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Cow Protection and Krishna Consciousness... a blog by Madan Gopal Das

Mother Cow's blessings in my life.

5

Posted by Madan Gopal Das | Posted in Benefits of Pancha gavya - blessings of cow, Glories of Cow Dung, Glories of Cow Urine, Glories of Ghruta (Cow Ghee), Personal Reflections | Posted on 24-10-2010

Tags: back pain, bad breath, blessings, bowel movements, cow dung soap, cow dung toothpowder, cow ghee, cow urine tablets, foot pain, ghruta, healthy and happy, jaipur, pink eye, sicknesses, white spots

Hare Krsna!

Would you all not like to know how, I got the mercy of Cows along with Krishna (the supreme personality of God)?

Mentioned here are few realizations of my life which has helped me to be here in front of you all. I would like to speak about cow more so would mention only few important realizations of my life.

There is some connection of my past life which has led me to this beautiful and blissful place. However, as of now, I will speak about my current life. As a child, I always preferred living in rural areas and in natural forest setting. My father was in air force, however the atmosphere in air force is urbanized, but the residential areas are not like city. I was used to seeing snakes, monkeys around my residence. People around me were quite civilized but the ambience was natural. Later, we shifted to our native place where I got the exposure of agriculture etc. I joined an engineering college and while studying, I was introduced to Krishna consciousness which I very easily accepted. After my graduation I joined ISKCON's Sri Sri Radha Gopinath temple at Mumbai as a full time a brahmachary. From the year 1994, I am very blissfully attached to this wonderful movement.

I choose to preach outside Mumbai in rural set up, However in rural set up things are not up to the mark and so the living conditions are really bad. To live in the place where there is no electricity and running tap water (which is not fresh from natural source) is too much for me. In the year 2000 our temple had a farm at Daund (place near Pune). HG Sanat Kumar prabhu was in charge of this project. Once he was visiting a goshala in Jaipur and I had a chance to accompany him. There I came across a book scientifically written on cows. It was in Hindi. That book extolled the glories of cow urine as a medicine to many diseases. At that point of time I had few medical ailments of which the prominent one were white spots on skin, persistent weakness, successive sickness like

malaria and viral fever. I purchased some medicines from Jaipur while returning. The goshala in Jaipur is Rajasthan Goseva sangh, Tonk road, Durgapura, Jaipur. Tel-0141-2551310, 2545954.

Immediately after that, it was decided that we have to get cows transported from Rajasthan for our farm. Few devotees from Wada farm were going to travel to Rajasthan to get Rajasthani cows (Breed). HG Sanat Kumar pr was to lead them. But suddenly he fell sick. Fortunately I was selected to go along with devotees not only to lead them but to manage the whole activity of purchasing cows. I was supposed to handle cash, make proper written agreements etc... Other devotees who were suppose to decide which cows to purchase i.e. which is the right breed of Rajasthani Cow. Work was equally distributed. We played our roles to best of our abilities.

When we returned from this trip, I started making my own cow products for my personal use. I began with cow urine tablets which the book mentioned as medicine for white spots on skin. Best thing about me was, I was never impatient while using these medicines for the results. I began taking tablets for skin spots but never got upset if I could not observe results in my body. (For instance 15 days nothing is happening, now 1 month no improvement). I was very patient and had an instinct that by consuming cow urine tablets daily something good is going to happen. I was not able to follow suggested diet. But after taking cow urine tablets for just a couple of weeks I noticed that my weakness has reduced considerably since cow urine had began to throw out toxics from my body. Later, after 6 months I noticed that my spots on skin have drastically decreased and at many places it had disappeared completely. Before taking these tablets, in 7 years, I had malaria approx 7-8 times. From past 8-10 years I never had malaria. Later, I thought without following proper diet I could see such wonderful results on my body then why not to follow the recommended diet, which I started doing as far as I can do in ashram setup.

One thing was clear that I would continue consuming these tablets for my entire life. I had faith that it will never do any harm to me even if it doesn't cure few ailments. Certainly it does all the good. I was very much encouraged by my devotee friends and later with their suggestion I made my own cow dung based tooth powder and cow dung soap. I had never used soap from past 20 years. From past 8 years, I occasionally use cow dung based soap. Then I made my own eye drops etc and all these products were astonishing. Whenever there was an epidemic of conjunctivitis around, I would put few drops of these eye drops and I was always saved from the eye infection. My bowel movements were improved in due course of time. There was one more important change i.e. my hemoglobin level increased which was below normal.

Toothpowder made my shaky tooth strong and normal. Whenever I visited any farm, I would personally take pleasure in serving the cows by serving them in different ways like removing their cow dung, cleaning them, cleaning their place of residence, brushing them etc. This gave me lot of spiritual credits and lot of satisfaction. I carried on these activities for many years i.e. Without preaching or talking about the importance of cow

products much with others. Most of those who knew my connection with cow urine sneered at me and my intelligence.

Gradually my liking for food in mode of goodness increased and automatically my attraction for items in passion went down. Over time period my taste for natural food items increased. I could control myself from wrong eating habits. In short it meant strong determination. However, I would always give this credit to Krishna, that my senses were getting purified and could now appreciate the items which were more close to god or natural rather than manmade or man processed. I was actually wondering how I started appreciating items in goodness and how my attraction for passionate food decreased. There were few bad habits which were not under my control and one of them was unhealthy food habits which improved over time period. I feel not only happy but also healthy. The delicacies which I was craving for, once upon a time could not attract me any more and items which were too austere were naturally preferred by me. This purification of change is certainly due to holy name and the consumption of cow products. One important thing that I would like to mention, that serving cows and getting connected with cows is like a huge catalyst in spiritual life. Controlling senses and steady mind without serving cows is impossible as per my experience. Now I understand the importance of Cow and the reason why in every ashram of saints and sages of past, cows were integral parts. They have a huge role to play in spiritual life.

Gradually few brahmacharies and few congregations started noticing my blissful health and inquired about my health. I informed them whatever I knew. However many people and bramacharies were not convinced and could not appreciate, but there were few who did understand and started using cow products in the form of cow urine and milk.

There were many mistakes that I was committing in consuming cow products, inspite of me consuming cow urine for many years. In spite of serving cows for many years, I was not satisfied personally. My constant traveling was taking toll on my life in form of ageing process. My joints started aching, some back ache was setting in and there was slight pain in bone of sole of left foot. These were mild in nature but certainly disturbing me. Also now I could not sit for more than an hour and half crossed legged at a stretch. Previously I could sit up to 3-4 hours cross legged at a stretch.

At that point of time I heard a lecture from a wonderful person who loved cows a lot. His name was Sri Uttam Maheshwari (9869433469). Attending his lectures enhanced my knowledge of cows. While communicating with him, I came to know more about cow ghee. Actually I was eating cow ghee (ghrta) before but not in right manner. With his suggestion, I started eating cow ghee in right manner. Actually eating of right ghee in right way is more important. Within 2 months all my 3 pains mentioned above vanished never to appear again. This happened in peak winter season which is worst time for such pains. My motions became better. Bad breath from my mouth completely vanished. Again I could sit cross legged for few hours at a stretch. There was one more surprise waiting for me, previously I was finding it difficult to sit erect with perfect straight back for chanting and other purposes. But suddenly I noticed that not only I could sit cross-legged for hours together, but without effort I could sit erect with straight back for more

than an hour which certainly improved my quality of chanting. Also mind became more peaceful and less agitated towards material attractions. So I noticed that my ageing process has been reversed and I feel all the more energetic for spiritual life.

