

The Extraordinary Potential of Gir Cows

An Ayurvedic perspective on cow farming

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MILK IN INDIA, is not just a drink, it is an elixir. For almost every Indian rich or poor — the idea of a daily glass of milk holds a potent and emotional charge. It speaks of parental devotion, well-being and health. This faith in the power of milk is well-grounded: it is the primary nutrient for the young and the old. Nearly 63 percent of animal protein in the Indian diet comes from dairy products. For vegetarians, there is simply no alternative. Cow's milk is often the only source of animal protein that certain Hindus will eat and is processed into curd (yogurt), paneer (fresh cheese), butter, buttermilk, chai (milk tea), and ghee (clarified butter). Without the services and products that cattle provide, life would be more laborious for humans and arguably less delicious.



The idea of the cow, of course, is also emotionally charged because of its mythical place in Hindu iconography, religion and culture: it is quite literally worshipped as goddess Kamdhenu: the cow of plenty. For centuries, India's tribal people have lived, worked, and died along side their cattle. Cattle are revered for their gifts to humanity – labor, food, material goods, and medicine. Maybe more than any other culture in the world, Indians have found multiple uses for cattle and their products. The Gir Breed is mostly used for its milk. A Gir Cow fed with a particular type of food is known to produce milk with medicinal value and is particularly acclaimed for giving milk that contains conjugated lineolic acid, which has been proven to be an anti-cancer compound. According to *Ayurveda*, cow's milk provides special and unique nutrition that cannot be derived from any other type of food. Milk, when digested properly, nourishes all the tissues, promotes balanced emotions and helps to balance all the *Doshas*.

The Gir Breed: More than just dairy cows....

Gir Cows are a variety of wild cows originating in Gujarat. One of the more uncommon characteristics of this breed is the very prominent hump on their backs which absorbs and stocks solar energy. Their bodies are of moderate shape and size and are said to be a reflection of divine energy. The milking of these cows is usually done in the early mornings when Mother Nature's divine energy is abundantly available. This, and the calm and peaceful demeanor of Gir Cows makes their milk remarkably effective in treating a large variety of ailments.



At **Ayurveda Yoga Villa**, the milk obtained from our cows is used for medicinal preparation, for rejuvenating the body and revitalizing pranic energy and for *Pooja* purposes. The buttermilk obtained after removing its fat is used to treat various abdominal diseases and for treating intestinal tumors. Regular intake of buttermilk obtained from Gir cattle is a preventative measure against various abdominal diseases. The buttermilk can also be utilized in treating various skin diseases and as a mixing agent for the preparation of herbal pastes used for external application.



Ghee

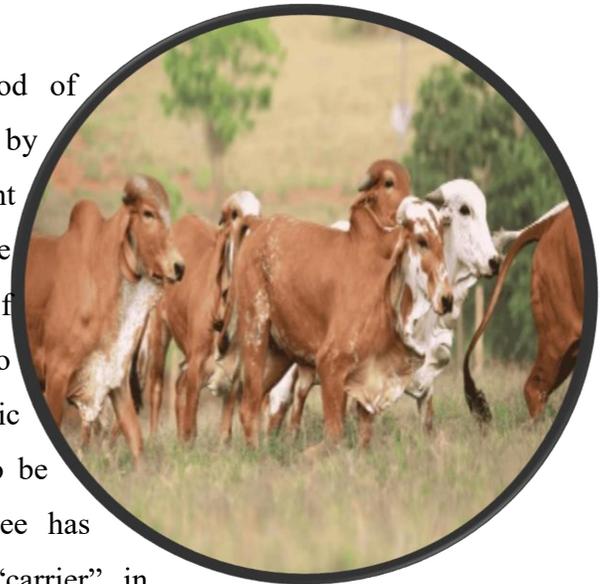
The milk of cows and especially the Gir breed, is considered to possess the essence of all plants and ghee is the essence of milk... In India, ghee has been so highly regarded for so many things, for so long, that composing a comprehensive list of its abundant uses and benefits is almost an impossible task!

The ingestion of ghee is like offering the finest of fuels into the fire of digestion – *Agni*. In accord with this, ghee builds the aura, makes all the organs soft, builds up the internal juices of the body and increase the most refined element of digestion – *Ojas*, the underlying basis of all immunity and the “essence of all bodily tissues”.

The ghee obtained using the milk of **Ayurveda Yoga Villa’s** Gir cows is used for *Pooja* and

Yajna (vedic rituals) and for the preparation of medicinal ghee which are of hundreds of varieties and used in all sorts of treatments in our centers.

Panchakarma is the traditional Ayurvedic method of detoxifying, purifying and rejuvenating the body by ridding it of accumulated toxins. Ghee is an important ingredient of Panchakarma therapy. It is used in the preparatory step- *purvakarma*, where a small amount of ghee is given first thing in the morning to the patient to oleate the internal organs and “dissolve” the toxic wastes accumulated in the tissues, allowing them to be carried to the digestive tract for elimination. Ghee has ultimate penetrating qualities and is used as a “carrier” in Ayurveda. It helps to carry the herbs deep into the tissues where they are needed. Thus it enhances the utility of the herbs and medicines administered to the patient.



Panchagavya

Panchagavya is derived from a Sanskrit word and means the blending of 5 products obtained from cows. These 5 products are individually called “*gavya*” and collectively termed as “*panchagavya*”. It contains ghee, milk, curd, cow dung and cow urine. It is considered as a gift from the heavens for the absolute well-being and good health of human beings. The ancient scriptures speak very highly of the divinity and significance of *panchagavya* in human life. It is believed that consumption of *panchagavya* results in the removal of physical as well as mental disorders and is an enhancer of life force energy, physical strength and life span.

