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**International Journal of  
Contemporary Research In  
Multidisciplinary**

**Research Article**

## Panchagavya: An Ayurvedic Formulation with Therapeutic and Scientific Correlation

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**DOI:** <https://doi.org/10.5281/zenodo.18129746>

### Abstract

Panchagavya is a traditional Ayurvedic formulation composed of five cow-derived products—cow urine (Gomutra), cow dung (Gomaya), milk (Dugdha), curd (Dadhi), and ghee (Ghrita). Classical Ayurvedic texts describe Panchagavya as Vishaghna, Rasayana, and Ojovardhaka. It is extensively used in Agadtantra, Panchakarma, and Rasayana therapy. In recent years, scientific research has demonstrated its antimicrobial, antioxidant, immunomodulatory, hepatoprotective, and bioenhancer properties. This article reviews the classical Ayurvedic concepts of Panchagavya and correlates them with modern experimental and clinical findings, highlighting its relevance in integrative medicine.

### Manuscript Information

- **ISSN No:** 2583-7397
- **Received:** 13-11-2025
- **Accepted:** 28-12-2025
- **Published:** 02-1-2026
- **IJCRM:**4(6); 2025: 559-560
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- **Plagiarism Checked:** Yes
- **Peer Review Process:** Yes

### How to Cite this Article

Bhalya P, Urmaliya N. Panchagavya: An Ayurvedic Formulation with Therapeutic and Scientific Correlation. Int J Contemp Res Multidiscip. 2025;4(6):559-560.

### Access this Article Online



[www.multiarticlesjournal.com](http://www.multiarticlesjournal.com)

**KEYWORDS:** Panchagavya, Ayurveda, Agadtantra, Cow products, Rasayana, Immunomodulation

### 1. INTRODUCTION

Ayurveda recognizes cow (Go) as a medicinally significant animal, and its products are widely used for therapeutic purposes. Panchagavya is a unique polyherbal-animal-origin formulation mentioned in classical texts such as Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya. Traditionally, it has been used for detoxification, rejuvenation, and management of various systemic disorders. With growing

interest in traditional medicine, Panchagavya has gained scientific attention for its multifaceted pharmacological actions.

### 2. MATERIALS AND METHODS

This is a narrative review based on:

- Classical Ayurvedic texts
- Published experimental and clinical studies

- Peer-reviewed journals related to Ayurveda and integrative medicine
- Relevant data were collected from standard Ayurvedic literature and indexed scientific journals. Information was critically analyzed and correlated with Ayurvedic principles.

### Composition of Panchagavya

Panchagavya consists of the following five components:

**Gomutra (Cow urine)** – Vishaghna, Krimighna, Rasayana

**Gomaya (Cow dung)** – Shodhana, antimicrobial

**Dugdha (Cow milk)** – Balya, Jeevaniya

**Dadhi (Cow curd)** – Agnideepana, Brimhana

**Ghrita (Cow ghee)** – Medhya, Rasayana, Yogavahi

The synergistic action of these components enhances the therapeutic efficacy of Panchagavya.

### Ayurvedic Pharmacodynamics

According to Ayurveda, Panchagavya possesses:

**Rasa:** Katu, Tikta, Kashaya

**Guna:** Laghu, Ruksha

**Virya:** Ushna

**Vipaka:** Katu

**Dosha Karma:** Kapha-Vata Shamaka

It is indicated in Visha, Jwara, Kushtha, Krimi, Unmada, and Dushi Visha conditions.

### Role of Panchagavya in Agadatnra

Agadatnra emphasizes Panchagavya as a potent Vishaghna dravya. Panchagavya Ghrita is specifically mentioned for chronic poisoning, epilepsy, psychiatric disorders, and immune dysfunction<sup>3</sup>. Its detoxifying and Rasayana properties help in restoring homeostasis after toxic exposure.

### Modern Scientific Evidence

#### Antimicrobial Activity

Studies have demonstrated antibacterial and antifungal activity of Panchagavya and cow urine against pathogenic organisms<sup>5</sup>.

#### Immunomodulatory Effect

Cow urine and Panchagavya stimulate macrophage activity, antibody production, and cellular immunity<sup>6</sup>.

#### Antioxidant and Hepatoprotective Activity

Experimental studies report antioxidant effects and liver-protective properties of cow urine distillate against chemical-induced toxicity<sup>7</sup>.

#### Bioenhancer Property

Cow urine distillate has been shown to enhance the bioavailability of antibiotics and anticancer drugs, validating the Yogavahi concept<sup>8</sup>.

### 3. RESULTS

The reviewed literature indicates that Panchagavya exhibits:

- Broad-spectrum antimicrobial activity
- Immunostimulatory and antioxidant effects
- Hepatoprotective and detoxifying actions
- Bioavailability enhancement of drugs

- These findings support classical Ayurvedic claims.

### 4. DISCUSSION

The therapeutic potential of Panchagavya can be explained by the synergistic interaction of its components. Ayurvedic concepts of Rasayana, Agada, and Ojovardhana align well with modern pharmacological observations. However, lack of standardization and limited clinical trials remain challenges for its global acceptance.

### 5. CONCLUSION

Panchagavya is a scientifically promising Ayurvedic formulation with wide therapeutic applications. Classical textual evidence and modern research collectively support its role in detoxification, immunity enhancement, and disease management. Further well-designed clinical trials and standardization protocols are essential for its integration into mainstream healthcare.

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