Then I started using ghruta in another way. That is putting 2 drops in nose. This gave my mind more strength to withhold from allurements that happen in spiritual life. It made my hairs on head black from brown and my hairs became denser. Even though I am celibate and keep my head shaved I could see these as anti aging signs. Few years back I was operated for loss of hearing in my left ear. Same problem was increasing in my right ear as well. By putting ghruta in nose for 2-3 months my hearing of right ear improved with respect to decibels and frequency.

Now I am happy and personally satisfied. I am very much confident that with the help and blessing from divine cows I will be certainly be successful in spiritual life and I feel that the holy cows are always leading my life towards Krishna and so I am completely fearless about success in spiritual life. Sorry If I have written more about myself and hurt someone in the process but I wanted to share my experiences with those who are interested.

In essence I would like to say that our relationship with cows and Krishna are similar in nature. It is very much fruitful. We should not look at cows only as source of cures but just keep serving her and keep our connection with her alive and in turn we will receive her blessings as and when they come. It may take few weeks, one year or even 10 years we have to be patient.

Comments (5)Struggler said on 24-10-2010

Thank you very much.

Pls let know how to use ghruta in the proper manner.

Also pls let know whether ghruta needs to be kept in fridge or can it be kept in open in a container. Will it stale if we keep it outside?

Ans – How to use will I will write soon. It doesn't need to be kept in fridge. It never gets spoilt. It can last for 100 years. Yes, it should be kept in covered clean vessels.

Dinesh Salve said on 26-11-2010

Life of every animal is important so why you do not make people aware of crimes related to other animals. Is it because they are not useful to us like cow ?

Ans –

Vedic scriptures tell us not to kill any living entity. At the same time the existence of whole world is dependent on protection of cows. Its not only humans that are benefited by cow protection but all species, ecology, environment, seasonal balance, pollution prevention, etc are dependent on protection of cows.

For all the species to exist joyfully cows have to be protected. So we should not kill any living entities but cow protection is given special importance as her protection is beneficial to all species and universe.

Cows are not given importance just because they are beneficial to us but are a blessing to all species.

Also cow blessing bring a very positive change in consciousness or personality of humans. So it is given importance. We save cow's so that not only humans will be saved but whole world. Since this is not true about other living entities we give more stress on cow protection at the same time we understand that no one should be killed.

By cow protection automatically good thoughts and behavioral patterns will come into existence. This will lead to mercy and love to other living entities as well.

MGD

Sachin Patil said on 07-03-2011

Hare Krishna Prabhujii,

Can we say the ghee made in go-shala is of proper manner. If not will it give us benefit? Also may I know content in the cow ghee & how it will be superior to buffalo ghee.

Ans – Your question is too vague. There are hundreds of goshalas in India and around world and there are various breeds of cows they have and there are various ways of making ghee they employ. The attitude of people in charge varies from nice caring to completely neglectful. So how can I answer that ghee made in goshala is of proper manner. You have to specify which goshala, which method etc and then only I can answer. Or rather any one can go and check if the cows, process and persons are ok. About cows and process I have already written in blog. About persons we can see for ourselves.

If the cows and ghee matches what I have said in blog previously that ghee is for sure going to be beneficial. My field is not to study cow ghee with modern approach of chemical labs. Yes for modern people it may be required. But I can't do all things. I can say Right ghee will cure diseases of vata and pitta which are cause of 80 – 90% of diseases. It will strengthen bones and can reverse weakening of bones if eating ghee is coupled with right lifestyle etc. If I can do this with right ghee which I have experienced as described in ayurveda then why I need the chemical tests. Ghee can do much more. Buffalo ghee is heavy and give heaviness in gross and subtle body to human. It is suitable for wrestlers. They can take it along with cow ghee.

sanket said on 13-03-2011

Hare Krishna Prabhujii,

THANK YOU VERY MUCH FOR SHARING THIS.

Even after hearing ur class in pune,i couldn't start using cow products due to habit of postponing.

But now i have started using cow urine.

Awadhesh Vaish said on 29-03-2011

Thank you for sharing your experience and giving valuable advice.

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COW GHEE – THE NECTAR (Part II)

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Posted by Madan Gopal Das | Posted in Ayurvedic Health, Glories of Ghruta (Cow Ghee) | Posted on 12-03-2011

This post is in continuation of following post.

<http://mgdas.com/2010/10/cow-ghee-%E2%80%93-the-nectar/>

Even if we make ghruta (ghee) according to the proper system, following points should be kept in mind. Ghruta made in various seasons have various properties. Ghruta has two uses, one is internal and the other is external. Ghruta which is made in any season is good for the external uses. Older the ghruta is the better it is for external use. In fact, there used to be ghruta which was 100 years old. That was supposed to be very medicinal. For internal use ghruta made especially in rainy season and even in summer season to some extent should be consumed within 1 to 2 months from manufacturing, but ghruta made in winter season can be used for edible purposes for 1 year or even little more. Best ghruta is made in severe winter i.e. Dec, January in northern hemisphere.

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Right process to accept Cow Ghruta in our life

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Posted by Madan Gopal Das | Posted in Ayurvedic Health, Glories of Ghruta (Cow Ghee) | Posted on 12-03-2011

Right process to accept cow's ghruta in our life.

The points in this article are as important as in all other previous articles. As I have said ghruta is described as amrit (nectar) in Vedic scriptures. Amrita means it can keep death at far and give one a long and healthy life. Up till now I have told how to get and manufacture right ghruta. Here I am going to tell the right way to accept or in simple language use ghruta in our daily life.

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Comparison of Pricing of Modern vs. Vedic Ghruta (Ghee)

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Posted by Madan Gopal Das | Posted in General Health Advice, Glories of Ghruta (Cow Ghee), Vedic Lifestyle | Posted on 12-03-2011

Tags: false milk, fat separator, Modern Ghee making, Vedic Ghee making

Comparison: pricing of ghruta (ghee) made by correct process and by modern process.

Ghee made properly will be costly compared to so call ghee available in market today. The current rates of ingredients dated 15th Jan 2011 are being used for calculation. Pure and correctly made ghee will cost at least Rs 900 per kg. This is because the cost price of this ghruta is Rs. 800 per kg. So the farmer and supplier get only Rs 100 per kg as profit.

Ghee made by other process will cost around Rs 250 – 350 per Kg. Cost of manufacturing this cream ghee is at the most Rs 50 per kg and manufacturer (mostly some big corporate) is making profit of Rs 200 – 250 per kg. We can clearly estimate the cheating by modern corporate's and the honesty by real ghruta makers. This will be clear as you read on.

Read the rest of this entry »

Success of Cow Urine in Curing Diseases

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Posted by Madan Gopal Das | Posted in Ayurvedic Health, Glories of Cow Urine | Posted on 12-03-2011

## SUCCESS OF COW URINE IN CURING DISEASES

In order to understand the curing process, it's essential to know why diseases occur.

Why diseases occur?

Following are the reasons:

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Various Cow Products XIV – Eczema Soap

1



Posted by Madan Gopal Das | Posted in Ayurvedic Health, Glories of Cow Dung | Posted on 12-03-2011

## ECZEMA SOAP

Ingredients: -

Multani soil: 1 kg

Geru (Red ochre, Red clay): 200 gm.

Wet cow dung: 1250 gm

Copper sulphate (blue vitriol): 36 gm.

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[email response]: Mother's headache

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Posted by Madan Gopal Das | Posted in Glories of Cow Urine | Posted on 30-03-2011

Tags: cow urine

Hare Krishna,

My friend's mother used to have severe headache everyday. She would always be complaining of headache. No medicine would help her nor any doctors were able to do anything.

To get some relief she used to apply balm to her eyes, we can just imagine from this what pain she must be feeling. Just a week back we heard that putting 2 drops of cow ghee in the nose can help. So we immediately bought a bottle from the temple and gave his mother. She used it at night and next day her headache was gone. She daily uses it and there is no more headache.

