



### “Panchgavya in clinic practice: a literature review.”

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#### ABSTRACT:

In Ayurvedic Practice, we not only dealt with the disease of the Patients, but also observes the Daily routine, Lifestyle, food style of the Patients.

Many of ayurvedic practitioner use *panchgavya* as medicine in their practice, and most of the time we also don't know, that the contents of many Ayurvedic *kalpa*, *yoga*, contains one or more part of the *panchgavya*,

In this literature review, we are trying to draw your attention towards the Properties of *panchgavya* product as per mentioned in Authentic Ayurvedic Text. and also the research work done over the *panchgavya* products.

**KEYWORDS:** *Panchagavya*. Ayurvedic Practice

#### Introduction:

*Panchagavya* is a term used to describe 5 major substances, obtained from cow.

Historically, Maharshi Vasishtha severed the divine “*Kamdhenu*” Cow and Maharshi Dhanvantari offered to mankind a wonder medicine “*Panchgavya*”.

Cow is the Backbone of Indian Culture and Rural economy, and sustains our Life, represents cattle wealth and Bio-diversity.

It is known as “*Kamdhenu*” and “*Gaumata*” because of its nourishing nature like mother, the giver of all providing riches to humanity and is a store of medicines

*Panchagavya* has many beneficial implications in agriculture, organic farming as good quality natural manure and bio pesticides, as alternate energy resources and high medicinal values.

Bio-fertilizer and Pest repellants obtained from cow urine and dung restored micro-nutrients and fertility of the soil and provides food free from health hazards of chemical fertilizers and pesticides. No other fertilizer in the world is as cheap as harmless as dung fertilizer.

Dung and Urine also provide valuable alternate source of energy in the form of Biogas, Fuel and Electricity.

### 1. Spiritual view of Panchagavya:

In *Parashar Smruti* (11/40), they symbolized each content of *Panchgavya* as various Deities as follows:<sup>[1]</sup>

i.e. *Gomutra* – *Varun Dev*, *Gomay*- *Agni dev*, *Dahi*- *Vayu Dev*, *Godugdh*- *Som Dev* & *Ghrut*-*Surya Dev*

### 2. Properties of each Content Of Panchgavya<sup>[2]</sup>

a) **Godugdh-** Bruhatraiya acharyas mentions

Cow milk act as *Rasayan*, immunological power, which helps to preventing the diseases and increase the strength of body. So that it is also called *Jiwana* (life).

b) **Gomutra-**

Cow Urine can cure leprosy, fever, peptic ulcer, liver ailments, Asthma, Itching, Psoriasis, anemia and UTI.

c) **Dadhi-**

Curd improves taste, appetizer, digestion strength and immunity, imparts oiliness.

It also improves nourishments and thought to be auspicious.

d) **Ghrut-**

Ghee improves the digestive fire, it is good for eye(vision), good for brain, good for skin glow, thought to be auspicious, act as appetizer.

e) **Gomay-**

As mentioned in Ayurvedic text, Cow dung can be used as Medicine for Hiccups, Asthma.

All we know is Cow dung is good fertilizer and Fuel for even The bhasma Preparation, named as *Put. (Ras-Shastra)*

### 3. Panchgavya in Ayurvedic Drugs

- *Arsha-Kuthar ras*- *Gomutra*
- *Sanjivani Vati*- *Gomutra*
- *Punarnava Mandur*- *Gomutra*
- *Panchgavya Ghrut*-*Panchagavya*
- *Bruhat Kasisadi Tail*- *Gomutra*
- *Gomay Tail*- *Gomay*
- *Gomutra Haritaki*- *Gomutra*
- *Gandh tail* & *Gandhak Rasayan*-*Godugdh*

### 4. Disease and Panchgavya Use

- **Pandu-** *Gomutra*+ *Punarnava Mandur* + *Ksheer-Gomutra* .
- **Kamla-** *Gomutra* + *Punarnavashtak kwath* + *arogyavardhini*.
- **Cirrhosis of Liver-** *Arogyavardhini* + *Gomutra* + *Punarnavadi kwath*
- **Shoth-** *Gomutra pan*

