

## CONCEPTUAL STUDY ON GOKSHEERA AS AJASRIKA RASAYANA

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### ABSTRACT

*Rasayana* is one of the major divisions of *Ashtanga Ayurveda*. The word meaning of *rasa* is nutrition and *ayana* is path. Thus it refers to nutrition and transportation in the body. *Rasayana* enriches the *rasadi dhatu*. It deals with drugs, diet, regimens which promote the longevity by promoting and maintaining health and also in curing diseases. *Rasayana* enhances physical strength, ensures youthfulness, increases longevity, strengthens immune system, sharpens *dhee*, *dhriti*, *smriti*, increases *ojas*, improves skin lustre and also strengthens sense and voice. *Ajasrikarasayana* is one of the classifications of *rasayana* which is used on daily basis. *Ajasrikarasayana* when taken regularly provides nourishment to *rasa-raktadi dhatus* and enhances *ojas*. *Ghrita* and *ksheera* have been mentioned as *ajasrikarasayana*. *Goksheera* has been explained as best *rasayanadravya* as it is important for persons of all age groups as a dietary supplement. In this developing world and growing era of antibiotics people are tending to lose their immunity readily and becoming vulnerable to many infectious diseases. *Ajasrikarasayana* being one of the simple methods of practicing *rasayana* helps people to restore their immunity naturally.

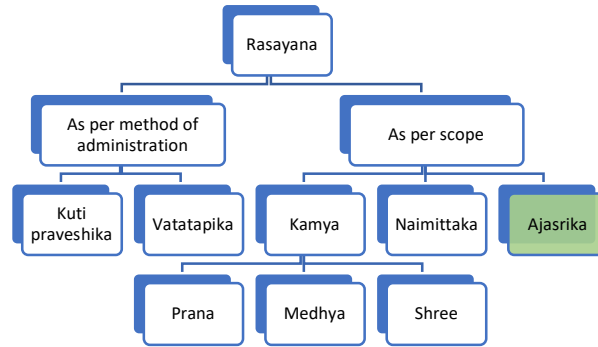
**Keywords:** *Ajasrikarasayana*, *Ashtanga Ayurveda*, *Ghrita*, *Goksheera*, *Rasadi Dhatu*

### INTRODUCTION

*Rasayana tantra* is one of the major divisions of *ashtanga ayurveda*. It deals with delaying of ageing process, increasing of intellect and strength, prolongation of life and curing of disorders. Most of the authors have given much more importance to the concept of *Rasayana*. *Rasayana* means the way for attain-

ing *rasadi dhatus*. *Ayurveda* has two aims i.e. prevention and promotion of health and secondly cure from the diseases<sup>1</sup>. *Rasayana* is having both the actions. *Rasayana* prevents ageing. It boosts the *Oja* and the immune system.

### Classification of Rasayana<sup>2</sup> – *AjasrikaRasayana –*



#### ***Ajasrikam ksheeraghrityabhyasadikam***<sup>3</sup>,

*Ghritya* and *Ksheera* which are used daily has an effect of *Rasayana* hence these are considered as *AjasrikaRasayana*. *Sushruta* has mentioned use of *Sheetodaka*, *Ksheera*, *Madhu* and *Sarpi* separately or in combination having *rasayana* effect as well as *Ayusthapana* effect<sup>4</sup>. Among all *Goksheera* has been explained as best *rasayanadravya* as it is important for persons of all age groups as a dietary supplement. It is considered as balance diet. *Chraka* also mentioned that *Godughdha* possessing ten qualities are similar to the qualities of *Oja* hence it is going to increase *oja* which is very essential *dhatu* in the body<sup>5</sup> and also *Goksheera* is best among all the *Jeevaneeya Padarthas* hence it is considered as

*Shreshtha Rasayana*. *Goksheera* is *alpabhishtyandi*<sup>8</sup>, *jeevaneeya* and performs *ojovardhana* and *rasayana* actions<sup>7</sup>. According to modern science cow's milk is

having all the essential nutrients which are needed for the body viz energy, carbohydrates, proteins, calcium, vitamins, magnesium, potassium etc so it is considered as best diet supplement.

