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**ANCIENT INDIAN WISDOM**  
**AYURVEDA - GOMATI VIDYA**  
**(THE SCIENCE OF COW)**

***Prattipati Ramaiah***

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## FOREWORD

I have read fully the book - Ancient Indian Wisdom compiled by Sri P. Ramaiah, I.O.F.S. He is educated in English language and while serving several Govt. posts, with craving for Ancient Indian Wisdom he brought out the ancient knowledge which is under eclipse. After going through Vedas and Ancient Ayurvedic books which are rich in expressing knowledge and Ancient Indian glory, he made efforts beyond his capacity to propagate Ancient Indian grandeur. He has written in detail dividing the topics under various heads such as - Veda, Veda mantra - Udyota, Gomatividya, herbs, GaandharvaayurVedam, (Science of Musicology), GandharvaayurVedam, MaanasaayurVedam (Mental healing), Ayuvu (Life), Ayurvidhi, Prabhava (Influence/ effect), Praana Vidya (Science of Life force). He is able to bring out the Ancient Indian Wisdom slightly with all his efforts. It is not an exauguration to say that to bring out this knowledge he has exerted very much.

He studied in a foreign language. He wanted to throw light on Ancient Indian Wisdom. These are two diametrically opposite things. Under these circumstances the reason for writing is his deep reverence for the grandeur of Ancient Indian Wisdom.

In this I have been attracted by one topic, namely Gomatividya. The reason is that the greatness of cows and the mutual relation between cows and men have been described uniquely in Vedas. In the absence of cow, the very existences of men will be in danger, which is irrefutable. Such mysterious and highly useful science - Gomati vidya has been compiled by him through rigorous exertion and bringing out such a thing is really a happy thing.

Regarding Vedas also when many sakhas are extinct and are under decay, from the available few sakhas, he compiled, selected and brought out. This is causing happiness. With serious efforts he expressed the importance of protecting the Vedas.

The topics of AyurVeda which are very deep and the most useful ones and also the knowledge of herbs have been brought out with big efforts.

In ancient India people used to eradicate thier diseases with the effect of Veda mantras only. In Atharva Veda the method of destroying diseases through Veda mantras is discribed. With the help of the same Veda, diseases were treated using herbs. Ancient Maharshis developed and brought out AyurVeda with the help of Atharva Veda mantras only.

Hence the topics described in this book regarding increasing longevity, eradication of diseases, the science of herbs are all based on AtharvaVeda only. As the all the topics brought out and described are with the help of Veda Mantras, the entire book is deriving its authority from the Veda only.

Even though I do not have sufficient knowledge to review this book, with the available capacity I ventured to bring out this little commentary. By not reviewing completely all the topics in this book, is purely my inadquancy only but not any fault in the greatness of this book.

I wish all people to read this book and recognise the importance and prominences of our Ancient Indian Wisdom. And people should take oath to protect this ancient knowledge.

By unvailing such novel and unprecedented topics and bringing out for the welfare of humanity, Shri Ramaiah is worth felicitation. I pray God to bestow long life and health to him to enable him to writs more and more books and to do service for Ancient Indian Wisdom.

"Budhajana Vidheyah"

Tangirala Bala Gangadharasarma.

**M. Satyanarayana Siddhanthi**  
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## PROLOGUE

Indian scriptures describe that out of all living beings the birth of human is the best. Scriptures also lay down that a clever human being must make efforts for achieving the four basic aims of human existence Viz. : 1. Discharge of duty 2) Acquirement of Wealth 3) Gratification and 4) Final emancipation. For achieving them, protection of human body is the primary responsibility.

*"Sarvamanyatparityajya sareeramanu palayeth"*

— Charaka Maharshi

Every human could discharge any kind of duty provided one keeps health. The science, from time immemorial, which describes about maintaining health in the "Science Of Ayurveda"

This science is popular with the following three parts

- 1) Hetu Skandha = Division of Cause
- 2) Lakshana Skandha= Division of Characteristics
- 3) Oushadhi Skandha= Division of Medicine.

In the division of medicine the "Gourameyee" System has been described. I feel that "Ayurveda - Gomathi Vidya" has been brought out from this system with many new topics.

*"Gaurameyee bhishagvidya Arogyam dehavardhanam,  
Rogasha syapahartharah sreyaso jeevitasya cha"*

— Charaka Maharshi

As per the above, as described by Charaka Maharshi - this Gomathi Vidya - The Science of Cow bestows - Strength to body, prevention of diseases, eradication of diseases, general wellbeing and health to humanity.

Writing of this book is a part of great services being rendered to the field of literature by sri Prattipati Ramaiah in the name of "Ancient Indian Wisdom". The writer, with his skill and knowledge has proved many things required for protecting health through scientific methods. One of the great matter in this book is that all the methods described are pertaining to only to Panchagavya and pachamrithas - five nectars.

Apart from various health aspects needed by human life, full of happiness and bliss, the writer brought out various secret medicines required for

- birth of a child
- Intellect
- health of generative organs
- long life

and many other useful matters.

By writing them, the author has become praise worthy by the readers, there is no doubt on this.

I pray the Mother of Creation to bestow health and long life to the author to enable him to bring out more creative works.

— M. Satyanarayana Siddhanthi

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## FOREWORD

The science of AyurVeda is derived from Veda Out of Ancient world literature, this is, perhaps, the first science, Right from the beginning of creation of human beings, God filled medicinal properties, for the health of humans, in plant species and in every atom. Humans made it their own and recognised as a wonderful medical science with eight principal parts. Gomati Vidya is one wonderful science out of that. Because of that, as a part of inherent culture in India, the following are considered as mothers - the mother who gives milk, cow, mother land and the perennial river, responsible for our living.

The writer explained the following in this small book how to treat with Cow ghee and several other connected herbs

- from conception to old age and
- the nourishment of seven constituent elements of the body

The writer invented various methods of treatment with Gomatividya such as

- from thirst to insanity and cruel deeds
- from child hood to bringing back the lost youth and all these by employing Cow milk, Cow dung and Cow Urine.

The writer, Sri P. Ramaiah has to be congratulated for keeping before us the special treatments on Medorasayana which are not available any where and also many methods of energising not only the seven constituents elements of the body but also the mind and soul.

I feel that the efforts of the author are considered successful if any one small matter in this small book bestow benevolence to human life which at present is going on mechanically. Every one who wishes/aspires for full life and beneficial and blissful life must read this book at least once.

I feel it is my fortune to be a part of this great effort which is flowing with the Ancient Indian Wisdom, by, writing these few words.

With all the best wishes

*Dr I. Ramakrishna.*

Prof. KONDAMUDI SREERAMACHANDRA MURTHY

Hyderabad, A.P.

### A DEVOUT RESEARCHER OF MYRIAD PARTS.

Some men are born pious, like Ramakrishna Paramahansa, Shirdi Saibaba and the Jillellamudi Amma. Some achieve piety through constant yogic practices, adherence to Vedic Rituals and humanistic services, like the Mahatma Gandhi, Mother Theresa and Vinoba Bhave, and on some piety is thrust as is in the case of most of our contemporary politicians.

Sri P. Ramayya is a "Nitya Saadhaka", a man of constant awareness, his sixth sense is at its edge reminding him of the long way that he has to go, keeping him always in touch with the Almighty Force that pervades through the young and the old, the mighty and the weak, the knowledgeable and the ignorant and the green and the grave. His "KARMA" seems to be vibrant to keep him agile and honest, a lover of peace and Dharma and a dreamer every night and a waker every day.

Hence, he was drawn to the Vedas, the perennial fountainhead of all knowledge. Sanskritised, with "Ahankara" rooted out, and "Avidya" broken to pieces, he is at peace with himself and that INNER PEACE opens his third eye to encompass the existing divine phenomenon with a compassion unparalleled.

Thereby he becomes a Sage in an age of nihilism and materialism. He is drawn to hear the secret sounds in the universe as the Maharashrees did in the hoary past. What he hears he examines through an unending perusal of ancient texts and comes to conclusions of his own. If questioned he may not be able to substantiate them scientifically, but he is confident that great souls and Avatars like SATYA SAI BABA would approve his analysis one day. They only know what is right. Such is his undying faith in himself and in his work. After all FAITH is God, Faith is religion and Faith is the root - cause of all existence and with such faith, unbending and unrelenting he produces books on the Ancient Indian Knowledge.

"VID" means to know. What is that we have to know? As Prahalad says, we have to know, "the secrecy of all education," and the secrecy is the VEDA.

So, to begin with, he analyses the Vedic mantras. The four Vedas, the hundred and eight Upanishads, Epics and the Puranas have been outward manifestation of those mantras only. They Speak both about the earthly and the ethereal subjects.

"AYURVEDA" is not only an earthly subject, but it also is spiritual. It is a Veda to keep the human being healthy in mind and in body. It is a lodestar to suggest how the "God of thousand heads" is manifesting Himself as Nature to lead the Man from darkness to light. Joy is to be his creed. Devotion is to be his path. Meditation is to be his work.

Sri P. Ramayya writes his books on the AyurVeda to explain what the great science is about in its true form and colour, what its contents are and how it is applicable and inevitable even in this strife and stress enveloped - world.

His work is neither more documentation nor simple cataloguing. It may better be classified as classification and justification.

He is not a believer in precept, he practices what he sees and talks about.

He has been applying the ayurVeda Dharma at home, to his very dear and near. When his aged mother falls sick and her nerves and bones refuse to oblige her, Sri Ramayya gives her the "Honey Treatment", and to the surprised delight of the onlookers, she recovers, walks around as if she is hale and healthy and attends to her physical necessities all by herself.

It is not on others that Sri Ramayya experiments with the Ayurvedic drugs, he makes himself available to their application as and when the necessity arises and the results are extraordinary.

Apart from the medicinal activity he is involved in, even on the scholastic side, Sri Ramayya makes himself fool - proof. He has no hesitation to approach the right person at right time. Even if the teacher is in

the Himalayas, he patiently trecks to his ashram, serves him as a young pupil would do and gets what he desires or clears his long standing doubts.

After many clarifications from the knowledgable, many guidelines from the scholarly and proving into a world of books, Sri Ramayya at long last begins his publications. Various facts and faces of the AyurVeda, thus have been classified under distinct heads.

AyurVeda, Knowledge of the pulse.

AyurVeda, Water

AyurVeda, Stable life

AyurVeda, Gomathi

AyurVeda, Gandharva

AyurVeda, Mind

AyurVeda, Man

AyurVeda, Life

AyurVeda, Gandusha

AyurVeda, Reasons for Diseases

AyurVeda, Feavers

AyurVeda, Indigestion

AyurVeda, Characteristics

AyurVeda, Gaandharva

The Vedas

Vedamantra - Udyotha

In "UDYOTHA" he clarifies that "Manthra" is the be-all and the end-all for substance and substinance. Through the "UDYOTHA", AyurVeda has come out and hence it has in its very being the holiestic nature and the divine force.

Under each head, he has gone into its minutest details. Take for example the title "Indigestion". Eight divisions have been given there. Indigestion is classified as AMA, VIDAGDHA, VISHTABDA, and RASA. How it is to be avoided and how much time it takes, what materials are ordinarily available in and around for its curing and long standing indigestion is to be cured are explained in a lucid style.

