



# “THE ROLE OF COW’S MILK AND GHEE IN TOXIN NEUTRALIZATION :AN AYURVEDIC REVIEW”

**Dr. Seema(1) , Dr. Ramesh Chandra Tiwari(2) , Dr. Manisha Dikshit(3) ,**

**Dr. Ved Bhushan Sharma(4), Dr. Bhawana Mittal (5)**

1 Post Graduate Scholar, 2 Prof. and H.O.D, 3Associate Professor, 4Assistant Professor,

5 AssistantProfessor, P.G Department of Agad Tantra Evum Vidhi Vaidyak, Uttarakhand Ayurved University, Rishikul campus,  
Haridwar.

\*Corresponding Author: Dr. Ramesh Chandra Tiwari, Professor and H.O.D PG Department of Agad Tantra Evum Vidhi  
Vaidyak, Rishikul Campus, Haridwar, Uttarakhand, India.

## **ABSTRACT**

Poisoning is a major global health concern, and treating various toxins can be complex. *Ayurveda*, the ancient Indian system of medicine, recognizes cow's milk and ghee as highly effective natural antidotes. Considered "ambrosia" in *Ayurvedic* texts, they are used for detoxification due to their unique biochemical properties. Cow's milk contains essential vitamins, minerals, and proteins that bind to toxins and facilitate their elimination. Cow ghee, on the other hand, acts as a deep tissue cleanser, removing toxins from the body and promoting overall health. Modern toxicology also acknowledges their importance, making them valuable for holistic detoxification. Milk and ghee are essential components of a daily diet in *Ayurveda* for promoting health. Modern studies also suggest that high consumption of milk and dairy products may help protect against coronary heart disease, stroke, diabetes, certain cancers, and dementia. Cow milk has been recognized for its nutritional and medicinal properties, including its ability to neutralize toxins. Rich in bioactive compounds such as casein, immunoglobulin's, lactoferrin and antioxidants, cow milk plays a vital role in detoxification. These components help bind and neutralize harmful substances, including heavy metals, bacterial toxins, and environmental pollutants. Additionally, milk proteins and fats support gut health, reducing toxin absorption and promoting their elimination.

Traditional medicine, including *Ayurveda*, has long advocated cow milk as a remedy for poisoning and internal cleansing. This paper explores the biochemical properties of cow milk, its detoxifying mechanisms, and its potential applications in toxin neutralization and overall health improvement.

**Key words:** *Ayurveda*, *Agadtantra*, *Godugdha*, *Goghrita*

## INTRODUCTION

Ghee has been the prominent element of Indian food for hundreds of years. And cow ghee is used in daily routine diets due to its amplifying and inherent properties. It has been referred to as an excellent liquid medium. It is used for internal administration as well as an adjuvant; that is why it is given predominant value in daily routine diets. *Ayurveda* mentions 24 different procedures for poison treatment, including mantras and emergency resuscitation techniques. Among the remedies, cow ghee is recognized as an important antidote due to its unique ability to counteract the harmful effects of toxins. While *Ayurveda* has traditionally regarded ghee as a drug of choice for poisoning, modern toxicology also acknowledges its use as a common household remedy for poison neutralization. **Cow's milk**, known as *Godugdha*, is considered a life-sustaining food (*Jivan*) and has been used since the ancient Vedic period. It is suitable for all stages of life, from infancy onward. When mother's milk is unavailable, cow's milk is often used as a substitute. Nutritionally, it contains fat in emulsion, proteins and minerals in colloidal suspension, and lactose in true solution. In *Ayurveda*, cow's milk is widely used in medicinal formulations (*Kalpas*), as a supportive agent (*Anupana*), and is considered beneficial (*Pathya*) in many conditions and during treatments.

### Characteristics of Cow Ghee

Cow ghee is highly digestible, with a 96% digestion rate, making it one of the most effective fats. It contains important components like phospholipids, diglycerides, and antioxidants (such as vitamin E and beta-carotene) and helps improve good (HDL) cholesterol levels while reducing bad (LDL) cholesterol. Cow ghee is beneficial for detoxification, as it loosens toxins, pacifies doshas in the skin and blood, and helps remove toxins from deeper tissues by directing them to the gastrointestinal tract.<sup>1</sup>

In *Ayurveda*, cow ghee is praised for its many health benefits. It has a sweet taste (*Madhur Rasa*) and cooling properties (*SheetaVeerya*) and promotes digestion and overall health. It is used to balance *doshas*, improve vision, increase strength, and promote longevity, among other benefits. Cow ghee also aids in the absorption and effectiveness of other herbs and drugs and is commonly used as a carrier, or "*Anupaan*," to enhance therapeutic outcomes. Cow ghee plays an essential role in *Ayurvedic* medicine, contributing to the treatment of various ailments and enhancing the therapeutic effects of other substances.

