



ROGAROGYA UTPADAKA BHAVAS (DISEASE & HEALTH PROMOTING EFFECTS) OF GORASA-VARGA

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individual, but in today's materialistic era, there is discouragement towards the use of cow milk, which has resulted in a state of illness. In **Abstract:** The components of *Goras-Varga* (cow milk and its products) are not only improving physical health but also provide stability, peace and excellence in the mind. The proximity of a cow produces the same effect as the proximity of *Maharishis* (saints) and *Tapasvis* (ascetics). *Panchagavya*, a combination of *Godugdha* (cow milk), *Ghrita/Ghee* (clarified butter), *Mutra* (urine), *Gobar* (cow dung) and *Gangajala* (Ganga water) helps to get rid of *Pap-Karmas* (sins). *Ghrita/Ghee* (clarified butter) is also a prominent part of *Yagyas*. The *Kupravrittiyan* (evil tendencies) and *Durbhavnayen* (ill intentions) of men are eradicated by consuming *Godugdha* (cow milk). *Godugdha* (cow milk) has a wonderful ability to calm *Manovikara* (mental disorders). It is a universal truth that *Godugdha* (cow milk) maintain the sharpness of *Pragya* (wisdom) and *Pratibha* (talent) and it is useful in *Sadguni-Susantati* (attaining virtuous and good character). The proximity of a *Gau* (cow), *Goseva* (cow service) and drinking *Godugdha* (cow milk) have great importance in *Adhyatmika Sadhana* (spiritual practice). So, this is why the *Goras Varga* (cow milk and its products) has been given a very much importance. It has been used since ancient times, but in present era, people are preferring to be vegan or they rarely use *Goras-Varga*. Even if they are being used in a manner that is different from the prescribed ancient methods. This is the reason that in the present era, the vitality, disease combating capacity and lifespan of human being are decreasing as compared to past. At that time, milk and other foods were used for different ailments and in different ways according to the *Agni-Bala* (strength of digestive fire) of the human, which was beneficial for the health of every such a situation, the study of the nature and properties of the cow milk category described in various scriptures and the curiosity to analyze them in a coordinated manner which may motivate the researcher to work in this context.

Index Terms - *Gorasa-Varga* (milk and its products), *Godugdha* (cow milk), *Dadhi* (Curd), *Takra* (buttermilk), *Navnita* (fresh butter), *Kilata*, *Kurchika*, *Virodhi-Bhavas* (cause of incompatibility), *Virodhi-Ghataka* (types of incompatibility) etc.

INTRODUCTION

The Ayurvedic literature have many advocacy regarding ill health-curing properties of *Godugdha* (cow milk) and the successful use of *Gorasa* (cow milk and its products) in almost all diseases. There is no doubt that cow milk substances protect the health of healthy person and cure the diseases of patients. This achieves both the purposes of Ayurveda as “*Swasthasya Swasthyarakshanamaturasya Vikarprashamanam Cha*”¹. The uses of *Gorasa* (cow milk and its products) were described by Acharyas about the quantity, qualities, time of use and its various combinations etc. If it is consumed according to these rules and regulations, it maintain proper health. If they are consumed for a long time without proper quantity, qualities, time of use and its combinations etc., then they may cause more painful and serious consequences of health. The disease-causing effects of *Gorasa-Varga* (cow milk and its products) can be divided into three types-

1. *Apdravya-Swaroopaka* (in the form of impurity)
2. *Upadravya-Swaroopaka* (in the form of nuisance)
3. *Viruddha-Samyoga* (incomputable combination)

1. APDRAVYA-SWAROOPAKA (IN THE FORM OF IMPURITY)

There is no popular product in the present era in which the traders have not mixed impurities to earn more money. The product which is required in large quantity and by everyone, has a tendency to be adulterated. Milk are such products which are consumed by everyone immaterial whether poor or rich. Adulterations are in two ways first adulteration is with simple water and other with mix foul and contaminated water in milk and some mix chalk, mud in milk and certain chemicals also. Second adulteration is very harmful to the health, as a result, instead of health promotion, ill health is caused.

Impurities in milk can also occur during the milking process. The following can be the reasons for this-

1. The milkmen's hands and the animal's udders being covered with mud.
2. The containers of milk are not clean.
3. Keeping milk in a brass or copper container.
4. The presence of a foul-smelling substance or an infected person near the milk container may cause the entry of foul-smelling or disease-causing bacteria into it.