#### ***Ksheerasamanyaguna-***

*Ksheera* possesses qualities like *Madhura*, *Snigdha* and *Sheeta*. *Ksheera* is *Preenana*, *Brihmana*, *Vrishya*, *Medhya*, *Balya*, *Jeevaneeya*, *Shramahara*, *Deepaneeya*, *Pathya*, *Satmya* and it is indicated in *Shwasa*, *Kasa*, *Raktapitta*, *Trishna*, *Pandu*, *Amlapitta*, *Gulma*, *Shosha*, *Udara*, *Atisara*, *Jwara*, *Daha*, *Shwayathu*, *Yonivikara*, *Shukravikara*, *GrathitaPurisha*, *Vata-Pitta vikaras*. It is also used for *shodhana*, *Shamana*, *Alepa*, *Avagaha* etc in *panchakarma*<sup>5</sup>.

### Classification of *Ksheera* –



**Properties of Goksheera -**

Properties	Charak <sup>7</sup>	Sushruta <sup>8</sup>
Rasa	Madhura	Madhura
Guna	Mrudu, Snigdha, Shlakshna, Picchila, Bahala, Guru, Prasanna, Manda	Snigdha, Guru, Alpabhishtyanda
Veerya	Sheeta	Sheeta
Vipaka		Madhura
Doshagnata	-	Vatapittahara
Karma	Jeevaniya, Rasayana, Ojovardhan	Jeevaniya, Rasayana

**Nutritional value of milk<sup>9</sup> –**

Cow milk (whole)- Nutritional value per 100g (3.5OZ)

Energy	252kl (60kcal)
Carbohydrates	5.26g
Fat	3.25g
Protein	3.22g
Water	88.32g
Vit A	28µg
Vit B <sub>1</sub>	0.044mg
Vit B <sub>2</sub>	0.183mg
Vit B <sub>12</sub>	0.44µg
Vit D	40IU
Calcium	113mg
Magnesium	10mg
Potassium	143mg

**Clinical importance of Goksheera –**

*Goksheera* is very useful in healthy individuals. It is also useful in various diseases. In *bahudoshavastha* of *pitajatisara* for *samsrana goksheera* is used, in patients of *deeptagni*<sup>11</sup>. It acts on *vata* and *pitta dosha* and also it is useful in mental disorders, *daha*, *trishna*, *udavarta*, *gulma*, *atisara*, *shrama*, *klama*, *kshatakheena*, *mada*<sup>10</sup>. It is used in so many diseases as *pathya*. It is used as *anupana* in so many preparations.

**Therapeutic use of milk according to time and age–**

The effect of milk drink in *purvahna* (time upto 10am) is *agnivardhaka*, *viryavardhaka*, and *brimhana*. The effect of milk drink in *madhyahna* is *balakaraka*, *kapha-pitta shamaka* and *agnideepaka*. Milk used in night alleviates various *doshas*, acts as *pathya* and beneficial for eyes. In childhood, it increases *bala*. In old age it is used for increasing *reta*.<sup>13</sup>

**Contra indications of Ksheera –**

Milk is contraindicated in *Navajwara*, *agnimandya*, *ama*, *kushtha*, *kaphajashoola*, *kasa*, *atisara*, *krimi*.<sup>14</sup>

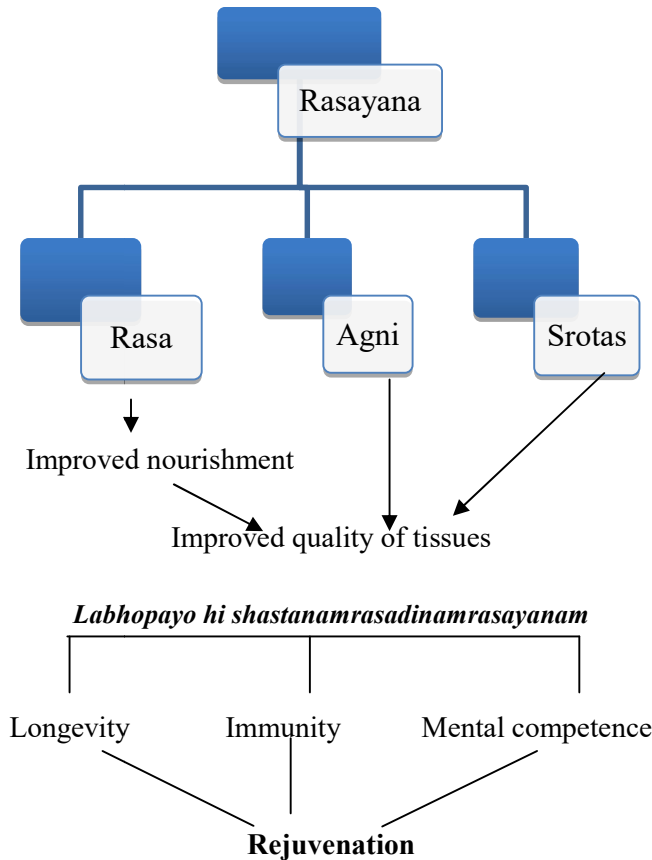
**Importance of Goksheera in old age –**

