

दुध, दही, छाछ, मक्खन, धी

- सब एक ही वंश के हैं, फिर भी
सबकी कीमत अलग है क्योंकि
श्रेष्ठता जन्म से नहीं, बल्कि अपने

कर्म, कला और गुणों

से प्राप्त होती है।



Kamdhenu Desi Cows and Some Shlokas in scriptures.

Indian History is also full of stories that underline the importance of indigenous Indian breed cow. They have some unique features like hump on their back that has the special power to absorb the sun's energy with the help of the 'solar pulse' situated on their humps running through the spine, a unique colour and a curved backline; The Suryaketu Nadi, located in the cow's back absorbs many positive and medicinal energy from the sunlight and the atmosphere, leading to more nourishing milk, cow dung, and urine. Research further endorses the greatness bestowed on Indian breed [desi] cow by our ancestors and further underlines the importance of it to develop a great nation. These special and unique features in the Indian cows were developed during the course of evolution and celestial origin for ages, which is the reason why they are very popular across the planet.

Ancient and Traditional state of Bovine

The cow is a living heritage of humanity. In the world traditions the cow stands for fertility, prosperity and life, and is often called the mother-ancestor, perhaps for being the first mammal to be domesticated by man. She has an aura of holiness and of mystical power. A foreign scholar once pointed out that during famine, 'the cow is far more useful as a creature that can produce limitless amount of milk, than as a dead beast that would provide meat for a limited period only.'

Divinity is locked up in the anatomy of cow as she is said to embody the elements of purity, reality and existence. Her face epitomizes innocence - her eyes reflect peace, her horns, royalty and her ears, intelligence. Her udders are the fountain of ambrosia in the form of milk.

गो सर्व देवमयी, गो सर्व तीर्थमयी।

It means that Desi Cows is fruit from all the religious places and has all Gods in herself.

The Vedic Aryans showed great compassion to animals, and chanted prayers so that their tribe may increase. The **Rigveda (VIII. 102.15)** likens the cow to be the mother of cosmic forces. She is the daughter of cosmic matter, sister of cosmic energy, and so on. The cow is Aditi 'the boundless', the embodiment of a goddess who supports the universe; her milk and the products made from it are wholesome and nourishing (**Rigveda. VI. 28.5**). This reminds one of **Al Ghazali** (1058-1111), the Muslim theologian and philosopher, who observed that 'the meat of a cow is disease, its milk healthy, and its ghee, medicine.

The hymns of the **Atharvaveda (IV. 21.1; 3-7)** seek bounties of the cow besides praying for their welfare. One of these verses (IV. 21.5) says:

'May the cow be our affluence; may the resplendent Lord grant us cattle; may the cows yield food (milk and butter) of the first libation (Soma). These cows O men, are sacred as the Lord resplendent Himself; the Lord whose blessings we crave for, with head and heart.'

It is, therefore, not surprising that the word **aghanya** - 'not fit to be killed' – is used 21 times for the cow in the **Rigveda**, the earliest scripture known to mankind. The idea has a near parallel in the Biblical Book of **Isaiah (66.3)** which says: 'He that killeth an ox is as if he slew a man.'

Vedic knowledge is likened to **Kamadhenu**, a bovine goddess, who yields everything from material wealth to salvation. **Yajurveda (XIII,42,48,49)** describes the cow as illustrious and inviolable:

'The effulgence of knowledge can be compared to the sun, the heavens can be compared to the sea, the earth is very vast, yet Indra is vaster than her, but the cow cannot be compared to anything.'

Hindus worship the cow due to a number of reasons, religious, socio-economic, medical and scientific. Such is the ardour of reverence for the cow that even her dung is turned into a deity during Govardhan Puja. **PanchGavya**, a mixture of cow's milk, curd, ghee, urine and dung, is traditionally consumed during religious rites and also used as medicine to have a cleansing effect on the mind and the body, as advised by Maharishi **Charaka (Charaka Samhita, Chikitsasthanam, 17-23)**.

The cow reminds one of Lord Krishna, also called Govinda and Gopala as he grazed, protected, and nourished cows, of Nachiketa in the **Kathopanishad** and Prishadhara in the **Srimad Bhagavata**, of the twelve Alvar saints in Tamil Nadu, of philosophers and mystics like Nimbarakacharya, Madhavacharya, Vallabhacharya and Chaitanya Mahaprabhu, of saint-poets like Mira Bai and Surdas and, in recent times, of Maharishi Swami Dayananda Saraswati, Madan Mohan Malaviya, Vinoba Bhave and others, who held the cow in great reverence, and professed non-killing, as in the Epistle to Romans (14.20) : 'For meat, destroy not the work of God.'

These Five Cows were obtained while Samudra Manthan (Churning the ocean) to obtain Amrit (nectar). Below are the Five Celestial Cows and Sages Associated with them –

1. Rishi Jamdagnih – Nanda
2. Rishi Bharadwajah – Subhadra
3. Rishi Vashishthah- Surabhi (Kamdhenu)
4. Rishi Asitah- Sushila
5. Rishi Gautamah- Bahula

A. Shlok on PanchGavya

1.

