

Kamadhenu Mahatvam: (Importance of Panchagavyas)

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Abstract

The Cow is the Centre of our Attention, Our Mother Cow is treated as mother in India as it bestows life milk to the public and inevitable aid in essential agricultural operations. Apart from that cow is a pious symbol of great Indian religious culture that has gained universal fame During the Vedic age, truth and wisdom were the two fundamental concepts of Dharma. Devotion to the cow is but a part of attaining these. Maharshi Bharadwaja has this to say about the Gosukta in Rigveda: *Cows are our wealth. To me, cows are like Indra and other gods. The cow is the first gulp of Somarasa. I love with all my heart and mind, the cow, Indra' representative.*

The literal and spiritual meanings of the cow are contained together in the mantra. In literature of the later day, the puranas, the smritis, and the dharmasastras, devotion to the cow has been explicitly demonstrated. Killing a cow was seen as a great sin. In the first mantra of Gosukta in Atharvaveda, in ancient literature of India, in the Astadhyayi of Panini, land for the cows to move about was mentioned along with agricultural land. Cattle used to be the measure of estimating the prosperity of any nation. During the age of Smritis, panchagavya was very much in vogue. It was deemed to be a holy prasada. The life history of Gopalakrishna made an indelible impact on Indian values. In Sikh, Jain and Buddhist works, mercy and nonviolence to all living creation, have been advocated. Rishabhadeva is no other than Adinatha, the parabrahman. On the coins obtained from Indus valley and Harappa, we find the image of Rishabha. The Samaveda says "sada gavah suchayo viswadhayasah" 'sarve janah sukhino bhavanthu' (all must live happily, in good health, and good cheer) would be beyond their comprehension.

Conclusion: Today's society ignores the cow-mother who showers wealth and prosperity. Governments do not bother. The greedy indulge in cow slaughter as a political game. Rivers of blood of the cow mother flow in a glorious country where once rivers of milk flowed. She takes pity on the ignorance and folly of her own people who mock at her. Still, the mother is not angry.

Cow's urine described in Charaka, Sustruta Samhita and many ancient works is very useful in treating and curing diseases. So we should describe the cow as a mobile hospital.

Allopathy may be resorted to in cases of emergency. Treatment with cow's urine is however comprehensive in its ability to treat diseases. Such a treatment is complete treatment. The molecular and microscopic effects on the cell are yet to be investigated into. Many more clinical studies have to be made. Go rakshati rakshita

Keywords: go ksheera, go dadhi, go takra, go ghruta, go mootra, go mayam, etc.

Introduction

While we live in an age dominated by economic concerns, issues based on geography, caste, language, politics and society are also very significant in strengthening the country. Not only that. Religious and cultural unity gains even a greater degree of importance. In this monograph, it would be appropriate to examine, though briefly, the religious and cultural values of the cow, while elaborating the efficacy of the cow from a financial point of view. Though the modern man spends a utilitarian life, at one stage or the other in his life, at the outset, the middle or the end, there is a possibility that he might respond to the effect of religion and culture. Cow is treated as mother in India as it bestows life milk to the public and inevitable aid in essential agricultural operations. Apart from that cow is a pious symbol of great Indian religious culture that has gained universal fame.

The Cow is the Centre of our Attention, our Mother

During the Vedic age, truth and wisdom were the two fundamental concepts of Dharma. Devotion to the cow is but a

part of attaining these. Maharshi Bharadwaja has this to say about the Gosukta in Rigveda:

Cows are our wealth. To me, cows are like Indra and other gods. The cow is the first gulp of Somarasa. I love with all my heart and mind, the cow, Indra' representative.

The literal and spiritual meanings of the cow are contained together in the mantra. In literature of the later day, the puranas, the smritis, and the dharmasastras, devotion to the cow has been explicitly demonstrated. Killing a cow was seen as a great sin. In the first mantra of Gosukta in Atharvaveda, it is said, "mata Rudranam, duhitha Vasunam swasadityanam amrutasya nabhih ma vadhista" meaning "The cow is the mother of Rudras, the daughter of Vasus, sister to Adityas, the navel of amrita!... don't kill the cow". Elsewhere in the same sukta, it is said, 'dhenuh sadanam rayeenam' meaning "the cow is a repository of all kinds of wealth and prosperity". In other words, the cow is like a mother to all worldly products. In ancient literature of India, in the Astadhyayi of Panini, land

