

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 Bhouthika Siddantha*, *Samanya Vishesha Siddantha*, *Shatkarmas Tridosha Trimala Saptha Dhathu Siddantha* and *Shamana Shodana*. *Ayurveda* states that a person's food habit will decide what he/she is. The food nourishes *dhathus* thereby body. It is said as *Sarvam Dhravyani Pantha Bhouthikam*, 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 *dhatuvitgnane*. Dealing with *Ayu* can be considered in two conditions:

- स्वस्थस्यस्वास्थ्यरक्षणं
- आतुरस्यविकारप्रशमनं

It deals with *hita* and *Ahita* for *Ayu*^[1]. It is the ancient healing art which has the concepts of *Panchabhouthika Siddantha*, *Tridosahas*, *Trimalas*, *Sapthadhathu's*, *Shadrasa's*. It deals with *trividhadravys*, i.e. *Jangama*, *Audhvida*, *Partivam*^[2]. *Ayurveda* has 8 branches and

hence called *Ashtangaayurvedam*. Charaka, the first known doctor and Susruta, 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^[3]. It also includes many minor procedures *swedana*, *Pariseka*, *Kativasti*, *Shirodhara* etc.

The sacred *Jangamaprani* is Cow which is known as “Gow” in Sanskrit. माँतरहसर्वभूतानामगवयःसर्वसुखप्रदः. *Gorasa* majorly include dairy products *ksheera*, *ghrta*, *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.

I. GORASA AND THEIR PROPERTIES

Ksheera, *Ghritha*, *Dadhi* are the *Jangamadraya* 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 *jangamadrayas*^[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.^[32]

- Sweet in taste (*Swadupaka*), heavy to digest, has coolant effect on the body (and mind).^[5]
- *Ojovardhaka*^[6]
- Nourishes the body tissues (*Dhatuwardhaka*)
- Acts as natural aphrodisiac^[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.

Table 1: Rasa Panchaka of Go Ksheera

Rasa Panchaka of Go Ksheera	
Rasa	Madhura
Guna	Snigdha, Picchila, Guru, Manda, Alpaabhisyandi (Susruta)
Veerya	Seeta
Vipaka	Madhura
Karma	Stanyam, Brmhanam, Vrsyam, Medyam, Balyam

Goksheera used in treatment of diseases such as^[8]

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

Susrutha added few more indications like^[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 *vata* dosha (*vatahara*)^[11], and increases *kapha* and *pitta* doshas and is therefore good for people with high *vata* dosha;
- Produces *medas* (marrow/fat/lymph), *zakra* (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]

Table 2: Rasa Panchaka of Go Dadhi

Rasa Panchaka of Go Dadhi	
Rasa	Madhura/Amla
Guna	Snigdha, Guru, Ushna, Abishyandi
Veerya	Ushna
Vipaka	Amla
Karma	Vataghnam, Brmhanam, Shukralam

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 Susruta, 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.

Table 3: Rasa Panchaka of Go Ghrita

Rasa Panchaka of Go Ghrita	
Rasa	Madhura
Guna	Snigdha, Mrudu
Veerya	Seeta
Vipaka	Madhura
Karma	CNS: <i>smrti, buddhivardaka</i> GIT : <i>agnivardhaka</i> Dhatu: <i>kapha, medo, sukra, ojovardhaka</i> Dosha : <i>kaphavrddhi, vatapittaksheya</i>

Used in treatment of following diseases^[18]

- *Unmada*
- *Apasmara*
- *Sirah Shola*
- *Visha*
- *Sosha*
- *Jvara*

C. Go Mutra

In contrast to above *shleshmamedhovardhanadravyas*, *Gomutra* is *kaphamedhoharadravya* 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 Dosh*, 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).

Table 4: Rasa Panchaka of Go Mutra[22]

Rasa Panchaka of Go Mutra[22]	
Rasa	Katu, Lavana
Guna	Ushna, Teekshana
Veerya	Ushna
Vipaka	Katu

Karma	Deepaneeyam, Vishaggnam, Krimighnam. Dosha: kaphashaman, pittaadhobhagahara, vataanulomana
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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 *Shirovasti*, *Januvasti*, *Shirodhara*, *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], *majjaksheeravasti* in muscular dystrophy and *ksheeravasti* in *pitta vikaras* (plain).

Doshahara Vasti^[25] can be administered in *tridoshavikaras* like chronic, *jwara*, *kaphavatavikaras*, *aamavatahvikaras*. 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 *Triphalakovatha*, *Gomutra*, *Kshoudra*, *Kshara*, *Ushakadiganakalka*.

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

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

E. Other areas of Panchakarma

Vamana: procedure of elimination of *kapha dosha* and drug administration in oral route

Steps:

- *deepanapachana* (3 days)
- *snehapana* (5 or 7 days)
- *abyangasweda* (1 day)
- vomiting

Virechana: procedure of elimination of *pitta dosha* through anal route and drug administration in oral route. ^[29]

Steps:

- *deepana-pachana* (3 days)

- *snehapana* (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*, *ghrta*, *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*,
- *Akshi Tarpana*,
- *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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