susceptible to disease and altered life style adds one more feature in the crown of present diesis scenario^[4]. 4.

Western nutrition and medical science also accepts milk is complete food in present era use of mil and milk product is increased and still the number of patients like premature ageing, autism in child, diabetes, type-1 are increased. Surprisingly such disease condition like lactose intolerance is increased day to day this is really eye opening situations and compelled us to think in on some different line.”

One of Main Culprit is A1 Milk!: The cause for concern with milk containing A1 beta-casein is that the 67th amino switch from proline to histidine readily allows a digestive enzyme to cut out a 7 amino acid segment of the protein immediately adjacent to that histidine. When proline is present in that location (as it is in A2 beta-casein) the same segment is either not separated at all or the separation occurs at a very

low rate. The 7 amino acid segment that is separated from a1 beta casein in known as beta-casomorphin 7, often abbreviated as BCM-7.

BCM-7 is the real “devil” in A1 milk – It is an exogenous (doesn’t naturally occur within the human body) opioid that interacts with the human digestive system, internal organs, and brainstem, while no direct causal relationships have been demonstrated between BCM-7 and these diseases due to a wide range of contributing factors for each illness, BCM-7 has been linked to type 1 diabetes, heart diseases, autim, and other serious non-communicable diseases as well. This was observed and documented by an agriculture and veterinary scientist from New Zealand Ires keith woodford”

The inflammation from a1 milk casein causes lymphatic congestion and metabolic suppression. A1 milk worsens acne, eczema, upper respiratory infections, asthma and allergies. It causes digestive problems in children not because of the lactose, but because of massive histamine release from casomorphin. Ear infections, bronchitis, tonsillitis are driven by a1 casein, and in adulthood, the same immune-disruption manifests as other inflammatory conditions.”^[5]5.

Cow is not Gau!: Almost European and American cattle is genetically different species i.e. Bos Taurus. It produces a1 type of milk due to its genotype and that a1 type of milk creates diseases as above mentioned. A2 milk produced by humped Indian deshi cow (Bos indicus) is good for health. A2 milk is more beneficial, as it has micronutrients like cytokines and minerals which cnhance the immune system (a2 beta-casein protein)

Magnesium which presence in milk helps improve digestion. Increases alkalinity of the blood and flexibility of the tissues. It is a muscle relaxant. Magnesium is critical for the assimilation of calcium into the bones and is crucial to regular heart function. Magnesium is anti-inflammatory and a de toxifier. Magnesium is the master molecule of the human and is needed in over 300 different processes the body performs. It is the catalyst of life A1 cow’s milk having lower magnesium levels while A2 milk containing higher.”

In India we prefer our original zero Maintenance deshi cow, rather than a fat jersey cow who keeps eating and drinking throughout the day and falls sick often and hence has to be pumped with antibiotics. And this cow farts

methane gas so often that the ozone layer gets a hole.

Panchagavya–The Celestial Remedy on the Earth: Entire science and knowledge of cow was discovered by our ancient sages before thousands of years and described in Ayurvedic classics. Milk is considered and Jeevaniya (vitalizer) Rasayana (Antioxidant & rejuvenate) Chakshusya (good for eyes). Medhya (good for brain) etc. Now, it is also re-established by scientist with conventional parameters^[6].6.

Cow ghee contains cerebrosides which helps in increasing memory power. It is observed on volunteers that results 47.62% improvement in short term memory. It is also observed in same work that, cow ghee improves vision 18.20%. And again as far as fat components are concerted. Scientifically it is proven that our desi cow milk contains smallest fat molecules. So, it nourishes brain cells, that is the reason why it is called Medhya & Chakshushya.”

Ghee often Blamed for Obesity and Heart Diseases-is not the Truth Now!: The experimental study shows effect of deshi cow ghee as a cardio protective. Changes in ECG were found comparatively normal after inducing higher doses of Deshi Ghee”

Indian Scientists have Discovered that Cow Urine & Ghee could Protect from Cancer also: Cow ghee enhances the availability of enzymes responsible for detoxification of cancer-causing substances and decreases the availability of those responsible for activation of carcinogens, scientists from the national dairy research institute (NDRI) have reported in Indian journal of medical research.

One must ensure that the intake of total fat (including ghee) should not exceed the prescribed limit of fat consumption. In the experiments done in lab, scientists studies the effects of Deshi cow ghee. Compared to soybean oil on female rats which were artificially given breast cancer causing chemicals. It was observed that the initiation and progress of mammary cancer decreased in rats which were fed on cow ghee. However, there were a greater proportion of tumors in animals fed on soybean oil it deciphers the mechanism of ghee’s protective properties.

Cow ghee decreased the expression of genes responsible for cell proliferation and raised regulated genes responsible for cell apoptosis’, explained by Dr. Vinod Kansal, who lead the research team. One probable factor in cow ghee

is the presence of conjugated linoleic and (CLA), which is known to possess beneficial properties. Cow ghee is a rich natural source of CLA, whereas, vegetable oils lack this particular fatty acid. Most vegetable oils contain high amount of unsaturated fatty acid as well as linoleic acid– while is considered pro-carcinogenic as it forms free radicals known to damage DNA^[7].

Gangaji in Gaumutra’ Desi Cow Urine is Bio-enhancer: According to this invention cow’s urine distillate is an activity enhancer and availability facilitator for bio active molecules. The bio-active substance use was antibiotic. The desorption of antibiotic across, the cell membrane in animal cells, gram positive and gram negative bacteria at 40-50.

Conclusion

- To realize ancient science
- Have faith in our own medical & health system.
- Start to implement our ancient culture.
- Accept our Indian cow as ‘mother’ in real seen and respect in accordingly indeed

With all consideration I must says

Science with Sanskar!

Medicine with Maturttva

Economy with Adhyatm!

Than only the progress will be in real and true direction!!

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