In a short treatise on "AyurVeda-Man", the Writer explains how ladies can enhance their beauty and charm and attraction and health through Ayurvedic practices. He comes down to the grass-root level and even teaches how teeth are to be cleansed every morning. Too simple it looks, but his advice is practical to the core. In "AyurVeda-Longivity", he clarifies what is untimely death is and how it can be averted. He gives examples of SIDDHA YOGIS AND YOGINEES. Each booklet holds mirror upto our health - its decay and decency.

Read him, you will energize yourself. Reread him, you will become an ardent believer of our ancient Dharma and the pre-mordial force.

Sri Ramayya has taken upon himself a mission, to educate, to inspire and to put us on the right path, through adherence to the all-enveloping AyurVeda.

I pray to the God-Almighty to give him long life and sound health to complete his task.

We need more and more men of such nature to wake up our country. It is an honour to write about him, a pleasure to come into contact with him and an advantage to read him.

By

**Prof. KONDAMUDI.**

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## FOREWORD

Cow is an index of Indian culture and ancient religion. It is inevitable to mention the wealth of Cow whenever there is a discussion of agriculture and economics. Wherever there is a mention of Vedas and its related social living structure, cow is always referred to. If understanding of India and Indian living is required then introduction to cow is inevitable. In other words the importance of cow found in Indian economic, Social, Cultural and religion is not found any where, in any country of the world. Why it is so? Because in the Indian civilization, the root is cultivation and in that cow is very prominent. Eastern part, Western part, Northern part and Southern part of India is predominant with the wealth of cows and is spread every where. Because of this wide spread institution, this has acquired spiritual place. and base for religion.

Because of a higher position of wealth of cow over wealth of animals it has an all round utility and beneficial in all respects. Whatever utility found from all the substances of cow could not be the case with the substances of other animals.

The substances obtained from cow are :-

Cow milk and its by products like butter, cream, rabadly specially prepared sweet meat form boiled milk quova a typical milk product thickened and dehydrated by boiling, curd, butter milk, cow ghee, and cheese.

Cow dung, cow urine, juice of cow dung;

Cow gallbladea - Gorochana, Cow skin, Cow horn etc. son of cow — Ox, Cow tail

Mixed substances :- Panchagavya - Cow Milk + Cow Ghee + Cow Curd + Cow Dung + Cow Urine

In this way from cow —

Eatables like — Cow milk etc.,

Fertilizers for improving cultivation - cow dung, cow urine etc., Herbs like - Gorochana, Cow Ghee etc.,

Aids of cultivation like - Oxen, Fuel like dried cow dung cakes etc., are obtained.

If a person is having wealth of Cow, he is enriched in all respects and is free from worries. He will be rich economically. There is a saying :-

*"Dhanam Cha godhanam dhanyam  
Swarnaadayo urithaiva hi"*

This is capable of providing livelihood and it is also an embodiment of benefits of angel, human, other living beings and earth. Because of these reasons it is called as

*"Maatharah Sarvabhutaanam gaayah  
Sarva sukhapradah"*

It is a mother out of all living beings and it bestows happiness.

It is true indeed that in which ever country, home, society the service to cow exists and wealth of cow

exists that society, family, or country is full of natural resources and also will have peace, happiness, positive thinking, healthy habits, health, strength and affinity and affection. They get full happiness. It is said that cow is like mother earth which protects nourishes and brings up, it is the most appropriate description. That particular home, society, and country, where such mother is not treated well, not properly fed and neglected and the cow is in misery, engaged in nonvegetarian food there exists -

Malnutrition, calamity, disturbance, pollution, evilmind, enmity, Tamasik gun and such hell on earth. It is indeed a hell to humans.

*"Yadgrihe dukhitaa gaavah sayaathi narakam narah"!*

But where cow lives there is no sin

*"Goshe paapmaa na vidyate"*

Because of the above, cow is supreme in wealth. With the help of other wealth and instruments only physical desires are fulfilled which are momentary, unstable and causing restlessness. But those obtained through cow are stable and permanent and satisfy all the desires in respect of worldly, religious, spiritual, physical and mental. It enhances the wealth.

*"Gaavam sevaa thu karthavyaagihah tharih punyalipsubhih!*

*Gaavam sevaaparo yasthu thasya sree uadhithidachiraath"*

There is no dearth of stories pertaining to cows in Puranas (Scriptures describing old histories pertaining to the present creation and previous creations). Cow is one among many precious things obtained through the churning of sea. This is called as the daughter of Brahma (the creator). Nandini of Brahmarshi Vasistha was a famous one. By serving this king deep got a son named Raghu who was an emperor with valour and fame and in whose name the dynasty of "Raghu" started. The enmity in possessing the Nandini made him a sage and Brahmarshi.

Because of serving cow Satyavan obtained long life. Maharshi chyavan compared his value with that of a cow and conquered king Nahush.

When various gods obtained different places in the body of the cow, the goddess of wealth obtained her position in the cow dung. There was a boon that the place which is purified with cow dung there is the living place of Goddess of wealth. When the cruel deeds of Ravan and other were increasing, then earth in the form of cow with the intention of obtaining protection worshipped vishnu along with the gods.

Kamadhenu is that cow which fulfill all the desires and imaginations of sacred persons. This is the cow for Indra and other gods. There are several stories and fasting based on cow. By donating cow one obtains Goloka - aeclstial place and a person with karmas could cross the sacred river Viatariani. Srikrishna is recognised through cow. Nandabaa had ten thousand cows and they used to be grazed by Srikrishna. While cows are grazing. Sri Krishan used to be immersed in playing melodious flute and used to play with friends. Sri Krishna killed the following in his boy hood - Kansa, Poothana, Bakasura, Sakat, Jarasandh, Sri Krishan obtained physical, mental, spiritual and yogic powers by serving cows. He used to be fully engrossed in the service of cows. Where as other friends were not immersed. Sri Krishan stopped the worship of Indra and highlighted the worship of govardhan. It is an example of protection of forest, mountains, cow and atmosphere. Krishna declared that he is kamadhenu amongst the cows.

*"Dhenunaamaasmi Kaamadruk"*

Wherever cow lives, that is his place.

*"Gaavo Mamaagrotah santhu gaavo me santhu pusthathah*

*Gaavo me hridaye santhu gavaam madhye vasaamyaham "*

Cow is considered to be having auspicious characteristics. A small mark of cow milk during journey, a woman selling cow milk, drinking of cow milk, appearance of a cow, donating a cow, selling a cow and serving a cow during dream; appearance of a cow in the house without any effort - all these are considered auspicious. A cow giving milk to a calf found during a journey is considered a very great auspicious signal and also causing to achieve powers. But during auspicious works the sight of milk, drinking of milk are not good.



In the science of Vedas the greatness of cow is considered as an all round nature. It is considered as a god. This is compared to the entire universe.

*"Yetad ve viswaroopam sarvaroopam go roopam"*

It is said that gods are positioned at every root of a hair of cow. Through cow havi is obtained in yajna which is surrendered to gods. That is why it is known as "Havirdudha" Cow is the installation of yajna.

It is the cause of the result and evolution of yajna

*"Gaavo yajnasya hi phalam goshu yajnaah pratishthitaah"*

Various parts of cow are considered to be the place of Vodhab palace, all pilgrim places or 33 crore gods residences. This is the place of rudra. This is dean to sankar. The method of worship of cow which could be followed is described in creation chapter 48 of Padma Puranam. The invocation, offerings etc - the sixteen worshipping methods and other related processes have been described. Various deities are imagined at various parts of the cow - like all the pilgrim places at the top, Siva at the forehead, sun and moon in both the eyes and so on. All the benefits of taking bath in rivers, giving alms, worshipping of god and so on could be achieved through the service of cow only.

*"Teertha snaaneshu yath punyam yath punyam viprabhojane"*

*Yath punyam cha mahadaane yath punyam harisevane*

*sarva vratopavaaseshu. sarveshveva tapah su cha*

*Bhoomi paryatane yathu satya vakyeshu yath bhaveth*

*Thath punyam praapyathe sadya keval dhenasevayo"*

There used to be a system of serving cow in the old hermitages of learning. Students alone used to do the service. The wealth of cows was used for - yajna, agriculture, fuel, nourishment, medicines, and worship. The male child of the cow was used for the activities of agriculture and for driving carts.

*The most important part of AyurVeda is based on the wealth of Cow. The cow milk and cow ghee are considered to be the best ayurvedic products in controlling old age and death and bestowing long life. In medicines particularly in purifying the deadly position and poisons the use of cow ghee, cow milk and cow urine is finding a prominent place. Cow ghee is extensively used in the manufacture of excellent rasayanams, medicinal jellies, medicinal ghee, and cooked medicines. All the activities connected with the manufacture of Rasabhasama = Alchemy ashes are dependent on cow dung cakes. If the medicines manufactured in AyurVeda are devoid of use of cow wealth, then AyurVeda it self will be crippled.*

Annual yield of urine and dung per Cow or per Ox is about 4000Kg. This clarifies that wealth of cow in agriculture is of high prominence. In the present day use of chemical fertilizers gives immediate results but over a long period its effect on yield and the condition of soil is a big question mark. Though some quantity of fertilizers is produced in the Fertilizers factories they invariably cause heavy dose of pollution in the atmosphere. Whereas with the wealth of cow such extreme conditions are not there. At the same time without much effort the benefits are continuous. It is indeed a fact that when cow wealth and service to cow were prevalent in many flood in India, then each individual, society and state were full with health, strength, intellectuality and out siders called them as Golden birds. But nowadays it is not.

From the above mentioned examples it is clear that the greatness and prominence described about wealth of cow in Veda and Puranas are based on actual and truth. It is in the interest of public that these are constantly studied and investigated. If cow is placed in the position of mother it is based on actual.

*"Tawam mata, Sarvadevanam, twam cha yajnasya karanam*

*Twam teertham sarvateerthanam namastiastu sadanaghe"*

— Skandha puranam

— Brahmadyaya

— Dharmaranya Pat

— 10/18.

If it is described about cow as above, it is useful and praiseworthy.

From the scientific angle also the importance of Cow is to be examined. In Vedas Agni-fire has been given prominence and is symbolised as face. Fire only is the face of gods.

"Agnimukhah hi deva bhavanthi"

Ahuti - oblation to sacred fire is symbolised as food and medicine. Food and medicine along with companion - ghee are placed in Agnikkunda = Sacred fire with feelings, As per mental desire, equivalent substances for oblation, particular method of mantras are performed to the respective gods. In oily substances cow ghee and oil are used. But the use of ghee is prohibited in case of worship of Vaishnaves and connected with satwic, oil is used in worship of devils.