Nowadays, it has been find out through research that milk quickly absorbs the properties of the poisonous substances and disease-causing bacteria in its vicinity. Thus, the milk is a good medium to grow the poisonous bacteria which are harmful for health. Nowadays, the milk sold openly in shops contains more and more bacteria in autumn, spring and summer seasons respectively. Because if some germs (bacteria) enter the milk container (which is kept in a temperate place) then in a short time their number becomes very high (innumerable).

2. UPADRAVA-SWAROOPAKA (IN THE FORM OF NUISANCE)

If milk is not consumed properly, many disorders arise in the body, it is digested differently from other food items. Milk curdles when it is in the stomach and clots are formed, these clots are sometimes soft and sometimes hard. In such a situation, these clots are neither digested nor thrown out by vomiting because sometimes their size is larger than the width of the food pipe (esophagus). The smaller one and softer clots are the faster they are digested.

3. VIRUDDHA-SAMYOGA (INCOMPUTABLE COMBINATION)

Although all the substances of *Goras Varga*² (cow milk and its products) are considered beneficial for health according to the situation, however, many times, the consumption of these substances without proper method or with combination has an adverse effect on health and in due course it becomes the cause of many diseases³. All the diseases arising in this manner are called *Viruddha-Samyogya-Janya-Vyadhies* etc. This *Viruddha Samyogya* produces diseases in many ways, that is, sometimes it is *Viruddha*, sometimes *Virya*, sometimes *Vipak* and sometimes *Kriya* and becomes the cause of the disease⁴. Many examples of *Viruddha* substances are found in *Ayurvedic Samhitas*. However, since the subject of study is *Goras-Varga* (cow milk and its products), the *Viruddha* combinations related to *Goras-Varga* (cow milk and its products) are being mentioned here. The *Viruddha* combinations related to *Goras-Varga* (cow milk and its products) are given below (Table-1, 2, 3, 4, 5 and 6).

GORAS VARGA (COW MILK AND ITS PRODUCTS) INCOMPATIBILITY

Table 1 – Dugdha (Milk) Incompatibility

Sl.No	<i>Virodhi Dravya</i> (Incomputable Material)	<i>Virodhi Bhava</i> (Cause if Incompatibility)	<i>Virodhi Ghataka</i> (Type of Incompatibility)
1	<i>Matsya</i> (fish) ^{5,6,7,8}	<i>Abhishyandi</i> (obstruct the channels) due to <i>Madhur Rasa, Madhur Vipaka, Ushna Virya</i> ⁹	<i>Sam-Vishamtaya Viruddha</i>
2.	<i>Mans</i> (Flesh) of Wild Animals ¹⁰	<i>Madhura-Kashaya Rasa, Ushna Virya</i>	<i>Sam-Vishamtaya Viruddha</i>
3.	<i>Mans</i> (flesh) of <i>Anoop</i> (marshy) Land Animals ¹¹	<i>Madhur Rasa, Madhur Vipaka, Sheet Virya</i>	<i>Samtaya Viruddha</i>
4.	<i>Mans</i> (flesh) of Aquatic Animals	<i>Madhur Rasa, Madhur Vipaka, Sheet Virya</i>	<i>Samtaya Viruddha</i>
5.	<i>Kamal-Patra</i>	<i>Kashaya Rasa, Katu Vipaka, Sheet Virya</i>	<i>Sam-Vishamtaya Viruddha</i>
6.	<i>Rohini Shaka</i> ^{12,13}	<i>Kashaya Rasa, Katu Vipaka, Ushna Virya</i>	<i>Vishamtaya Viruddha</i>
7.	<i>Jatuka Shaka</i> ^{14,15}	<i>Kashaya Rasa, Katu Vipaka, Ushna Virya</i>	<i>Vishamtaya Viruddha</i>
8.	<i>Mooli</i> ^{16,17}	<i>Kashaya Rasa, Katu Vipaka, Ushna Virya</i>	<i>Vishamtaya Viruddha</i>
9.	<i>Lashuna</i> ¹⁸	<i>Kashaya Rasa, Katu Vipaka, Ushna Virya</i>	<i>Vishamtaya Viruddha</i>
10.	<i>Sahijana</i> ¹⁹	<i>Tikta Rasa, Katu Vipaka, Ushna Virya</i>	<i>Vishamtaya Viruddha</i>
11.	<i>Tulshi</i> ²⁰	<i>Katu-Tikta Rasa, Katu Vipaki, Ushna Virya</i>	<i>Vishamtaya Viruddha</i>
12.	<i>Nadi Shaka</i> ²¹	<i>Katu Rasa, Katu Vipaki, Ushna Virya</i>	<i>Vishamtaya Viruddha</i>
13.	<i>Pakva Badhala</i> ^{22,23}	<i>Madhur Rasa, Madhur Vipaka, Sheet Virya</i>	<i>Samtaya Viruddha</i>
14.	<i>Kanguni</i> ²⁴	<i>Katu Rasa, Katu Vipaki, Ushna Virya</i>	<i>Vishamtaya Viruddha</i>
15.	<i>Month</i> ²⁵	<i>Madhur Rasa, Madhur Vipaka, Sheet Virya</i>	<i>Samtaya Viruddha</i>
16.	<i>Kulthi</i> ^{26,27}	<i>Kashaya Rasa, Amla Vipaka, Ushna Virya</i>	<i>Vishamtaya Viruddha</i>
17.	<i>Urada (Masha)</i>	<i>Madhur Rasa, Madhur Vipaka, Ushna Virya</i>	<i>Sam-Vishamtaya Viruddha</i>
18.	<i>Sema (Nispava)</i> ²⁸	<i>Madhura-Kashaya Rasa, Amla Vipaka, Ushna Virya</i>	<i>Sam-Vishamtaya Viruddha</i>

