THE ROLE OF GORASA IN AYURVEDA W.S.R TO PANCHAKARMA

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ABSTRACT

Ayurveda is the ancient health science for mankind. It has its own principles of practice like Loka Purusha Satmya, Pancha Bhouthisa Siddantha, Samanya Vishesha Siddantha, Shatkarmas Tridosha Trimala Saptha Dhatu Siddantha and ShamanaShodana. Ayurveda states that a person’s food habit will decide what he/she is. The food nourishes dhatus thereby body. It is said as Sarvam Dravyani Pantha Bhouthisam, human body and all its edible items are also testifying this. To support this statement, it is also explained as “Non Aushadhi Bhutam Jagath Kinchith Dravyam Upalabhyathe”. As per Ayurveda, the gorasas like Ksheera, Grutha, Dadhi not only consumed as aahara but also as aushada along with another gorasa Mutra. Ksheera, Gritha and Dadhi used as aushada as they are vatha pitta samaka, jwarahara, sheetaveerya. These gorasas are widely used in section of ayurvedic procedures known as Panchakarma like nasya karma, ksheeravasti, anuvasanavasti, snehapana, avagaha and pariseka. Gomutra is widely employed in Panchakarma procedures like lepa, avagaha, pariseka, viataranavastiniruhavasti and virechana. So, the gorasa has wide scope in human health if applied as per Ayurveda as in Panchakarma procedures.

Keywords: Panchakarma, Ayurveda, Gorasa, Gomutra, Ksheera, Grita, Dadhi, Vasti,

INTRODUCTION

Ayurveda is the science that deals with Ayu. The word veda is derived from the dhatuvidgane. Dealing with Ayu can be considered in two conditions:

- स्वस्थ्यस्वास्थ्यकरण
- आतुर्द्विकरण

It deals with hita and Ahita for Ayu¹. It is the ancient healing art which has the concepts of Panchabhouthika Siddantha, Tridosahas, Trimalas, Sapthadhatu’s, Shadrasa’s. It deals with tridhadravyas, i.e. Jangama, Audhvida, Partivam². Ayurveda has 8 branches and hence called Ashtangaayurvedam. Charaka, the first known doctor and Susrutha, the first known surgeon gave good account of Ayurveda and its practices. It gives equal importance to Aahara and Aushad.

Shamana and Shodhana are the two lines of treatment with respect to Ayurveda. Shamana includes oral medication i.e. pacifying factors. Shodhana includes Panchakarma and elimination of morbid doshas. Panchakarma majorly includes five procedures as Vamana, Virechana, Vasti, Nasya and


Raktamokshana\textsuperscript{3}: It also includes many minor procedures swedana, Pariseka, Kativasti, Shirodhara etc.

The sacred Jangamaprani is Cow which is known as “Gow” in Sanskrit. Gorasa majorly include dairy products ksheera, ghrtta, dadhi etc. gomutra is also included for its importance in treatment aspect and its prominent results. Together these gorasa are widely used in Panchakarma procedures to cure various illnesses and resolve many chronic issues.

The remaining paper is organized as below. In Section II Gorasa and each of gorasa properties are explained. In Section III various Panchakarma procedures are detailed. In Section IV Gorasa and how they are used in Panchakarma procedures for various illnesses. Lastly we conclude the concept in Section V.

1. GORASA AND THEIR PROPERTIES

Ksheera, Ghritha, Dadhi are the Jangamadravya which should be used as Aahara and Aushad whereas Gomutra as Aushad only as per Ayurveda. Charaka used the term Gorasa for the first time explaining the products of jangamadravayas\textsuperscript{4}

Go Ksheera

Various products of cow are used in innumerable ways in Ayurveda. Cow milk stands first in them. Cow milk benefits are innumerable as below.\textsuperscript{32}

- Sweet in taste (Swadupaka), heavy to digest, has coolant effect on the body (and mind).\textsuperscript{5}
- Ojovardhaka\textsuperscript{6}
- Nourishes the body tissues (Dhatuvardhaka)
- Acts as natural aphrodisiac.\textsuperscript{7}
- Does rejuvenation, increases life expectancy.
- Increases breast milk in the feeding mother.(Stanyam)
- Cow milk is the next best thing to breast milk for the newborn.