The place of fire is considered as cow ghee. All the substances offered as oblations to the sacred fire along with cow ghee are burned and transformed into subtle energy in atomic stage and immediately spread into the atmosphere. The favourable substances of oblation enhances the divine part as per mental desire. Through this the one who performs yajna and the divine part spread in the atmosphere will be strengthened and the desire is fulfilled. In ancient times though yajna only the increase of divine and devil parts spread in atmosphere was achieved. By obtaining the subtle energy given or devil used to be strengthened and they used to carry out the desires of the person who is to perform yajna. It is clear that atmosphere is filled with auspicious. In auspicious - elements; conscious and unconscious; visible and invisible; atomic and sub particulate states. In order to activate them the most favourable medium was performance of yajna. The reason for controlling it through religious rituals was the fitness and the most appropriateness. Because to strengthen each element and part it was essential to follow the prescribed rules. Along with this, the person who performs yajna should be competent. Both physically and mentally and prepared for harmonizing the auspicious and inauspicious elements spread in his body with those of outside elements.

Cow ghee is considered to be the most appropriate and fit substance for performing yajna because it transforms fast into gaseous state and into atomised state. This is competent for dispersing and expanding very fast. For this reason, cow ghee is called as "Sarpini" Even now it is considered essential that if not adopt yajna in the form of divine worship but adopt this process and method by performing yajna continuously in order to strengthen auspicious elements which are spread throughout the atmosphere.

Efforts by Shri Ramaiah to throw light on Gomati vidya are made in the direction of awakening. Let faith, trust and reverence be increased in the society again towards cow and wealth of cow. This is his effort. When we keep a mere professional attachment with any person or substance or action then we are deprived of using their highly beneficial contributions. At present our attitude towards cow and wealth of cow, can be said as not at all appropriate.

In Gomati Vidya, Sri Ramaiah described Veda, Purana, ayurVeda and other legends, For guidance they are sufficient. However I am incapable of making efforts which are befitting and effective to his efforts. I do not have the corresponding abundant knowledge. Even then with my little knowledge, I am grateful to shri Ramaiah for his excellent efforts. I have full faith that by reading the book compiled by him, in case public again make efforts for service to cow and protection to wealth of cow, then it will be a complete help in economic situation, agriculture, positive thinking and regeneration of nature and growth.

My heartfelt good will towards this compilation and for shri Ramaiah, who for the said compilation has surrendered his greater part of his life with reverence and happiness.

Humble

**Dr. Sambhoo Saram Mishra**

## INTRODUCTION

Gomathividya - The science of Cow is a special branch / method of Ayurveda. The science of Cow bestows the wealth of health for the entire humanity and is considered the Kamadhenu and also benefits of Kalpa Taru of earth.

In this Panchagavya pertains to the first category. These are of daily use. The use of these items in the household and attaining longevity with good health is described.

Panchagavya homa - the sacred fire belongs to the second category. The benefits of performing homa daily in the house and in general for enhancing the living conditions of humanity is explained.

Old Cow ghee come under the third category. How the most difficult diseases like insanity and others could be treated and free the persons from them has been outlined.

The fourth category comprises of the highest - potent seeds and satwic food . How these could be achieved through Panchagavya homa bhasma has been narrated. This is for all human beings to practice and benefit.

In the fifth category there are several highly powerful medicines prepared with Panchagavyas and medicinal herbs which benefit the humanity with their spectacular results. This aspect is brought out briefly while one of the preparation is dealt in detail. Some of the medicines cover issues like, problems connected with ladies, conception to old age, these are to be brought to use through the help of Ayurveda vaidyas. In other words, these medicines could be got prepared through experienced vaidyas and bring them to use through the advice of Vaidyas.

The science of Cow - Gomati Vidya is brought out from the Veda mantras and what has been told by maharshis. The references of veda mantras are brought out in

"Ayurveda - Veda mantras"

The references of what Maharshis told and expressed in Ayurvedic texts are brought out in

"Gomati vidya - Prachina Bharatiya Sampada = The science of Cow - the wealth of ancient India

These are given to help those serious readers who want to probe further.

The science of Cow is having several advantages in that

- it is very simple in nature
- it bestows children for infertile couples
- it enhances memory, intellect of the children
- it imparts verility, vigour and strength to couples
- it enhances beauty to ladies
- it increases resistance power to diseases
- it helps old persons to maintain health
- it helps in increasing natural resources

and many many benefits to humanity. Hence this Gomatividya has noperalle on earth and is easily available to all humans. This has the capacity to find a solution to pollution.

Because of multiple benefits, elders in India tell that even by brrrowing purchase a Cow and do service to Cow.

This will benefit all Ayurveda students if they learn practice.

Salutations to the revered mother Cow, great Maharshis and all old and young.

- Om Tat Sat -

Pattipati Ramaiah

# *Gomati Vidya - The Science of Cow*

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# Gomati Vidya

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“महि ज्योतिनिहि तं वक्षणास्वामा पक्कं चरति बिभ्रती गौः ।  
विश्वं स्वाद्म सम्भृतमुख्रियायां यत्सीमिन्द्रो अदधान्द्रोजनाय ॥”

- Rigveda - 3-30-14

- What effulgence - milk is stored in the udders of a cow !  
No food in herself, the cow even as she  
Moves about bears within her ripe milk  
All sweetness is collected in the cow, for  
God Himself has placed it in her for the  
Happy sustenance of all.

“उपैदमुपपर्चन मासु गोषुप पृच्यताम् ।  
उप ऋषभस्य रेत स्युपेन्द्र तव वीर्ये ॥”

- Rigveda - 6-28-8.

“May there be a close mixing up,  
May Soma, the herbal juice, mix with cow's milk,  
And may this manly vigour be,  
O for your heroic might”

“यूयं गावो मेदयथा कृशं चि दश्रीरं चित् कृणुथा सुप्रतीकम् ।  
भद्रं गृहं कृणुथ भद्रवाचो बृहद वो वय उच्चते सभासु ॥”

- Rgiveda 6-28-6

- ye cows, you fatten the emaciated  
and you make the unlovely look beautiful  
make our house happy, you with pleasant lowings,  
your power is glorified in our assemblies.

అదేమంతము అధర్మణవేదము : 4-5-2 1-6

ఋషి : బ్రహ్మ : దేవతలు : ఎడ్డులు , ఛందస్సు : త్రిష్టప్

ఈ సూక్తాలకు “మృగార” అని పేరు

- ఓగోవులారా ! మీరు కృశించిన వానికి

పయోదధ్యాదులతో పుష్టి కల్పించండి

అంగసౌష్ఠవం లేనివాడైనా

పురుషుని శోభనాంగుని చేయండి.

## Gomati Vidya

### Dhenu = Cow

"Duhyata iti dhenuh"

The one which is sucked is called Dhenuh.

Cow is called Dhenuh.

Cow = Dhenu means that one which is sucked. Humanity sucks Dhenu for many things. Dhenu bestows with many useful items and energy for humanity for its prosperity and well being. It gives divine medicinal items which are endowed with useful and multiple properties. Since it fulfills the desires of humanity it is called "Kamadhenu" on earth.

It bestows humanity with all the things at all times and always for the welfare and growth all through its life span. As mother does for her children, the cow gives every one, without any selfish motive and hence it is called "Go matha"

Go = Cow, Matha = Mother.

"Payadharee bhuta chatuh samudraha, jugopa goru padharaa mivorveem"

— Raghuvamsa

- It is true that amongst various things on this planet the most virtuous and the one which is for every body's welfare is cow.

Hence it is called mother.

"Gaavo lakshmyah sadaa mulam goshu paapma na vidyate "

Annameva sadaa gaavo devaanam paramam havih"

Nivivishtam gokulam yathra swasam muchyathi nirbhayam  
viraajayati than desam paapam chaasyaapakarshaate"

— Anusaasana Parava

— Mahabharat.

### Gomati vidya = The Science of Cow

#### Substances from Cow.

##### Gorasa :

The milk from affectionate cow which is having an offspring is known as Gorasa. Many valuable substances are derived from the Cow Milk.

##### Cow Ghee = Go Ghritam

"Lakshmirya lokapaalaanaam dhenurupena samsthitha

Ghritam vahati yaznartham mama paapan vyapohat "

The one which is in existence in the form of Dhenu, is in reality is the Lakshmi = Goddess of Wealth & Prosperity for the people.

That gives ghee for performance of Yazna.

Such Gomatha may destroy all my sins.

##### Havih

Out of a number of products out of cow milk - ghee is the excellent product which does not decay. That is why it is considered the most excellent substance for offering to yazna and is considered havidravaya"

- offering substance for yazna.

Various names of Cow Ghee which express the best qualities

1. Jeevaneeya
2. Ghritam
3. Havissu
4. Ajyam
5. Sarpi and So on.

**Geevaneeya :** That one which bestows life is Jeevaneeya

**Ghritam :** That one which stabilises the body.

### ***Fertility - Brihad Aswagandha Ghrit***

By following all the prescribed methods for cleaning the entire body system through - Panchakarma and so on. if Brihad Aswagandha Ghrit is administered to a person - even if the person is old he would be transformed to 16 years old young . All the organs of sense and physical activities would be strengthened and the person gets rid of all his diseases and become healthy, His body acquire lustre, colour, complexion, radiance in the face and the strength and health .

This is excellent medicine for both men and women.

Grey hair is removed. The wrinkles on the skin gets removed.

The eye sight gets improved

*If administered with prescribed procedure, even a barren lady gets a son who is healthy and with good physical Characteristics.*

### ***For a barren lady - Laghuphala ghrit***

This balances the prions, clean the blood and removes imbalances in the body. All types defects pertaining to a lady which are hindering for conception are removed. *This further helps in conception and even a barren lady will get a son.*

### ***For getting Children - Brihad Siddharthakadi Ghrit***

The body should be cleansed with Panchakarma and so on and the lady is administered with Brihad Siddharthakadi Ghrit. The medicine is to be subjected to Gayatri Mantra before administering. This medicine is to be administered from the 1st month till 2½ months pregnancy period.

By this, the lady

1. will be relieved from all types of diseases
2. The child born would become a person of knowledge
3. The child during pregnancy would acquire powerful tongue.
4. The child would live longer and free from diseases.

Even for a barren lady, if this medicine is administered, she will conceive and gets a brilliant son who would become highly knowledgeable person.

### ***Excellent memory power for child - Astang Ghrit***

If Astang Ghrit is prepared and administered as pre-prescribed procedure the children will acquire

1. Memory
  2. Intellect
  3. Concentration Power
  4. Eloquence
  5. Longlife
- and so on.

### ***Youth - Power eloquence - Saraswat Ghrit***

If Saraswat Ghrit is prepared and administered as per prescribed procedure to youth, they acquire -

1. Power of eloquence
2. If administered for one week it bestows melodious and excellent voice.

3. If administered for a fort night bestows the body with radiance equivalent to moon's rays.
4. If administered for a month, it bestows the power of excellent concentration (Dharana Sakti) equivalent to Ekasantha grahi - The ability of a person to recite a long poem just after listening once.

### ***Hoarse Voice - Cow Ghee***

#### ***Reasons for hoarse Voice***

1. Talking very loudly for longer periods
2. Eating often very cold eatables.
3. Consuming Poison
4. Through injuries to the throat
5. Diseases in throat
6. Following mithyahaar - consuming prohibited foods and mithyavihar = doing prohibited activities
7. Not following precautions of a particular season and so on.

