

**PANCHAGAVYA- FOR LIVING AND FOR LONGEVITY****Divya Rathore<sup>1\*</sup>, B. L. Saini<sup>2</sup> and Samita Kalra<sup>3</sup>**

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**ABSTRACT**

Cow is Central to our life and bio-diversity. Maharshi Dhanvantari provided mankind a wonder medicine “Panchgavya” (a combination of cow urine, milk, dung, ghee and curd). Panchgavya has wide applications and has the potential for sustainable agriculture production, health and nutrition of humans. Panchgavya can solve the problems of shortage of food grains, fuel, shelter, good health, Nutrition, eradication of poverty, and unemployment and as alternate source of energy. Panchgavya Therapy (Cowpathy) is an alternate prophylactic and therapeutic modality for human health as well as poultry health. Panchgavya elements are useful in antimicrobial,

immune booster, anti-diabetics, anticancer, antiviral, antibacterial, antifungal, anticonvulsant, aphrodisiac property, blood purifier, suitable medium to deliver medicines.

**KEYWORD:** Panchgavya, Cowpathy, Longevity, Immune booster.

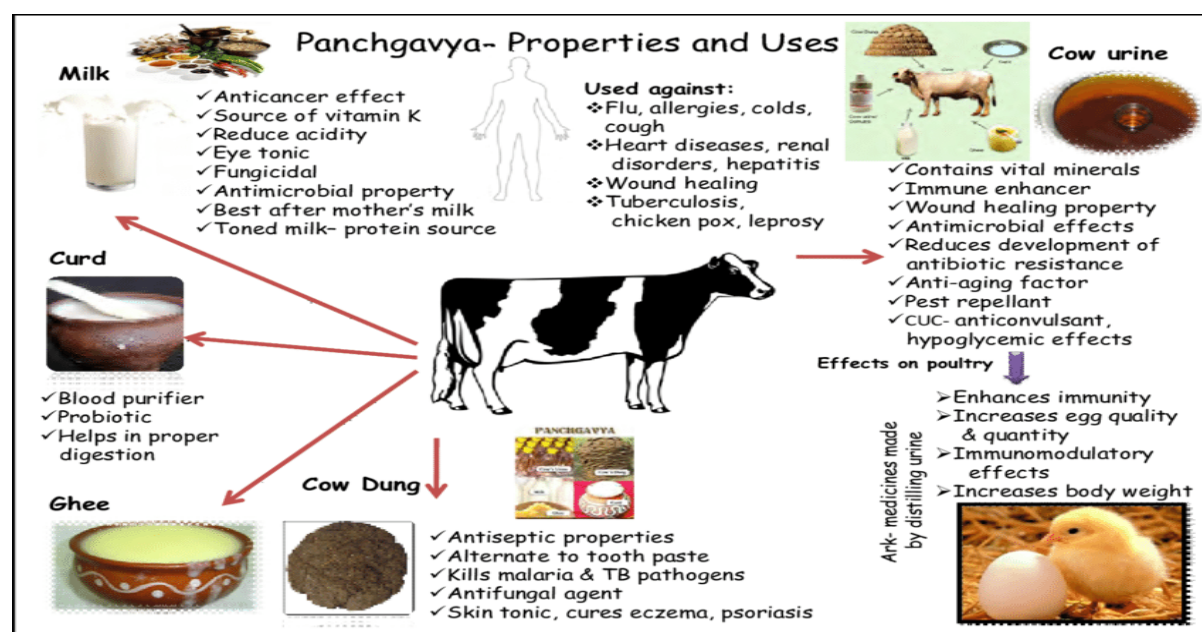
**INTRODUCTION**

Use of cow derived products has been mentioned in the Veda, Samhita and Shastra. In modern days various researchers and scientists have found cow products to be rich source of essential elements as well as minerals and hormones, because of that the use of Panchgavya and its products is gaining popularity. Panchagavya term is used to describe five major elements, which are obtained from cow, which include cow's urine, milk, ghee, curd and dung.