## How Cow Ghee is neutralizing toxins

In *Ayurveda*, poisons are believed to damage "*Oja*," the vital essence of the body, due to their opposing qualities. *Ghee*, with its nourishing and soothing properties, is effective in counteracting these harmful effects because it shares many of the beneficial qualities of *Oja*. By restoring balance and strengthening *Ojas*, ghee helps the body recover from the damage caused by poisons.

TABLE.1

s.no	Qualities of Poison <sup>2</sup>	Qualities of Oja <sup>3</sup>
01.	<i>Laghu</i> (light)	<i>Guru</i> (Heavy)
02.	<i>Ruksha</i> (Dry)	<i>Snigdha</i> (Oily)
03.	<i>Ashu</i> (Quick)	<i>Prasanna</i> (Clear)
04.	<i>Vishada</i> (Unclear)	<i>Pichchhila</i> (Sticky)
05.	<i>Vyavayi</i> (Mobile)	<i>Sthira</i> (stable)
06.	<i>Tikshna</i> (Sharp)	<i>Mridu</i> (Gentle)
07.	<i>Vikasi</i> (Expansive)	<i>Shlakshna</i> (Smooth)
08.	<i>Sukshma</i>	<i>Bahala</i>
09.	<i>Ushna</i>	<i>Shita</i>
10.	<i>Anirdeshya Rasa</i> (Indescribable Taste)	<i>Madhur Rasa</i> (Sweet Taste)

while poisons possess qualities that disrupt the body's vital essence, ghee's qualities mirror and support the body's natural defenses, making it a valuable remedy in treating poisoning and restoring vitality. The following table highlights the contrasting qualities of poison and *Oja*, showing how ghee's qualities align with those of *Ojas* to neutralize the poison's effects.

## **According to Ayurveda, properties of cow ghee**

*Ghṛtam Pittanilaharam Rasasukraujasamhitam /*

*Nirvapaṇam Mrdukaram Svaravarṇaprasadanam* ||<sup>4</sup>(*charak sutra* 13/14)

**Charaka Samhita** – *Goghrita* provides nourishment to all body tissues (*Dhatus*) and *Ojas* and is considered the best among all types of *ghee*. It helps in alleviating imbalances in *Vata* and *Pitta doshas* and has properties such as enhancing vision (*Chakshusya*), strengthening the body (*Balya*), promoting vitality (*Jeevaneeya*), and acting as a mental tonic (*Medhya*). It is used to treat various conditions, including fever, weakness, poisoning, swelling, pain, and mental disorders. Cow ghee pacifies *Vata* through its oily nature, *Pitta* with its cooling effect, and *Kapha dosha* by *sanskara* with drugs.

**Sushruta Samhita**- *Goghrita* is *Cakshusya*, *balya*, and *vatapittadoshahara* having *Madhura vipaka* and *Sheeta veerya*.<sup>5</sup>

**Astanga Hridayam**- It is *Snehottam* and best among *Vayasthapana* (anti-ageing) drugs having *Sahasraveerya* doing *Sahasra karma*, which indicates the high potency and greater utility of *Ghrita*.<sup>6</sup>

### **In Nighantus-**

*Dhanwantari Nighantu: Suharnadi varga*.<sup>7</sup>

*Madanpal Nighantu: Paniyadi varga*.<sup>8</sup>

*Kaivadev Nighantu: Ghrita varga*.<sup>9</sup>

*Bhavuprakash Nighantu: Ghrita varga*<sup>10</sup>



**Properties of Goghrita from Nighantus**

<i>Properties</i>	<i>Rasa</i>	<i>Guna</i>	<i>Veerya</i>	<i>Vipaka</i>	<i>Prabhava</i>
<i>Kaiyadev Nighantu</i>	–	–	–	<i>Madhura</i>	<i>Tridoshjeet, Balya, Vrishya</i>
<i>Dhanwantari Nighantu</i>	–	–	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapittavishapaham, Balya</i>
<i>Madanpal Nighantu</i>	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>		<i>Tridoshsamak, rasayan</i>
<i>Bhavaprakash Nighantu</i>	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapittakaphapaham</i>
					<i>Rasayan</i>

**Goghrita is widely used in various Ayurvedic practices:**

*Goghrita* is High in butyric acid, which helps in healing the gut lining and reducing inflammation. Acts as a lubricant for dry and irritated tissues, especially in the throat, stomach, and intestines. Used in *Ayurveda* for oleation therapy (*Snehana*) to protect and repair damaged mucosal linings. Has a mild anti-inflammatory effect, making it useful for conditions like ulcers, dry cough, and constipation.