19.	Aama ^{29,30}	Atyama Rasa, Tridosha Karaka	Samyoga Viruddha
20.	Katahala ³¹	Madhur Rasa, Madhur Vipaka, Sheet Virya	Samtaya Viruddha
21.	Kela ^{32,33}	Madhur Rasa, Madhur Vipaka, Sheet Virya	Samtaya Viruddha
22.	Bijaora (Nimbhoo) ^{34,35}	Amla Rasa, Ushna Virya	Samyoga Viruddha
23.	Karaunda ³⁶	Amla Rasa, Ushna Virya	Samyoga Viruddha
24.	Kamrakha ³⁷	Madhur-Amla-Kashaya Rasa, Sheet Virya	Samyoga Viruddha
25.	Imli ³⁸	Amla Rasa, Ushna Virya	Samyoga Viruddha
26.	Akhro ³⁹	Madhur Rasa, Madhur Vipaka, Ushna Virya	Sam-Vishamtaya Viruddha
27.	Amla Dadima ⁴⁰	Amla Rasa, Ushna Virya	Samyoga Viruddha
28.	Jamuna ⁴¹	Madhur-Amla-Kashaya Rasa, Sheet Virya	Samyoga Viruddha
29.	Koshamra ⁴²	Amla Rasa, Amla Vipaka, Ushna Virya	Samyoga Viruddha
30.	Kainth ⁴³	Amla-Kashaya Rasa, Ushna Virya	Samyoga Viruddha
31.	Nariyal ⁴⁴	Madhur Rasa, Madhur Vipaka, Sheet Virya	Samtaya Viruddha
32.	Galgal (Nimboo) ^{45,46}	Amla Rasa, Amla Vipaka, Ushna Virya	Samyoga Viruddha
33.	Sura	Amla Rasa, Amla Vipaka, Ushna Virya	Samyoga Viruddha
34.	Krishra (Khichdi)	Madhur Rasa, Madhur Vipaka, Sheet Virya	Samtaya Viruddha
35.	Sattu	Madhur Rasa, Sheet Virya	Samtaya Viruddha
36.	Amla ⁴⁷	Potant Amla Rasa	Samyoga Viruddha
37.	Lavana ⁴⁸	Lavana Rasa, Ushna Virya	Vishamtaya Viruddha
38.	Pinyaka (Til Khali) ⁴⁹	Madhur Rasa, Madhur Vipaka, Sheet Virya	Samtaya Viruddha
39.	Dahi ⁵⁰	Amla Vipaka, Ushna Virya	Samyoga Viruddha
40.	Tai ⁵¹	Madhur-Kashaya Rasa, Ushna Virya	Sam-Vishamtaya Viruddha
41.	Virudhanna ⁵²	Atmost Guru	Samtaya Viruddha
42.	Pistanna ⁵³	Atmost Guru	Samtaya Viruddha
43.	Madya ⁵⁴	Amla Rasa, Amla Vipaka, Ushna Virya	Samyoga Viruddha
44.	Milk in Gulma Roga	Nidanarthkari	Avastha Viruddha
45.	Drinking of milk soon after the hot exposure		Upchara Viruddha