Jugal

OW GHEE – THE NECTAR (Part II)

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winter season can be used for edible purposes for 1 year or even little more. Best ghruta is made in severe winter i.e. Dec, January in northern hemisphere.

Ghruta made from milk of red cows is best as compared to cows of other colors. Cow urine is best from black color cow. The best milk comes from white color cow and best ghruta is made from milk of red cow. This is when we consider great details. For present day when all three are rare items all three products from all the Vedic cows are acceptable.

Churning of milk should be done early in morning before the sun gets hot. If we do in day time when the sun has become warm then proper formation or rather separation of butter and curd will not take place.

Now I will tell my experiences of accepting the ghruta which was made wrongly and then you will know why I sound so fanatic. In fact I first try on myself both right and wrong things and then tell others.

My experience with ghruta made from cow's milk made by fast moving machine in one direction. As mentioned in <http://mgdas.com/2010/10/mother-cows-blessings-in-my-life/> - post I had three types of pain, which according to ayurveda were all vata-type. All of these three were cured by taking cow ghee just for 1-2 months. Then one person gave me a sample of ghruta and he told me that it was made properly according to the Vedic standards i.e. by making whole milk into curd etc. I asked him all the required questions but somehow there was a communication gap. After I took his sample ghruta, just for three days, all my pains which had disappeared came back in 2-3 days of consumption of this ghruta. So I asked him telling that his sample did not confirm the Vedic way of manufacturing completely and told him to narrate the whole process again. Then he told me that previously he used to hand churn the curd, but just recently he had purchased the motor for churning. The sample he had given me was from machine -churned ghruta. I told him that I cannot accept such ghruta as he has to churn by hand.

Now I could realize why the Vedic sages used to put so much stress on the point that the ghruta should be made not by machine which moves fast in one direction as it makes the nectar ghruta harmful for the body. If this is so about just churning then what to speak of modern ghee from factories which is made from cream- separator- machine.

Now I will speak about ghruta made properly from non- Vedic cows. For what is Vedic cows please look <http://mgdas.com/2010/04/vedic-cow/> - I got a sample of ghruta which was made from non-Vedic cows. When I started taking it, in 2-3 days my stomach got upset with diarrhea-type symptoms. I had to pass stool few times a day which was quite liquid in consistency and my stomach was giving me pain. First I tried to find out every other reason for why it happened this way. I did not take any medicines and just stopped consumption of this wrong ghee from non-Vedic cows. In 2-3 days my stomach became OK. Then I again started to take this wrong ghee just to confirm my experience. I did not change my eating habits and the other daily schedule meanwhile and within 2-3 days

same symptoms came back. I repeated consuming this wrong ghee from non-Vedic cows and stopping it for few days at a time at least 4-5 times with similar results and then I was confirmed that this wrong ghee from non-Vedic cows was the cause of sickness as I had heard that non-Vedic cows and its products will lead to various diseases. Still I wanted to remove the possibility that this was a mere coincidence even though it happened 4-5 times. So I gave the sample to another devotee without telling him anything. He also showed the same symptoms of stomach disorder within 2 – 3 days.

I have not tried the ghee from factories which are made by cream-separation method, but I can say that the following results will come. This cream-separated ghee is mostly made from non-Vedic cows. Secondly, it is made not by recommended Vedic process rather by artificially separating the cream in machines. This is called cow ghee in India and in small brackets it also mentions animal fat. Factory butter and ghee made in such a way will have exactly opposite qualities as that of butter and ghruta made locally with the Vedic standards.

Also there is another important point in this connection. There is a proper way to consume or eat ghruta. Ghruta has to be consumed always hot or with hot items. When ghruta is consumed hot then only it is nectar but not otherwise.

We should eat ghruta with hot items. Best way to take ghruta is to mix it with a glass of hot milk. We can take a glass of hot milk and then add a spoon or two of ghruta. Then we should aerate it nicely by pouring milk from one vessel to another while keeping some distance between the vessels such that the milk falls from one vessel to another from a distance of 1- feet. In this way some foam is formed on top of the milk and ghruta is mixed thoroughly with milk as it is broken in fine droplets. If milk is not available then we can use other hot mediums like kadha, ginger tea, soup, water of dal(lentils) etc. If we eat sweets made in ghruta then they should be accompanied by hot milk or one of the above mentioned drinks or at least hot water. Ghruta can be put on hot chapaties, hot rice or hot dal. Here hot means hot in temperature but not spicy. In essence, ghruta should always be consumed with hot/ warm items. If we eat ghruta with cool items or with cold drinks, ice cream, etc then it will be poisonous for us. Again I am going to tell one of my experiences here. In fact, I would say that one should not eat ghruta if he wants to eat items from the fridge.

If we take ghruta in the above-mentioned process then our bad cholesterol will decrease and good cholesterol will increase in 2-3 months. Once one MD doctor, heart specialist HG Ananda sindhu prabhu came to me telling that he is eating ghruta as per directed and still he found that his bad cholesterol (LDL) has increased a little. In fact all cholesterol has increased. I immediately asked him whether he drinks cold drinks, cold water from the fridge, etc and the answer was affirmative. I told him that ghruta is not the culprit but these cold items are the culprits. They turn good cholesterol into bad in our body. Then I thought that since I never ate or drank anything from the fridge so let me check my cholesterol even though I was never high on cholesterol. I was amazed to see my results and so was this doctor HG Ananda sindhu prabhu. For your information, I am giving the

exact values of my lipid profile before and after consuming the right ghruta in a right way. Anyone can come to Mumbai and verify my reports.

Right process to accept Cow Ghruta in our life

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Posted by Madan Gopal Das | Posted in Ayurvedic Health, Glories of Ghruta (Cow Ghee) | Posted on 12-03-2011

Right process to accept cow's ghruta in our life.

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Ghruta is amrita because it gives vitality, agility and energy to us. It is also important to eat ghruta in right way. Ghruta has many uses. I am discussing three types here. We can call these three types as internal, nasal and external.

Common points about cow's ghruta are that it is cooling in nature and helps in stopping infection, strengthening bones, removing toxins and giving strength. One most important point about cow's ghruta is that it has to be used always in warm/hot state. Hot does not mean very hot. At the same time we should know that repeated heating of cow's ghruta decreases its potencies. So we see in Vedic culture (India) that cow's ghruta which was used on daily basis was always kept in small silver vessel and it was heated before serving. The main stock was kept separate and was not heated every time. Only stock in small vessel was heated before serving so that the ghruta is not heated more than 2-3 times in total. In fact the lesser number of times it is heated the better it is. Still we have to use it only after heating. Lesser number does not mean never but only one time or say maximum twice or thrice.

So this heated cow's ghruta should be taken with warm roti, rice, dal etc. We see in Vedic culture that cow's ghruta was always put on hot rice, roti or dal and not on anything cold. Sweets made in ghruta were also eaten hot in previous times. For example Halva, gulab jamun, jalebi etc. all were eaten warm/hot. Preparations fried in ghruta such as pakodas etc. were always accompanied with warm kadhi, dal etc. If sweets were eaten cold such laddu, then it was followed by hot milk or hot kadha(ginger or herbal tea) etc. In essence, we see in Vedic culture or previous times the ghruta items were consumed either hot/warm or were accompanied with other hot/ warm items.

Ghruta is amrita when consumed warm/ hot and equally damaging when eaten cold. When eaten hot/warm it lubricates body and nourishes it, whereas when eaten cold it jams the body and puts it under stress.