#### ***Remedy for sore throat :***

Roast Badari leaves slightly, in cow ghee and take with Rock salt (Saindhava namak).

### ***Haemorrhage (Rakta pitta Vyadhi) - Cow Ghee***

#### ***Reasons for Haemorrhage :***

1. Due to excessive exposure to sun rays
2. Due to excessive body strain
3. Due to excessive grief
4. Due to excessive sex indulgence
5. Due to excessive consumption of the foods having following characteristics  
1) Salty foods 2) Acidity 3) Hot and bitter and so on.

#### ***Remedy for Haemorrhage :***

1. Cow Ghee is administered with grape juice

Cow Ghee : Cow Ghee used for this purpose is not the one usually obtained by taking butter from the curd and melting the butter to obtain clarified butter.

Here a special process is to be applied.

When the milk is milked from the Cow it is Dharoshnamilk - it is slightly in worm condition. In that condition immediately the butter is separated. From this butter only clarified butter is to be prepared and used.

2. Slightly fry Amla in Cow Ghee and then rub it thoroughly in water and apply that paste on the Crown of the head (ones Brahma randhra) . This stops the flow of the blood through the nose.

3. In the above mentioned Cow Ghee. Amla and Haritaki are rubbed thoroughly and the essence is dropped in the nose which stops the flow of blood through the nose.

### ***Heart - Problems - Cow Ghee***

#### ***Causes for Heart problems***

1. Excessive body strain

2. Sudden blow to the physical body
3. Continued mental worrier.
4. Taking excessive food when the earlie food has not yet digested.
5. Severe blow to the mind/shock to the mind
6. Prevention of uncontrolable urges such as urination.
7. Excessive intake of foods causing indigestion. and so on.

### ***Remedy for heart problems***

Administering Arjuna ghrith as per prscribed procedure for long time, the person will be freed from heart problems . It one is administered the above for long periods, his life span would be increased.

### ***Pitta Roga - Cow Ghee***

Add the powder of yasthi madhu to Cow Ghee and if this is administered. the person will be free from Pitta Roga.

### ***Head diseases - Cow Ghee***

Add Amla swaras to Cow Ghee and if adminiseted one will be free from Head disease

### ***Distraction of evil forces - Cow Ghee***

Take Cow Ghee with Vacha.

### ***Prevention of all types of diseases - Cow Ghee***

If administered the following as per prescribed procedures which are duly fried in Cow Ghee -

-Rock salt (Saindhava namak) , Rodhram, kanjek and Silapistan,

This is to prevent and remove all types of diseases.

*"Ajyam bhrishtam silapishtan rodhram kanjik saindhavaih!*

*Aaschotana Vinaasaaya Sarvarogaamayeshucha !!!*

*- Pushkar Maharshi*

### ***Burns - Cow Ghee***

Satha dhouta Cow Ghee is to be plastured. This prevents thirtsty and burns are healed.

### ***Injury to inside parts - Cow Ghee***

Administer Cow Ghee, haldi, gush, pravalbhasm which are heated together and the added with sonth. Blood cotting will be removed and the injury is cleared.

In case of blood vomiting - add Alum and administer.

### ***Injury to Outside parts -Cow Ghee***

For out side injuries apply Cow Ghee with Haridra, or Haridra is cooked in Cow Ghee and the same is applied Gandusha Kriya with Cow Ghee is helpful,

Gandusha Kriya = Oil pulling process

### ***Removal of poision - Cow Ghee***

Administer Purana Cow Ghee (Old Cow Ghee) added with Haridra to remove poision . This is considered as

**"Visha harini sanjeevani"**

- Acts like Sanjeevani in the removal of poison

**Procedure :**

10 years old Cow Ghee is administered three times a day - one tolaata time and drop four or five drops of the Cow Ghee in the nose. This helps in removal of all types of poisons.

**Ulcers in the throat - Cow Ghee**

1. When suffering due to ulcers in the mouth
2. When suffering due to the burning sensation in the mouth
3. When tongue getting dried up frequently.

Perform Gandusha Kriya with Cow Ghee . This is beneficial in the above cases.

**T.B. Cow Ghee**

**Causes for TB.**

1. Too much wastage of Semen
2. To be sorrowfull for longer periods.
3. Too much physical exertion
4. Having diseases which spoil the digestive system
5. Frequent suppression of natural calls.

**Other Probable Causes**

6. Carrying excessive weights
7. Fighting with some one who is more superior in strength
8. Falling from a big height
9. Running longer distances beyond physical stamina
10. Reading too much aloud
11. Too much stressing of body parts and so on.

**Remedy for T.B.**

Obtain fresh leaves of Nirgundi and with the prescribed procedure prepare its swaras.

Add one part Cow Ghee and four parts swaras and Cook. When Cow Ghee is left over stop cooking cool it and start administering to the patient. He will be cured.

**"Samoolam phal patrayam nirgundya Swarasai ghritam !**

**Siddam Peetwa kshaya Ksheena nirvyaadhirbhavati daivatam"**

**Leprosy - Vajrak ghrit**

If vajraka ghritam is prepared as per prescribed procedure and administered to a leprosy patient regularly as per prescribed procedure, the patient with any type of leprosy becomes free from the disease.

Even if ears, fingers, hands and feet are completely spoiled and detached from the body, and suffering heavily by administering Vajraka Ghrita, the patient will be free from the disease and the patient would regain old physical form and frame and also the body parts will be radiant with strength and health and could live for 100 years with health and happiness.

**For all diseases - Sarva Roga Vimardhan Ghrit**



Obtain the following items as per prescribed procedures and they should be cleansed as per procedure (Sudhi Karana). Powder them and strain through a fine cloth.

1. Haritaki 2. Amlaki 3. Vibhitaki 4. Guduchi 5. Brihati 6. Satavary 7. Sonthi 8. Chitrak 9. Nirgundi 10. Vasave 11. Punarnava, Bala etc.

Add the mixed powder to Cow Ghee, Cow milk and add sugar and administer regularly as per prescribed procedure. That person will be free from all diseases, and could remain healthy and strong and could live long. This increases vitality and vigour and will have excellent digestion power. This could be taken both by ladies and gents.

**Detailed information**

Trifala	—	20 gms (Amlaki + Haritaki + Vibhitaki)
Guduchi	—	15 gms
Brihati	—	15 gms
Satavari	—	15 gms
Vasak	—	20 gms
Punarnava	—	20 gms
Balamul	—	40 gms
Nirgundi mul thwak	—	35 gms
Chitrak	—	20 gms
Sonthe	—	20 gms
Haldi and Kesar	—	5 gms
Total	—	225 gms + water (1000 ml) + Cow Ghee(1000 gms)

Keep the above items and cook on a gentle heat, when the contents, become approximately 1000 gms, after evaporation of water, then stop cooking and remove it and cool it after proper sieving.

Every day, depending on individual - Prakriti = nature, Bal = Energy, Age etc.,

Take the above along with 2-7 gms Cow Ghee + 500 ml Cow Milk + Lal mistry 10 gms. Should be taken 1/2 hour before morning food and 1/2 hour after night food

In order to digest them - one has to do vyayam = physical exercise, running, brisk walking, yogasans, playing etc.,

**Caution :**

If a person is suffering from Diabetes, then he should not take lal misry.

The person will become healthy and leads long happy life.

**Summary of Properties of Cow Ghee**

1. It increases intellect
2. It improves memory
3. It imparts glow to the physical body
4. It fortifies physical strength of the body
5. It bestows intelligence
6. it cures diseases due to Vata and Kapha
7. It removes fatigue.

8. It strengthens the heart
9. It increases fire power for digestion
10. It aids in the digestion of various foods consumed
11. Once consumed it transforms to Madhura Vipaka
12. It is a boon for increasing seminal power and radiance to the body
13. It bestows children to barren ladies

**"Abhimantraya Gritam garyam prasayanmasa mantrakam  
Vandhya stree labhate garbham natra karya ti chaaranaa"**

— By subjecting Cow Ghee with Gayatri Mantra every day and administering it daily to even a barren Lady (after the periods time) She will become pregnant in one month's time.

14. Out of all the substances available, this is the best
15. It controls vata, Pitta and Kapha disorders
16. It eliminates diseases from the body
17. It is an elixer that prevents old age and increases life span
18. It bestows charm, radiance, brilliance, glow and beauty.
19. It imparts sweetness to the voice.
20. It is a divine oshadhi on this earth.

**Various names of Cow Ghee which indicates the excellent qualities.**

1. Pavitram 2. Amritam 3. Abhidharam 4. Jeevaneeyam 5. Aajyam
6. Sarpi 7. Ghrutam 8. Navaneethajam 9. Havi 10. Homya 11. Aapushyam
12. Taijasam 13. Snehan 14. Srakshan 15. Sneha 16. Snigdha 17. Mraksha
18. abhyanga and so on.

**Properties of fresh Cow Ghee.**

Cow Ghee just prepared from butter will have the following characteristics.

1. If used along with the food it creases taste and pleasantness.
2. If some one is highly fatigued and feels too weak, this enhances strength in the body.
3. It is used in all special worship and yajnas
4. It is beneficial for people suffering from white patches on their skin.
5. It is excellent for those suffering from eye diseases.

**Prohibition in the uses of Cow Ghee**

1. For small infants
2. Very aged old persons
3. Those suffering from indigestion
4. Those suffering from diseases due to cough
5. Those suffering from fevers.

Such persons must not use Cow Ghee.

**Hayangaveenam**

Cow Ghee prepared from one day old milk is called hayangaveenam

"Hyo godahadbhavam ghritam hyangaveenam"

### *Uses of Hyangaveenam*

1. It increases taste in food
2. It imparts physical strength
3. It enhances growth of seven dhatus
4. It increases seminal power

### *Purana Ghee -Old Cow Ghee*

Cow Ghee stored for long time - is known as Purana Ghee - old ghee

### *Properties of Purana Ghee - one Year and above.*

If Cow Ghee is stored for one year and above it enhances its medicinal properties. It becomes more powerful.

#### *Caution :*

This should not be taken for daily use purposes.

It should be administered and used as a medicine.

*"Madapasmar murchaaya sirah karnakshi yonijan  
Puranam jayati vyaaadhin vrana sodham ropanam  
purvoktha lakshydhikan kuryati gunamsthadamritopanam "*

— *Asthtag Hriday.*

In sanity, unconsciousness, epilepsy, head diseases, disease of eye and ears, diseases of vagina are all destroyed by purana Cow Ghee. This removes poison. It heals wounds. This Purana Cow Ghee is equivalent to Amrita = nectar.

*Cow Ghee stored for one year and above is called Purana Ghee.*

If ghee is stored beyond 2 years, 3 years and so on. for every one year old, the medicinal properties of Cow Ghee are enhanced and the potency increases.

*"Yatha yatha jaran yaathi gunavasthatta tadha"*

— *Hareeta Samhita*

### *Geerna Ghritam*

If Cow Ghee is stored for 6 years and above. It is called "Jeernaghrit" This is very good in medicinal uses.

### *10 Years old ghee*

Cow Ghee stored for 10 years will have the colours of Lac. This enhances secretory and intellect. This is a divine medicine. This cleanses injuries and heals them.

