



# Voice of Cows

The Newsletter of  
Bhaktivedanta Swami Goshala Vrindavan  
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**Cow Milk - Liquid Religiosity**

**Visitors Message**

**Bathing the Cows**

# Back to Vrindavan Village



**His Divine Grace  
A. C. Bhaktivedanta Swami  
Prabhupada**

Founder-Acharya  
International Society for Krishna Consciousness

## Bhaktivedanta Swami Goshala

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Protection of bulls and cows and all other animals can be possible only when there is a state ruled by an executive head like Maharaja Pariksit. Maharaja Pariksit addresses the cow as mother, for he is a cultured, twice-born, ksatriya king. Surabhi is the name of the cows which exist in the spiritual planets and are especially reared by Lord Sri Krsna Himself. As men are made after the form and features of the Supreme Lord, so also the cows are made after the form and features of the surabhi cows in the spiritual kingdom. In the material world the human society gives all protection to the human being, but there is no law to protect the descendants of Surabhi, who can give all protection to men by supplying the miracle food, milk. But Maharaja Pariksit and the Pandavas were fully conscious of the importance of the cow and bull, and they were prepared to punish the cow-killer with all chastisement, including death. There has sometimes been agitation for the protection of the cow, but for want of pious executive heads and suitable laws, the cow and the bull are not given protection. The human society should recognize the importance of the cow and the bull and thus give all protection to these important animals, following in the footsteps of Maharaja Pariksit. For protecting the cows and brahminical culture, the Lord, who is very kind to the cow and the brahmanas (go-brahmana-hitaya), will be pleased with us and will bestow upon us real peace. SB 1.17.10-11

The vaisyas, the members of the mercantile communities, are especially advised to protect the cows. Cow protection means increasing the milk productions, namely curd and butter. Agriculture and distribution of the foodstuff are the primary duties of the mercantile community backed by education in Vedic knowledge and trained to give in charity. As the ksatriyas were given charge of the protection of the citizens, vaisyas were given the charge of the protection of animals. Animals are never meant to be killed. Killing of animals is a symptom of barbarian society. For a human being, agricultural produce, fruits and milk are sufficient and compatible foodstuffs. The human society should give more attention to animal protection. The productive energy of the laborer is misused when he is occupied by industrial enterprises. Industry of various types cannot produce the essential needs of man, namely rice, wheat, grains, milk, fruits and vegetables. The production of machines and machine tools increases the artificial living fashion of a class of vested interests and keeps thousands of men in starvation and unrest. This should not be the standard of civilization. SB 1.9.26