यत् त्वगस्थिगतं पापं देहे तिष्ठतिमामके,
प्राशनात् पंचगव्यस्य दहत्वग्निरिवेन्धनं।

The scriptures mention that the consumption of PanchGavya, causes all bad things to decay in the body, in the same way as fuel is consumed by ignited fire.

2.

गव्यं पवित्रं च रसायनं च पथ्यं च हृद्यं बल बुद्धि स्यात् ।
आयुः प्रदं, रक्त विकार हरि, त्रिदोष, हृद्रोग, विषापहं स्यात्।

“The five elements obtained from the Cow are sacred and are medicine for the heart. They enhance bodily strength and intellect. They give long life, purify the blood, and balance the Vata, Pitt (Pitta) and Kapha doshas. They cure all diseases and detoxify the body.”

Shlok on Cow Urine (Gau Mutra)

3.

गव्यां सुमधुरां ककांचचद् दोषघ्नां कृभमकुठिनुत्।
कण्डूघ्नां शमयेत् पीतां सम्यनदोषोदरे दहतम्॥

सार : - कृभम रोग, कुठि रोग, खुजली और प्लीहा रोग में गोमूत्र सेवन करने से रोग दूर हो जाता है। (चरकसंहिता)

Shlok on Dugdh

4.

क्षीरात्परं नास्ति च जीवनीयम्।

सार :- दूध से बढ़कर कोई जीवन बढ़ाने वाला आहार नहीं है। (कश्यप संहिता)

5.

क्षीरं जीवयति

सार: - दूध जीवनदाता है। (चरकसंहिता)

Shlok on Dahi

6. स्निग्धं विपाके मधुरं दीपनं बलवर्धनम् ।
वातापहं पवित्रञ्च दधि गव्यं रुचिप्रदम् ॥ (सुश्रुत संहिता)

सारः - दही स्निग्ध, पाक होने पर मधुर, जठराग्नि को तीव्र करने वाला, बलवर्धक और वातनाशक है। गाय का दही पवित्र और रुचिकर है।

Shlok for Ghee

7. विपाके मधुरं शीतं वातपित्तविषाणापहम् ।
चाक्षुष्यमग्रयं बल्यञ्च गव्यं सर्पिर्गुणोत्तरम् ॥ (चरक संहिता)

सारः - गाय का घी गुणों में सबसे श्रेष्ठ है, वह शीतल, वात-पित्त और विष का नाश करने वाला, आँख की ज्योति और शरीर के सामर्थ्य को बढ़ाने वाला है।

B. Shlok on Cow

8. आदौ माता गुरु- पत्नी, ब्राह्मणी राज- पत्निका
धेनुर धात्री ताथ प्रथ्वी सप्तैता मातरः

Real Mother, Guru-Patni (Wife of a teacher or spiritual master), Brahmani - the wife of Brahman, Raja-Patnika – Wife of Raja (the king), Dhenu – The Cow (Gau-Mata), Dhatri – The nurse and Prithvi – the mother earth. These are the seven Mother an individual should never forget.

9. तिलम् न धान्यम् , पशुओं न गावः ।

Just like sesame is the best grain available on earth; similarly, (Desi) Cow is the best animal available on mother earth

10. नां केवलां पयसां प्रसूति मवेहि, मां कामदुधां प्रसन्नाम्।

Desi Cows herself says, when I am happy with your dedication, I bless you with fulfilling all your wishes. Don't mistake me as just milk giving animal.

11. गौमय वस्ते लक्ष्मी।

Lakshmi, the goddess of wealth, resides in Desi Cows Dung or there is ample opportunity of creation of wealth by proper use of Cow dung.

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सुरूपा बहुरूपाश्च विश्वरूपाश्च मातरः।

गावो मामुपतिष्ठन्तामिति नित्यं प्रकीर्तयेत्॥

Every day we should pray that the beautiful and diverse-looking Vishwarupini Gomata always come close to me.

C. Shlokas for Arrangements and Departments.

13.

नन्दः प्रोक्तः स गोपालैर्नवलक्षगवां पतिः।

उपनन्दश्च कथितः पंचलक्षगवां पतिः।

वृषभानुः स उक्तो यो दशलक्षगवां पतिः॥

गवां कोटिर्गृहे यस्य नन्दराजः स एव हि॥

कोट्यर्थं च गवां यस्य वृषभानुवरस्तु सः ॥

(गर्गसंहिता)

A Gopal who has nine lakh cows is called Nanda, who has five lakh cows, he is called Upananda, who has one million cows, Vrishabhanu, who has one crore cows, is called Nandraj and fifty lakh cows are called Vrishanuvar.

D. Importance of Milk

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a.

स्वादु शीतं मृदु स्निग्धं बहलं श्लक्ष्णपिच्छिलम्।

गुरु मन्दं प्रसन्नं च गव्यं दशगुणं पयः॥

दूध में दस गुण होते हैं— वह स्वादिष्ट, ठंडा, कोमल, चिकना, गाढ़ा, सौम्य(सात्विक), लसदार, भारी, बाहरी प्रभाव को देरी से ग्रहण करने वाला और चित्त को प्रसन्न करने वाला है। (चरकसंहिता)

b.

आयुर्वै घृतम्।

घृत ही आयु है।(आयुर्वेद)