So the main point in consuming ghruta, which is even perfectly prepared, is that it should be always consumed either warm or hot but never cold. Also keep in mind that after eating items of ghruta, cool or cold items should not be eaten. Here by cold or cool items I mean which are artificially cooled in fridge or refrigerator. In fact one who does not want to become old at 50 or 40 or 30 should never eat anything at fridge temperatures. In fact fridge and AC are direct welcome to old age. If one is consuming ghruta he should refrain from cooled items. Room or body temperature is ok. In severe temperatures it should be little warmer than room temperature.

In short ghruta when consumed warm is nectar and when consumed cold can be poisonous.

The best way to take ghruta is as follows:

Take one glass of hot milk. Add one or two spoons of ghruta. Aerate it by pouring milk from one glass to another as we see dairy retailers in northern India do. It should be aerated by pouring from one vessel to another for at least 10-15 times. Ghruta should become warm with milk and should be broken in small particles because of aerating. Then drink the milk. This is the best way to consume ghruta. If milk is not available or not digestible by someone he can do it in hot kadha(ginger tea), soup, dal water etc.

As cow urine does ghruta will also do wonders on your consciousness and body and experiencing it is the only way to know it. For some of my experiences you can read <http://mgdas.com/2010/10/mother-cows-blessings-in-my-life/>.

For all diseases below collar bone we should take ghruta in above way.

For all diseases above collar bone we should take it through nasal process as described below:

Nasal – In this process we put 2 drops of ghruta in each nostril keeping following details in mind. The ghruta to be put in nostrils should be warmer than body temperature. It should not be too hot to hurt the nostrils. When we put in the ghruta, our head should be tilted backward while lying down or sitting on chair. We should keep the head tilted backward in same position for 10 minutes without talking or much moving. Then after 10 minutes we can get up and move around if required. But we should not eat or drink anything which is not hot for an hour. When ghruta will flow towards the brain from nostrils we should not inhale it forcefully. We should keep breathing normally allowing the ghruta to flow in its own way towards the brain. This will help to solve the problems of ears, eyes, vertigo, sinus etc.

External use – Ghruta can be used to massage our own body for many reasons. It is the best antiseptic for external wounds. In previous times when people would be injured in battlefield with swords etc. ghruta used to be applied sufficiently over their wounds and no wounds would become septic. For this purpose, older the ghruta is the better it is. Even 100 years old ghruta is considered best for this purpose. We can massage ghruta on

the skin over any part of the body which has infection. For any burns etc. we can apply ghruta on our body.

Generally speaking, for internal use fresher the cow ghruta the better it is and for external use older is better. Ghruta made in peak winter can be kept for one year for internal use.

There is an excellent article from Kalyan magazine of Gorakhpur press which I am reproducing here for reference about various external uses of cow's ghruta. In the article term 'shyama cow' has come. Shyama cow refers to berry dark black/ brown Vedic cow. Please refer the ghee-%E2%80%93-the-nectar Wonders of Cow Ghruta (ghee).  
<http://mgdas.com/2010/10/cow-/>

This narration is not mine but I have kept it same as it was expressed by the author.

By the astonishing effect of cow's ghruta, I have seen many people becoming free from diseases. By cow's ghee(ghruta) skin diseases, wounds, marks of injury, black round around eyes, eye diseases, burning, cracks, etc. are astonishingly cured. This ghee should be from milk of shyama cow. Shyama is a black/dark brown coloured Vedic cow.  
<http://mgdas.com/2010/04/vedic-cow/>

One of my friends had lost his voice because a tube was kept in his nose for weeks during an operation. In spite of many efforts nothing was happening. He was unable to speak even after 15-20 days of tube removal. Being helpless he would express his desires by writing on paper. After massaging the above mentioned ghruta on throat for 3-4 days he started regaining his voice and could speak normally after 10 days.

The second incidence is of a youth. His fingers of left hand were badly crushed after being caught in a printing machine. The thumb was cut and separated from hand. Immediately operation was done and medicine was administered. His wounds on hand healed in due course of time. After 2-3 months, because of the pressure of the skin and operation, his fingers could not open up and it would look very bad. After massaging this ghruta of shyama cow for a month his fingers could be opened and the mark of operation was reduced to just a line mark.

There is one more similar incidence. A well- behaved and beautiful girl from very respectable family from Kashi had white spots at various spots on neck. Whole family was in anxiety because of that. The girl was also depressed. On their request ghruta of shyama cow was given to her for application. In a month's time redness was seen in place of white spots and in second month the whole skin became as it was before. No one could make out that she ever had white spots.

In this way for joint pains, eye problems, injuries, swelling, etc we can apply ghruta of shyama cow and get astonishing result.

Success of Cow Urine in Curing Diseases

Posted by Madan Gopal Das | Posted in Ayurvedic Health, Glories of Cow Urine |  
Posted on 12-03-2011

## SUCCESS OF COW URINE IN CURING DISEASES

In order to understand the curing process, it's essential to know why diseases occur.

Why diseases occur?

Following are the reasons:

Attack of various germs on various parts of body.

Due to decrease in immune power of body.

Due to imbalance of tridosh (bile, mucous and air).

Lack of healthy nutrients in the body for different reason.

Lack of some minerals.

Mental tension / stress

Excessive use of medicines.

Lack of electric waves in body.

In old age due to any of the above reasons.

Lack of healthy ingredients in food.

Working against the voice of soul (i.e. immoral sinful activities).

Sins committed in previous births.

Entrance of spirits in body.

Hereditary causes.

Poisons and toxins in body.

## HOW COW URINE WINS OVER DISEASES?

Cow urine has amazing germicidal power to kill all varieties of germs. All diseases generated by germs are thus destroyed.

Cow urine balances the tridosh (mucous, bile and air) thus diseases are cured.

Cow urine corrects functioning of liver. So, liver makes healthy pure blood. It supplies power to the body to fight diseases.

Cow urine has all elements, which compensate for deficiency of nutrients in our body, which are required for healthy life.

Cow urine contains many minerals especially Copper etc. It compensates for mineral deficiency in our body. Presence of gold salts protects body against diseases.

Mental tension hurts nervous and muscular system. Cow urine is called medhya and hradya, which means it, gives strength to brain and heart. Thus cow urine protects heart and brain from damages caused by mental tension & protects these organs from disorders and diseases.

Excessive use of any medicine leaves some unwanted residue in our body. This residue causes diseases. Cow urine destroys the poisonous effects of residues and makes body disease free.



Electric currents (rays) keep our body healthy. These currents (rays) are present in environment. These rays in form of extremely small currents enter our body through Copper in our body. We get Copper from cow urine. To attract these electric waves we need this quality of copper. Thus we become healthy.

Cow urine is not only an elixir, but also stops ageing process and destroys diseases.

The nutrients, which are less available in food, are compensated by nutrients present in cow urine and thus help to regain health.

By acting against the voice of soul (immoral & sinful action), the heart and mind become narrow minded. Due to this the functioning of body is effected and causes diseases. Cow urine provides mode of goodness. Thus helps us to perform correct activities by mind. Thus protects from diseases.

In scriptures some diseases are said to be due to actions performed in previous lives which we have to bear. Ganga resides in cow urine. Ganga is destroyer of sins, thus cow urine destroys such previous sins and so diseases are cured.

The diseases caused by entrant of ghosts in body are cured by intake of cow urine. The Master of ghosts is Lord Shiva. Lord Shiva holds Ganga on his head. Ganga is in cow urine also. Thus by taking cow urine, the ghosts get to see Ganga over their master's head. So they are calmed and become peaceful. So they do not trouble the body. Thus, diseases caused by entrance of ghosts are also destroyed.

By regularly taking cow urine before sickness, we get so much immunity that any attack of diseases is repulsed.