- Body Massage (Abhyanga):** Applying *Goghrita* all over the body, including the head, chest, limbs, joints, and orifices, allows the ghee to bypass the digestive system and penetrate deeper tissues. This promotes the release of endorphins, boosts the immune system, and slows the aging process.
- Purvakarma (Preliminary Panchakarma):** *Goghrita* is consumed in small amounts in the morning to help lubricate internal organs, dissolve toxic waste (*ama*), and facilitate the removal of these toxins through the digestive tract.
- Carrier for Herbs and Bhasmas:** Due to its superior penetrating qualities, *Goghrita* is used to carry herbs and *bhasmas* deep into the tissues, enhancing their therapeutic effects.
- Digestive Aid:** Consuming one or two teaspoons of *Goghrita* in the morning, followed by hot water, promotes bowel movements. Two teaspoons of *Goghrita* in warm milk before bedtime soothes the nerves and lubricates the intestines, helping with digestion.
- Wound Recovery:** In ancient India, *Goghrita* was used to aid recovery from wounds, broken bones, bruises, and skin rashes.
- Burns and Skin Injuries:** *Goghrita* effective for treating both fire and chemical burns, and also helps with skin scrapes.

## 7. **Dental Health:** Gargling with Goghrita is believed to improve the health of teeth and gums.

*Goghrita* holds significant importance in *Ayurvedic* medicine due to its medicinal properties, ability to enhance the effectiveness of other treatments, and its wide range of applications for internal and external health benefits.

### **Cow milk**

Milk is rich in essential nutrients, including vitamins A, B complex, and C, as well as carotene, flavones, sterols, and phenols, all of which help delay aging. Cow milk, with its unique fatty acids and amino acids, is highly nutritious and supports growth in infants and children. It is especially beneficial due to its high-quality proteins that promote growth and provide essential amino acids, like lysine and tryptophan, which are limited in other proteins like wheat and maize.

Milk proteins are easily digestible (96%) and play a protective role in health, supporting kidney function and acting as a brain tonic. Lactose in milk enhances calcium and phosphorus absorption, aids in B vitamin synthesis, and promotes beneficial gut bacteria. Milk is also beneficial for individuals with liver, kidney, and digestive issues, as well as those with diabetes or hyperlipidemia, due to its digestibility and antibacterial properties.

### **According to Ayurveda Godugdha properties**

#### **According Charak Acharya Godugdha**

*Swadu sitam mrdu snigdhan bahalam slakṣna-picchilam |*

*Guru mandam prasannamchagavyam dasaguṇam payah ||*

*Tadevam guṇam evaujaḥ samanyad abhivardhayet |*

*Pravaram jivaniyanam kṣirauktam rasayanam ||<sup>11</sup> ( ch sutra 27/217-218)*

(Sweet) in taste, *Sheeta Virya* (Cold) in potency, *Mrudu* (Softening the Cells/tissues), *Snigdha* (Demulcent), *Bahala* (Thick), *Shlakshna* (Smooth), *Picchila* (Sticky in nature), *Guru* (Heavy), *Manda* (Dull), *Prasanna* (Causes enthusiasm). Acts as *Rasayana* (Vitalizer), *Oja Vriddhi* (Increases essence of all the seven *Dhatus*, *Rasa-Rakta-Mamsa-Meda-Asthi-Majja-Shukra*). It is best among the *Jivaniya Padarthas* (Life enhancing/promoting Substance).

## According to Sushrut Acharya

*Aplabhişyandi gokşhiram snigdham guru rasayanam|*

*Raktapittaharam sitam madhuramrasapakayoh||*

*Jivaniyam tatha vatapittagham paramamsmrtam|<sup>12</sup>(Su sutra(45/50)*

Cow milk is *Alpa Abhishyandikaraka* (Not much causes the blockage of the channels), *Snigdha* (Demulcent), *Guru* (Heavy), *Rasayana* (Tissue vital-ize), *Rakta-Pitthara*, *Sheeta* (Cold) in potency, *Madhura* (Sweet) in taste, *Madhura Vipaka* (Sweet) at the end of the digestion), *Jeevaniya* (Sustains life), *Vata-Pitta Nashaka* (Subsides *Vata* and *Pitta Doshas*).