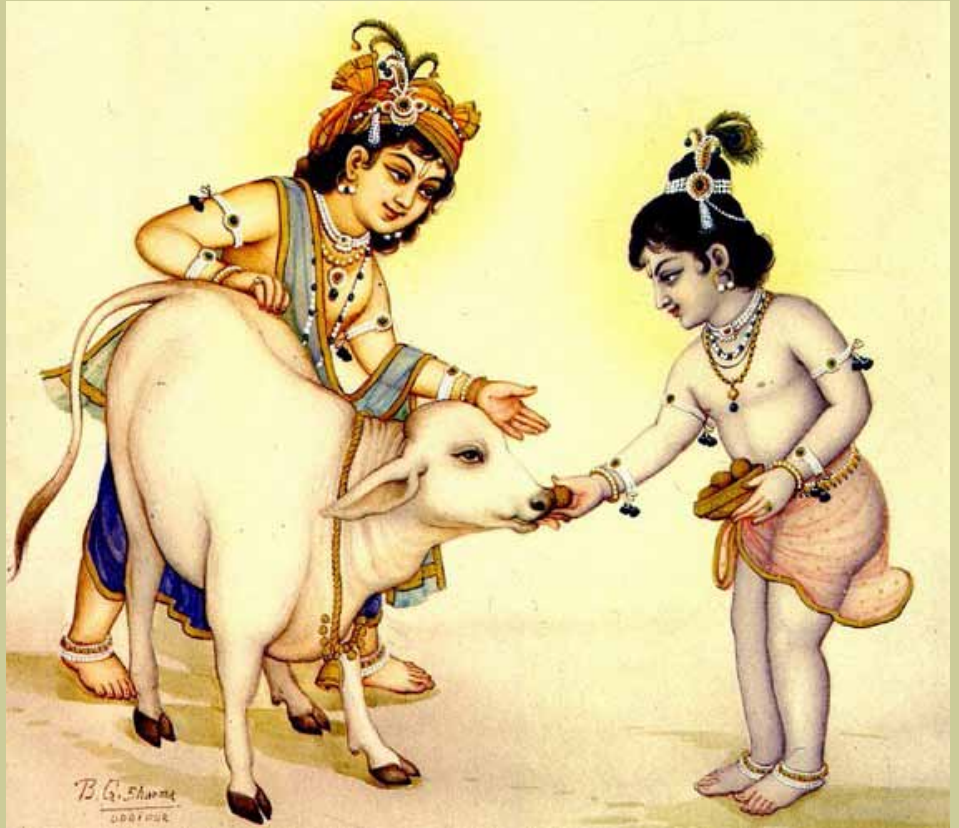
# Cow Milk- Liquid Religiosity

## The Difference between Buffalo Milk and Cow Milk

As if the confusion between the cows (of native and exotic cross bred cow) is not enough, a few people have introduced another contender in the name of buffalo. There are many who prefer buffalo to a cow.

When we read Śrīmad Bhāgavatam and the Supreme Lord's pastimes, we come to know that the Lord took care of just not of cows but also of buffaloes and of goats. Every day He used to take them out for grazing. When He used to return with them in the evening, the cows were on the right side and the buffaloes on the left side. They have been compared to river Ganga and river Yamuna flowing on either side of the Lord as He marched forward with them at godhuli vela with gray hair as dust rising from their feet settled itself on his delicate dark curly hair.

"The cows had bells with different shapes and sounds around their necks and feet. Headed by their group leaders, they went back to Vraja. The cows walked on Kṛṣṇa's right side and the buffaloes on His left side. The residents of heaven mistook the cows to be the white Ganga and the buffaloes to be the black Yamuna." [Govinda-Līlamrita, 19. 31-34]



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At the same time, there has been no mention of consumption of buffalo milk anywhere. The Lord used to carry and blow the buffalo horn like any other cowherd boy would do, but there is no mention of drinking buffalo milk (at least in my knowledge). There are several references when Mother Yaśodā would do go-puja or whisk their tails on Kṛṣṇa for protecting Him from the evil eye etc, but no mention of buffalo can be found for this purpose. The Supreme Lord, who is served by thousands of Laxmis or goddesses of fortune, He Himself can be seen personally engaged in tending the cows as glorified in Śrī Brahma-saṁhitā:

*cintāmani-prakara-sadmasu kalpa-vrkṣa-  
laksāvṛtesu surabhir abhipālayantam  
laksmī-sahasra-śata-sambhrama-sevyamānam  
govindam ādi-purusam tam aham bhajāmi [5.29]*

[I worship Govinda, the primeval Lord, the first progenitor who is tending the cows, yielding all desire, in abodes built with spiritual gems, surrounded by millions of purpose trees, always served with great reverence and affection by hundreds of thousands of laksmīs or gopīs.]

He is known as the supreme protector of brāhmanical culture and of cows:

*namo brahmanya-devāya  
go-brāhmana-hitāya ca  
jagad-dhitāya ksnāya  
govindāya namo namah (Visnu Purāna 1.19.65)*

"My Lord, You are the well-wisher of the cows and the brāhmanas, and You are the well-wisher of the entire human society and world."

Our own Śrīla Prabhupāda and my own guru maharaj (His Holiness Bhakti Rāghava Swāmi) advocate the steps of cow service and protection for saving our own selves.

So let us know the difference between the cow milk and buffalo milk:

1. Cow milk is helps in overcoming *vayu* (air) and *pitta* (bile) elements in our body, while buffalo milk increases *kapha* (phlegm).

*Ayurveda* describes cow milk as endowed with the following qualities:

*Atra gavyam tu jivniyam rasaynam*

*Chhatchhinhitam medhyam balyam stnyakaram saram*

*Shrm bhrm mad lakshmi shwas ka sati trt kshdhah*

*Jirna jwaram mutrkrchham raktapittam ca nashyet*

Cow milk is useful to rejuvenate the body, it gives life to body, can fight against cancer and TB and asthma like diseases.

2. The people show preference for buffalo milk as it is thicker than cow milk, without knowing that that very thickness is actually a cause of concern. While the cow milk is thin and fine enough to be absorbed by fine tissues of the brain (making a person intelligent), but the buffalo milk is good only for the body and not so much for the brain.