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<tr>
<th>Rasa Panchaka of Go Ksheera</th>
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Goksheera used in treatment of diseases such as \textsuperscript{8}

- VataRakta
- SandhanamVihitsya
- Yoni SukraPradosha
- MutraDosha
- PradaraDosha
- VatapittaVikara

Susrutha added few more indications like \textsuperscript{9}

- Jeerna, jwara, ksheya

A. Go Dadhi

Dadhi or Curd or yogurt is made by boiling cow milk and then adding yeast or a little curd when the boiled milk cools down to luke warm temperature and leaving it for a few hours undisturbed. Some of the benefits of cow yogurt are:

- Nidra: janakam – sleep inducing
- Cow Curd has usnaveerya or hot in potency, i.e., curd is heat-producing and has heating effect on the body and is therefore good in winter season to keepup
body heat though not so good for spring, summer and autumn;[10]

- Decreases vatadosha (vatahara)[11], and increases kapha and pitta doshas and is therefore good for people with high vatadosha;
- Produces medas (marrow/fat/lymph), zukra (brightness/light-colored), bala (stamina/power/strength), shlesma (mucus/phlegm), pitta (bile), rakta (blood), and agni (digestive fire of the stomach); it is useful in disorders of grahani, an organ between stomach and intestines.[12]
- Increases adipose tissue, semen, strength, digestive fire.[13]

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<th>Table 2: Rasa Panchaka of Go Dadhi</th>
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It is suggested to avoid Dadhi or Yoghurt in sharat, greeshma, vasanta-rtu.<

Used in treatment of following diseases
- Peenasa
- Atisara
- VishamaJwara
- MutraKrchra
- Karshyam

According to Susrutha, various types of GoDadhi and their implications are[14]
- Madhura- kapha-medovardhaka, amla-kaphapittakrt, Atyamla-raktadushanam

**B.Go Ghrita**

According to ancient Ayurveda cow ghee is full of essential nutrients[15,32,33], fatty acids, antibacterial, anti-fungal, anti-oxidants and antiviral properties. Some of the benefits of cow Ghrita are:
- Improves digestion and cures constipation.
- Drinking a warm glass of milk containing a spoon of cow ghee before going to bed will enhance your digestion power and clean the stomach in the morning.
- It is known as a brain tonic. Best for strengthening mental health. (Medhyam)[15]
- Normalizes vata and pitta. Nourishes body.[16]
- It is best for cancer patients. Having power to stop growing cancer cells.
- It is best to improve the voice.
- Improve sperm count and strengthens sexual power.
- It is used to heal wounds, chapped lips and mouth ulcers.
- Cures insomnia.
- Best for lubrication of joint.
- Increases metabolism and reduces bad cholesterol.
- Good for healthy heart.

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Used in treatment of following diseases [18]
- Unmada
- Apasmara
- Sirah Shola
- Visha
- Sosha
- Jvara

C. Go Mutra

In contrast to above shleshmamedhovardhanadhryavas, Gomutra is kaphamedhoharadhravya and the most powerful and efficient gorasa [36] due to its ruksha and teekshnaguna. It can be used for pana and anupaana.

Some of its advantages are:
- The urine of cow causes increase of Pitta Dosha, is non-unctuous, penetrating, hot in potency (UshnaVirya), pungent and salty in taste. [19]
- Cures wounds, oedema, enlargement of abdomen, distension, colic pain and anaemia. [20]
- Mitigates Kapha and Vata,
- It is easily digestible, best suited for therapies like purgation, application over the skin, sudation etc.
- Among all the Ashtamootravargas (eight categories of urine) the cow’s urine is considered the best and in case of urine, the urine of female animals is considered the best because of their lagutvaguna (lightness).

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<th>Rasa Panchaka of Go Mutra[22]</th>
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Table 4: Rasa Panchaka of Go Mutra[22] | Karma |
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<td>Deepaneeyam, Vishaggnam, Krimighnam.</td>
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<td>Dosha: kaphashaman, pittadhubhagahara, vataanulomana</td>
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Used in treatment of following diseases [23]
- Udara,
- Arshas
- Gulma
- Kushta
- Kilasa
- Gridhrasi
- ShleshmaVikara
- Samavyadi

PANCHAKARMA

Panchakarma is a major department of Ayurveda constitutes five purification procedures as Vasti, Vamana, Virechana, Nasya, Raktamokshana. Now days many minor and important procedures are also joined the above list as Shiroyasti, Januvasti, Shirodharaya, Pariseka, Sweda, Abhyanga. The diseases may reoccur after Shamana treatment. The chances of recurrence can be reduced by Shodhana i.e. Panchakarma.