**According to Vagbhat Acharya** *Godugdha* is *Jivaniya* (Life promoting), *Rasayana* (Vitality enhancer), *Kshataksheena Hita* (Useful in injury and emaciation), *Medhya* (Brain tonic), *Balya* (As a Tonic), *Stanyakara* (Induces breast milk), *Sara* (Laxative), Cures *Shrama* (Lethargy and exhaustion), *Bhrama* (Confusion), *Mada* (Intoxication), *Shwasa* (Dyspnoea), *Kasa* (Cough), *trishna* (Excess thirst), *Kshudha* (Excess appetite), *Jeerna Jwara* (Chronic fever), *Mutrakrichra* (Dysuria), *Raktapitta* (Haemorrhage).<sup>13</sup> (Astang hridayam(sutra 5/20-22)

**According to Raj Nighantu** *Godugdha* is *Pathya* (Can be taken in all diseases), *Ruchikaraka* (Taste promoter), *Swadista* (Tasty), *Snigdha* (Demulcent), *Pitta* and *Vata Vikara Nashaka* (Subsides *Vata* and *Pittaja* diseases), *Kantiprada* (Im-proves complexion), *Prajna* (Improves knowledge), *Buddhi* (Improves memory), *Medha* (Helps to sustain memories), *Angapusthiprada* (Gives strength to the body), *Virya Vriddhikara*(Increases semen)"<sup>14</sup>.

## Colour of Cow with Therapeutic Properties of milk

The Milk of black cow is more potent and subsides *Vata Dosh*, the yellow cow milk pacifies *Pitta*, and *Vata Doshas*, and the white cow milk is *Guru* (Heavy), and the red colour cow's milk pacifies *Vata Dosh*. The cow milk from *Jangala Pradesh*.

## Cow Milk (*Go Dugdha*) as a Natural Detoxifier

Cow milk is considered "*Amrit*" (nectar-like) in *Ayurveda* due to its ability to balance all three *Doshas* (*Vata*, *Pitta*, and *Kapha*). It is especially effective in detoxifying the body from poisons, heavy metals, and chemical-induced toxicity.

## How Cow Milk Neutralizes Toxins:

## Cow milk work as demulcents

Cow milk Rich in healthy fats and proteins, which form a protective layer over inflamed or irritated tissues.

It Contains casein and whey proteins, which aid in soothing digestive and respiratory tract irritation.

It Provides cooling and nourishing effects, making it beneficial for conditions like acidity, gastritis, and sore throat.

***Sheeta (Cooling) and Madhura (Sweet) Properties*** → Pacifies *Pitta*, reduces inflammation, and prevents toxin accumulation in the blood.

***Snehana (Lubricating Action)*** → Helps in the expulsion of toxins from tissues by flushing them through urine and sweat.

***Rasayana (Rejuvenating Effect)*** → Supports the production of *Ojas* (vital energy), strengthens immunity, and repairs toxin-damaged tissues.

***Antidote for Poison (Vishahara)*** → Used in Ayurvedic treatments to counteract poisoning from heavy metals, snake bites and chemical toxins.

***Enhances Ojas (Vital Energy)***: Boosts immunity and repairs toxin-damaged tissues.



## Properties of cow milk in modern prevalence's

Active constituent in cow milk	Function
<b>Lactoperoxidase enzyme</b>	Acts as an anti-microbial agent, supports immune function, and may help fight cancer.
<b>Casein</b>	Comprises 80% of milk protein, has anti-carcinogenic properties, and helps prevent colon cancer.
<b>Vitamins A, B2, B12:</b>	Aid in red blood cell production, prevent anemia, and support nerve and tissue development
<b>Iodine</b>	Integral for thyroid hormone production
<b>Potassium</b>	Supports heart function, muscle contraction, and prevents kidney stones
<b>Choline</b>	Promotes sleep, memory, nerve function, and fat absorption
<b>Proteins</b>	Contribute to satiety, increase energy, boost metabolism, and support weight loss
<b>Calcium</b>	Cow's milk is a rich source of calcium, which is crucial for building and maintaining strong bones and teeth.

