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Indian cow milk and its high merit

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Abstract

Our West-influenced intellectuals sneer at the mention of the cow. The same intellectuals first sneered at yoga. Now it is a fashion to do pranayama at cocktail parties the arguments in the West for cow slaughter are no more uncontested. They also sneered at our sanyasis as 'godmen'. Now they flock to ashrams with their white friends ever since the Beatles. Who knows, they may soon have a cow in their backyards.

Ayurveda is a big proponent of the *sattvic* qualities of milk and dairy products. That is why most Hindus are vegetarian, but not vegan. Fresh, organic milk, yogurt, buttermilk, paneer (homemade cheese) and ghee, are all considered highly nutritious, and an important part of the diet. Not only do these dairy products provide important protein and calcium for our tissues, but are sources of *Ojas*, which gives our body strength and immunity. Besides their milk, cows also provide many practical purposes, and are considered a real blessing to the rural community. On the farm, bulls are used to plough the fields and as a means of transportation of goods. Even Lord Shiva's trusted vehicle is *Nandi*- the sacred bull.

Keywords: Indigenous Breeds, Mother Goddess, Sacred Animals of India

Introduction

1. In India We Know That There Are So Many Traditional Knowledge Like Worship Of Water (Namami Devi Naemade, Jaya Ganga Maiya), Worship Of Wind (Pavan Devata Hanuman) Or Worship Of Earth (Mata Bhumi Putroham Prithivya). All These Parts Of Nature Are Basically Our Life (Panch Mahabhuta). Our Existence Is Base On All These Particles. Actually Cow Was Also A Part Of Our Whole Indian Lifestyle. If You Have Doubt You Would Be Ask That 'Was Cow Complied By Your Fore Father? You May Will Get Strange Answer. Yes We Had One Or Two (Desi- Not Hi Breed) Cows Erecting In Veranda. So This Article Is Focusing On The Importance Of Cow And Its High Merit. Even Today We Must Follow Our Grandfather' Grandfather's Wish.

2. Study site

- In the absence of mother's milk, Cow milk has been suggested as a natural alternative.
- For pure vegetarians, Cow milk is a good source of Vitamin D which plays a huge role in the absorption of Calcium from the gut.
- The best characteristic of a cow is that it gives so much yet demands nothing in return.
- Ayurveda also believes that some diseases cannot be healed by medicines alone and they propagate 'Panchamrit', a drink that is supposed to be blessed to heal. It is 'nectar of gods' made of 5 items – yogurt, ghee, honey, sugar and milk.

Ayurveda has described eight types of milk obtained from different animal sources and the pride of place has been given to Cow milk of desk breeds of India (Ksheera varge agryam). Cow milk has been described as nutritive and good for the vital organs such as the Eyes, Brain and the Heart. It possesses sweet taste (Madhura rasa) and is cooling (Sheetha veerya) in nature. Cow Milk promotes immunity and acts as rasayana and ojovardhaka. All of us know Milk is a good source of protein and fat and minerals such as calcium. But there are facts about Cow milk which we are not aware or we have not given a thought about.

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In the absence of mother's milk, Cow milk has been suggested as a natural alternative. Children who have a weak digestion very commonly suffer from frequent vomiting and loose motions. Recurrent diarrheal episodes in these children lead to malnourishment and stunted growth. For such Children, Milk from Indigenous breeds of Cow will be a better alternative since it is easy to digest and more nutritive. Milk from Indigenous breeds and better quality: Indigenous breeds of Cow have better disease resistance and this result in reduced usage of potent chemical drugs for disease control. Their milk has better immune booster effect described in Ayurveda as Rasayana property. Rasayana is the ability of a dietary article or medicinal herb or medicinal product to nourish the body in a uniform manner. Chyavanaprasha Avaleha is a common example of a rasayana medicine. The person who consumes Cow milk from Indigenous breeds of Cow will have better disease resistance and less of digestive problems such as irritable bowel syndrome (IBS). Cow Milk is a tonic to the skin, eyes, blood and has good nutritive properties.

If your child is regularly suffering from recurrent infections such as tonsillitis, bronchitis, sinusitis it is time you shifted from your present source of milk to one which is obtained from Indigenous breeds of Indian Cow. Cow milk and improved intelligence and memory: Cow milk has the effect of improving medha or intellect and also is a good memory booster. It is ideally suited as a brain tonic because according to Ayurveda it has the ability to pacify Vata dosha which is responsible for the proper functioning of Nervous system. Our ancestors have advised Cow milk and Cow ghee as the best brain tonic. Cow milk and its effect on the mind: Our ancestors went beyond the calorie value of milk and found that milk has a calming influence on the mind. They have said that Cow milk improves the Sattva Guna in us and leads to enhancement of positive characteristics of a person. Cow milk and bone strength: For pure vegetarians, Cow milk is a good source of Vitamin D which plays a huge role in the absorption of Calcium from the gut. Good absorption of calcium will lead to good bone strength. So Cow milk is very important for women who are nearing menopause because menopause increases the susceptibility to Osteoporosis. Milk should be ideally boiled before consumption. Since Cow milk from Indigenous breeds of Cow has a natural sweet taste, there is no need for additional sugar. Since Cow milk itself is a complete formula, ideally it should be consumed without any additives.