### *More than 10 years old ghee*

Purana ghee of 11 years old will destroy all aggravations in the body

*"Varam yekadasam praptam sarvadoshaharam"*

— *Sasilekha*

### *Purana and Prapura Ghee*

Ten years old ghee is called as "Purana Ghee"

More than 10 years old ghee is called Prapura Ghee"

Purana Ghee works like satadhouta ghrith

Sata dhouta ghrith = the ghee washed for 100 times.

## ***Kaambha Ghrith***

Kaumbha Ghrith is also called as -

Kaumbha Ghrith and Kambha Ghrith

*"Sthitham varsha satam bhumou kammbhamitya padisyate"*

## ***Kaambha Ghrith uses***

It removes and destroys all types of poisons . This gives freedom from the evil effects of Graha (Planetary effects), and evil forces.

## ***Purana Ghee - normal substances***

Normal Substances due to passage of time loose thier potence and energy and at a particular life cycle they become useless. Whereas Cow Ghee. as the years are added in storage, for additional year it enhances its medicinal properties and increases its potency.

It will become maharshadh = Supreme medicine.

## ***Uses of Purana Ghee***

For using it as a medicine, very small quantity is sufficient to give medicinal values.

By mere seeing purana ghee - eye problems are removed; by mere smell of purana ghee - enhances brain activities . It destroys eplilepsy and insanity

Present practice of methods, treating mad persons could be considered the crudest type.

This Kaambha Ghee would be the most effective medicine in treating the most dreaded diseases like "Cancer " and "AIDS" etc,

This purana Ghee is the boon given by mother cow to the entire humanity.

What is that disease in this world which cannot be destroyed by the application of kaambha Ghrith? It is indeed a miracle medicine on the planet earth.

## ***Ghrith Manda***

That substance which floats on ghee is called Ghrith mand,

*"Mandayati rasamithi mandane"*

In properties it is equivalent to ghee

This is an excellent sarpi . Since it is lighter, it enters the dhatus immediately after administering it.

Sarpi = Which penetrates immediately.

## ***Cow Milk***

### ***Thirst - Cow Milk***

If some one's body gets heated up and feeling thirsty, then his body should be rubbed with cow milk for 100 times. He will be cured from the above problem.

## *Young Ladies - Cow Milk*

By rubbing Cow Milk on the body, it removes black colour on the body, clears injuries, cleanses unhygienic material accumulated on the skin etc. For this purpose only raw Cow milk is to be used.

Along with raw cow milk - Masoor dal (Red grams) Basam (gram flour) Multhani mithi (Special fine made soft soil) are also used. A small amount of Haldi (Turmeric - the particular variety used for skin purposes) A few herbals are also added, like

- Lodhra, lac, arjun leaves etc.

If properly rubbed on the body and take bath with lukewarm water, it enhances beauty and lustre.

## *Vomiting - Cow Milk*

### *Causes for Vomiting*

1. Excessive strain on physical body
2. Excessive stresses on mind
3. Fear
4. Continuous mental agony
5. Seeing a terrible and horrifying scenes.
6. Smelling the most unpleasant smells and so on.

### *Remedy for Vomiting.*

Add Yashti Madhu and red sandal to Cow Milk and drink.

## *Unconsciousness - Cow Milk*

### *Causes for Unconsciousness (Apasmar)*

1. Too much grief
2. Too much worry
3. Aggravation of three humors namely Vata, Kapha, and Pitta

By these the heart is affected. Because of that consciousness get affected. This results in Unconsciousness.

### *Remedy :*

Add Satavari Powder to Cow Milk, boil it and drink. In addition Rice is cooked in Cow Milk and eaten.

## *Anamea - Jaundice - Cow Milk*

Add the powder of leaves, fruits, root, bark of Devadaru tree to Cow Milk. For 30 days, every day morning this should be drunk.

Anamea and Jaundice are completely eradicated

## *Epilepsy - Cow Milk*

### *Causes of Epilepsy :*

1. Excessive grief
2. Too much thinking on sorrowful matters

3. Excessive influence of Vata, Pitta, and Kafa.

These causes Epilepsy

**Remedy :**

Only by taking Cow Milk it is benefited Dharoshna Cow milk (Fresh milched Cow Milk in worm age) is the best of all.

**Precaution :**

But it has to be practised - starting from a very small quantity and gradually increase the quantity.

Only persons who are regular in physical exercises. yogasams etc. are only capable of digesting this milk. This gives immediate strength to the body.

**Dizziness - Cow Milk**

**Causes for Dizziness**

Ragoguna + Pitta Prakrithi = Bhram = Dizziness

**Remedy :**

1. Drinking only Cow Milk
2. Add Satavari powder, Bala powder, Sugar in Cow Milk , boil it and drink . This will destroy the disease from its roots.

**Consumption of impure Sulphur - Cow milk**

This causes thirsty.

Drinking only Cow Milk will clear the trouble.

**Insanity = madness - Cow Milk**

**Causes for Insanity**

Due to vitiation of three humors the Rasa of digested food does not undergo the required changes by which dhatus do not get the required substance. Hence dhatus start getting damaged. Because of this the mind loses its balance. This causes obstruction in the nervous system and its working . This state of the person is called madness.

**Reasons for vitiation of three humors :**

1. Eating of unhealthy food and Tamasic food.

(When cows which are Satwic by nature are continuously fed with Rujasic and Tamasic food, over a period of time, they will also become mad.)

2. Taking opposite quality foods which spoil the internal body system .
3. Due to extreme mental shock

Ex :

- (1) Due to fear
- (2) Due to mental tension by doing some thing which is morally not acceptable and which are prohibited.
3. To humiliate some one who is highly respectable and who deserves highest regard
4. Due to consumption of poison.
5. Due to practice of too many fastings which are tamasic.

### *Remedy for madness*

By simply drinking Cow Milk with Cow Ghee both morning and night, the disease could be eliminated.

### *Extreme madness - Cow Milk*

In the cases of extreme madness state the person should be administered Cow Milk with 10 years old Cow Ghee which helps to bring the person to normalcy.

If Cow milk and old Cow ghee are subjected to Gayatri mantra and then administered results would be faster.

*"Viseshatah puranam Cha ghritam tam payayedhibiskak  
Thridoshaghanam pavitratwa dwaseshadgrah mokshanaam  
Apsmaaram grahonmadakta sastam viseshatah :"*

— Charaka Maharshi.

### *Summary of Cow milk - Properties.*

1. Pathyam = the food which is the most suitable one for a person even in convalescence
2. It increases taste
3. It is palatable
4. It is easily digestible
5. Cures disorders due to Pitta and Vata
6. Increases intelligence and intellect
7. Increases sexual power
8. Gets digested and gives strength and vigour to the body immediately and restores lost energy
9. It is a good vaageekaranam = Increase potency, retention and vigour and vitality.

### *Cow Milk - Various names*

1. Amritam = Nectar
2. Jeevitam = life
3. Dhawalam = White
4. Swadu = Delicious
5. Mangalm = Auspicious
6. Dughdham = milch
7. Peeyusham = Nectar
8. Soumyam
9. Rasayana karam
10. Ksheeram
11. Payam
12. Stanyam
13. Varisathmyam
14. Sisuvardhanam

### *The colour of the Cow - properties of Cow Milk*

With the colour of the Cow - there are, subtle changes in the characteristics of Cow Milk.

#### *Black Cow - properties of Cow Milk*

It destroys the diseases due to Vata, It is highly beneficial.

#### *White Cow : properties of Cow Milk*

It enhances Kalpa.

It increases Satwa guna

#### *Red Cow - Properties of Cow*

It destroys diseases due to vata

#### *yellow Cow - properties of Cow milk*

It destroys diseases due to pitta and vata

### ***Properties of Cow Milk depending on vessel for boiling***

Depending upon the vessel used for boiling there will be subtle changes in the properties of Cow Milk

**Golden Vessel :** If milk is boiled in Golden vessel . it cures disease due to pitta

**Silver Vessel :** If milk is boiled in silver vessel it cures disease due to kapha

**Copper Vessel :** If milk is boiled in copper vessel . It cures diseases due to Vata

**Bronze vessel :** If milk is boiled in Bronze Vessel. it increases blood

**Earthen Pot :** If milk is boiled in Earthen Pot it is the most beneficial and increases health.

**Wooden & Metal pot :** If milk is boiled in Wooden or metal pots, it destroys blood and hence prohibited.

### ***Properties of unheated Cow milk***

It increases strength of lungs  
It increases heaviness and increases other diseases.

### ***Properties duly heated Cow milk***

It is wholesome food.  
It is beneficial to the body.

### ***Properties of Dharoshna = Just milched worm Cow Milk***

When the milk is sucked it comes in streams and it is hot. This milk is known as Dharoshna Milk.

Dhara = Stream  
Ushna = hot

It is aptly called by the people as " Gumma Palu"

If it is administered, it imparts nectar like qualities.  
It makes the body strong. This the Best milk

### ***Properties of Dharoshna Cow milk if left cooled for long time***

If fresh milk is cooled and kept for some time, it creates all three disorders namely Vata, Pitta & Kapha disorders.

### ***Properties of Dharoshna Milk on heating***

If Dharoshna milk is heated and hot milk is consumed, it eliminates disorders due to vata and kapha. That is persons with Vata prakriti and Kapha prakriti are advised for this milk

### ***Properties of Dharoshna milk on heating & then cooling***

If Dharoshna milk is heated and allowed to cool and if it is consumed it cures Pitta disorders.  
In other words persons of Pitta Prakriti are advised for this milk.

### ***Properties of Cow milk mixed with water.***

By addition of water to the fresh milk and with the degree of addition and boiling different properties are attained..

### ***Properties of Cow Milk - mixed with 1/2 volume of water.***

If fresh milk is added with 1/2 part water and boil till milk is left. Such milk after consumption is



lighter for digestion than fresh Dharoshna milk.

### ***Properties of Cow Milk - mixed with 1/4 volume of water***

If fresh milk is added with 1/4 part of water and boil till milk is left and consumed - it destroys all the disorders due to pitta, kapha and vata.

It is capable of eradicating various diseases.

It increases seminal power

It is an excellent food and most beneficial

### ***Properties of milk - mixed with equal volume of water***

If fresh milk is added with equal volume of water & boiled till milk is left and consumed. it is excellent in easy digestion. This heating must be done on a gentle fire for results.

### ***Properties of milk without mixing any water***

without adding any water, pure milk as milched is boiled till 1/2 or 1/3 or 1/4 or 1/8 of milk is left over, such milk will have very high potency and heaviness. It will have maximum strength. The properties will increase as less and less milk is left over. That is 1/8 part of milk let over after boiling is the best out of all.

#### ***Caution :***

One should not consume such milk without proper practice.

One should gradually increase the quantity over a period of time depending on ones own strength and digestion power.

Those persons with Pitta Prakriti, engaged in heavy exercises, strenous yogasanas and such peple could affordd this type of milk.

If badam and pista which are soaked in water just sufficient to cover the soaked peices and then in the morning if they are ground to a very fine paste and add this paste and soaked with water to the milk of 1/8 left over after boiling - nobody can describe the amount of strength one acquires after consuming this every day.