Table 2 – Ghrit (Clarified Butter) Incompatibility

Sl.No	Virodhi Dravya (Incomputable Material)	Virodhi Bhava (Cause if Incompatibility)	Virodhi Ghataka (Type of Incompatibility)
1.	Madhu (in equal quantity) ^{55,56,57,58}	Kashaya Rasa, Sheet Virya	Matra Viruddha
2.	Pakva Badhala ^{59,60}	Madhur Rasa, Madhur Vipaka, Sheet Virya	Samtaya Viruddha
3.	Drinking of cold water soon after intake Ghrit ⁶¹		Upchara Viruddha
4.	Urd Daal	Madhur Rasa, Madhur Vipaka, Ushna Virya	Sam-Vishamtaya Viruddha
5.	Intake of Ghrit with Madhu, Vasa, Majja & Rain water	Kapha–Pitta Vardhaka (enhancer)	Dosha Viruddha
6.	Store in Kansya Patra for 10 days ^{62,63}		Samyoga Viruddha

Table 3 – Dadhi (Curd) Incompatibility

Sl.No	Virodhi Dravya (Incomputable Material)	Virodhi Bhava (Cause if Incompatibility)	Virodhi Ghataka (Type of Incompatibility)
1.	Chicken Flesh	Kashaya Rasa, Ushna Virya	Samtaya Viruddha
2.	Tada Phala ⁶⁴	Madhur Rasa, Madhur Vipaka, Sheet Virya	Vishamtaya Viruddha
3.	Kela ^{65,66}	Madhur Rasa, Madhur Vipaka, Sheet Virya	Samyoga Viruddha
4.	Pakva Badhala ⁶⁷	Madhur Rasa, Madhur Vipaka, Sheet Virya	Vishamtaya Viruddha
5.	Virudhanna	Atmost Guru	Samtaya Viruddha
6.	Krishra (Khichdi)	Madhur Rasa, Madhur Vipaka, Sheet Virya	Vishamtaya Viruddha
7.	Intake of Ushna (hot) Dadhi		Samskara Viruddha
8.	Intake of Dadhi in the night ^{68,69}	To produce Abhishyandana (obstruct the channels)	Kala Viruddha

Table 4 – Takra (Buttermilk) Incompatibility

Sl.No	Virodhi Dravya (Incomputable Material)	Virodhi Bhava (Cause if Incompatibility)	Virodhi Ghataka (Type of Incompatibility)
1.	Kela ^{70,71}	Madhur Rasa, Madhur Vipaka, Sheet Virya	Samyoga Viruddha
2.	Processed Kampillaka with Takra ⁷²	Laghu, Katu Vipaki, Ushna Virya	Sam-Vishamtaya Viruddha
3.	Pakva Badhala ⁷³	Madhur Rasa, Madhur Vipaka, Sheet Virya	Vishamtaya Viruddha
4.	Krishra (Khichdi)	Madhur Rasa, Madhur Vipaka, Sheet Virya	Vishamtaya Viruddha

Table 5 – Navnita(Fresh Butter) Incompatibility

Sl.No	Virodhi Dravya (Incomputable Material)	Virodhi Bhava (Cause if Incompatibility)	Virodhi Ghataka (Type of Incompatibility)
1.	Mooli	Katu Rasa, Katu Vipaki, Ushna Virya	Vishamtaya Viruddha

Table 6– Kilata, Kurchika Incompatibility

Sl.No	Virodhi Dravya (Incomputable Material)	Virodhi Bhava (Cause if Incompatibility)	Virodhi Ghataka (Type of Incompatibility)
1.	Continuous intake of Kilata, Kurchika etc.	To produce Doshas	Swabhava Viruddha

