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A comprehensive review on *Vrishan Karma* (aphrodisiac action) by *Piyush* (cow colostrum)

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ABSTRACT

Piyush (Cow colostrum) is the first milk which cow gives after giving birth to calf. As per our Ayurvedic texts this *Piyush* is having *Madhura Rasa* and *Guru-Snigdha Gunas*. Due to its properties it is *Vata-Pitta Dosha Nashak* and *Kapha Dosha Vardhak*. Thus, these all factors affects in the nourishment of all the seven *Dhatus* (tissues) of human body. Nourishment of seven *Dhatus* lead to *Vrishan Karma* (aphrodisiac action) of body. *Vrishan Karma* of human body is directly related with the *Vyadhikshamatava* (Immunity). If *Vyadhikshamatva* of body is more then the *Vrishyata* of body increases. As per Modern Science *Piyush* is known as a cow colostrum. It contains more Immunoglobulin, lactose, protein, fat than normal cow milk. Ultimately these all factors help in increasing the level of Immunity which is acquired immunity. Thus *Piyush* provide a novel treatment option for the *Vrishan Karma* in body. This review explores the current knowledge on the beneficial effect of *Piyush* supplementation in the above condition.

Key words: *Piyush*, *Vrishan Karma*, Aphrodisiac Action, *Vyadhikshamatva*.

INTRODUCTION

The main living question in today's era is about healthy state of the living being. Every person wants to live happy and healthy life. According to Ayurveda and W.H.O the concept of healthy person is not restricted only on physical or body level but the physical, spiritual, and mental all the three states must be in proper condition i.e. the equilibrium state of healthy person.^[1] In all the three states, Physical health is the most important as it is the *Aashraya Sthana*. Healthy state of body ultimately depends upon the vital essence of the all the bodily tissues

which is called as *Ojas*. This *Ojas* itself called as Immunity or *Vyadhikshamatva*.

When etiological factors come into contact with the body they try to produce disease. At the same time the body tries to resist the disease. This power of the body, which prevents the development of diseases or resists a developed disease, is called Immunity (*Vyadhikshamatva*) in Ayurveda.

It is observed that due to irregular food habits and other factors like air pollution, water pollution, most of people are suffering from diseases and malnutrition where loss of *Ojas* is a constant feature, people are known to be susceptible to various other diseases or recurrent infections. According to the concept of *Ojas* or *Vyadhikshamatva*. This malnutrition affects the immunity power of individual and ultimately low immunity affects the health of individual. This low immunity is mainly responsible for the occurrence of diseases. So it is necessary to take such things which helps in increasing the immunity. *Piyush* helps in increasing the immunity of individual due to its properties. So the review has been done on *Piyush* as its immunity boosting properties in this article.

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CONCEPTUAL REVIEW**Review on Immunity (Vyadhikshamatva)**

Immunity: When etiological factors come into contact with the body they try to produce disease. At the same time the body tries to resist the disease. This power of the body, which prevents the development of diseases or resists a developed disease, is called Immunity (*Vyadhikshamatva*) in Ayurveda.^[2]

It is commonly observed that certain persons do not develop a disease even after coming into contact with the relevant etiological factors, while others become victims of the disease. The reason is that when the resistive power of the body is sufficiently strong it destroys the causes. A beautiful simile is used in Manusmriti to illustrate this fact: when a seed is sown in non-fertile soil it is destroyed.

Immunity depends upon the maintenance of the equilibrium of doshas and the healthiness of tissues and channels. Similarly the strength of the body is related to immunity and it also depends upon the healthiness of tissues. The factors, which are related to the healthiness of tissues are as below,

- Birth in a country where people are naturally strong
- Birth at a time when people naturally gain strength
- Favourable disposition of time (pleasant and moderate climate)
- Excellence of the qualities of the sperm and the ovum
- Excellence of the ingested food
- Excellence of the physique
- Excellence of mind
- Favourable disposition of the race and species
- Exercise
- Cheerful disposition during sexual indulgence

his immunity is attainable from 3 sources -1) Constitutional 2) Temporal and 3) Acquired (*jas*).

1. Constitutional immunity: Constitutional immunity is that gained from the time of the formation of

the foetus onwards. Hence it is dependent on the healthiness of sperm and ovum and also on the excellence of time and place.

- 2. Temporal immunity:** The temporal immunity is the one, which is gained from the favourable condition of time, such as youth, and favourable season.
- 3. Acquired immunity (*Ojas*):** The acquired strength is one, which is achieved by the proper combination of diet, exercise and other regimens.

Amongst these 3 type of immunity, we can increase Acquired immunity by proper diet, exercise and other suitable things. Low Acquired immunity is mainly responsible for occurring diseases in present Modern era. So one should take the things which helps to increase the Acquired immunity.

