

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 Dosh Vardhak*. Thus, these all factors affects in the nourishment of all the seven *Dhatu*s (tissues) of human body. Nourishment of seven *Dhatu*s 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*.

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