Cow urine being miraculous poison destroyer, destroys the disease caused by poison (Toxin). Extremely poisonous medicinal herbs are purified by cow urine. Cow urine provides immunity power by increasing resistance power against diseases in human body. It is not only non-poisonous but also destroys poison. It is anti toxin.

Comments (2)guru singh said on 21-04-2011

HARE KRISHNA

DANAVAT prabhuji

can you please explain further about the Doshas ( pitta, kapha , vata )  
how its imbalance affect our body  
how maintaining proper diet can reduce that Doshas

Ans – yes I will write a full series in few months.  
amrita vilasini said on 02-05-2011

Hare krishna prabhu,

dandavat pranam.thanks for nice article.what about jursey cows in west?how much effective their products are compare to indian cows?plz can u may b mention about them also briefly if its possible?

Ans – Thanks for the comment and doubt. First of all I am not about west or east. Before reading ahead please read following link. Non Vedic cows even if present in India are as non vedic. They just don't become Vedic because they are in India and vedic cows don't become non vedic just because they are physically in US or Brazil or any other country.

<http://mgdas.com/2010/04/vedic-cow/>

I can say for sure is products from cows or others who don't fit above description will not be beneficial to humans and they are not pointed at in Vedas. I have personal experience of this as well. Sometimes for some time their products might seem beneficial. But sustained use will give us contrary results.

I don't want to compare between two as comparison should be between two similar things. I can't mention about them as I don't want to and have time to study how something is not good. I have got indicators in the direction which I can state that they won't be beneficial in long run and in short as well. In fact I am too short of time to study all the glories of Vedic cows. My study is focused on vedic cows with warning that avoid the non vedic once.

Write a comment

General Health Advice – Q&A [Food Choices]

6

Posted by Madan Gopal Das | Posted in Ayurvedic Health, General Health Advice, Personal Reflections, Vedic Lifestyle | Posted on 01-07-2010

Tags: Ayurveda, Food Choices, General Health, solanaceae

Hare Krsna!

This is a email conversation between myself and Mr. Daniel Kumar who wrote to me after reading my article about General Health Advice For Devotees.

Here I have answered to his long email that had a list of queries and arguments about the things I wrote in my last post. Reading this conversation will clarify my many reasons to introduce this matter of food preference to our readers.

For reading convenience. Mr. Daniel's comments are printed in Dark Brown Color and my comments are in black color.

I am open to further questions on this topic at all times.

Thank you very much.

Argument #1

Sir,

“Avoid following vegetables – cauliflower, cabbage, capsicum, lady finger, brinjal, carrot, French beans, potato.”

When you say above statements to the people they are not even giving these to kids. stop doing this sir.

My Answer:

I forgot to include tomatos in the list. Also in my latest post called ‘My Menu’ which I prefer not for taste. For taste I might like all the items in the world, but I select items according to intelligence i.e. vedic scriptures.

Thanks for the comment and I am happy that you appreciated the work, even though there is lot of difference of opinion. I am putting forward some points in the blog and it is people’s choice whether to follow it or not. I am able to tell you this authoritatively because I have evidence from vedic texts and culture.

If your logic of blaming me for doing bad to kids is to be used then first try to stop all those bad advertising on media which a child sees. In media there is 2% advise for good food and 98% for junk and harmful food. These companies by promoting their own products are doing more harm than my saying not to eat carrot.

Children gulping down all those nonsense food in the form of chips, chocolates, soft drinks, fast foods, junk foods is doing incalculable more harm than not eating carrot or potato.

Certainly television or other advertisement wrong doing cannot be used to justify my statements, but my information is based on vedic texts and parampara (disciplic succession). These advertisements are subconsciously altering the minds of people as to what one should do and behave more powerfully than my blog.

As you will read I am doing good to people and so I should not stop. In following points I will show the defects of vegetables mentioned in the list. I do agree that those vegetables have good qualities as mentioned by you. But for your information all those good nutrients can be sufficiently had by our body by eating vegetables mentioned in the list which are suggested. I have given a list of lot of vegetables which one should eat. All those vegetables can take care of all requirements of Vitamin A,B,C, D etc. and all other nutrients.

But if the vegetables not suggested have lot of unwanted elements as I will explain then still why we should foolishly continue eating them and why should I not tell people to stop eating them?

Argument #2

Please don't mix religious faith(related to soul) to vegetables what they should or should not eat. Almost you are framing rules subconsciously in people minds.

God is amazing not of rules and he is concerned with heart what you think, what you do . Please don't relate spirituality with food and how many times he need pray to god .

I understand when people don't eat meat because they don't want to kill. What did above listed vegetables have done? (also garlic and onion).

My Answer:

Religious faith has to do with soul. But to understand soul a certain type of diet and lifestyle is useful or rather needed. We cannot go on eating all types of food and progress on knowledge of soul. To understand soul we require basic goodness and health.

In any spiritual path it is very important what one eats. Especially so in vedic science of Bhagavad Gita where one is raised to epitome of God and soul realization. There is great connection between food and mind and health and one cannot separate them.

If spirituality should not to be related with food then why in all scriptures of world including The Bible and The Koran so many advices have been given what to eat and not. Spirituality has to do with food for those who mean serious spiritual business. For those who want spirituality as show case, fashion or hobby then it has nothing to do with food. For your information even though I am in a spiritual organization I not a big leader or so. I have been around for a few years but at any point in my life till now or in future I have never and will never make my followers do something because I am saying so. I might say and I tell them you do it only if you understand and you are convinced.

In the blog here I am just writing what I know and those who have faith in my words and want to know more read it. No where I am and will be in a mood to tell people what they should eat just because I am their religious leader. I don't favor nor dislike people because they agree or disagree with my personal understanding and knowledge. You can reconfirm this from those who know me. In fact many of my own followers do not follow any of it right in front of me and I have absolutely no objection for it. If they ask me I will tell them that it is not good for their health.

God likes what we think and what we think is influenced by what we eat. So it is important to decide what we eat. Also God has told us what we should eat. For eg. in bible he has told 'Thou shall not kill'. So we can't kill and eat against the order of the ten commandments.

Argument #3

Benefits of carrot

The health benefits of carrot include reduced cholesterol, prevention from heart attacks, warding off certain cancers and many others. Most of the benefits of carrot can be attributed to its beta carotene and fiber content. This root, which has a scientific name of *Daucus Carota*, is a good source of antioxidant agents as well. Carrots are rich in vitamin A, Vitamin C, Vitamin K, and potassium.

Both adults and children like carrots because of its crunchy texture and sweet taste. Even though the color of original carrot is orange it grows in other colors including white, yellow, red or purple.

**Prevent heart diseases:** In a study meant to reveal therapeutic value of carrots researchers at the Wolfson Gastrointestinal Laboratory in Edinburgh, Scotland revealed that cholesterol level reduces by 11 percent if seven ounces of raw carrots a day is taken for three weeks. High cholesterol is a major factor for heart disease. Since regular consumption of carrots reduces cholesterol level it is good to prevent heart related problems. A group of Swedish scientists discovered that root vegetables can reduce the chances of having a heart attack. A study conducted at the Mario Negri Institute of Pharmacological Research in Italy found that those who ate more carrots had one third the risk of heart attack as compared with those who ate fewer carrots.

**Prevent cancer:** Beta-carotene consumption has been linked to reduced risk of several cancers, notably lung cancer. British researchers discovered that increasing beta-carotene consumption from 1.7 to 2.7 milligrams a day reduced lung cancer risk more than 40 percent. The average carrot contains about three milligrams of Beta-carotene. In a study, researchers found that eating fiber rich carrots reduce the risk of colon cancer by as much as 24 percent. Another study shows that women who ate raw carrots were five to eight times less likely to develop breast cancer than women who did not eat carrots.