for the cows to move about was mentioned along with agricultural land. During Panini's time, i.e., from 2800 B.C. cattle used to be the measure of estimating the prosperity of any nation. During the age of Smritis, panchagavya was very much in vogue. It was deemed to be a holy prasada. The devotion of king Dilipa of the Raghu dynasty to the cow is well known to the world. Like a shadow he used to follow the cow on foot. Nandini tells the truth about herself, "If I am pleased, I will fulfil all desires besides giving milk". The life history of Gopalakrishna made an indelible impact on Indian values. In Sikh, Jain and Buddhist works, mercy and nonviolence to all living creation, have been advocated. Rishabhadeva is no other than Adinatha, the parabrahman. On the coins obtained from Indus valley and Harappa, we find the image of Rishabha. The Samaveda says "sada gavah suchayo viswadhayasah" meaning, "The cows are very holy and propagators of bliss to all the people". As a rider to goraksha in Atharvaveda, the cow has been described in Skandapurana as 'sarvateerthamayee'. Anointing the forehead with cowdust relieves one of all sins and transgressions. The cow is vatsala as it loves its calf with all its heart. For the European communities who believe in the survival of the fittest and the right to live of the mighty, the concept of 'sarve janah sukhino bhavanthu' (all must live happily, in good health, and good cheer) would be beyond their comprehension.

The cow is bound with the civilization, culture and national life of India. The cultural, economic and political perspectives on the cow are all connected with agriculture, the important profession of Indians. The basic concept that the Indian culture upholds is "ekam sat viprah bahudha vadanti" - "the truth is one though the wise ones give it many names". As it has been the prime objective, nonviolence has been regarded as the basic belief of coexistence acceptable to all. The worship of the cow has been an age-old practice in helping the Indians in their self realisation. The cow is a symbol of traditional Indian society. While it is rooted in non-violence and self-education, it also provides inspiration to the people as a whole for propagation of ancient Indian culture. So the Yajurveda says, "goh matra na vidyate", meaning there is no limit to the benefits conferred on us by the cow. Thus the cow helps us immensely. Viewed from a religious and cultural point of view, the cow from time immemorial has been very dear to the Indian society as a centre of attention and worthy of worship. To a culture like ours for which non-violence is a significant trait, the cow manifests itself as the centripetal pivot. Besides, it will be realized that the cow stood as the backbone of our socio-economic life. We have recognized the service of the cow and protection of the cow as a part of our inextricable social aspirations.

Go Ksheera

Cow's milk is better than the milk of all other cattle. It gives strength to the body. It gives wisdom, strength and good colour. It nourishes blood and other fluids required by the body. It adds to vitality. It helps the breasts grow. Limbs become smooth and delicate with its help. It cures impurities of blood. By using milk, one can obtain great benefits in the case of diseases like various mental disorders and schizophrenia, epilepsy, depression, chronic fever, gout, constipation, piles, anaemia, sprue, liver, spleen and enlargement ascitis etc., besides gas, disorders caused by haemorrhages, abortion, uterine disorders, bone fractures and

tuberculosis.

The milk of other animals can be taken only after being boiled. Cow's milk can be taken straight. The cow's milk is good for children, old and sick people. Ash Gourd and some other things mixed methodically with cow's milk will produce a medicine-kushmandavyalehyam. This can be used in diseases like hyperacidity, burning sensation, giddiness, loss of weight, loss of blood and other fluids, jaundice, gastric ulcer, anaemia, chronic fever, weakness resulting from other diseases, giving strength to the body and to counter thirst.

Dosage -100 grams twice daily, once in the morning and once in the evening, to be taken with cow's milk

Time - After lunch or dinner as per Doctor's prescription

Precaution - The medicine should not be taken when one is not sufficiently hungry or when one does not want to take food or when the food taken in is not properly digested. Treatment at home with cow's milk, goksheera.

Physical weakness

Taking cow's milk reduces physical weakness. Once in the morning and once in the evening, cow's milk should be taken with sugar.

Thirst

Cow's milk with an equal amount of drinking water must be taken.

To prevent dysentery

Hot cow's milk in lemon juice a spoon of lemon juice along with ¼ cup of milk.

Cold and cough

¼ spoon of turmeric in hot milk must be boiled and adding a spoon of jiggery to it, it can be taken. The skin glows if it is massaged with cow's milk. If pregnant women take cow's milk once in the morning and once in the evening, the pains of delivery will be reduced and healthy and strong children will be born. Cow's milk increases vitality. Taking cow's milk always adds to physical strength. In case of less sperm count, taking cow's milk will help in enhancing the count. Taking cow's milk at night makes one sleep comfortably at night.