D. Vasti

Vasti is a mode of administration of drug through anal route and elimination of morbid doshas from anal route. It has 2 types: Anuvasana- Plain taila/ ghrta and Aasthapana/niruha- Order of mixture of drugs is saindhavam, maakshikam, tailam, kalkam, kvatham.

Major AnuvasanaVasti’s are KsheeraVasti and DoshaharaVasti. KsheeraVasti can be administer as tiktaksheeravasti in asthivikaras [24], majaksheeravasti in muscular dystrophy and ksheeravasti in pitta vikaras (plain).
Doshahara Vasti[25] can be administered in tridoshavikaras like chronic, jwara, kaphavatavikaras, aamavatavikaras. The key ingredients of this vast are Shatahva, Madhukam, Bilvam, Kutajaphala, Kanjikam, Go mutram.

Major Niruha Vasti’s are Lekhana, Mutra and Vaitarana. Lekhan Vasti is used in Stoulya, medorogas, Grandhis. Mutra Vasti is defined as Sarvarogahara as per ingredients mainly employed in kaphavatajavikaras.

Vaitarana Vasti mainly employed in gridhrasi and aamavata. Lekhana Vasti[26] key ingredients are Triphalakvatha, Gomutra, Kshoudra, Kshara, Ushakadiganakalka.

Mutra Vasti[27] key ingredients are 8palas-gomutra, 4palas- erandakwatha, 2palas- taila, 1pala- gudodaka, 1pala-madanaphala, kalkadravyas karsha. (shatapushpa, vacha, rasna, bilva)

Vaitarana Vasti[28] key ingredients are Saindhava-1 karsha, mleeka- 1pala, guda – ½ pala, paya/ mutra (dosha)-1 kudava, taila eeshatvansena) 2pala (others).

E. Other areas of Panchakarma

Vamana: procedure of elimination of kapha dosha and drug administration in oral route
Steps:
- deepanapachana(3 days)
- snehapan(5 or 7 days)
- abyangasweda(3 days)
- virechanam

Nasyam- Administration of drug through nasal route

Alepa:- external application on skin

Avagaha: tub bath with prescribed ksheera, ghrita, mutra etc.

Pariseka/ Dhara: falling of free flow of dravadravya from specific heights is pariseka.

Upanaha: local application thick on skin for swedana

PANCHAKARMA AND GORASA

GO KSHEERA

Used in Panchakarma procedures such as[30]
- Nasya,
- Aalepa,
- Avagaha,
- Vamana,
- Aasthapana
- Virechana,
- Snehana

GO DADHI

Used in Takradhara (one of Panchakarma procedures) and used as diet on prior day for Vamana.

GO GHrita

Used in Panchakarma procedures such as[31]
- Vasti,
- Nasya,
- Karnapurana,
- AkshiTarpana,
- Aalepa,
- Abhyanga
**Go Mutra**

Used in *Panchakarma* procedures such as [32]

- Utsadana,
- Aalepana,
- Asthapana,
- Virechana,
- Sweda,
- Pariseka,
- upanaha,
- Avagaha
- Doshhara,
- Vasti,
- Mutravasti and
- VaitaranaVasti

**Discussion**

Ayurvedic texts are the ancient literature of scientifically proven things with the evidences and knowledge of those times which is mostly applicable even today. To align with the present era, we consider other parameters i.e. chemical compositions, centrifugations, micro-research etc. and prove the facts of the given statements. As per Samhita’s quoted in references and other research done, Gorasahas wide importance and impact if properly included and treated as medicines or medicinal components for curing various diseases.

**Conclusion**

In this paper we outlined various Gorasa and their medicinal values and later described various *Panchakarma* procedures. We also provided Gorasa and their usage in *Panchakarma*. Thus we conclude that the gorasa has wide scope in human health if applied as per *Ayurveda* as in *Panchakarma* procedures as quoted in Ayurvedic literatures and various research outcomes in recent times.

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