Old age is characterized by decline in *dhatu*, senses, *ojus*, vitality, virility, retention, recollection, speech and understanding. The qualities of *dhatu*s are affected in old age and it is the period when *vatadosha* dominates and gradually the body undergoes degeneration<sup>12</sup>. *Madhura* quality of *goksheera* is *saptadhatuvardhaka* and *indriyaprasadaka* helps in *dhatukshaya* and improves sensorial functions in old age. Due to its *snigdha* property it will mitigate *vatadosha*. *Guru guna* of *goksheera* stabilizes the normalcy of *kaphadosha* in old age. It is important that older people get enough calcium an adequate supply can help to maintain bone strength and keep bones healthy during older age. Vit D is also important for healthy bones in older people as it is needed for the absorption of calcium from food. Cow milk is good source of calcium and vit D hence it is important to consume cow milk in old age thus *goksheera* as *AjasrikaRasayana* used in *jara* as preventive, curative and health promotive purpose.

**Probable mode of action of Goksheera as Rasayana–**

*Rasayanadravyas* acting at the level of *rasa* by improving nutritional values of *poshak rasa*. Probably *rasayanadravyas* are having *madhura, guru, snigdha* and *sheeta* properties act as *rasayana* at the level of *rasa* by promoting the nutritional value of *rasa* which in turn help in obtaining the best quality of *dhatu*. *Rasayanadravyas* have a fundamental effect at the level of *agni*, improves digestion and create excellence of *saptadhatu*. *Rasayanadravyas* acting at the level of *srotas* clean and activate the micro circulatory channel that is *srotoshuddhi* leading to improve microcirculation. *Goksheera* is having *madhura rasa, sheetavirya, mridu, snigdha, bahala, shlakshna, guru,*

*manda* and *prasanna* qualities. These ten qualities are similar to that of *ojas*. *Charak* has quoted that *SarvadaSarvaBhavanamSamanyam Vriddhikaranam*<sup>15</sup> which means the substances or *dravya* are always increased or enhanced by consuming similar things in terms of *dravya, guna* and *karma*. *Sushruta* has explained use of *swayonidravyaprayoga* in *dhatu kshayaavastha* which means the drugs which possesses the similar qualities as that of particular *dhatu* is going to increase the particular *dhatu* by consuming the *dravya* of same qualities hence by consuming *goksheera* it will increase *ojas* in the body which are having similar attributes. Thus *Goksheera* acts as *AjasrikaRasayana*.



**CONCLUSION**

Nourishment of each and every cell or tissues of the body is the prime function of *Rasayana*. *Rasayana* is a unique treatment influencing the fundamental aspect

of body i.e. *Dhatu, Agni* and *Srotas*. *Ajasrikarasayana* is one among the type of *rasayana*. Adopting the use of *ksheera* and *ghrita* in daily life is considered as an *Ajasrikarasayana*. *Goksheera* is one such among them. It is *satvik* kind of food. Most of the persons are

*satmya* to *goksheera*. *Goksheera* has to be consumed as per *kaala* and *agni* then it is considered as *rasayana*. It is *jeevaneeya* and best *rasayana* regular use of *goksheera* is *saptadhatuvardhaka* and in turn increase *ojas* which is essential *dhatu* in the body. *Ajasrikarasayana* is the best method to adopt as daily routine as there is no any need of *shodhana* process. By following *Ajasrikarasayana* i.e. consuming *ghrita* and *ksheera* one can prevent so many diseases. Hence *goksheera* plays an important role in preventing, curative and health promoting purpose. It is considered as best diet as well as immunomodulator.

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