- **Nephrotic Syndrome-** Gomutra pan + Chandraprabhavati + Gokshuradi guggul.
- **Ascitis-** Dugdhan + Gomutrapan
- **Scabies-** Goutra For Local application
- **Tenia infection-** Gomutra For LA
- **Renal Calculi-** PashanBhedadi Ghrut + Gomutrapan
- **Dyslipidemia-** lekhnaya dravya + GomutraPan + Kanchanar Guggul + Vacha.
- **Amvat** – Vaitran Basti + Sanjivani Vati + Sinhnad Guggul.
- **Stholya-** Lekhan Basti + Gomutra + Medoharvidangadi lauh.
- **Hypothyroidism-** Kanchanar Guggul + Gomutrapan.
- **Tuberculosis-** Pulmonary AKT + Vasant Kalpa + Gomutrapan.
- **Psoriasis-** Locally GomayRas + Gomutra.
- **Cancer-** GomutraPan.

### 5. Articles and Previous work done on Panchagavya

- “ *Comparison between the Effect of Cow Ghee and Butter on Memory and Lipid Profile of Wistar Rats* ” [3]

**Conclusion :** 1.Effect of Cow Ghee on weight and serum lipid profile was better than Butter.

2. DHA along with fat soluble vitamins, anti-oxidants, and conjugated linoleic acid (CLA), Omega # acid could be responsible for health

benefits of Ghrita.

- “ *Dahi containing Lactobacillus acidophilus and Bifidobacterium bifidum improves phagocytic potential of macrophages in aged mice* ” [4]

### Conclusion:

1. Dahi preparation containing selected probiotic strains which can potentially ameliorate age induced deficits in phagocytic activity of peritoneal macrophages with corresponding increase in production of reactive oxygen species.
- 2.Exploring traditional dairy products for delivery of probiotic bacteria is an interesting perspective for stimulation of immune functions in aged population.

- “ *Bioremediation of Pharmaceuticals, pesticides, and Petrochemicals with Gomaya/Cow Dung* ” [5]

**Conclusion :** 1.taking cue from Ayurveda, Gomaya act as an excellent bioremediation method. It is cheap, a economically viable option and is locally available in the rural areas of India.

- 2.The adverse effects of chemicals on the flora and fauna can be minimized for a healthy and safe future.

### 6. Worldwide recognition .....

- US Patents No -6896907 and 6,410,059

- Granted for Cow Urine
- For its medical medicinal properties, particularly for its use along with antibiotics for the control of bacterial infection and fight against Cancers.

#### 7. Institutions Involved In Panchgavya

- Love-Cow Trust, New Delhi
- गौ विज्ञान अनुसंधान केंद्र (Cow Science research centre), Nagpur, Maharashtra
- The Cow-Urine therapy and Research Institute, Indore (MP)
- Gau-Seva Ayog , Gujrat
- Kanpur Gaushala Society
- Cow Therapy Society , Pantnagar (UP)

#### 8. Science supports the Cow..<sup>[6]</sup>

- Shantilal Shah, president of the International cardiology Conference , Says that Milk is Highly beneficial to all Heart patients.
- Modern doctors also recommend that cholesterol patients not use any fat other than Cow ghee.

- Cow Ghee does not Increase Cholesterol and produces no detrimental effects on the Heart.
- Cow milk is the most nutritious food . It contains protein, fat, iron, copper, iodine, florin, 25 types of minerals and the vitamins A,B,C,D and E.
- Cow urine contains 24 types of Salts as well as iron, calcium, phosphorous, carbolic acid , potash and lactose.
- The famous Italian Scientist, Prof. G. E. Bea, has proven that fresh cow dung kills the germs of Malaria and Tuberculosis.

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*Conflict of Interest: Non*

*Source of funding: Nil*

*Cite this article:*

*"Panchgavya in clinic practice: a literature review."*

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*Ayurlog: National Journal of Research in Ayurved Science- 2020; (8) (6):01- 04*