Go Dadhi

Cow's curds improve hunger, act as purgative and help ease urination in cases where there is a problem. It helps the taste buds also. It is good to take cow's curds in diseases like loss of appetite, allergic rhinitis, fever and cold, malaria, piles, blood disorders/bleeding disorders, anaemia, bile, weakness and insomnia. Cow's curds should not be taken without either sugar or salt. Curds should be taken during the night. Milk turned into curds in six hours is sweet and healthy. Diseases cured by taking cow's curds are obesity, rheumatism, skin diseases, haemorrhagic disorders and bile-induced disorders.

Go Takra

Take a litre of fresh curds. They should be churned first. Later 4 times of water should be added and it should be churned till butter comes out. While butter emerges on the surface hot water should be added to it. Then it should be churned again. After butter emerges on the surface buttermilk and butter appear separately. Then the butter must be taken into a separate vessel and preserved. This is cow's buttermilk.

This is very useful.

How to use it

100-250 mls. of buttermilk and adequate rock salt, Jira powder, dry ginger powder must be mixed in desired proportion and taken. Cow's buttermilk prevents 'tridosha's. It is tasty and it is an appetizer. It is very useful in curing stomach disorders. Drinking buttermilk may be useful in curing diseases like diarrhoea, dysentery, anaemia, jaundice, diabetes, sprue, malaria, obesity, stomach disorders, loss of appetite, gas in the stomach, oozing of saliva in the mouth, piles etc. In Ayurveda cow's buttermilk has been equated with ambrosia. It is very good to use it during winter. In preparing buttermilk, fresh curds should always be employed. Taking a glass of buttermilk with rocksalt and jira powder improves digestion and cures digestive problems and diseases.

Precautions

With weakness in summer; epilepsy, giddiness and bleeding disorders, it is not good to take medicines. Domestic treatment with cow's curds or buttermilk.

Pimples

Mix 4 spoons of cow's curds and Borax powder, 500 mgs. of Boric powder and apply like a plaster. The pimples will disappear.

Chronic cold

If one takes 100 gms. of curds with the powder of 4 pepper grains, every day for a month, chronic cold will be cured. If pregnant women take cow's curds in a utensil made of silver daily, there will be an easy delivery. Premature delivery or abortion can be prevented. Cow's curds applied to the hair keeps lice and dandruff away from it. If one takes a glass of buttermilk with jira powder and salt the intestines will be clean and free from disorders. It is good for people suffering from piles to have a glass of buttermilk every day. Cow's milk is like ambrosia for those suffering from abdominal disorders. During summer and winter, buttermilk should be taken with rocksalt to get rid of rheumatism. In winter, we should take it with sugar. In spring and when there is a lot of phlegm, 1 gm. Of powder, a mixture of dry ginger, pepper, long pepper (pippali) and Potassium Nitrate should be mixed in a glass of buttermilk.

Go Ghruta

Cow's ghee increases wisdom and memory. It also helps appetite. It is capable of improving physical strength. It adds to vitality and helps the eyesight. It does well to children and old people. It improves the skin glow. Cow's ghee is recommended in fever (to get rid of weakness consequent upon chronic fever, a good remedy would be taking two tea spoonfuls of cow's ghee in hot milk for a few days both in the morning and the evening), constipation, a bleeding nose, loss of appetite, epilepsy, pain in the neck, chronic cold, insomnia (massage of cow's ghee on heels recommended), skin diseases including leprosy, dementia and epilepsy.

Medicine with cow's ghee

1. In general bodily pains can be treated with a massage of cow's ghee.
2. If cow's ghee is taken as snuff, it cures many diseases

connected with the head and increases vitality.

3. Two to three drops of cow's ghee melted and applied to the nostrils will prevent fall of hair, greying of hair and headache. Taken as a course for 45 days it will yield good results.
4. For allergic rhinitis, cow's ghee is a good remedy. Take a teaspoon full of ghee with hot water twice a day for cure.
5. Taking cow's ghee yields good results in the case of many eye diseases. Used as snuff applied to the nose and applied to the eyes it reduces the heat in the eyes and improves eyesight.
6. Taking an oil bath with cow's ghee revives the strength of people who suffer from bodily pains owing to weakness, immobility, muscular pains, weakness in sitting, walking, rising and also in postoperative weakness.
7. Taking a spoon of cow's ghee every day increases the power of retention. It also blesses one with sound sleep. All kinds of sores and burns treated with cow's ghee not only heal early but will also become less painful.
8. In case of cardiac diseases, it is more beneficial to use ghee of Indian cows rather than other kinds. It has been proved through experiments that blood cholesterol will be under control if one uses native cow's ghee.
9. For chronic fever, two spoons - 10ml. of cow's ghee and a cup of cow's milk taken twice a day is a good remedy.
10. Taking a spoon of cow's ghee with rock salt and lemon juice before a meal increases digestive abilities and appetite.

