Role of Panchagavya on Jara i.e. Ageing

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INTRODUCTION

Jara Avastha is irreversible stage of life. Aacharya Charak has coated that Jara and Mrityu both are Swabhavika Roga (natural diseases).

As both are related with time factor and time is constantly running out, the process of Jara (Declining condition) and Mritu (death) cannot be avoided by anyone.

It means that it cannot be recovered; but Jara can be made slower or stabilize for sometimes with Rasayana.

The commonly from the word Jara, old age is to be taken; because in this stage the considerable declining was observed.

In our medical science somewhere it is to be considered as a declining of liveliness.

This phenomenon is found clearly in old age because during this state body does not get well nourishment and degenerative changes take place from the later part of middle age.

This is the phase when preventive care should be taken to delay ageing and to prevent old age related diseases.

Today the 21st century is witnessing a gradual decline in fertility and with increase in life expectancy; the society will need grapple with issues of longevity. Because the leading cause of mortality among aged people comprise respiratory, heart diseases, cancer and strokes.

Significant cause of morbidity among this group is chronic inflammatory and degenerative conditions such as arthritis, diabetes, osteoporosis, depressing, psychiatric disorders and age related urinary problems.
This is the common world health scenario of Jaravastha.

PANCHAGAVYA:

Panchagavya means five contents which are obtained from cow such as Go Dugdha, Go Dadhi, Go Ghrita, Gomootra and Gomaya.

It is well known since ancient time in India.

Ayurveda is having the scientific properties and usage of Panchagavya by its time tested observations. The Panchgavya components are either used alone or in combination for the treatment of diseases.

The ancient texts describe several formulations in which one or more of the Panchgavya components are used as a medicine. Therapeutically Panchgavya is considered extremely effective against disorders of liver, Skin, obesity and mental illness.
In modern scientific way some Ayurvedic scientist found few reports concerning the systematic evolution of some Panchgavya components or formulation on selected diseases.

Gaughrita is the best Ajasrika Rasayan, medhya, balya, ojavardhaka, agnidipana etc. ghrita pacifies pitta and vata, increases rasa, sukra and ojas. It also produce nirvapana mriduta enhances Svara and Varna. Ghrita pacifies vata by sneha guna and pitta by its sheeta virya and Kapha having equal quality of Sanskara Anuvartan.

It is Agnivardhaka, Vrishya, Chakshushya, Vayasthapak and Rasayana.

Gaudugdha is having pravar jivaniya and rasayana property.

Gaumutra is well established as an antioxidant, antimicrobial etc.

Dung is also having anti microbial property.

Curd is Agni Deepaka.

In this way Panchgavya may have rasayan effect and cure the Jaravastha or Ageing.