

## **Research Work Done on Godugdha:**

### **1) Milk – A Preventive, Promotive and Curative Approach**

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Milk is described as Ajasrika Rasayana in Ayurvedic literature. It is the lacteal secretion of memory gland being used as dietetic item, wholesome since birth (Ajanma Satmya) and considered as Jivana, Brimhana, Nitya Rasayana and Pathyatama. Thus it is good for preventive, promotive and curative health particularly in chronic disease condition. It has Dhatuvarhdhaka property, thus beneficial to take care of ageing. The properties of milk, according to Ayurveda are Madhura , Sheeta ,Mruda, Snigdha, Bahal, Slakshana, Picchila, Guru, Manda, Prasanna, Ojovardhaka and Pravara Jivaniya. Thus, properties of the milk are similar to Ojas i.e, promoting immunity or body defense mechanism.

Milk has been extensively described in Ayurvedic literature. Eight types of milk have been discussed in Charaka Samhita i.e.cow milk, buffalo milk, goat milk, elephant milk, mother's milk etc. Milk contains fat, protein, carbohydrate, vitamin A, B, complex, C, enzymes, minerals etc. and thus helpful in maintaining physical and mental well being.

### **2) Importance of Ksheer in Garbhini Paricharya with Respect to Physiological Changes in Pregnancy**

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**Introduction** – Only ksheer or ksheer in combination with ghrita, navneeta etc. is mention in Garbhini paricharya As per Bruhatray ksheer is prescribed from 1<sup>st</sup> month of pregnancy to delivery which itself its importance in pregnancy.

**Objective** - To study the relation of ksheer with physiological changes in pregnancy.

**Methodology** - Various physiological changes occur in the body during pregnancy, which may turn to pathological e.g. increased protein anabolism, increased blood glucose and cholesterol level. Properties of Goksheera according to Ayurveda are sheeta, guru, prasanna , snigdha, pavitra deepana prenan, jeeran , manda. Composiof Goksheera is 3.2 gm protion , 4.1 fat, 0.8 gm minerals, 4.4 gms carbohydrates, 120 mg calcium, 90 mg phosphorus, 0.2 mg iron, vitamine – A 174 IU. So the indication of ksheersevan and its effect on protein , fat, carbohydrate and water metabolism implies need of discussion , which will be further discussed.

**Conclusion** - It is possible to advice cow milk in pregnancy as mentioned in “Garbhini paricharya” which is of dietary and therapeutic importance.

### **3) Milk – A Media For Detoxification of Rasadravya**

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All the material present in the universe may be used as Aushadha but not in raw form. They need different pharmaceutical processes for therapeutic purposes because pharmaceutical procedures like Shodhana, Marana, Jarana, are the factors which convert the material into a suitable drug form. Shodhana is a multipurpose word used in Ayurveda for removing impurities, reducing toxicity, increasing potency; Making the material suitable for further processes, etc. There are so many methods for Shodhana just like Swedana, Bhavana , Nirvapa, Dhalana etc.

Milk is one of the chief liquid media for Shodhana process. Ashuddha Dravya left their protein soluble and fat soluble impurities in milk and milk give its quality to dravya.

## **Research Work Done on Godugdha Preparations:**

- **Immunomodulatory effect of Kushmandavleha a Polyherbal formulation.**

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The immunomodulatory effect of Kushmandavleha, an ayurvedic polyherbal formulation has been investigated. The polyherbal formulation belongs to the panchagavya class of Ayurvedic preparations.

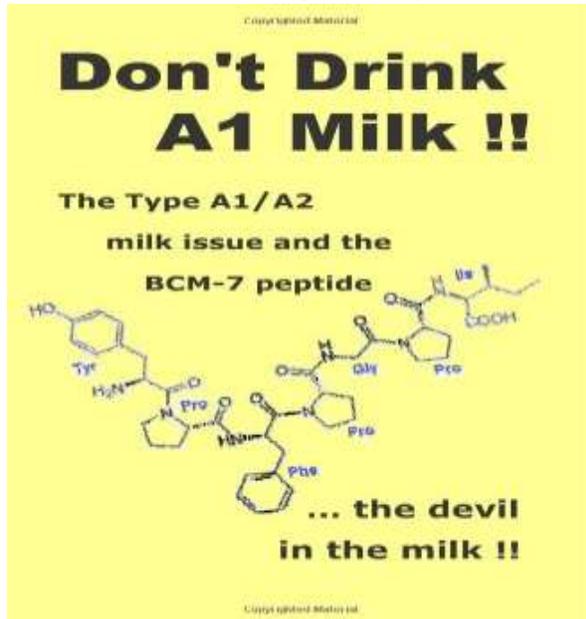
The assessment of the immunomodulatory activity was carried out by testing the humoral (antibody titre) & cellular (DTH) immune responses to antigenic challenge with sheep RBCs. Oral administration of the polyherbal formula (100 mg & 50 mg/kg) showed a significant dose dependent augmentation of both, humoral as well as cellular immunity. The present study demonstrates the immunostimulant activity of the polyherbal formulation, promising its strong utility & clinical practice in India.

## THE A1 vs A2 MILK STORY

This is the latest modern scientific research topic, on cow's milk. It has been brought out in to open by New Zealand researchers. For a long time medical experts have been aware of link of dairy milk with increasing incidence of Autism and Type-1 Diabetes in children.

New Zealand happens to be world's largest dairy milk exporting country. 40% of NZ foreign trade depends on milk exports. Naturally the NZ Dairy Industry were very concerned about possible repercussions as loss of milk exports, due to medical experts advising people to stop consuming milk.

Fonterra the largest Dairy interest in NZ initiated a research project and were shocked to



learn that their entire dairy milk supply was indeed a cause for concern. It was found that a chemical substance designated as Beta Caseo Morphine 7 (BCM7) separates out during digestion of dairy milk. BCM7 being a member of morphine family was found to be a very highly oxidizing agent, which caused brain damage in some children leading to Autism, and Diabetes 1. In case of adults with leaky guts BCM7 from dairy milk has been associated with all the modern diseases such as Alzheimer, Cancer, Diabetes, Heart trouble etc.

More research established that BCM7 is found only in milk designated as A1 milk. A1 milk is produced by some cows of *Bos Taurus* the European breeds or their cross bred cows. The milk of *Bos indicus* the Indian African cows

is found to be free of BCM7.

A2 milk is now being sold across the country in NZ, Australia, Japan and Korea and in USA. This is safe and the only milk desirable for human consumption. Now there is scientific evidence of the fact that the original cows which emerged on earth came from India, the *Bos indicus*- Indian breeds of cows. During the process of migration of these cows to the colder regions about 8000 years ago, due to mutation the DNA of the Indian Breeds of cows got changed in to European Breeds- *Bos taurus*. *Bos taurus* has a damaged DNA, which results in A1 milk causing health problems in society.

New Zealand farmers have stopped cross Breeding of A2 milk producing cows with A1 milk producing European breeds of cows.

A very detailed account of this subject can be found on the internet and in the recently published book 'The Devil in the Milk' by Prof. Keith Woodford, published by Craig Potten of New Zealand.

A group of very eminent Indian scientists have volunteered to take up research work in India which will ultimately be able to stop indiscriminate cross breeding of Indian cows, and promote the pure milk of the Indian breeds of cows.