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Review Article

Concept of *Yogic* / Panchgavya diet and holistic health

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ABSTRACT

Health is a positive concept accentuating social and personal assets as well as physical and psychological aptitudes. According to World Health Organisation (WHO) health is defined as a "state of complete mental, physical, and social well-being and not only the abseeeism of disease or disability. Health brings "broadness"- nothing is missing from the person; it brings "proper functions"-everything is working proficientl. According to modern science the gross (physical) body is made up of packets of energy. The ancient scripture taitiraya upaniñad has mentioned that physical body is made of annam and the annam is called food; which consist of païcamahäbhüta. From many of the Scriptural and Scientific evidences it is clear that among all the diet pattern Panchgavya diet suits very well to human body for achieving Holistic Health.

1. Introduction

Health is a positive concept accentuating social and personal assets as well as physical and psychological aptitudes. In the healthy condition an individual can satisfy needs and can deal with interpersonal, social, biological and physical environments. therefore, it is a resource for every day (McCartney et al., 2019). In the perspective to understand health, it is required to focus on the concept of global health. It is an area for study, investigation and practice that places precedence on refining health and attaining justice of health for all people internationally. Global health emphasizes worldwide health issues, causes, and solutions; includes numerous corrections within and beyond the health sciences and indorses interdisciplinary association (Koplan et al., 2009). In addition to health, quality of life involves the standard of living, the quality of housing and the neighbourhood in which one lives, job satisfaction, and many other factors. According to World Health Organisation (WHO) health is defined as a "state of complete mental, physical, and social well-being and not only the absenteeism of disease or disability. Health brings "broadness"- nothing is missing from the person; it brings "proper functions"-everything is working proficiently (John, 1987).

1.1. Diet

According to modern science the gross (physical) body is made up of packets of energy. The ancient scripture *taitiraya upaniñad* has mentioned that physical body is made of *annam* and the *annam* is called food; which consist of *païcamahäbhüta (påthvé , jala, äkäça, väyu and agni)* (Kuldeep et al., 1981). The *yogic* diet mentioned

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in *kaöhaupaniñad* and *haöha yoga* scriptures is consist of cow milk, cow ghee, sprouts, fruits; which is easy to digest and helps to maintain the physical and mental health. The *bhagavadgétä* highlights three categories of food *tämasika, räjasika,* and *sätvika* based on the characteristics of food and its influence on the human personality. The quantity of food, place, time, mental state also contributes equally to maintain the positive health (Kwon & Tamang, 2015).[1,2] The *haöha yoga* explained *äyuùsattvabalärogyasukhaprétivivardhanäù rasyäù snigdhäù sthirä hådyä ähäräù sättvikapriyäù* ‖ 17-8‖. The food which endorse cheerfulness, joy, health, strength, energy and life, which are sweet and juicy (milk, fruit) which provide strength to heart the person who like such food is of *sättvika* nature. *Kaövamlalavaëätyuñëatékñëarükñavidähinaù ähärä räjasasyeñöä duùkhaçokämayapradäù* ‖ 17-9‖ The food which endorse disease, depression, uneasiness which are excessively thirst producing, acidic, sour, salty, heat producing, the person who like such food is of räjasika nature. *yätayämaà gatarasaà püti paryuñitaà ca yat ucchiñöamapi cämedhyaà bhojanaà tämasapriyam* ‖ 17-10‖ Persons, who are *tämasika* by nature like foods that are residual of others, unhygienic, fetid, tasteless and fusty. *puñöaà sumadhuraà snigdhaà gavyaà dhätu-prapoñaëam manobhilañitaà yogyaà yogé bhojanamäcaret* ‖H.Y.P.1-63‖ The *yogé* should take nourshing and sweet food mixed with cow ghee and milk, it should nourish the dhätu and be pleasing and suitable.