Quantity of milk to be consumed: Quantity of milk to be consumed depends on the age and the digestive capacity of the individual. It is always good to have a complete diet with adequate sources of protein, carbohydrate, fats and minerals. Milk can be a good source of proteins, fats and minerals. One to two cups of milk per day should be ideal. Cow milk and the elderly: Fifty and above is the age when our bones start showing signs of degeneration and more prone to fractures and arthritis due to weakness of bone tissue. Cow milk is an ideal bone tonic at this age. Cow milk and Women: Women during their pregnancy and lactation should consume adequate quantities of milk. They are prone to Osteoporosis during and after the menopause and should ideally have Cow milk during this period. How not to consume milk-

Combinations to be avoided: Do not consume milk along with sour tasting fruits such as Pineapple, berries etc. Avoid consuming fish and sea food along with milk. For people who are having elevated cholesterol levels and suffering from heart problems, buttermilk is better than milk. Buttermilk has the property of making obese people lean. (1) The cow is considered as one of the most sacred animals in India. Millions of Hindus revere and worship it. The cow has myriad qualities. The characteristic of the cow of providing Life supporting Milk has elevated its status to the level of a Mother Goddess. Therefore, the people respect it like a Maternal Figure. The holy cow is perhaps the most harmless animal in the entire world. The best characteristic of a cow is that it gives so much yet demands nothing in return. As we know, there are innumerable dairy products made out of milk e.g. Butter, Ghee, Curd, sweets and what not! The Hindu rituals are never complete without Ghee and curd is considered as a lucky charm by many. Whereby, they find it essential to have it before doing something important. The cow dung is used in the making of Fertilizers that stimulate the farming process. It is also saved, to be used as fuel and produce heat and electricity. For many years, the bull was extremely important for our lives. The bull used in agriculture to tilt the land to produce food grains. It is sad that floored by the growing technology we have forgotten the significance of the cow in our Life. The holy cow also owes its significance to Lord Krishna, the famous deity of the Hindus. His childhood was spent in Gokul near Mathura. He was brought up in the family of a milkman, 'Nand Baba'. Lord Krishna grew up as a cow herder in the midst of cows and 'gopis' (Milkmaids). He is also addressed as Govinda and 'Gopala' which means 'protector and friend of cows'. Even the bull has immense value in the Hindu Mythology. If cow is the mother, then the Bull is the father! The Nandi bull, it is believed was the vehicle of Lord Shiv and the gatekeeper of Shiv and Parvati. The North Indian Temples are filled with the sculptures and images of Nandi bull. On the other hand, the 'Kamadhenu' cow also has tremendous religious significance. She was miraculous and gave her devotees whatever they desired. She is considered to be the mother of all cows. Ayurveda understands the importance of a cow. It is a great exponent of the 'sattvic' qualities of milk and the dairy products. Yogurt, Butter Milk, Organic Milk, ghee and other milk products are not only nutritious but provide calcium and Protein to the Tissues. Ghee and cow dung used in 'Yagna' fire ceremonies complete the ritual but at the same time, it helps to purify the air. Ayurveda also believes that some diseases cannot be healed by medicines alone and they propagate 'Panchamrit', a drink that is supposed to be blessed to heal. It is 'nectar of gods' made of 5 items – yogurt, ghee, honey, sugar and milk. It is distributed at the end of religious ceremonies. It is said that the 'Panchamrit' fills a person with divine energy and heals him from within.

The cow plays such an important role in our lives yet we fail to acknowledge its significance. It is said our 'Bapu' Mahatma Gandhi became a vegetarian because the cows were being ill treated. It is sad that since the cows are harmless, we have stopped caring about them. Its time, we came out of our cocoons and started thinking about our real

'care takers'. It is imperative to save and maintain them or the time is not far when they will be extinct. We cannot undermine their importance. Just imagine the circumstances if our children are deprived of the nutrition provided by the cow and the condition of our crops in the absence of cow dung! It is time for action!

Let us come forward and volunteer for cow service. Cow service is also considered to be a sanctifying act! Let us help with our body and soul. We can serve by working in the cow shed (Gau-shala) or giving land for cow ranging and cow rehabilitation. Whatever way we feel, we should save the cow, for our children, for humanity. The cow is the symbol of the divine gift of earth. Come, let's save it!

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