Go Mootra

Ability to cure diseases

Ayurveda mentions eight kinds of urine-the urine of cow, buffalo, goat, sheep, camel, elephant, horse and donkey. Cow's urine is the best remedy among them all. It increases appetite and is also capable of digesting food and curing skin diseases. Cow's urine is also useful in the case of diseases like renal failure, leprosy, leucoderma and cough, skin diseases like eczema, piles, anaemia, jaundice, oral diseases, abdominal disorders, chronic bronchitis, pain in the ear and urinogenital disorders. For the last, a dosage of 10ml. taken with hot water in equal measure twice a day, under doctor's direction would be very helpful.

N.B. Cow's urine must be collected on the same day you want to use it and before using it must be filtered in a clean cloth in four folds

Medicines made with cow's urine

Kamadhenu gomutra arc (U. S. Patent No. 6410059dt. 25/6/2002): The above medicine is used in conditions like difficulty in passing urine, stones in gall bladder, obesity, kidney diseases, skin diseases, anaemia, diseases of the digestive tract (indigestion, constipation, loss of appetite, etc.).

Dosage

5 to 10 ml. of Arka and 5 to 10 ml. of honey, along with cool drinking water or hot water as directed by the physician.

Medical treatment with cow's urine

Piles

Heating cow's urine piles must be fomented at their roots or sitting on warm cow's urine heated to the degree that one can tolerate it, or give 'vasti' with cow's urine.

Obesity and cholesterol

Taking cow's urine systematically would reduce cholesterol. This is very helpful in heart diseases. In case of intestinal worms, 10 to 20 ml. of 'nadihinga' powder may be added to cow's urine for medicine. Taking cow's urine can also cure constipation. Massaging with cow's urine reduces skin diseases. In skin diseases like vicharchika, pama and mandala, the use of cow's urine has good effects. 20 ml. of Cow's urine and 4 gms. of 'yavaksharam' (Potassium Nitrate) taken for three months regularly will cure chronic pleurisy. Used as snuff, applying 2 to 4 drops of cow's urine to the nostrils, or drinking cow's urine twice a day cures cold. Fomenting with cow's urine or with a cloth soaked in the same reduces swellings and inflammation caused by injuries. All sores must be cleaned in cow's urine. Taken for twenty one days daily, fresh cow's urine of twenty ml. can cure jaundice.

Chemical properties of cow's urine, their miraculous medicinal and restorative abilities

- **Nitrogen:** It helps in the free flow of urine and removes impurities in blood.
- **Sulphur:** Strengthens large intestines and purifies blood.
- **Ammonia:** Ensures normal flow of blood in the veins and arteries of the body.
- **Ammonia gas:** removes impurities in the lungs
- **Copper:** this reduces the extra cholesterol in the body.
- **Urea :** destroys the bacteria in urine
- **Iron :** produces red blood corpuscles
- **Uric Acid:** purifies the heart, releases urine and with it, poisonous substances, thereby reducing swellings and inflammation.
- **Phosphate:** melts the stones in gall bladder.
- **Sodium:** purifies the blood and reduces acidity.
- **Potassium:** removes acidity from the stomach.
- **Manganese:** destroys harmful bacteria and prevents gangrene.
- **Carbolic acid:** destroys harmful bacteria and prevents their entry.
- **Calcium:** helps growth of bones and purifies blood
Vitamins A, B, C and D help in keeping the body active and sportive, reduce anxiety and reduce thirst. Bones get strengthened. Physical energy will increase.
- **Other minerals:** they will improve the immunity of the body.
- **Creatinin:** acts as an insecticide.
- **Hormones:** There will be a lot of hormones in the urine of a cow who is in her eighth month of pregnancy. Taking such urine bestows a lot of benefit on the body.
- **'Swarnaksharam':** acts as an insecticide and increases physical energy.