1.1.1. Diet and spiritual well-being

Spiritual well-being is referred as one of the major concepts in patients dealing with stresses and problems produced by the disease, it shows a crucial role in arousing the sense of identity, inner balance, satisfaction, beauty, love, respect, happiness, positive attitude, perfection and purpose in life (Musavi et al., 2020). There is a huge impact of diet on spiritual well-being. Spiritual well-being is an important aspect in the perspective of the adherence to diet in dialysis patients (Musavi et al., 2020).[3] Nowadays many healing centers are growing emphasizing vegetarianism and veganism for good health and spiritual purification. Our spiritual transformation deepens with the *sätvika* diet (Will, 2016). In the case of a non-veg diet; spiritual concerns and health have superficially motivated refraining from meat (Kristensen et al., 2015).[4] Food and well-being are interconnected to each other. For defining well-being; six interconnected dimensions are there:-social, spiritual, emotional, physical, occupational and intellectual (Ares et al., 2014). Food has been described to be one of the specific phases of life that affects individual well-being (Ares et al., 2016).[5,6]

1.1.2. Diet and quality of life

A good diet is responsible for a better quality of life and also there is very little chance of any disability in compare to poor diet. Higher intake of fruits and vegetables with healthy fat always leads to a better quality of life (Hadgkiss et al., 2015).[7] Nutritional status and diet are thought to be very effective for reducing the risk of prostate cancer-specific mortality, and managing other clinical endpoints such as quality of life (Baguley et al., 2017).There is an important role for nutrition therapy in relation to improving quality of life for HIV-positive people (Reid & Courtney, 2007).[8] It is shown in a study that after receiving guidance on diet management, quality of life increased and symptoms of irritable bowel syndrome decreased (Østgaard et al., 2012).

1.1.3. Diet and biochemical variables

1.1.3.1. Diet and blood glucose. American Diabetes Association and the National Institutes of Health emphasize lifestyle modification consisting of diet, normalization of body weight and aerobic exercise as important factors in the treatment of non-insulin-dependent diabetes mellitus (NIDDM). Diet and Lifestyle modification can be effective in controlling non-insulin-dependent diabetes mellitus (NIDDM) and reducing risk factors linked with macrovascular complications (James & Tiffany, 1994).[9–11] The other type of diet known as Pistachio diet also improved endothelial function, blood glucose level, some indices of inflammation, and oxidative status in healthy young men. Studies have also shown that frequent nut consumption decreases the risk of coronary artery disease (Sari et al., 2010).[12,13] A low-carbohydrate ketogenic diet (LCKD) have also shown beneficial effects in patients with type 2 diabetes; including reduction in anti-diabetic medication dosage (Hussain et al., 2012).

1.1.3.2. Diet and hemoglobin. Hemoglobin determination is considered as a screening index valuable in describing various degrees of iron deficiency anemia. Dietary factors play a major role in the growth of iron deficiency (Vibha, 2015).[14] Diet of normal calorie consisted of moderate carbohydrate, high protein and rich in vitamins with high amount of vegetables and fruits can increase the hemoglobin level (Bajpai et al., 2016).[15]

1.1.4. Diet and anthropometric variables

Study shows; there are changes in anthropometric variables like body weight, hip circumference and waist circumference due to specific dietary intake (Kasim et al., 1993).[16] There is an intensive investigation of the relationship between diet and blood pressure in recent years. Vegetarian diet shows lesser BP values in hypertensive subjects (Jenner et al., 1988). The diet approach to stop hypertension is recommended to lower the blood pressure. Diet improves cardiovascular risk factors and beneficial in increased cardiometabolic risk (Siervo et al., 2015).[17]

Dietary approach to stop hypertension shows a high reduction in blood pressure and greater improvement in autonomic and vascular functions (Blumenthal et al., 2010).

