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EXPLORING THE SHORT REVIEW ON THERAPEUTIC POTENTIAL OF "PANCHAGAVYA"

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ABSTRACT

In Ayurveda, Panchagavya—an organic concoction made from cow dung, milk, urine, ghee, and curd—has invaluable medicinal properties. The cow is revered as a divinity in India, where it is known as Gaumata or Kamadhenu, signifying its maternal qualities. The importance of Panchagavya products is concentrated on agriculture, the economy, health, cosmetics, spirituality, and the ability to promote population health. Panchagavya requires far more scientific proof before it can be widely accepted, promoted, and validated as a document for use by humans. The purpose of this review is to provide an overview of Panchagavya's composition and medicinal properties in order to maximize its potential for the benefit of humanity.

KEYWORDS: Cow, Products, Panchagavya, Ayurveda.

INTRODUCTION

In Indian culture, cows are referred to as Kamadhenu, or "one that fulfils all wishes," since the Vedic era. In Indian culture, the cow is referred to as Go-mata. The origin tale of the cow is revealed in the Churning of the Sea episode. In the churning[2], five divines known as Kamadhenus (wish cows), namely Nanda, Subhadra, Surabhi, Sushila, and Bahula, emerged. Since the Vedic era, certain Indian communities have been known to use cow urine, or go-mutra, for medical purposes. Samavedic Brahmins consumes Panchagavya after bathing.[3] Animal products, such as milk, ghee, curd, butter milk, and meat soup, are extensively employed in Ayurvedic texts as food

supplements and to make a variety of Ayurvedic medications. In light of this, a literature search reveals that Panchagavya Ghrita, a medicated ghee formulation, is recommended for the treatment of Unmada and Apasmara, two illnesses that are closely linked to mental problems.[4,5,6] It is recommended to use Panchagavya Ghrita, a medicated ghee composition.

Formulations of Panchagavya

Panchagavya literally means a mixture of five products. These are cow milk, cow urine, cow dung, curd and ghee. Panchagavya is also used for detoxification of minerals and metals. Cow's urine is used for detoxification of metals.[7]

Table 1: Properties and pharmacological actions of Panchagavya.

	Rasa	Guna	Virya	Vipaka	Dosha	Roga
Cow Milk[8,9]	Madhura	Guru, Snigdha, Shita, Sara	Shita	Madhura	Vata, Pitta ↓	Manasa Roga, Udara Roga, Jwara, Thrusna, Rakta Vikara.
Cow Urine[10]	Katu, Tikta, Kashaya	Tikshna, Ushna, Laghu	Ushna	Katu	Kapha and Vata↓, Pitta↑	Twak vikara, Kushta, Kamala
Cow Ghee[11,12]	Madhura	Guru, Snigdha, Shita	Shita	Madhura	Vata, Pitta and Kapha ↓	Unmada, Apasmara, Jirna, Jwara, Murcha
Cow Curd[13]	Madhura, Amla, Kashaya	Guru, Snigdha, Ushna, Ruksha	Ushna	Madhura, Amla	Vata↓, Kapha and Pitta ↑	Jwara, Raktaja vyadhi, Mutrakruchha
Cow Dung[14]	Tikta, Kashaya	Laghu	Ushna	Katu	Pitta ↑, Vata ↓	Kasa, Shaithya, Twak vikara, Netra Vikara

Acharya Charaka and Acharya Vagbhata in their texts have quoted preparation method of Panchagavya ghrita by using five cow products.[15] Charak and Vagbhata have guided to take five cow products in equal quantity in preparation of Panchagavya ghrita. Later in recent literature Panchagavya ghrita preparation method is properly explained and pre step of preparation of cow dung juice is well narrated in AFI.[16]

To prepare Panchagavya ghrita from five cow products initial step is to prepare cow dung juice. Thus, as per AFI guideline it should be prepared and filtered to get clear product. It is also said that cow urine should be filtered. Cow milk, cow dung juice, cow urine, cow curd and cow ghee are taken in equal quantity and mixed thoroughly to form a homogeneous

mixture. This mixture is then heated and boiled on low flame till the formulation achieves ayurvedic testing criteria. From that literature it is revealed that Panchagavya is used as single or combination with herbal drugs to formulate different formulations such as Swalpa-panchagavya ghrita[17], Panchagavya ghrita[18] and Mahapanchagavya ghrita.[19,20]

Table 2: Panchagavya ghrita formulations s in Ayurvedic literature.