**Macular degeneration:** This is a common eye disease of elderly. It impairs the macula. Researchers found that people who ate the most Beta-carotene had a forty percent lower risk of macular degeneration compared with those who consumed the least.

**Improves eyesight:** Deficiency of vitamin A can cause some difficulty seeing in dim light. Since carrot is rich in vitamin A it is good for improving eyesight.

**Stroke:** A carrot a day reduces stroke risk by 68 percent. Many studies have strengthened the “carrot effect” on brain. Studies conducted on stroke patients revealed that those with highest levels of Beta carotene have the best survival rate.

**Diabetes:** Carrot is good for blood sugar regulation because of the presence of carotenoids in carrot. Carotenoids inversely affect insulin resistance and thus lower blood sugar. Carrots have antiseptic qualities and therefore, can be used as laxative, vermicide and as remedy for liver conditions. Carrot oil is good for dry skin.

It makes the skin softer, smoother and firmer. Carrot juice improves stomach and gastrointestinal health.

Highest eye disease is in India because of lack of nutrition required for kids and when kids have eye issue don't say it is Karma for God sake.

Benefits of cauliflower

Cauliflower, a highly nutritious vegetable, contains many nutrients that can help prevent a range of diseases from cancer to cataracts.

Cauliflower is a vegetable that is many times overlooked. It is a member of the cruciferous family, a family which is known for containing nutrients that fight against several diseases.

There are two main ingredients in cauliflower, and all of the cruciferous family, that are the main disease fighters. These are indole-3-carbinol, or 13C, and the photonutrient sulforaphane. In research done at John Hopkins University in Baltimore, sulforaphane lowered the occurrence of breast tumors in lab animals by almost 40%. Toxins that would normally damage the cells and turn cancerous, are swept out of the system by sulforaphane, preventing tumors before they begin. 13C works in concert with the sulforaphane by acting as an anti-estrogen. Estrogen in high levels is known to foster tumor growth, especially in the breasts and the prostate glands. 13c helps to lower the estrogen count, thus lowering the chances of tumor growth.

Cauliflower also contains vitamin C and folate. Folate helps the blood work more efficiently and is often recommended for preventing anemia. Folate is also essential for proper tissue growth and not getting enough can make you susceptible to many diseases down the road such as cancer and heart disease.

Vitamin C is considered an antioxidant. When used alongside other antioxidants such as vitamin E and betacarotene, you can keep your immune system strong.

Three florets of cauliflower a day will provide you with 67% of your daily vitamin C requirement. When purchasing cauliflower, make sure the tops are white. If the floret has begun to spot brown or purple, it is past its nutritional peak. Serving the cauliflower raw will give you the highest nutritional benefits

Just my thoughts.

Daniel

My Answer:

I suggest to avoid following vegetables.

Tomato, capsicum, brinjal, potato, chilli (both red and green), cauliflower, cabbage, lady finger, carrot, French beans

Following are the reason why I suggest they should not be eaten. Everyone can take his own decision after that.

Reason 1 -

The knowledge available in vedas is complete and perfect. The vedic sages with far insight and understanding protected and promoted certain eating habits for the welfare of world physically, mentally and spiritually as well. For my personal self I don't need to go beyond the vedic instruction to decide what to eat and not. I don't want to waste time and energy to discover what was already know to vedic saints and just understand that all over again. For myself the vedic instructions are enough.

Some may argue that these vegetables were not know to vedic sages. But I will put the point that they were known and were on purpose neglected so that they were not available in India and actually rest of world did not eat these vegetables as well. I would like to stick to vedic instruction of recommended items to eat and I am sure they can give me all the nutrients I need.

Reason 2 -

All these vegetables under discussion at one point in history were not eaten in all parts of world. Most of these vegetables were spread all over the world originating from South American countries of Chile, Peru, Mexico etc. All the vegetable under discussion were not consumed in the entire world until just 500 years back. In fact they became popular in Europe only 300 – 400 years back and in India just 250 years back or less.

I would like to accept what the vedic sages had recommended after their in depth study and not follow the vegetables coming from people where perfect vedic knowledge was not present then. Following are the details of where these vegetables originated from.

From South America – capsicum, potato, tomato, chili, French beans.

Brinjal/ eggplant – only small white varity with thorns(India), other varieties (South America)

origin not surely known – cauliflower (mostly from turkey), cabbage (various opinions but mostly from Mediterranean), carrot (confusion – mostly Afghanistan, middle east), lady finger/okra(Ethiopia),

Reason 3 -

Here I am only writing about the vegetables that have originated in South America as pointed out. All these vegetables are categorized in scientific terms in the botanical family called 'Solanaceae'. In common language they are called nightshades.

All chilies, big and small except black pepper, capsicum, tomato, potato, eggplant, french beans etc fall in this category. Even plants like morning glory (besharmi – marathi), tobacco, dhatura(jimson weed) and other poisonous plants fall in this family.

There is a substance in the plants and fruit of this family called alkaloids. These alkaloids bring in lot of severe diseases to humans especially arthritis and also BP and heart diseases. Sometimes we can see it and sometime we cannot as it happens over a period of time. Yes these alkaloids do have a medical use but when used as food they have an adverse effect.

These alkaloids in nightshades (or solanaceae) if eaten as food do have effect on calcium in bones. They remove the calcium from bones and deposit in softer tissue thus causing problems at both places. The diseases resulting from such action are arthirtis, rheumatism, BP, heart blockages etc. These if taken in more quantities also obstruct nervous system and so causing symptoms like paralysis temporarily or permanently.

Tobacco is a member of these nightshades (or solanaceae). We all know tobacco contains nicotine which is toxic and addictive in nature. All the plants in nightshades (or solanaceae) do contain nicotine. Even the food plants of nightshades (or solanaceae) like tomato, potato etc. Yes the level of nicotine is very less in food nightshades (or solanaceae). Modern science in spite of not doing enough research says that these low levels are not harmful. I would say this is a typical, purposefully neglected field of research. They have spent lakhs of dollars to find out what vitamins are there in these nightshades as written by our friend Mr Daniel then why did the scientist not conduct enough research on the negative part of nightshades (or solanaceae). This is because they want to hide the facts from people so that their pharmaceutical industry keeps booming. Nicotine except used therapeutically is toxic, whether in small quantity or large. Yes these nightshades (or solanaceae) may have some vitamins and minerals and enzymes. But they are not the only source of these and the vegetables in recommended list can supply all these as well without the toxic and addictive part.

Now I understand that why the vedic scriptures and sages did not entertain these vegetables in their lifestyle. The sages of India are again right. We are fools to not heed their advice. I am aware that I have not covered all the vegetables in ‘the not recommended group’. But I don’t need to as my logic of following the vedic-ayurvedic scriptural advice as already researched knowledge is enough for me and those who are intelligent to have faith in vedic scriptures. I don’t want to waste time in doing the same exercise as done above for certain vegetables.

I am sure that they are not good for humans as ayurveda doesn’t recommend them. Those who doubt vedas and have time and money to do the research are welcome to do so and come to same conclusion latter on after wasting so much time and money. I don’t want to do it. Better accept vedic authority, save time and save health.

Infact I would like to tell the readers here of the genius of vedic advice.



Although peppers of nightshades (or solanaceae) family are not recommended in ayurveda but black pepper is glorified. Similarly potato is not recommended sweet potato is. Why?

Black pepper (also pungent) and sweet potato has all good qualities of green pepper and potatoes respectively minus the negative qualities. We see in vedas black pepper recommended and sweet potato sanctioned. If we see the modern scientific qualification we can see the genius of vedic scriptures again.

The modern classification is again given below.