Diseases cured by Cow's urine Of the diseases cured by cow's urine, mention may be made of reduction in appetite, indigestion, motions, hernia, hyperacidity, appendicitis, diseases of the ductless glands, fits and epilepsy, giddiness, loss of appetite, ulcer, piles, diseases of the prostate glands, stones, fracture of bones, addiction to alcohol, oral diseases, loss of memory, burning sensation in urine, sores in urinary tract, obesity, blood pressure, bleeding, impurities in blood, mental handicaps, constipation, rheumatism, intestinal ulcers, stomach troubles, cancer, dysentery, anaemia, constipation, diabetes, teeth diseases, sexual diseases, insomnia, nasal

troubles, eye diseases, grey hairs, cold, nausea and vomits, leprosy, ear diseases, worms in the stomach, jaundice, cough, stomach ache, cardiac problems, children's diseases, typhoid, ganorrhoea, nervous weakness, gynaec problems, toxic states, cholera, fever, kidney troubles, dehydration, thirst, skin diseases, injuries, headache, swelling or inflammation, filaria, breast diseases, hiccups etc.

Go Mayam

- Prevention and cure of diseases Cowdung acts as a medicine in asthma, cough, hiccups, eye diseases, facial disorder etc. In the case of skin diseases, taking a bath with cowdung massage and 4 to 6 gms. of lukewarm water is highly recommendable.
- Treatment with cowdung In addition to scientifically prepared medicines, cowdung is also used in treatment at home. Cowdung is mostly used in purifying environment and burning incense. It has been a tradition for long to coat and to sprinkle houses with cowdung. Cowdung attracts ultraviolet rays. So the house and surroundings remain clean and are also saved from the intensity of heat. By merely smelling cowdung, Epitaxis, a nasal trouble can be cured or reduced. In respiratory diseases, applying two drops of the essence of cowdung gives immediate relief. In cowdung there is abundant B12. So when there is a deficiency of Vitamin B12 in the body, cowdung essence would be a good supplement. A lot of good will be done if one brushes the teeth with cowdung ash even if one does not suffer from any dental disease. Cowdung is natural, easily available and can serve as an insecticide. Diarrhoea can be quickly cured with cowdung. The medical and economic significance of cowproducts
- The specialty of the cow Of all living creation, the race of Indian cattle is the best. While the presence of Arsenic is common in the flesh of cattle everywhere including that of the cow, cow's milk is free from it unlike the milk of other cattle. So cow's milk has been deemed the best. So there is no doubt about the specialty of the Indian cow. Cow's milk has a yellow tint, while the buffalo's milk is white. So they are called gold and silver, respectively. Cow's milk runs from its hump where it has a golden nerve, 'swarnanadi'. So cow's milk is naturally tempered with gold. This is very helpful to human beings. The milk that the cow gives reveals its quality. The quality of cattle can be known from their progeny. The calf born of a cow starts leaping from the third day itself. On the other hand a buffalo's young ones keep cool till thirty days. So cow's milk makes one active while buffalo's milk induces lethargy. The calf abandoned in a group of 500 other cattle, goes to its mother, casually. But the young ones of a buffalo cannot identify their mother even in a small group of ten to eleven. This proves that cow's milk enhances intelligence. Cows and their young ones respond easily if one calls them by their names. The young ones of the buffalos do not have such intelligence. Wherever they are, the cows return home at the usual time. The buffalos hardly remember time, place or even their herd.

Conclusion

This, it is true, is only a story in an epic, but does it not hold a mirror to the present state of Indians? To make the country prosperous there have been innumerable plans, constructions,

massive expenditure. As if these were not enough, lakhs of crores of rupees are borrowed from abroad. But God has made good arrangements for us and for our living even before we were created. God sent the cow-mother before creating us. Thanks to her mercy and benevolence, our country prospered grandly in the past. The Vedas, Puranas and all the sastras sang her glory with one voice. The cowmother has been accepted as a visible form of the divine.

Today's society ignores the cow-mother who showers wealth and prosperity. Governments do not bother. The greedy indulge in cow slaughter as a political game. Rivers of blood of the cow mother flow in a glorious country where once rivers of milk flowed. She takes pity on the ignorance and folly of her own people who mock at her. Still, the mother is not angry.

Cow's urine described in Charaka of Ayurveda, Sustruta Samhita and many ancient works is very useful in treating and curing diseases. Experience tells us that treatment with cow's urine is inexpensive and easily available in villages. So we should describe the cow as a mobile hospital.

Allopathy may be resorted to in cases of emergency. Treatment with cow's urine is however comprehensive in its ability to treat diseases. Such a treatment is complete treatment. The molecular and microscopic effects on the cell are yet to be investigated into. Many more clinical studies have to be made. Randomized, Placebo control, Multi centric and blind studies must be continued on the use of cow's urine for our health. Go rakshati rakshita.

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