## DISCUSSION

In *Ayurveda*, *Godugdha* and *Goghrita* are considered powerful natural antidote that help neutralize toxin (*vishaghna*) and purify the body .Its play is a significant role in detoxification by eliminating harmful substances ,balancing *doshas* ,and promoting overall wellbeing.

### Additional Therapeutic Uses of *Godugdha* and *Goghrita*

#### *Goghrita*

*Goghrita*, in *Ayurveda*, is a revered substance with numerous medicinal uses. It is known to treat various ailments, particularly those related to the digestive, nervous, and psychological systems. Cow ghee helps in detoxifying the body by loosening and liquefying toxins, aiding their elimination through the digestive tract. It also pacifies the body's *doshas* (humors) and lubricates tissues, preventing damage while ensuring proper waste removal.

In terms of mental health, cow ghee is said to enhance memory, learning, and cognitive functions. It supports mental clarity and is considered a *medhya rasayana* (a substance promotes mental health). Cow ghee is also beneficial for vision, voice, and overall brain function. Ghee, an animal fat, is mentioned as a physical antidote for poisoning in modern toxicology classics. It helps delay poison absorption by coating the stomach's mucous membrane, making it effective against corrosive and irritant poisons. However, it is contraindicated for fat-soluble poisons like phosphorus.

The ghee nourishes tissues (*dhatu*s), strengthens the body, and helps balance the blood and lymph. It is also vital for pregnant women and those who are malnourished. In *Ayurvedic* pregnancy regimes, cow ghee is used to nourish the body and ensure the healthy development of the fetus. It is also believed to help other ingredients in *Ayurvedic* formulations work together effectively and neutralize toxins, including bacterial contamination. *Charaka*, an ancient *Ayurvedic* scholar, refers to cow ghee as "ambrosia for curing all types of poisons." cow ghee is a powerful substance in *Ayurveda*, promoting digestive health, mental clarity, tissue nourishment, and toxin elimination.

#### ***Godugdha* is beneficial because**

**kidney disorders-** cow milk's low protein content makes it suitable for patients with renal issues. It also boosts immunity through its vitamins and minerals, such as zinc, and contains antimicrobial substances like immunoglobulins, lactoferrin, and lysozyme. Additionally, peptides from milk proteins have sleep-inducing and anti-diarrhoeal effects and can enhance immunity.

**Vision-** its yellow substance “Carotene” (Vitamin A) in cow milk enhances vision. Vitamin A deficiency is a leading cause of blindness in children in India. A 250 ml serving of cow milk provides 75% of the daily vitamin A requirement for a preschool child.

**Ulcers-** cow milk helps in reducing acidity, which is a common digestive issue today, by neutralizing stomach acids. High acidity levels can irritate the stomach lining and lead to conditions like peptic ulcers. The proteins and fats in milk form a protective layer on the stomach lining, which can soothe irritation and help prevent the development of ulcers. Additionally, milk can promote the production of mucus in the stomach, providing further protection against acid damage. As a result, regular consumption of cow milk can reduce the chances of developing peptic ulcers by managing acidity levels effectively.

**Anti-cancer properties-** Cow milk fat contains components with anti-cancer properties, such as conjugated linoleic acid (CLA), which helps reduce the spread of cancer cells, including those in the colon, breast, and skin. CLA has been shown to protect against various cancers in animal studies, including skin, stomach, and prostate tumors. Other milk fat components, like sphingomyelin in buttermilk, also have anti-cancer effects. CLA may provide long-lasting protection against tumor growth and help lower blood fat levels, which could aid in preventing heart disease and obesity.<sup>15</sup>

Cow milk is rich in natural antioxidants, which help neutralize oxidative stress and combat free radicals. It also aids in better nutrient absorption due to its lower phosphorus content, promoting healthy growth, especially in children. Potassium in milk supports brain development, and milk products may reduce the risk of osteoporosis. For diabetic patients, milk provides valuable proteins without raising blood sugar levels and offers hydration due to its high water content.

## Conclusion

Both cow milk and cow ghee serve as natural anti-toxins acc to *Ayurveda*. While cow milk primarily cools, nourishes, and purifies the blood and organs, ghee detoxifies deep tissues, eliminates environmental toxins, and enhances digestion. Their regular consumption, either individually or in combination, supports holistic detoxification and rejuvenation. Ancient *Ayurvedic* wisdom, reinforced by modern scientific findings, affirms their efficacy in toxin neutralization and overall well being .By incorporating these natural remedies into our diet, we can harness their immense therapeutic benefits, ensuring optimal health and longevity.

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