Acharyas have said that consuming the *Goras-Varga* (cow milk and its products) with the opposite substances, shown in the above tables is harmful (causes diseases). For example, *Acharya Charaka* has described the bad effects, caused by the combination of *Dugdha* (milk) and *Matsya* (fish). According to this, both milk and fish are *Madhura Rasa* (sweet taste) and *Madhura Vipaki* (end of digestion) and in combined state, they become *Maha Abhishyandi* (obstruct the channels)⁷⁴. Due to *Maha Abhishyandi*, their digestion is delayed instead of being in the prescribed time. As a result, *Ama* is produced and due to the obstructed channels *Ama* is not also digested properly, hence, *Ama-Visha* (ptomanpoison) is produced, which is difficult to cure. *Matsya* (fish) and *Dugdha* (milk) are *Virya Viruddh*(opposite potency)⁷⁵, resulting the combination contaminate the blood also, due to which *Raktaja Roga* (blood related diseases) may be appeared. Similarly, the diseases are also caused by other opposite combinations. For example, consuming milk with the flesh/meat of animals and birds of *Jangal Desha* (wild area), *Anoop Desha* (marshy area) and *Jaliya Kshetra* (aquatic region) causes *Badhira* (deafness), *Andhapana* (blindness), *Kampa* (tremors in the body), *Jadata* (rigidity), *Aspashta Swara* (unclear speech), *Anunasika Swara* (nasal voice) and *Mritya* (death)⁷⁶. Consuming *Mooli* (radish), *Lahsuna* (garlic), *Sahijana* (drumstick), *Tulsi* (basil) with *Dugdha* (milk) causes *Kushtha* (skin disorders)⁷⁷. Consuming of *Badhala Phala* (monkey jack fruits) or *Jatuk Shaka* (green vegetable) with *Dugdha* milk causes loss of *Bala* (strength), *Varna* (complication), *Virya* (semen) as well as *Shandhata* (impotency) or *Mrityu* (death)⁷⁸. Apart from this, improper consumption of other components of *Gorasa-Verga* also has adverse effects on health and cause diseases. *Acharya Bhavamishra* has described that a curd loving person, who consumes curd without following the prescribed method, i.e. without considering the *Kala/Akala* (suitable/unsuitable time) *Yogya/Ayogya*, (appropriate/inappropriate) of curd consumption, gets *Jwara* (fever), *Rakatpitta* (hemoptysis), *Visarpa* (erysipelas), *Kushtha* (skin disorders), *Pandu* (anemia), *Bhrama* (confusion) and *Gambhira Kamla*(serious jaundice)⁷⁹. According to *Acharya Charaka* and *Acharya Vagbhata*, excessive consumption of *Ksheer* (milk), *Dadhi* (curd), *Mandak*, *Kheer* etc causes *Prameha* (urine diseases and diabetes)^{80,81,82}. Consumption of *Takra* (buttermilk), *Dahi* (curd), *Dahi* (curd) *Mand*, *Udshvita* (a type of buttermilk), *Katvara* (a type of buttermilk) causes *Vatarakta* (gout) and *Raktapitta* (hemoptysis)^{83,84}. Consumption of *Ati-Snigdha Padarth* (more oily substances), *Dugdha* (milk) and *Mandak* cause *Kaphaja Gulma* (a type of tumor) disease⁸⁵. Excessive consumption of *Dugdha* (milk) and *Dadhi* (curd) causes *Kaphodara* disease⁸⁶. Excessive consumption of *Dadhi* (curd) and *Apakva Dugdha* (raw milk) causes *Hikka* (hiccup) and *Shwas Roga* (breathing problems)⁸⁷. During the digestion of *Guru Anna* (heavy food material), *Dugdha* (milk) and *Ghrit/Ghee* (clarified butter), due to *Srotasavrodha* (obstruction of the channels), *Annaja Trishna* (food craving) arises⁸⁸.

DISORDER OF COW'S MILK IN MODERN SCIENCE

Intolerance symptoms of milk protein manifest in the early stage of life, usually a few weeks after the primary exposure to cow's milk. Clinical manifestation of milk protein allergy include diarrhea, vomiting, abdominal colic, irritability, failure to thrive and gastrointestinal hemorrhage. The clinical symptoms of milk protein intolerance usually subsides itself by the second year of life.

CONCLUSION

After studying the above references, it becomes clear that poison consumed properly becomes as beneficial as medicine and nectar consumed unlawfully becomes as harmful as poison^{89,90}. It is healthy to consume substances according to the rules described in the literature. Therefor it is well said by ``*Acharyas* that- it is best to consume water at the end of the night, *Takra* (buttermilk) at the end of meals and *Dugdha* (milk) at the end of the day⁹¹.

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