



Review Article

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A REVIEW ON PANCHAGAVYA: AN AMRITA FOR LIVING BEINGS

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ABSTRACT

Panchagavya is a concoction prepared by mixing cow urine, dung, milk, curd, ghee. It can be considered as *amrita* for good health of human beings. Cow milk possesses sweet taste, promotes immunity and has *Rasayana*, *Ojo Vardhaka* properties. Curd as functional food boosts natural as well as acquired immunity, offers healthy micro flora to alimentary canal as it is richest source of probiotics. The cow ghee being lipid base is used for transport of the active principles across the cell membranes even the blood brain barrier. Recently cow urine has been granted U.S. Patents for its medicinal properties, particularly for its use along with antibiotics for the control of bacterial infection and fight against cancers. It is believed that consumption of *Panchagavya* results in removal of physical as well as mental disorders. Wide spectrum 'multi-purpose' medicines prepared from *Panchgavya* is very effective in treating various diseases and enhancing the body's resistance to fight diseases.

Keywords: Cowpathy, *Panchagavya*, cow urine, milk, dung, ghee, curd

INTRODUCTION

Panchgavya is a term used to describe five major substances, obtained from cow, which include cow's urine, milk, ghee, curd and dung¹. All the five products possess medicinal properties against many disorders and are used for the medicinal purpose singly or in combination with some other herbs. This kind of treatment is called *Panchgavya* therapy or Cowpathy. It is also called Cowpathy treatment based on products obtained from cows used in Ayurvedic medicine and of religious significance of

Hindus. *Panchagavya* mentioned in many ancient texts in the scripts of Vedas and in texts related to the ancient Indian system of medicine *Ayurveda*. Consumption of *Panchagavya* has domino effect in physical as well as mental disorder and act as enhancer of physical strength. In the presenting paper discussed and highlighted such evidence-based reviews which were collected from published research articles through Google scholar, *Charaka Samhita*, *Sushruta Samhita*, *Yogratnakar*, *Bhavprakash*, *Rasatarangini*, *Sahasrayogam* were referred for etiological factor.

Properties of *Panchagavya*Table 1: Properties of *Panchagavya* in Different Samhitas

<i>Gavyas</i>	<i>Charaka</i>	<i>Sushruta</i>	<i>Yogratnakar</i>	<i>Bhavprakash</i>
<i>Goksheera</i>	<i>Svadu, Sittam, Mridu, Snigdha, Bahalm, Shalakshan, Pichil, Guru, Mand Prasan, Ojavardhak</i> ²	<i>Alpa-abhishayandi, Snigdha, Guru, Rasayan, Rakta-Pittahar, Seta, Jevaniya, Vata-Pitta naashak</i> ⁴	<i>Madhura, Seta, Guru, Snigdha, Rasayan, Brahan, Stanyakrita, Jeevana, Vata-Pitta naashak</i> ⁸	<i>Ras evum vipak madhura, Seetal, Dughdhavardhak, Snigdha, Vata-Pitta nashak, Rakta Vikar, Jara janya roga nashak</i> ¹² .
<i>Godadhi</i>	-	<i>Snigdha, Madhura vipaka, Deepan, Bal Vardhak, Pavitra, Ruchi Prada</i> ⁵	<i>Uttam, balyam, Madura vipak, Rochak, Pavitra, Deepan, Snigdha, Pushtikaraka, Vata-nashak</i> ⁹	<i>Madhura, amla ras yukta, Rochak, Pavitra, Agnideepak, Hridaya, Pushti-karaka, Vata nashak</i> ¹³ .
<i>Goghrita</i>	-	<i>Madhura vipaka, Seta, Vata-Pitta, Vish-hara, Netra, Balya, Shrestha</i> ⁶	<i>Dhi-kanti, Smriti karak, Balkar, Medhakar, Vata, Shrama Nashak, Pushtiprada, Agnivardhak, Vrishya, Vaya Sthapak</i> ¹⁰ .	<i>Netrya, Virya vardhak, Agni Vardhak, Madhura Vipak, Setal, Tridosha Nashak, Medhavardhak, Kanti, Oja, Teja Vardhak, Alakshmi, Paap, Rakshograha Nashak, Vaya Sthapak, Guru, Balya, Pavitra, Ayushya, Mangalya, Rasayan, Sugandha, Rochan</i> ¹⁴