### ***Properties of Cow Milk if not heated***

Fresh Milk is kept for longer duration without boiling, the milk gets vitiated proportion to the time it is left over.

Ultimately it becomes poison.

### ***Properties due to the time of consumption of Cow Milk***

Milk consumed at various timings of the day has subtle changes in properties .

#### ***Properties if consumed early in the morning***

If Dharoshana milk is consumed after Brahma Muhurte and before sunrise, it gives strength , radiance and energy to the body. It increases memory power. It increases seminal power, vitality and vigour.

#### ***Properties if consumed before 12 noon***

If milk is consumed after sun rise and before 12 noon, it increases sexual power, digestive power and strengthens all the dhatus.

#### ***Properties if consumed at 12 noon.***

If milk is consumed at 12 noon, it imparts strenght to the body. It cures diseases due to Kapha  
It eliminates urinary disorders

### ***Properties if consumed during night***

- It cures diseases due to pittta, Vata and Kapha,
- It is good for general health
- It is good to take daily

### ***Properties if milk is repeatedly heated***

Various deffects occur in the milk if it is reheated . Repeated heating of the milk will make it poisonous and hence prohibited for consumption.

### ***Properties of Cow milk depending upon the stage of sugar addition***

1. If sugar is added to the milk and consumed in the morning it is beneficial. It is good for health.
2. If sugar is added after heating it increases Kapha in the children
3. If sugar is added and heated, it is beneficial .

### ***Properties of lukewarm Cow milk added with sugar and consumed in the morning***

1. This is equivaient to nectar
2. It cures diseases due to Vata, Pitta & Kapha
3. It removes fatigue
4. It increases seminal power
5. It imparts strength to the body
6. In enhances strength and radiance to the body.
7. It improves fire power for digestion
8. It is a whole some food
9. It improves general health.

### ***Properties of Cow Milk during fever***

1. If milk is consumed at the begining of fever it is poisonous.
2. If milk is consumed at the convalescent Stage of fever and at the end of clearance from the diseases dur to kapha it is equivalent to nectar.

### ***Prohibition in consuming Cow Milk***

1. Do not take milk which is not heated
2. Do not consume milk along with salt
3. Do not take milk with Kanda root
4. Do not take milk with Jamoon juice.

It is equivalent to poision

### ***Properties of Cow milk if it is consumed daily***

If Cow Milk is taken daily, it cures diseases . It prevetns old age. It prolongs life and bestows longevity. In increases health. It increases seminal power.

### ***Properties of Cow milk based on the time of milching***

Properties of Cow Milk vary in subtle form depening on the time of milching.

### ***Properties of Cow Milk milched in the morning***

Due to coolness in the nights and due to pleasant effect of moon rays in the night, the cow do not get fatigured. Pleasant night weather induces happiness to the cows. Because of these reasons, the milk milched early in the morning has cooling properties and also will be heavy in character. This milk is good for curing diseases due to Pitta and Vata. It gives strength and energy.

### ***Properties of Cow Milk milched in the evening***

During day time, when the cows move for food, sun rays fall on their bodies and further they get exhausted physically. Because of these reasons the milk milched in the evening is light in character. This milk if consumed cures diseases due to Vata and Kapha.

### ***Properties of Cow Milk with Suga Candy (crystal sugar)***

It increases seminal power.

It cures disorders due to Kapha, Vata and Petta

### ***Properties of Cow Milk with Crystal sugar + honey + Cow Ghee***

1. It should be consumed during night 1/2 hr before going to bed
2. The milk should not be heated
3. Honey and Cow Ghee should not be added in equal parts
4. Should be consumed slowly with a pleasant mind

If consumed daily as above.

1. It increases seminal power, retention, vigour and vitality
2. It imparts physical strength
3. It eliminates impotency
4. For married Couple, it bestows Child birth.

### ***Properties of Cow Milk with Aswagandha + Sugar***

1. It increases physical strength
2. It strengthens dhatus.
3. It is an excellent Vagikarana for Young men

### ***Properties of Cow milk with Satavari and Sugar***

1. It imparts physical strength
2. It bestows general health
3. It is excellent for young women

### ***Cow milk for getting a son***

If a Childless lady consumes Cow Milk with Cow Ghee, Ramphal and Lakshmana as per prescribed procedure she bears a son.

### ***Weakness - Cow Milk***

#### ***Causes for weakness***

1. Due to various diseases
2. Due to consumption of strong medicines having side effects

3. Due to increase in mental stress and body strain
4. Due to carrying excessive loads
5. Due to indulgence in excessive sexual acts
6. Due to excessive fasting
7. Due to excessive movements in the hot sun
8. Due to indulgence in too many activities
9. Awakening when it is time for sleeping.

### **Remedy**

If cow milk with Cow Ghee is consumed daily the body strength increases.

Cow milk gives immediate energy to the body after consuming.

### **For youth :**

Before and after sex, if they consume cow milk with cow ghee, they obtain fresh energy and strength and could lead a happy married life.

*"Sadyobalaharamnaaree sadyo balakakaram peeyaath"*

### **Properties of Cow milk with Malkangane oil , Honey, Cow ghee and Crystal Sugar**

If consumed for some time

It eliminates worms in the intestine

It improves dhatus

It is excellent for children who frequently suffer due to worms in the intestine.

## **Cow Curd**

### **Properties of Cow Curd with other ingredients**

If curd is added with certain ingredients and consumed they give beneficial effects.

### **Properties of Cow Curd with Trikatu**

Trikatu = Ginger + Pepper + Pippal

- 1) If Cow Curd is added with trikatu powder and consumed
  1. It enhances digestive power
  2. It cures disorders due to Vata and Kapha
- 2) If the above is consumed during Hemantra Ritu and Sasira Ritu
  1. It becomes wholesome food
  2. It imparts strength to the body
  3. It improves brightness in the body

### **Properties in consuming Cow Curd with other ingredients**

If every day morning Cow Curd is consumed by adding salt, pepper, sugar, moong, amla, juice of flowers and Cow Ghee (If all the ingredients are not available at least some of them), then it imparts physical strength and increases general health.

### ***Prohibition in consuming Cow Curd***

During night time curd should not be consumed. If consumed disorders due to Kapha will be generated specially persons with Kapha Prakriti should not take curd during night.

If for any unforeseen reasons one has to take curd during night, it should be added with any one or more of the following and then consume.

Cow Ghee, Honey, Moong, Amla

### ***Summary of properties of Cow Curd***

1. It is extremely pure and sacred
2. It is cooling in nature and smooth
3. It increases digestive power
4. It increases physical strength
5. It removes diseases due to Vata
6. It increases blood
7. It increases seminal power
8. It pacifies excessive heat in the body

### ***Various names of Cow Curd***

1. Ksheerajam
2. Dadhi
3. Tadrupyam
4. Viralam
5. Ksheeravikaram
6. Mangalyam
7. Ksheera pindakam
8. navancethamsu
9. Kampilyam
10. Ksheera sambhavam

### ***Differences in Cow Curd***

1. Mandam
2. Swadu
3. Swadamlam
4. Amlam
5. Athyamlam

These are the varieties of Cow Curd.

### ***Manda Curd***

This is equivalent to milk. The curd is not fully formed. Hence it is called manda curd.

### ***Properties of Manda Curd.***

It increases excreta. It increases disorders due to Vata, Pitta, and Kapha. It is harmful on consumption.

This must not be consumed.

### ***Swadu Curd.***

The Curd which is formed 100%. Its taste is sweet. Hence it is called Swadu Curd, (Swadu= Sweet & tasty)

### ***Properties of Swadu Curd***

1. It increases seminal power
2. It increases Kapha
3. It increases Satwa guna
4. It destroys Vata disorders
5. It pacifies Haemorrhage.

## **Swadamala Curd**

This is a solid type curd. It is sweet. It contains slight amla rasa. It is known as Swadamla Curd.

### **Properties of Swadamala Curd**

It is said that it has properties similar to normal curd. It should be taken with other ingredients. It is digestible.

### **Amla Curd :**

If in the curd sweetness is hidden and Amlarasa is expressed, it is called Amla Curd.

### **Properties of Amla Curd.**

It causes Pitta and Kapha disorders

That is why it should be consumed with other ingredients.

This increases Rakta pitta and blood disorders. Without adding suitable ingredients it should not be consumed direct.

### **Atyamla Curd.**

After consumption of this curd one experiences

1. Vibrating teeth
2. Raised hair
3. Feels thirsty immediately

It is called Atyamla curd. This comes under Tamasik curd.

### **Properties of Atyamla curd**

1. It increases digestive power
2. It aggravates blood disorders enormously
3. It enhances pitta disorders many fold

It should not be consumed.

## **Cow Mastu**

The water found on the curd is called Cow mastu

### **Properties of Cow Mastu**

1. Cooling
2. Increases digestive power
3. Cools the eyes.

Mastu is beneficial in the following

1. Vata disorders
2. Kapha disorders
3. Blood disorders
4. Stomach disorders
5. Thirst
6. White patches on the skin.
7. Constipation.

## **Cow Butter Milk**

If curd is churned it becomes butter milk

### **Properties of Butter milk**

1. It is excellent in improving the resistance power in the body to diseases

2. It is beneficial in clearing white patches on the skin
3. It is good in diabetes
4. It is beneficial in loose motions
5. It relieves kapha disorders
6. It clears worms in the stomach
7. It is useful in stomach disorders

### ***Special properties of butter milk***

1. It increases taste
2. It removes fatigue
3. It is excellent in vomiting
4. It contains different tastes - such as astringent, sour, sweet and bitter
5. It is ushna veerya
6. It enhances digestive fire
7. It gives satisfaction to the mind

### ***Medicinal properties of butter milk***

1. Butter milk contains sour taste and hence it removes Vata disorders
2. Butter milk contains astringent taste and hence capable of removing Kapha disorders
3. Butter milk contains Sweet taste and hence removes pitta disorders
4. As nectar to gods, cow butter milk is to human beings on earth.

### ***Special effects on Consumption of Cow butter milk***

The consumption of Cow butter milk is extremely beneficial and useful — during winter season, during indigestion, during Vata disorders and when one has no appetite.

### ***Worms in the stomach and Cow butter milk***

Grind Palasa seeds in the Cow butter milk and take in the morning before sun rise. This will remove worms in the intestine.

### ***Properties of Cow Butter milk - based on preparation time***

Depending upon the time of preparation of butter milk subtle changes in the properties of butter milk take place.

### ***Cow Butter Milk prepared during noon time***

1. It increases digestive power
2. It increases Kapha disorders
3. It cures fevers
4. If a person is suffering from indigestion - it is highly beneficial.
5. Persons suffering from Diabetic will find its use more beneficial

### ***Cow Butter Milk prepared during early morning***

It has all the properties of butter milk as mentioned earlier

**Properties of Cow Butter milk. Stored for a long time**

1. It causes indigestion
2. It increases Amlapitta
3. This should not be consumed.

**Thirsty person - Consumption of Cow Butter Milk**

The person must be given in small quantities several times at suitable intervals.