**Panchgavya<sup>[1]</sup>**

The ratio of five elements according to different text-

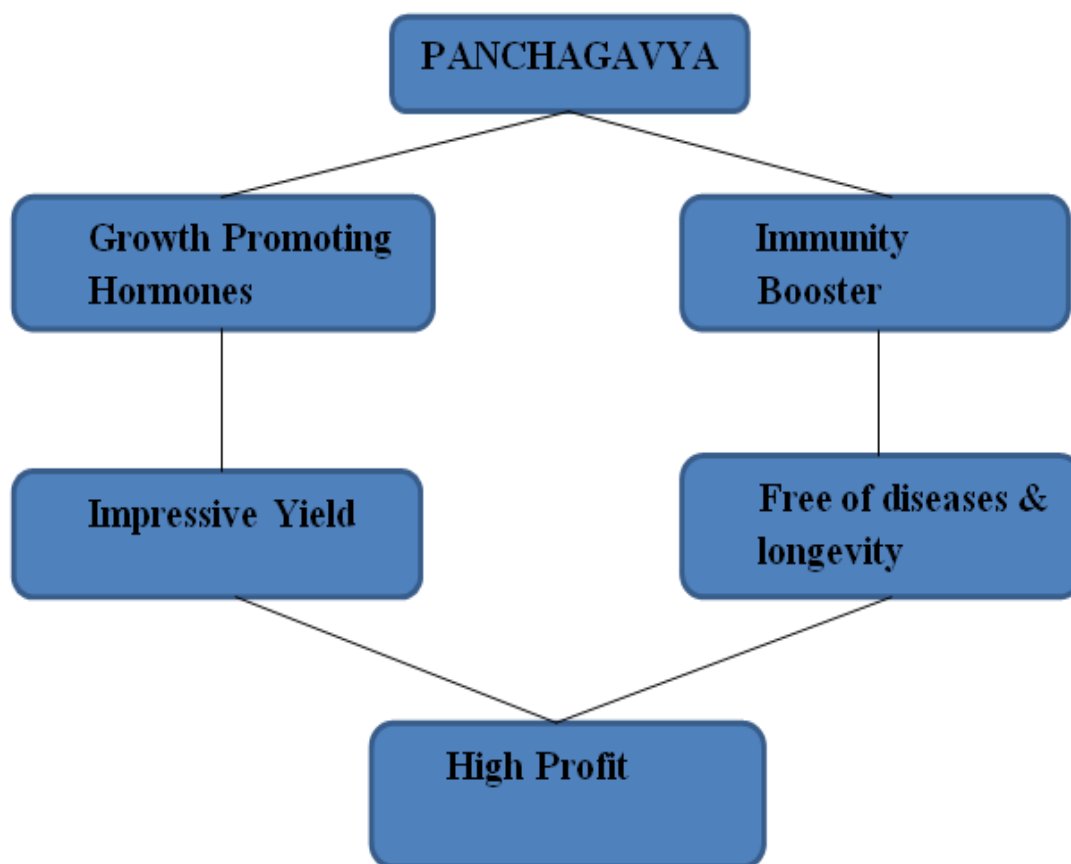
- Acc. To Rasa Tarangini- Gau Dugdha, Gau Dadhi, Gau Ghrita, Gaumutra and Gaumaya- each 1-1 part
- Acc. To Rasopanishad-Gaumaya-1 Pal, Gaumutra- 3 Pal, Gaughrita-8 Pal, Gaudugdha-8 Pal, Gaudadhi-8 Pal and add “Kushodaka” to it.
- Acc. To Sahastrayogam- Gaumaya-1 Part, Gaumutra-2 Part, Gaudugdha-16 Part, Gaudadhi-10 Part, Gaughrita-8 Part.
- Panchgavya For organic farming<sup>[2]</sup>-
  1. Fresh cow dung- 5kg
  2. Cow urine-3 liters
  3. Cow milk-2 liters
  4. Cow curd-2 liters
  5. Cow ghee-500gm
  6. Sugar cane juice-3 liters (500gm jaggery-3 Lt Water)
  7. Tender coconut water-3 liters
  8. Ripe banana fruits-12 nos
  9. Toddy -2 liters (fermented Tender coconut water)

**Qualities of each element****Important contents of panchagavya**

- Macro nutrients-N,P,K

- Micro nutrients-trace elements
- Proteins
- Fats
- Carbohydrates
- Vitamins
- Amino acids
- Micro organisms
- Bacteria
- Fungi
- Enzymes
- Growth promoting factors
- Immunity boosters
- Antioxidants

#### Need of panchagavya for living & longevity



#### Benefits of panchagavya

Panchagavya is used in various fields

**❖ Human health**

- Stimulates the immune system
- Increases the immunity through enhancement of both cellular and humoral immune responses
- Upregulating the lymphocyte proliferation activity, secretion of cytokines and macrophage activity, reducing apoptosis in lymphocytes
- Produces lot of antibodies against the ingested microorganisms
- It acts like a vaccine
- Opens the clogged arteries and improves the circulation.
- Eliminates all toxins and allergies.
- Highly effective in all diseases (Diabetes, Cancers, heart diseases, arthritis, sinusitis, asthma, peptic ulcer, irritable bowel syndrome, epilepsy, and sterility, obesity. etc.)
- prevent illness and cure diseases
- Improves appetite, digestion & eliminates constipation
- Purifies the blood and brings down the cholesterol
- Elevates the mood and leads to sound sleep.
- They act as Anti-aging agents by preventing the free radicals formation and efficiently repairing the damaged DNA and enhance longevity.

**❖ Agriculture field**

The Panchgavya products show many applications viz. excellent agricultural applications in the form of Bio-fertilizers, Vermicompost and Bio-pesticides, which improves soil fertility and provide food grains free from the health hazards of using chemical fertilizers or pesticides.

**❖ Role in economy of country**

- Cow is the backbone of our Indian culture and rural economy, and sustains our life, represent cattle wealth and bio-diversity.
- Panchgavya/ Cowpathy, a new version of ancient science, is definitely a promising formulation in the years to come. Therefore, educating people about the benefits of cow and Panchgavya can provide solution to problems of shortage of food grains, fuel, shelter, good health, Nutrition, eradication of poverty, and unemployment and as alternate source of energy.

- The products obtained from Panchgavya are-tooth paste/powder, tea, cosmetics, hair oil, massage oil, anti-dandruff shampoo, beauty' soap, tea, combinational products with different herbs, etc. are available. These products promote growth, increase immune-competence, and help to safeguard health of humans and their companion animals.

## CONCLUSION

- In present era, Immunity is reducing drastically due to environmental pollution, agrochemicals, pesticides, heavy metals, fungal toxins, in this background cowpathy is an excellent alternative.
- Panchgavya is positively an encouraging solution for various ailments of humans and animals with immense biomedical applications along with other beneficial usages.
- Awareness about the benefits of Panchgavya can help in solve the problems of shortage of food, fuel, shelter, good health, nutrition, poverty alleviation, and unemployment, and as an alternate source of cheaper energy.
- Scientific validation of Panchgavya products is required for its worldwide acceptance and popularity in terms of agricultural, energy resource, nutritious and medicinal applications so as to exploit the optimal power of Panchgavya for the service of mankind.

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