Gomutra	Madhura ras, Dosha-shamak, Krimi, Kushta, Kandu, Udar roga Nashak ³ .	Katu, Tikshna, Ushna, Laghu, Agnideepak, Medhya, Pitta Vardhak, Kapha-Vatahar, Shula, Gulma, Aanah, Virechak, Aasthapana ⁷	Katu, Tikshna, Ushna, Kshara, Lekhana Laghu, Agnideepan, Medhya, Pittalam, Kapha-Vatajit, Shula, Gulma, Udar, Aanah vikar, Aasthapak ¹¹	Katu, Tikshna, Ushna, Kshara, Lekhana, Tikata, Kashya, Laghu, Agnideepan, Medhya, Pittakrita, Kapha-vata hrita, Shula, Gulma, Udar, Aanah, Kandu, Akshi-mukha Rogajit, kilasa, Gada-vata, Vastirik, Kas, Swasa, Shotha, Kamla, Pandu, Rog Hrita, Gulma, Atisara, Mutrarodha, Kasa, Kushta, Jatharkrimi har, Karnashulahrita ¹⁵ .
Gomaya	-	-	-	-

Components of Panchagavya and their properties

Cow milk

Cow Milk plays an important role in meeting the requirements of many essential nutrients, and hence milk is considered as a protective food. The proteins of milk are of a high biological value. The digestibility of milk proteins is rated higher (96%) than that of plant proteins (74-78%).

Table 2: Properties of cow milk in modern prevalence's

Active Constituent in Cow Milk	Functions
Lactoperoxidase enzyme	Act as anti-microbial agent, prevents proliferation of bad bacteria, stimulate macrophage (W.B.C) to gobble up cancer cells present in the body.
Casein	Make up 80% of protein in cow milk, have anti-carcinogenic properties, protect against colon cancer by inhibition of enzymes produced by intestinal bacteria.
Calcium	Helps in oxidation of fat, decreases the secretion of parathyroid hormone, prevents the formation of kidney stones in the body, essential for growth and development of bones etc.
Vitamin A, B ₂ , B ₁₂	Play role in R.B.C. production, prevents anemia, help in development of nerve cells, epithelial and mucosal tissue.
Iodine	Is an incorporated component of thyroid hormone thyroxine and triiodothyronine.
Potassium	Needed for proper functioning of heart, nerve transmission muscle contraction, prevents kidney stone.
Choline	Found to support sleep muscle movement, learning and memory, helps to maintain the structure of cell membrane, aids in transmission of nerve impulse, assists in the absorption of fat and lessen chronic inflammation.
Proteins	Helps to cause fullness and feeling of satiety due to its high protein content, provides more energy and prevents one from developing a sedentary lifestyle. Higher metabolism and more activity lead to weight loss.

Cow's urine properties

There are some micronutrients in our body, which give life strength. These micronutrients are flushed out through urine. Therefore, gradually ageing steps in our body. Cow urine has all elements, which compensate for deficiency of nutrients in our body which are required for healthy life, drinking it daily. Thus, cow urine stops ageing. It increases the effectiveness of antimicrobial, antifungal, anticancer drugs. Cow urine distillate enhances the transport of antibiotics, e.g. Rifampicin, tetracycline and Ampicillin across the gut wall as well as across artificial

membranes. Cow urine reduces apoptosis in lymphocytes and help them to survive, efficiently repairs the damaged DNA, thus it is effective in cancer therapy. Cow urine has been granted US patents ((No. 6896907 and 6,410,059) for its medicinal properties, particularly as a bio enhancer, antibiotic, anticancer agent¹⁶. Electric currents (rays) which are present in environment keep our body healthy. These rays in form of extremely small currents enter our body through copper in our body. We get copper from cow urine. Copper attract these electric waves, thus we become healthy.

Table 3: Chemical constituents present in cow urine and their functions

Bio-component of cow urine	Functions
Nitrogen, N ₂ , NH ₂	Removes blood abnormalities and toxins, natural stimulant of urinary tract, activates kidney and it is diuretic
Sulphur	Supports motion in large intestine, cleanses blood.
Ammonia	Stabilize bile, mucus and air of body, stabilizes blood.
Iron	Maintain balance and helps in production of R.B.C. and Hemoglobin
Urea	Affects urine formation and removal, has germicidal properties.
Uric acid	Removes swelling or inflammation, it is diuretic so destroys the toxin
Sodium, Potassium	Purifies blood, increase appetite, removes muscular weakness and laziness.
Calcium	Blood purifier, bone strengthen, germicidal
Copper	control unwanted fat, iron help in production of hemoglobin and erythropoiesis, phosphorus helps in removal of stones from urinary tract
Hippuric acid	Removes toxins through urine.

Cow Curd properties

Curd enhances immune status of HIV patients by increasing the production of immune cells, such as CD⁴⁺ T-cells which controls the balance of pro-inflammatory and anti-inflammatory cytokines and chemokines. Scientific investigations have supported the beneficial role of vitamins B, C,E, folic acid, selenium and

proteins present in curd in management of HIV¹⁷. Some animal studies confirm that intake of curd inhibits tumor formation and proliferation. It has been demonstrated that a 6-week administration of *L.acidophilus* fermented milk supplements like curd resulted in lower concentration of soluble bile acids in faces of colon cancer patients, which was responsible for cytotoxic effect on colon epithelium^{18,19}.