Review on Piyush (Cow Colostrum)**Piyush**

- *Piyushah Sadhya Prasutayah Kshiram | (Chakrapani)*

Chakrapani has said that the milk which cow gives after giving birth to a calf is said as *Piyush*.^[3]

- *Sadhya Prasutaya Gau Kshirah Saptaah Yavat | Taccha Piyush Nanmabhidheya Bhavati || (Ayurved Shabdakosh Part-2)*

It is mentioned in Ayurveda Shabda Kosh Part 2 that the *Piyush* is the milk which cow gives after giving birth to the calf till 7 days.

Properties of Piyush (As per Ayurveda)

- *Madhuro Brimhano Vrishya Tat Piyusho Morataha. (Sushruta Samhita)^[6]*
- *Kshirah Tatkala Sutaya Ghana Piyusha Ucchayate | Vrishya Brimhana Balavardhana || Gurava Shleshmala Hridya Vatapittavinashini | Diptagnina Vinidrana Vidradho Chabhipajataha || (Bhavaprakasha)^[4]*
- *Piyusho Morat Cha Eva Kilata Vividhasch Yaha | Diptagnina Anidrana Sarva Eva Sukhaprada | Guru Tarpana Vrishya Brimhana Pavanapaha || (Charak Samhita)^[5]*

Properties

- *Rasa* : Madhura^[6]
- *Guna* : Guru, Snigdha ^[4]
- *Dosha Shamaka* : Vata, Pitta^{[4],[5]}
- *Dosha Vardhaka*: Kapha^[4]
- *Karma* : Hridya, Agnideepana, Tarpana, Nidrajanan, Brimhana, Vrishya^{[4],[5],[6]}

Properties of Piyush (As per Modern Science)

As per modern medical science *Piyush* is known as Cow Colostrum Milk. Colostrum is the milk which cow gives after giving birth to a calf till 72 hours. It contains more Immunoglobins than normal cow milk.

Composition of Cow Colostrum

Cow Colostrum comprises mainly 3 types of factors. They are Nutritional factors, Immune factors and Growth factors. Its elaborate composition is as in below table.^[8]

Cow Colostrum Composition		
Nutritional Factors	Immune Factors	Growth Factors
Calcium	IgG	FgF
Protein	IgD	TgF A
Vitamins	IgM	TgF B
Energy	IgE	IgF 1 & 2
Others	IgA	PdgF
	Others	Others

Cow colostrum contains more immunoglobulin, lactose, protein, fat than normal cow milk. Cow colostrum supports the human organism in two main ways. First, its multiple immune factors and natural antibiotics provide strong support for the immune system. Second, its many growth factors offer a broad- spectrum boost to the organism to encourage optimum health and healing. The immunoglobulin, growth factors, antibodies play a role in prevention of infection that is in passive immunity. The vital nutrients help for tissue development, growth and energy. The growth factors present in the cow

colostrum provide a novel treatment option for the diseases which occurs due to low immunity.

Historically colostrum has been used for various illnesses in India as well as abroad for thousands of years. Ayurvedic physicians of India have used bovine colostrum for both medicinal and spiritual purposes since cows were first domesticated. By the late 18th century, Western medicine started to take an interest in colostrum and study it for its potential health benefits. As a consequence, it was prescribed for many conditions, including immune system enhancement. Interestingly, until the development of penicillin and other artificial antibiotics in the 20th century, colostrum was commonly used for fighting bacterial infections. In the early 20th century it was noted that antibody levels in the first milk produced after birth were much higher than levels found in the milk that was produced 72 hours later. There are now over 2000 published scientific articles that document the safety and efficacy of using colostrum. This seemingly perfect food has been shown to be non-species specific.^[7]

Cow colostrum is more potent than the cow milk because it has more nutrition values than simple cow milk. The colostrum collected within 24 hours contains maximum substances but less in amounts, colostrum collected later will be more but contain less immunoglobins. This has been shown in below table.^[7]

	Milking number post calving (Cow colostrum)			Cow milk
	1 (24 Hours)	2 (48 Hours)	3 (72 Hours)	
Specific Gravity	1.056	1.040	1.035	1.032
Solid Contents (%)	23.9	17.9	14.1	12.9
Protein (%)	14	8.4	5.1	3.1
Casein (%)	4.8	4.3	3.8	2.5
IgG (g/L)	32	25	15	0.6

Fat (%)	6.7	5.4	3.9	3.5
Lactose (%)	2.7	3.9	4.4	5

This shows the more potency of Cow colostrum than the cow milk by its various nutritious value.

CONCLUSION

As per the properties of *Piyush* which have been discussed as per the Ayurveda point of view and also as per the modern point of view, it is seen that *Piyush* contains more nutritional values than simple cow milk. Because of more nutritional properties of *Piyush*, it acts as a good *Vyadhikshamatva* providing *Dravya* (substance). This *Vyadhikshamatva* leads to *Vrishan Karma* (aphrodisiac action) in human body. So, *Piyush* is the best therapeutic substance to give the people who want to prevent the disease or to resist the diseases by increasing their immunity level. Thus, this review explores the beneficial effects of *Piyush* supplementation as *Vrishan Karma* (aphrodisiac action).

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