If taken at a time a large quantity, person will be affected with indigestion.

**Properties of Cow butter milk - with different vessels**

**Gold Vessel and Silver Vessel**

If butter milk is taken in golden vessel or Silver vessel it removes fainting.

**Earthen Pots :**

If butter milk is taken in earthen pot it removes disentry.

**Different types of cow butter milk**

1. Golam / Madhitam
2. Udaswitham
3. Thakram
4. Kaalaseyam

**Golam**

Even if a drop of water is not added and butter milk is prepared it is called Golam. Some call this as Madhitam

*"Mahitam jalavarjitham"*

**Udaswitham**

Butter milk is made by adding 1/4 part of water to the curd is called Udaswitham

**Thakram**

Butter milk made by adding 1/2 part of water to the curd is called Thakram

**Kalaseyam**

Butter Milk made by adding 3 parts of water is called Kalaseyam

**Properties of Thakram**

This is lighter and hence gets digested very easily. It tastes little sour and astringent. It improves digestive power. It eliminates Kapha and Vata disorders.

**Different types of Thakram and properties**

**The Thakram made without butter.**

This possesses pungent, sour, astringent tastes and also hot, dry and dense properties.

It increases digestive power.



***Its Special uses.***

It is very much useful in jaundice, Stomach diseases, Vomiting diabetes, Swelling, Kapha disorders, and Vata disorders.

***Mandajatha thakram***

Butter milk prepared without removing butter is called mandajaatha. This takes longer time for digestion and with difficulty. Persons who indulge in heavy physical exercises could take this.

***Athijaatha Thkra***

Butter milk made without any trace of butter is called Athijaatha. This is too sour and hot.

This increases thirst and Pitta.

***Prohibition in use of thakra***

1. while suffering from injuries
2. When one is too weak
3. When one suffering from epilepsy
4. When one suffering from dizziness
5. When one suffering from haemorrhage.

***The humors - uses of thakra***

1. When Vata has increased use some butter milk adding Rock salt (Saidhava Lavan)
2. When Pitta has increased use sweet butter milk adding sugar.
3. When Kapha has increased use butter milk by adding powder of dry ginger, pepper and Pippal and salt.

***Use fulness of butter milk under different circumstances***

1. Butter milk with slight sourness increases seminal power
2. Butter milk with strong sourness increases digestive power
3. Butter milk when heated and used is beneficial under the following conditions.  
(1) Common Cold (2) Cough

***Different Names of Butter Milk***

1. Thakram 2. Madhitam 3. Gorasam 4. Golam 5. Amlam 6. Dvawam 7. Vilodhitam 8. Swetham 9. Dandahatam 10. Sandram 11. Kaalaseyam "Kalasyam bhavam Kaalaseyam". 12. Shaadabam 13. Kara mandhitam 14. Mandajaatham 15. Athimilitham

***Vardhamaana Hayangaveenanam***

Butter Milk just prepared from curd is called as Vardhdamaana Hayangaveenanam

***Propertises of Hayangaveenanam***

If some one consumed very sour butter milk and suffering from various disorders. Also disorders caused by consuming butter milk stored for a long time. Under these conditions uses of Hayangaveenanam is beneficial. Use to be as per prescribed proceduces.

## *Properteis of Vardhamana Hayangaveenanam*

Especially in severe conditions and for quicker results one should resort to "Vardhamana Hayangaveenanam"

## *Cow Cream*

This is the creamy layer formed over heated milk

### *Properties of Cow Cream*

1. It helps ladies to bear children
2. It removes haemorrhage
3. It imparts strength to physical body
4. It gives satisfaction to the mind
5. It becomes swadhu paka after consumption

### *Ladies and Cow Cream*

If the body is rubbed with Cow Cream it smoothens the skin and improves the skin complexion.

Rubbing of the body with Cow Cream by adding the following will bestow multiple benefits.

Powders of 1. Sandal 2. Masur dal (Red grams) 3. Daru haldi 4. Vayavidang 5. Mangistha 6. Ratan jot 7. Red Sandal 8. Turmeric 9. Selkadi

### *Benifits*

1. Skin becomes very smooth and attractive.
2. Increases beauty
3. Increases flow of pure blood in the body
4. Removes white patches on the Skin
5. Removes *vyang* = coloured patches on the skin
6. Removes dryness of the skin
7. Removes pimples on the face.
8. It increases glow and radiance to the skin
9. It increases overall *Lavnaya* = Charm and loveliness

*"Snigdham saanthaanikam balyam raktapittaprasantikrit  
Swadu pakena ruchyancha vizneyam tharpanam guru"*

## *Cow Butter*

By Churning Curd butter is separated. It is pure white at the time of preparation. But as the time passes it acquires slight yellow colour.

### *Properties of Cow Butter.*

1. It is excellent in eye diseases
2. It increases seminal power and vitality
3. It increases Kapha disorders and pitta disorders
4. It bestows good colour to the ladies and glow to their skin.

5. It imparts physical strength
6. It is tasteful and gives satisfaction to the mind
7. It cures Vata disorders
8. It eradicates fatigue and stress
9. It strengthens dhatus.

It is like a nector to the children

### ***Properties of Cow Butter Just Prepared***

1. It is tasty
2. It is cool
3. It increases intellect

### ***Properties of Cow Butter stored for a long period***

1. It becomes alkaline, acidity and pungent
2. It causes vomiting on consumption
3. It generates various disorders in the body

This must not be consumed.

### ***Names of Cow Butter***

1. Navaneetham

***"Navaddadhna neetham navaneetham"***

2. Navodhritham

***"Nave ddadhna Udhritham navoddhiritham"***

3. Hayangaveenam
4. Sarjam

## ***Cow Dung***

### ***Properties and Specialities of Cow Dung***

1. Applying Cow dung on the surface of floor, destroys all the bacterial and other harmful things which cause diseases. Hence its use in houses and Puja altars.
2. It applied properly on wall, it could prevent radiation.
3. Persons sitting over the floor which is smeared with Cow Dung, will be bestowed with Pranic force.

If applied properly on the floor, the pranic force extends to about 100 feet radius.

4. During long Anusthaana kriyas = Special progress with Mntras - use of cow dung bestows powers.
5. Cow dung cakes are used in Homa which purifies the surrounding polluted atmosphere.

### ***Different names of Cow Dung***

1. Gopureeshm
2. Govistha
3. Gomalam
4. Gopeda
5. Gomayam

## ***Cow Urine***

**Will ther be any disease on earth which cannot be eradicated by Cow urine which is obtained**

1. By feeding Satwic food & fresh water to cows
2. By following prescribed procedures in obtaining Cow Urine

3. By following prescribed procedures in administering cow urine.

*Cow urine is like the nectar on the planet earth.*

### ***Cow Urine (Gomutra) and benefits to humanity***

*Some of the benefits are*

1. It increases digestive power
2. It improves intellect
3. It destroys disorders due to Kapha
4. It removes all diseases of the face
5. It eliminates eye disorders
6. It eradicates disorders due to Vata
7. It destroys all types of Leprosy
8. ***It clears all the disorders of Stomach***
9. It destroys all skin disorders
10. It eliminates disorders due to kapha
11. It clears Anamia and Jaundice
12. It stops diarrhoea
13. It eradicates urinary disorders
14. It removes abdominal tumour
15. It destroys worms in the intestine
16. It gives relief from ear pain. and so on.

***"Kasam Sanskritha Jattarakrimi pandurogam  
gomutra mekamapi peethamapakarothi  
Sarveshwari cha mithreshu gomutram gunatho adhikam"***

***Names of Nectar like Cow Urine.***

1. Gojalam
2. Goambham
3. Gonishyandam
4. Godravam
5. Gomuthram

### ***Yoga of Cow Urine***

***Cow Ghee, Cow Milk and Cow Urine - Mahasanjeevani ghritam***

If Mahasanjeevani ghritam is prepared as per prescribed procedure with cow ghee, cow milk, cow urine and other herbs and administered as per prescribed procedure

1. It destroys poisons
2. It is highly beneficial in eradicating diseases like
  - 1) Epilepsy
  - 2) T.B.
  - 3) Insanity
  - 4) Intestinal worms
  - 5) Jaundice and so on.

## **Panchagavya**

Cow Ghee, Cow milk, Cow curd, Cow urine and Cow dung are called Panchgavya.

### **Procedure for obtaining Panchagavya**

1. From Grey Coloured Cow — Obtain Cow milk with the Prescribed Mantra
2. From Black coloured Cow — Obtain Cow curd with the prescribed Mantra
3. From Blue coloured Cow — Obtain Cow Ghee with the prescribed Mantra
4. From white coloured Cow — Obtain Cow Dung with the prescribed Mantra
5. From Copper coloured Cow — Obtain Cow urine with the prescribed Mantra

### **Panchgavya ghritham**

This is prepared with cow ghee, Cow Milk, cow curd, cow urine, and cow dung and taken all of them in equal parts. As per prescribed procedure this is made into Ghrithapaaka. If administered as per prescribed procedure it eradicates completely the most chronic cases of

1. Insanity
2. Epilepsy
3. Jaundice

### **Gomata and its food**

Gomata is one which is Satvic by nature.

If all those benefits as enumerated are to be obtained by humanity.

One should never tamper "Satvic" nature of Gomata.

Gomata must be fed only with Satvic food, natural green grass, grams and pure water. This is with pure love and affection.

By consuming these Satvic foods Gomata in turn gives us the best Panchagavyas.

"Prajaavathi h suyavasam krisantheeh sudhaa apah suprapane pibattheech "

— Rigveda 6-28-7

— Atharva Veda 4-5-22-7

### **Gomatha - its service to humanity**

If the soil is enriched with Cow dung and Cow urine it would become very fertile. Various crops, creepers, trees etc., which are grown in that soil will acquire immunity from various insects which destroys them. Further the growth of the plants would be very healthy. Whatever medicinal herbs you obtain from such soil are powerful, energetic and potent.

### **Method of preparing high yield variety of seeds**

The seeds which are obtained as per prescribed procedures, should be immersed and kept in homa bhasma. This homa bhasma is out of homa performed with panchagavya and prescribed Vedic Mantras. After keeping over 21 days, the seeds are taken out and sprinkled with Cow Milk and Cow Ghee

The Seeds prepared in this manner are ready to sow. These will give the highest yield.

### **Growing Green vegetables with the highest potency**

Prepare a place mixed with Cow dung and cow urine and the seeds prepared as above are sown in this soil. The seedlings are planted in a soil mixed with cow dung and cow urine. The growth of the plants will be good and are resistant to various insects. They give better yield.

The vegetables you obtain in this process are supposed to be excellent variety with high potency and food value. These are the best green vegetables one could obtain.

### ***Eradicating minor ailments and to improve personal health.***

It kichide (Rice + vegetables ) is prepared out of these green vegetables and taken with cow ghee over a planten leaf, such person will get freedom from many types of ailments in the body and will become energetic and healthy.

For better results one should continue the process for at least 41 days. Before commencing the process one should cleanse his body with Sankha Prakshaalana Kriya and Kunjara kriya under the guidance of an yogic expert.