S.NO	Name of formulation	Reference	Indication
1.	Panchagavya Ghrita	Charaka Samhita Chi.10/17	Apasmara, Kamala, Jwara
2.	Maha Panchagavya Ghrita	Charaka Samhita Chi.10/18-24	Apasmara, Unmada, Shotha, Udara Roga, Gulma, Arsha, Pandu, Kamala, Grahabadha and Chaturthak Jwara
3.	Panchagavya Ghrita	Ashtang Hridya. Uttara stana 7/18	Apasmara, Jwara, Unmada And Kamala
4.	Maha Panchagavya Ghrita	Ashtang Hridya. Uttara stana 7/19-23	Jwara, Apasmara, Udara Roga, Bhagandara, Shopha, Arsha, Kamala, Pandu, Gulma, Kasa And Graha Badha
5.	Panchagavya Ghrita (swalpa)	Bhaishajya Ratnavali 25/36	Chaturthak jwara, unmada, graha badha and Apasmara

Panchagavya has been proposed as an alternate prophylactic and therapeutic approach for sound livestock and poultry health along with safeguarding human health.[21,22] Panchagavya products have been found to be beneficial in curing several human ailments and enhance the body's immunity and resistance to fight various infections.

Cow's milk

Cow milk is a healthy food because of low calorie, low cholesterol and high micro-nutrients, protein, calcium, and vitamins, and plays an important role in meeting requirements of many essential nutrients. It contains carotenes, vitamins A, B complex group and C. It has rejuvenator health protecting properties and is one of the best vitalizer. It has bio-protective role in human health and is easily digestible. Cow milk has been useful in kidney disorders

due to its low protein content protein compared to buffalo milk. As a rich source of vitamins like B2, B3 and vitamin A and mineral Zinc it helps increasing immunity.

Cow's urine

Cow urine kills a number of drug-resistant bacteria and viruses and is being used even for dreaded untreatable diseases like cancer, AIDS, diabetes and skin problems. Improvements have been shown with those suffering from flu, allergies, colds, arthritis, aging, bacterial/viral infections, chicken pox, small pox, tuberculosis, enteritis, constipation, hepatitis, leprosy, ear infections, obesity, gastric ulcer, depression, heart disease, Asthma, tetanus, Parkinson disease, Athletes feet, fever, eczema, fatigue, wounds, stones, etc.[23,24] It is one of the best appetizer. Most of the medicines are made by distilling urine and collecting vapours known as the "Arka"[25] The most striking features of such invention is that the facilitated action as well as effectiveness of the 'Arka' is achievable at nano to micro molar levels; thereby requiring very low dose to cure cancer. 'Arka' has been identified as a bioenhancer of commonly used antibiotics, anti-fungal and anti-cancer drugs and reduces the dose and duration of treatment.

Cow's ghee

Cow ghee is traditionally believed to improve memory, voice, vision, intelligence and body's resistance to infections. It has anti-ageing factors, exhibits anti-cholesteric and immune stimulant activity, good for cholesterol and heart patients. Cow butter is a Blood purifier, increases the beauty. Cow ghee promotes healing of wounds, helpful in preventing and controlling paralysis and asthma. Panchagavya ghrita also shows hepatoprotective activity in rat liver against carbon tetra chloride poisoning.[26]

Cow's curd

Curd from cow milk is considered "Vatanashaka", blood purifier, "Tridoshnashaka" and found useful in blood related problems, piles and gastrointestinal disorders. Cow's curd is considered as digestive, nutritive and useful in gastrointestinal ailments by checking or controlling the growth of harmful organism. A lot of lactic acid producing bacteria is present in curd and buttermilk that produces antifungal metabolites viz. cyclic dipeptides, phenyllactic acid as well as proteinaceous compounds and 3-hydroxylated fatty.[27]

Cow's Dung

Cow dung[28] also possesses antiseptic and disease preventive properties. Cow dung can act as

skin tonic. Mixed with crushed neem leaves and smeared on skin - good for boils and heat rashes. Used as tooth polish - toothaches gets removed, so instead of toothpaste which is made of chemicals & dead bones of animals it is a good alternative. The fresh cow dung kills the germs. Cow dung is antiseptic and has prophylactic properties.

DISCUSSION

Wide spectrum 'multi-purpose' medicines prepared from Panchagavya are very effective in treating various diseases and enhancing the body resistance to fight diseases. These are being considered as an alternate therapeutic/preventive approach. In the scenario of the harmful side effects of antibiotics, drug resistance development and presence of antibiotic residues in food chain one has to think over the alternative therapeutic approaches like Panchagavya to control the infections and combat diseases.

Some Research studies on Panchagavya ghrita

1. **Analytical study:** HPTLC study indicates the presence of phenolic and flavonoid type compounds. This study established quality control of PGG and controlling batch to batch variation.[29]
2. **Experimental study:** PGG administered for 30 days in 1 ml/ kg dose showed anticonvulsant activity.[30]
3. **Experimental study:** PGG was given in 150 to 300 mg /kg per oral route, showed significant reduction in CCl4 induced hepatotoxicity.[31]

CONCLUSION

Scientists, researchers, and physicians working together will undoubtedly strengthen this alternative, inexpensive treatment that has no adverse effects and give people trust in its positive qualities. The ayurvedic panchagavya hypothesis ought to become more well-liked in both traditional households and the highly educated, scientific community. This will encourage medical professionals and the general public to adopt and spread this wonderful therapy for the purpose of improving health and assisting in the fight against various diseases and disorders that affect both humans and animals.

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