1.2. Yogic/païcagavya diet (PD)

The diet consists of *païcagavya* substances is known as *païcagavya diet.* It is yogic because of its Sattva Nature as Given in Bhagwadgita. The bos indicus (Indian) cow is known as *"kämadhenu"* signifying its nourishing nature which is similar to a mother. According to the Indian scripture, *mahaåñi vaçiñöha* served the divine **"***kämadhenu***"** cow and *mahaåñi dhanvantari* offered a wonderful medicine **"** *païcagavya***"** to mankind (Dhama et al., 2016). This diet which excludes chemicals fertilizers in grains, vegetables and fruits along with the Non-vegetarian diet.[18]

1.2.1. Païcagavya

It is a term used in *Äurveda* to describe five important substances obtained from cow namely urine, dung, milk, ghee and curd. Many formulations mentioned in *Äurveda* describe the use of *païcagavya* components either as a single ingredient or in combination with drugs of herbal, animal or mineral origin (Achliya et al., 2003).[19]

1.2.1.1. Cow milk. The cow milk consists of essential nutrients which are good for health such as vitamins A, B, C, carotenes and proteins. It contains low calorific value and less cholesterol. It is a good animator for human health, easily digestible and it also plays a bio-protective role (Dhama et al., 2016).[20,21]

1.2.1.2. Cow curd. Cow curd is *tridoñanäçaka* and blood purifier. It is beneficial for gastrointestinal disorders, piles and blood-related problems. It is one of the most health-giving among all food items. In a non-drug manner; it helps to control infections as it is an efficient anti-infectant. Buttermilk and cow curd helps to control the growth of harmful microorganisms (Dhama et al., 2016).

1.2.1.3. Cow ghee. Cow's ghee helps to enhance the body's resistance to infections, intelligence, eyesight, voice quality and memory. It is good for cholesterol and a heart patient as well as it is an anti-aging agent. It purifies the blood to an extent and it also improves the physical and mental health (Dhama et al., 2016). *Äurveda* mentioned formulation of *païcagavya ghåta* which is useful against anemia, fever, inflammations, and liver disorder (Achliya et al., 2003).[22]

1.2.1.4. Cow urine. Cow urine is used to remove blockage in arteries, used for arthritis, psoriasis, eczema, diabetes, heart attack, prostrate, fits, piles, migraine, ulcer, acidity, constipation, gynecological problems, nose and ear problems (Mohanty et al., 2014).[23] Recently cow urine has been granted U.S. Patents (No. 6896907 and 6410059) for its use along with antibiotics for fight against cancer and to control bacterial infections (Paliwal, 2013).[24] Cow urine helps to enhance immune responses in the body. Several elements in the body can be balanced by cow urine.[25] Total salts present in cow urine are 24 in numbers (Dhama et al., 2016). In the treatment of diseases like respiratory diseases, chronic renal failure, hepatitis A, B and C, urological disorders, asthma and cancer; cow urine plays an important role. It also acts as a disinfectant against many diseases like various kinds of allergies, acne vulgaris, scabies, eczema and psoriasis (Vatset al., 2011).[26]

1.2.1.5. Cow dung. In ancient times cow dung was widely used as fertilizer. *Goümaya rash* is used as a skin tonic and useful in many skin related disorders like gangrene, psoriasis, eczema. The properties which cow dung includes are antibacterial, antifungal and antiseptic (Dhama et al., 2016).

1.3. Cow and health

1.3.1. Physical health

Stress and anxiety are responsible for most of the organic disorders in body. Cow products can be used to manage and reduce tensions effectively (Svyasa University, 2008).[27]

1.3.2. Mental health

Depression, tension and even the schizophrenia can be tackled by integrated approach of *yoga* and *païcagavya* (Svyasa University, 2008).

1.3.3. Social and spiritual health

Mentally challenged, blind, remand home inmates and prisoners could be rehabilitated effectively by a judicious combination of cow related lifestyle (Svyasa University, 2008).[28]

2. Conclusion

Diet is very important tool for the physical, mental and spiritual health, From all the Scriptural and Scientific evidences it is clear that among all the diet pattern Panchgavya diet plays very important role in achieving Holistic Health.

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None.

4. Conflict of Interest

None.

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