### ***Individual health and Gomatha***

If any one or more of Panchgavyas are taken as per prescribed proceduces, the person would become healthy and could lead a happy long life.

### ***Solution to pollution***

If Panchagavya homa is performed every day , the individuas who perform, the persons who are near by will become healthy both physically and mentally. By homa the atomosphere gets cleaned and get purified. Through this we obtain purified water through rain. When pollution in the atmosphere is removed and obtain "Divyodak" = "Divine water" , through rains, the forests would yield rich . powerul and potent herbs. You obtain plentiful rich crops and excellent yeld in the plant kingdom. As a chain reaction, the entire nation will get excellent resources.

*That means Panchagavya homas will gnerate multiple natural resources for the benefit of society at large.*

This is in contrast with the present scenario where highly greedy and selfish persons are indulging in dwindling the natural resources, wanted distruction of natural forests, polluting the atmosphere and creating health problems. This results in getting polluted water through rain which is responsible for less yield of crops. This is also reducing the potency of medicinal hurbs.

*Gomata alone could save from these calamities and bestow the nation with enriched natural resources, generation of nartural resouces and a pollution free atmosphere for all living beings.*

### ***Insane people and Gomata***

At present insane people are treated with several methds including shocks. In severe chronic cases they are chained and treated as animals. These are considered the most cruelsome methods.

*By administering Cow Milk with Purana Cow ghee as per prescribed procedure these insane people could be brought/back as normal people. In severe chronic cases administering panchgavya ghritam would render excellent results. Along with the treatment if panchgavya homa is performed near thise place the results will be faster.*

### ***Cruel deeds and Gomata***

Due to several reasons people indulge in cruel acts. If ordinary methods fail to bring them back to normal social life. the followng method could be adopted.

1. By performing panchagavya homa as per prescribed procedure or participating in such homas every day.
2. Administering Cow Milk with old Cow ghee as per prescribed procedure.

With the above the individuals will get transformed over a period of time. Their Tamasic and Rajasic

traits will gradually be converted towards Satwic quality. Even if they reach the threshold of Satwa guna, enormous mental attitude changes could be perceptible.

### ***Prevention of diseases and Gomata***

By the daily use of green vegetables and Kichidi with Cow ghee and eating on palm leaf will make people resistant to diseases and make them healthy

### ***Students and Gomata***

During student life if Cow milk with Cow Ghee is administered the students will be bestowed with good memory intellect and intelligence which help them in their studies.

### ***Gomata - Pavani***

Gomata with the pure Satwic nature has Prabhava. This Prabhava purifies and sanctifies all those persons who make Pradakshina = to go around the Gomata three times keeping their right hand towards Gomata.

Hence it is called as "Pavani".

### ***Gomata Kalyani***

Gomata without any discrimination bestows benediction on all human beings and hence it is called "Kalyani".

## ***Conclusion***

By their mere presence Cows purify others. Due to Prabhava mere walking around the cows with clockwise direction will bestow pranic force to the people

Satwaguna, Prabhava and Pranic force are inherent in Gomata and hence Capable of purifying all those who move around her in clock wise direction daily. The Prabhava of gomata extends in all directions. Any one moving in that Prabha gets purified.

***"Gavah pavitrah Saangathya"***

From birth till the entire life span of humans, Gomata bestows the benevolence such as

memory, intellect, intelligence, physical strength, eradication of innumerable diseases. purifies the polluted atmosphere and divyodaka through rains, growth of plants and trees with high potency and rich crops with high yield and so on.

### ***Service to Gomata***

Gomata bestows the above by its mere presence and through panchagavya. In other words Gomata bestows health, wealth and prosperity to the entire humanity. Hence Gomata is like Lakshmi (Goddess of Wealth) on the earth. That is why elders always say " buy a cow even by raising money through loan"

***"Thaddi seyam prayathne na thattha Lakshmi Prathisthithaa"***

— Pushkara Maharshi

### ***Raising dust from the feet of Gomata***

While cows walk fine dust is raised into atmosphere. If that dust falls on humans their poverty runs away. This means when there are more and more healthy cows walk happily the situation indicates prosperity to the society.

*"Gorajah paramam punya malakshmi vighna naasakam"*

— Pushkara Maharshi

Gomata bestows all wealth and health to humanity and rain natural resources on the earth. Hence it is known as "Kaamadhenu" on earth.

### *iswamate = Mother of Universe*

In direct form Gomata gives all benefits through its Panchagavya. Indirectly it bestows benevolence on humanity by purifying atmosphere and radiating life force around it. With Panchgavya homa atmosphere is purified and divine water comes through rain and thereby causing the growth of potency herbs. All these are benevolent to the entire earth. Hence it is called "Mangalakra".

*"Gavah pavitram paramam gavo mangala muthatham".*

— Pushkara Maharshi

### *Different names of Gomata*

By mere pronouncing the names of Gomata, one could understand the high emanance of Gomata

Various names of gomata are

1. Paavanee
2. Kalyaanee
3. Surabhi = Kamadhenu
4. Matha usra
5. Bhadra
6. Bhanumathi
7. Bhuri maatha
8. Arghya
9. Dhenu
10. Bahula
11. vasu
12. Maheeye
13. Gaurameeye
14. Rohinee
15. Dogdree
16. Sringee
17. Arjune
18. Gau

All these are the names of Satwic, sacred and benevolent Gomata

Great Maharshis say

*"Mathru devo bhava"*

*"Pitru devo bhava"*

*"Atiti devo bhava"*

*"Acharya devo bhava"*



If all the elders excuse, the above could be said as follows :

*"Dhenurdevo bhava"*

*"Mathru devo bhava"*

*"Pitru devo bhava"*

*"Atiti devo bhava"*

*"Acharya devo bhava"*

-- *Om Tat Sat* --



# *Ancient Indian Wisdom* *Mother Cow - Yajna*

*Prattipati Ramaiah*

## Mother Cow - Yajna

### Adhyaya - 1

Some of the benefits obtained by performing Yajna are enumerated below :

"Recently the Defence Institute of Physiology and Allied Sciences, Delhi carried out studies on the physiological effects of Mantras on the mind and body ; eight healthy young men were the subjects. the study showed a trend of decrease in the heart rate and blood pressure. It appears that there is strong electromagnetic field in the environment at the time of the recitation of Mantra during 'Agnihotra', which is picked up by the E.C.G."

— The Hindu dated 13.11.1994

"Talking on the cleansing process of the atmosphere, he said Agnihotra heals the atmosphere by injecting nutrients into it. "Agnihotra" makes plant and bird life happy and helps maintain harmony in the oxygen recycling system and improves absorption of sun's rays by water sources and thus controls unwanted growth of algae and bacteria" he claimed.

Referring to medicinal values of Agnihotra atmosphere and ash, Prof. Mulay pointed out about the research work of Berthold and Monika Jeble of Germany on several medicines based on Agnihotra ash. Clinical tests were successful for a wide range of illnesses and today these medicines are widely used in Chile and Poland, he added."

—The Hitawada dated 2.2.1993 (Nagpur).

".....eight day international PutraKamesti Yajna to help childless couple beget children. Performed after an interval of almost 5,000 years. 5,280 couples responded.....some of them from far away places like Australia and the USA....."

After computerised screening 1,330 couples selected for the PutraKamesti Yajna.....Sex was taboo for the participants. Diet prescribed was not only Spartan, but 'Satwic', If without salt and spices. On appointed day on May 2, selected after much astrological calculations Mr. Cherumukku Vasudevan Akkithiripa, a well known Namboodri Pandit, rubbed two twigs of a sacred of banyan tree to the chanting of Vedic hymns by 200 priests and kindled fire for the Yajna as thousands watched in disbelief.

Six months after the event, during which card kept a tab on 308 couples, who participated in the Yajna from Kerala, 42 women were found to be pregnant while another 50 showed symptoms of pregnancy. One of them was married for 24 years without child while another was 46 years old."

— The Statesman dated Dec, 1992.

"The Maharashtra State Grape Growers Association, Pune (India) conducted extensive experiment in using Agnihotra ashes in their gardens. They have confirmed that Agnihotra ashes did increase production.

Dr. B.G .Bhujbal, who carried out the experiment, observed Agnihotra was done regularly and Agnihotra ash was applied to the grape wines. The observations which were recorded at the harvest time proved very good. The grower, Mr. Khode, said never did he believe in such a possibility until he saw the actual results. The individual berry as well as the cluster were of a rich colour, taste, sweetness and weight. About 150 observers said that the crop was the best in the locality."

— The Hindu dated 13.11.1994.

## 2nd Incident

"There was Mr. M.L. Rathore (33) living near Bhopal railway station where dozens of people died of gas poisoning. Found himself, his wife, four children, mother and brother all felt as if they were being choked. Mr. Rathore had been performing Agni shotra for the last five years, and so he immediately began doing Homa, and continued with the "Tryambaka Homa", within fifteen minutes, the entire family was free from the burning sensation and chest pain."

Extract From The Hindu, dated 13-11-1994.

Explanatory notes : Tryambaka Homa means performing Agnihotra and with every oblation - Mrityunjaya Mantra is recited.

Mrityu = death, jaya = to conquer.

Mrityunjaya Mantra :

"Om Tryambakam yajamahe sugandhim Pushti vardhanam ....."

- Veda Mantra.

It is a very powerful Mantra.

## 3rd Incident

"Four doctors working with the Indian Army carried out studies on the effect of Homa on heroin addicts. One was an infantry officer, a talented sports man. The doctors reported. "He was too far gone into smack. After much persuasion, he agreed one movement when he was sber to watch Agnihotra being done. After five days he developed an inclination for it and voluntarily joined the group for Agnihotra and by the seventh day he began performing it himself. Gradually, he developed a revulsion to heroin and after four weeks of regular Agnihotra, during both dawn and dusk, he was fully out of the drug habit"

Extract From The Hindu, dated 13-11-1994.

"Aghihotra or 'Homa Therapy' as it is described has been popularised and practised in countries such as the U.S., Chile, Poland and West Germony. In the U.S. where the 'New Age' movermnt began in the sixties. Agnihotra prationioners can be seen everywhere, the greatest concentration being found on the East and West coasts. Non stop homa has been going on since September 9, 1978 in Baltimora, Mary land, the place known as Agnihotra Press Farm and is an hours drive from the White House"

— The Hindu dated 13.11.1994.

## Adhyaya - 2

### Solution to Pollution

By performing Yajna the polluted autmospher gets cleaned. Benefits of performing Agnihotra are given below :

#### Agnihotra - benefits to humanity

"A healing touch to the polluted atmosphear can be given through "Homatherapy" by performing 'Agnihotra' as it is based on the bio-rhythm corresponding to sun rise and sun set establishing one healing cycle. According to Prof. S.C. Mulay of the association for the preservation of environment, Nasik Maharastr (India)

Prof. Mulay, who gave a performance of Agnihotra at the four-day World Congress of (Medicina Alternativa) which concluded here recently. Said the atmosphere between the earth and solar range becomes more pliable and more easily shaped by performance of Homa.

"It has to be shaped as it is out of shape due to pollution", he said.





















































