Although the sweet potato, whose scientific name is *Ipomoea batatas*, belongs to the same plant order as the nightshades (Polemoniales), it does not belong to the Solanaceae family found in this order, but to a different plant family called Convolvulaceae.

The pepper family in the order Piperales, commercially important because of *Piper nigrum*, the source of black and white pepper. The family comprises about 5 genera, of which 2—*Piper* (about 2,000 species) and *Peperomia* (about 1,600 species)—are the most important.

Reason 4 -

Common sense logic given by vedic texts which doesn't require research of millions of dollars wasted.

Atleast in India but most probably in west as well these vegetables mentioned in the 'not recommended' list do require a lot of pesticide use in farming. In India these vegetables have lot of pests and insects which can be observed while we cut them for cooking. Anyone who has cut vegetables in India know that cauliflower, capsicum, potato, okra(lady finger), eggplant, french beans do mostly have lot of insects inside them. But we rarely find insects in ayurvedic recommended vegetables like snake gourd(parval), bitter gourd(karela), Ivy Gourd or Gherkins(tondli), Ridge gourd(turiya) etc.

So our body is going to develop similar qualities like the food we eat. If we eat food which attracts pest and insect then our body will be attracting infection and diseases. If we eat food which naturally does not attract pests and insects then our body will develop similar qualities.

Reason 5 -

Now from spiritual point of view also in fact i now strongly recommend those who want to advance on path of soul to not eat these vegetables as they belong to family of addictive and toxic plants. In my opinion they are mild toxic and addictive. So all those who want to advance spiritually should give them up knowing well that vedic scriptures and sages did not eat them. Be rest assured all your nutrition requirements will be taken care of if we eat other recommended vegetables in balanced and intelligent way as per season.

Also those who have eaten the vegetables mentioned in recommended list we see that even if we like those vegetables they don't make craving in us like those mentioned here. We have a craving for vegetables mentioned in not to be eaten list. At least to all devotees to whom I mentioned this point agreed that there is a craving for not recommended vegetables.

Reason- 6

This is for those who know something about Bhagavad Gita. These vegetables as shown above fall in passionate category where there is pleasure in beginning and pain in end. On the other hand item recommended will be little unpleasant in beginning and pleasure in end.

I would like to thank Mr Daniel kumar to raise this point here so that I could clarify things which would had remained here without my writing down.

Also I would also occasionally eat the not recommended vegetables when I was in some other people's house and was helpless to express my opinion but after writing the above answer I have now decided that I will never touch these items again. I thank you for helping me to reinforce my understanding and determination which is now like solid rock and which was a little soft before.

Your Servant.

Madan Gopal Das

Mistakes in preparation of Ghruta (Cow Ghee)

7

Posted by Madan Gopal Das | Posted in Benefits of Pancha gavya - blessings of cow, Glories of Ghruta (Cow Ghee) | Posted on 24-10-2010

Tags: cow ghee, ghruta, mistakes in making cow ghee, proper method

Hare Krsna!

As I had informed in my previous post, I would be listing few unacceptable methods of making ghruta which have crept in, not only in western countries but also in India. Also would like to explain in detail the changes in properties of Ghruta due to wrong method of making Ghruta.

Few important methods that are wrongly executed are as follows:-

1. Wrong Process: From past 60 – 70 years people in India has developed a habit, to take only cream from the milk after boiling it. Collect the cream for few days and make it into curd. Later churn it to get butter. One of the reasons for using this wrong method was the introduction of tea in India. There is an interesting story behind this, which I would be mentioning later on.

Correct Process: In proper process the whole milk along with cream is converted into curd and then churned in order to get butter.

2. Wrong Process: People directly try to convert the milk into curd without boiling it i.e. after obtaining it from cow. This is a shortcut but wrong method. After little research, we came to know that in some parts of India where the temperatures are very high especially during summer, so people draw milk from cows and as it is warm fresh from cows they add curd to milk to make it curd. They prefer using this shortcut method because after boiling milk it takes long time to cool the milk to required temperature so that curd can be added.

3. Wrong usages: Usage of ghee made in modern factories which is called cream ghee. Actually this is not ghee but poison and so modern doctors say that we should not eat ghee. The actual ghruta can cure even heart attacks and blockages. Actual ghruta can increase good cholesterol and decrease bad one however this factory ghee is going to give exactly reverse effects.

4. Wrong usages: To use milk of non Vedic cows or buffalos etc. This is also recent addition in wrong method from past few decades, after the introduction of tea in India.

### Analyzing wrong methods

Now I will analyze each wrong method mentioned above and its limitation.

1. We boil the milk and after the milk stays for few hours undisturbed then cream gets accumulated on top of it. Take the cream off the milk and add some curd to it. Keep it in fridge or outside if we don't have fridge. Keep on adding more cream thus obtained for few more days. Then churn the cream where some curd is added. Add water and then butter will come on top. Take this butter and heat it to get ghee. Here in this process the process of fermentation or rather development of bacteria does not take place fully and properly as it will happen when full milk is utilized. This development of bacteria is an important step as they digest milk. Development of bacteria will not happen in only cream process. And if the cream is kept in fridge then it is all the more difficult for bacteria to act.

### Reasons

Following are the reasons for pursuing wrong method of processing Ghruta. There is an interesting history behind this wrong usage...

1. Certainly one reason is shortage of milk in past few years.

2. However the major reason is the habit of consuming tea. Indians used to drink milk and not tea. So the Britishers made propaganda to popularize tea by adding milk and drink it even though the tea in Europe was normally consumed in the form of black tea. I.e. without milk. But tea has an addictive kick, when drunk hot and has its odor and taste. The Odor and the kick are hampered when cream is added into milk. So we see in India the tea drinkers would hate tea with cream in it. In fact the system was to remove cream

from milk and then add it to tea. From here onwards people began the process of separating cream from milk. Otherwise in actual process if we want to drink milk it has to be done with full cream i.e. in natural way. In past, if milk was offered without cream it was ridiculed as if one is offering water. Similarly when milk was made into curd, it was again full milk with cream. There was no separation of milk and cream. Either take full milk for drinking or curdling. But as tea became a habit, cream was separated from milk and as cream was remaining it was added with little curd and churned to make into ghee.

When I inquired from few people, why don't they go back to the original process of making curd with full milk?

The standard answer is that we get milk and ghee both by removing cream. However in full milk process we get butter milk and ghee. So actually there is no loss. Only loss is for tea drinkers, where milk has to be without cream. We can't add butter milk in tea. Now in modern society when a guest comes to our house we offer tea in the process of welcoming them. But previously one would offer milk, buttermilk, fruit juice etc. But as the standard is now tea the requirement of milk without cream is present, and thus the cause of this defect.

Ghee thus made will be certainly beneficial in some way but will also be with some defects. Certainly much better than factory ghee but not what is intended in Vedic scriptures.

Adding curd directly to the raw milk of cow i.e. without boiling it. This shortcut method of making curd is practiced in some parts of Kutch where the climatic conditions are very hot and some other areas as well. This method is used to avoid the milk to cool down in order to add curd. Honestly I am not aware of the negativity of consuming such ghee however it surely tastes different from the normal ghruta.

Before making ghruta from butter we have to be careful that we should remove water or buttermilk from butter. When we take out butter from churned buttermilk we have to be careful to remove all water content. In previous times when the walls of house were plastered with mud people would stick butter on walls like plaster so that all extra water would drain off. When water is drained off butter stay without spoiling for few days. Such butter from which water is drained off should be heated slowly to make ghruta. If water is not drained off and water remains in ghee then there is chances of ghruta getting spoiled because of water content.