Table 4: Active constituents present in curd and their functions

Active constituent	Functions
Probiotics bacteria	<ul style="list-style-type: none"> ● Enhance immunity ● Increase immunoglobulins ● Acts as natural cell killer
Lactic acid	<ul style="list-style-type: none"> ● Stimulate the function of digestive gland as well as absorption for nutrients
Vitamin B ₅ Vitamin B ₁₂	<ul style="list-style-type: none"> ● Relieves stress and anxiety ● Prevents confusion and dementia.
Calcium & Magnesium	<ul style="list-style-type: none"> ● Reduces weakness and restlessness, enhance the secretion of melatonin, helps in inducing sleep.
Folic acid	<ul style="list-style-type: none"> ● Promotes hemoglobin synthesis, enhance alertness
Tryptophan	<ul style="list-style-type: none"> ● A primary amino acid produces serotonin and melatonin which are neurotransmitters involved in inducing sleep and relaxation

Cow ghee properties

Cow ghee has higher digestibility than any other animal & vegetable fats & a better rate of absorption. Cow ghee is very good source of nourishment of mother & baby. It ensures the normal growth & development of the infant & prevents birth defects when taken during pregnancy. Ghee is lactose free, has no salt thus beneficial for heart as help in controlling blood pressure, and helps in reducing cholesterol level from both serum & intestine²⁰.

Ghee is *Yoga Vahi*, used as carrier media for transport of active principles in herbs & it assimilates the properties of herbal without losing its own properties. The ghee being lipid base is used for transport of the active principles across the cell membranes even the blood brain barrier. Ghee removes the toxins inside our body. During *Panchakarma* it is given over series of morning in increasing amounts day after day, which penetrates in to nourishing & lubricating GI mucosa, stimulates biliary secretion, releasing more enzyme & hormones. It has lipophilic effect on other fatty acids & fatty toxins, pulls out fat soluble toxins out of body²¹.

Table 5: Active Constituents Present in Cow Ghee and their function

Active constituent	Functions
Butyric Acid	Decreases inflammation in part of body, particularly in the gastrointestinal tract, and is now recommended dietary addition for some people with ulcerative colitis.
Vitamin A	Specializes in eliminating and neutralizing the free radicals that attack the macular cells, thereby preventing macular degeneration and development of cataracts.
Vitamin E, Carotenoids	Antioxidant which fights against free radicals and promote skin cell growth, immune system health, reduces the risk of certain cancers and heart diseases.
Conjugated linolenic acid	Type of omega-6 fatty acids, consumed daily not increases the weight, protects from cancer, plays a key role in improving lean body mass along with reducing body fat thereby aiding in effective weight management.

Cow dung

Cow dung is superior to other dung because it is antiseptic and has prophylactic (disease preventive) properties. It destroys micro-organisms that cause disease. Cow dung is rich in organic matter and nitrogen. The Gobar gas produced by its fermentation contains methane, hydrogen, carbon-di-oxide etc. *Eupenicillium bovisimosum* present in cow dung produces compounds (K2 108-A) and (K2 801-B) that possess antifungal activity. Cow dung contains a bacterium *Mycobacterium vaccae*, which activate a group of neurons in brain that produces serotonin- a neurotransmitter that contribute to feeling of well-being and happiness. Cow dung soap, which is claimed to be good for dandruff, skin diseases and rid of bad odor, makes skin soft. Tooth powder made out of cow dung does not allow cavities or germs to grow or stay, brings relief in mouth boils, ulcers, cures pyorrhoea and removes bad breath thus preventing damage to mouth.

DISCUSSION

Thus, it can be inferred that *Panchagavya* a new version of ancient science, is definitely a promising formulation in the years to come. *Panchagavya* products have been found to be beneficial in curing several human ailments and enhance the body's immunity and resistance to fight to infections. This kind of alternative treatment has been reported to be beneficial even for dreaded diseases like cancer, AIDS, cancer. If it is prepared in a *Ghrit* form, it becomes highly effective in various conditions affecting the functioning of brain, as it can cross the lipid blood brain barrier. Smoke from Cow dung ashes increases our eyelids to close and open so many times that lot of water from the eyes comes out which increases the vision life of a person to old age also. Cow milk contains "complete" proteins, which helps in production of energy and in growth and natural development. Perusing vital medicinal potential and prospective for the benefit of mankind, the *Panchagavya* needs attention of scientific community for its documented validation, worldwide acceptance, promotion and popularity.

CONCLUSION

A systematic work needs to be carried out on chemical nature, biological activity, microbiology and pharmaceutical aspects and mechanism of bioactive compounds in *Panchagavya* along with promotional clinical trials both in preventing and treating diseases.

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