To churn the curd in mixer or fast moving machines that move only in one direction. The word churning means to move in both directions. Moving in one direction is different activity. When we churn in only one direction then the prana (life energies) in the curd goes out of it. This is like friction and heat is generated which destroys the nutrition. Even we can observe that when curd is churned in one direction with motors it gets heated whereas when it is churned in both directions it remains cool. When curd is churned in both directions all the life energies remain in the curd and in fact the process

of churning attracts life energies from atmosphere to it. Ghee thus made will be of less value than made by churning in both directions. As far as my experience is concerned my health improved in 2-3 months by consumption of right ghruta was reversed by this unidirectional machine ghee in 2-3 days. Later I would write in detail about my personal experience.

Cream ghee made in factories and modern dairies. This is nothing but cheating. So the factories also call it animal fat on their label. In this process the cream (fat) is separated from milk by mechanical means like centrifugation etc. this separated cream is heated to make ghee. This ghee would be harmful in numerous aspects and is nowhere close to nectar. Milk thus rendered without fat which is generally sold in cities is also not the milk which sages used to drink to advance in spiritual life and longevity. It's better to eat oil in natural form than to eat factory ghee which has been made by cream separator machine. This factory ghee will bless you with high blood pressure, heart blockages, obesity, weakness of bones and many other similar gifts.

To use milk of non Vedic cows or buffalos. For this point we can refer to quality of milk from these two animals when I write about it. In short former will give us diseases of body and mind and latter will make us lazy and obese. Details will come in milk section which will be posted later on.

In next post I will write about the methods to utilize ghruta and its multifarious benefits. Before that I will write my experiences with cow urine, dung and ghee for past 10 years. I don't want to brag about myself but I am writing this just to share information.

Comments (7)rohinikumar das said on 25-10-2010

thank u very much. how do we store butter made everyday or make ghee also everyday?

Ans – If you remove water from butter properly then butter doesn't get spoiled for few days say a week. In previous times the ladies would put the butter on vertical walls(something like cement) so that all water would drain out and only butter doesn't get spoiled. Then they would collect butter of a week and make into ghruta. Previously wall were of mud and butter would stick on it. In modern painted wall we can't do it and so all have to find out a way to remove water from butter completely.

Ashish said on 17-11-2010

Is it possible to get readymade ghruta which is prepared in proper way..?

Ans – The whole idea of my writting is that a good demand for real quality ghruta is created all around the world. I can say for sure there are people atleast all around india making right ghruta. Just you should be ready to pay right price and search for them. I don't want to do this search alone and become a supplier of ghruta. At present rates the real ghruta will not be less than Rs 900/ kg but it is worth it. It can be upto Rs 1200/kg.

For you information there are few places in Mumbai and Pune where such ghruta is available. Still i would say approach local farmers and tell them what you want and what price you are ready to pay for it. Some one will start making it.

Sachin Desai said on 12-12-2010

Hare Krishna!

We have purchased two gir cows while we already have four local cows. One is vedic rest three are cross breed.

I and my wife minal who have conceptualized the organic learning program "School Without Walls" are going through your blog in detail. Minal is collecting milk from local (desi) cow in village and making some efforts to make Ghruta. I think your blogs will help her now. Presently all the cows we have are non-milking cows. We are presently using the cow urine and cow dung for vermcomposting and cultivation of vegetables. We also want to make Cow dung ash for cleaning utensils. We will be obliged if u cud share the method of making cow dung ash. Look forward to hear from you.. Regards Sachin Desai (9404164945)

Ans – Thanks, sachin for the comment. Its simple to make ash. Basically you dry the cow dung cakes in sun till they become completely dry. Burn them just like that or to cook. Collect the residual ash. Simple.

kish said on 02-02-2011

how can u say all the factory ghees are poison ? do u mean all the company ghees are not useful or some specific company ghees u tested ???

ANS -

Its a little long answer and I will write a post and when post is up I will put the link here. Still for information the answer will consist of following points.

1. lab tests will not reveal any poison.
2. There are 2 types of poisons. one kills instantly and another kills you slowly by making you susceptible to various diseases and speeding ageing process. Cream ghee will be poison of type two which labs can't detect.
3. All company ghee means any ghee made by cream method and not by traditional hand churned method after curding of milk. As far as I know no companies make ghee by first curding milk and then churning it. If they did it they will sell it at Rs 5000 per kg. I have explained the pricing of various ghee in a seperate post which is in pipeline.
4. I keep less faith on labs and more on vedic information to decide what is poison or not. So according to those standards all cream ghee will be poison.

I will write a separate post explaining these points. Please wait till then.

abhijit aklujkar said on 08-02-2011

i am a cardiologist and recently went through interesting article that ghee decreases cholesterol

for benifit of readers givivg you the abstract

Nutr Biochem. 2000 Feb;11(2):69-75.

Hypocholesterolemic effect of anhydrous milk fat ghee is mediated by increasing the secretion of biliary lipids.

Kumar MV, Sambaiah K, Lokesh BR.

Department of Biochemistry and Nutrition, Central Food Technological Research Institute, Mysore, Karnataka, India

The anhydrous milk fat ghee is one of the important sources of fat in the Indian diet. Our earlier studies showed that rats fed diets containing greater than 2.5 wt% of ghee had lower levels of serum cholesterol compared with rats fed diets containing groundnut oil. To evaluate the mechanism of the hypocholesterolemic effect of ghee, male Wistar rats were fed a diet containing 2.5 or 5.0 wt% ghee for a period of 8 weeks. The diets were made isocaloric with groundnut oil. Both native and ghee heated at 120 degrees C containing oxidized lipids were included in the diet. The ghee in the diet did not affect the 3-hydroxy-3-methylglutaryl coenzyme A (HMG CoA) reductase activity in the liver microsomes, but it significantly increased biliary excretion of cholesterol, bile acids, uronic acid, and phospholipids. The rats fed ghee had lower levels of cholesterol esters in the serum as well as in the intestinal mucosa. Both native and oxidized ghee influenced cholesterol metabolism. These results indicate that supplementation of diets with ghee lipids would increase the excretion of bile constituents and lower serum cholesterol levels.

thank you madangopal prabhu

dr abhijit aklujkar  
cardiologist

Varuni said on 12-02-2011

Hare Krsna. Thanks for the informative article. I have a question. ...I've read this entire post and I don't understand when you speak on churning curd to make butter. In US where I live (I've not been to India yet) curd means paneer (when lemon juice is added to boiling milk to separate into cheese and whey). When you speak on curd, is that meaning yoghurt?

Thank you for the clarification. Ghee and milk is an important part of a Krishna conscious life.

Haribol,  
Varuni

Ans –

Yes from your description it seems that what we call curd in India you call it yoghurt. In India we take curd and yoghurt to be same thing i.e. yoghurt for you.

Certainly curd is not paneer. Curd is yoghurt.

Kavitha said on 03-03-2011

Hare krsna Prabhuji,

I read your blog after I happened to listen to Sri Uttam Maheshwari Prabhu's lecture. I reside in Bangalore and would like to know how I can consult about cow therapy and I also wish to know where do I get such good ghruta that can be had as a therapy. Please do guide me on this matter.

Many thanks Prabhuji  
Haribol

Ans – Thanks for writing. You can contact Sri uttam maheshwari on 09869433439.

About Cow ghee I know few places in Maharashtra where you can get right ghee. They are Bafana Goshala, jalgaon, At Uttam maheshwari, kandivili, Mumbai. At ISKCON chowpatty gift shop, Mr Vyas (Dhanu, Thane). There might be few other places. The whole idea of our writing this is not to increase our ghee sale but people creating demand for ghee and other cow products at local level through out world so cows are saved. I would recommend that you first try to get right ghee some where around Bangalore and around. If not can get from Mumbai.