3. Cow milk and ghee cleanse the body of impurities and do not allow unfavorable cholesterol to get deposited. They also do not allow fat to get deposited. On the other hand, buffalo milk encourages deposit of both cholesterol and fat. They are "samproktam, jivaniya rasayanam"

4. Cow milk is easily digestible, unlike the buffalo milk. This is why many a times, when a mother is not able to feed the baby, the latter is kept upon cow milk. Cow milk is the closest replacement for a mother's milk.

5. Cow milk is balanced and complete with nutrients. There is an interesting instance also, when the Lord Himself in the form of Śrīnivasa (Lord Venkatesha) came to manifest His pastimes on Earth in Tirumala hills, He literally lived on cow milk when covered inside an ant-hill.

*Swadu sheetam mrdu snigdhan bahulam slakshna pichilam  
Gurumandam prasannam cha gavyam dashagunam payaha  
[Cha. Su. 27]*

Sweetness, coldness, softness, unctuousness, density, smoothness, slimness, heaviness, slowness and clarity.

The above mentioned qualities, associated with cow milk, are also the properties of 'ojas'-spiritual brilliance. So, milk having identical properties is conducive to the promotion of ojas. Thus, milk is an elixir par excellence. This is also responsible for longevity of life.

6. Cow ghee and milk increase the energy level in the body and infuse it with vigour. But buffalo milk enhances only lethargy in the body.

7. Cow ghee and milk improve intelligence and brightness of a person. Buffalo milk on the other hand makes a person's brain blunt.

*Amrutam vai gavam ksheeramithyaha tridashadhipaha*

*Tasmat dadati yo dhenum amrutam sa prayachati*

[Indra, the lord of heaven, has said that cow's milk is nectar. So, one gifting cow makes a gift of nectar only.]

8. Cow milk is highly recommended for a child, just delivered woman, elderly members and diseased people. It can be easily digested even by their delicate systems, increases the immunity of the body, frees it from diseases and is like nectar. Same qualities do not hold good for buffalo milk.

Cow milk and ghee help in treating heart diseases, diabetes, fatigue, senility, respiratory problems, *vatta* (bile), weakness of sight, weak fertility, etc including mental diseases.

9. Cow ghee is rich with disease fighting strength, intelligence, glow enhancing elements like gold and seribroclyde elements. Buffalo milk lacks in all this.

Vedic (Indigenous) cow ghee is having very special qualities for good health and long life. Ghee of 10 years old is known as *jheern*, from 100 to 1000 years old ghee is *kaumbh*, more than 1100 year old Ghee is known as *mahagrit*, which is even more effective. Indian cow ghee has sufficient keratin which is anti-cancerous. Identity of Indian cow ghee is that it is dark yellow in color, very strong in fragrance and does not freeze even when kept in a deep freezer. Ghee has C.L.A. which prevents cancer. It has special qualities to build strong memory power, increase brain powers, and improve stamina in a person.

10. Cow ghee and milk are endowed with nutrients like vitamin A and keratin which improve eye sight. Buffalo milk does not contain all this. Dr Avnish Upadhyay, a Research Scientist (Ayurveda & Yoga) from Haridwar supports the claim by saying, "Cows' milk is favorable for heart. Cow's milk increases the strength of the body. Cow's milk increases the lifespan of human beings and reduces the tridoshas. Cow's milk is also good because this includes Vitamins A, B, C, and D." [Source: [http://ayurveda-foryou.com/health\\_articles/godugdha.html](http://ayurveda-foryou.com/health_articles/godugdha.html)]

Further, when the seeds are cultured in cow milk and sown, the yield is much better and more nutritious.

11. Cow urine has excellent medicinal qualities. Cow urine and cow dung can destroy the *rajo guna* (mode of passion) in a person. Same qualities can be found even in cow ghee, curd, milk, butter, and butter milk etc. Same attributes are not present in buffalo milk, ghee, dung, urine, butter, curd, butter milk etc.

Śrīla Prabhupāda clearly said, "The cow is the most important animal for developing the human body to perfection. The body can be maintained by any kind of foodstuff, but cow's milk is particularly essential for developing the finer tissues of the human brain so that one can understand the intricacies of transcendental knowledge. A civilized man is expected to live on foodstuffs comprising fruits, vegetables, grains, sugar and milk. The bull helps in the agricultural process of producing grain, etc., and thus in one sense the bull is the father of humankind, whereas the cow is the mother, for she supplies milk to human society. A civilized man is therefore expected to give all protection to the bulls and cows."

12. Research has also supported our claims of cow milk possessing the ability of curing serious diseases like cancer. Buffalo milk is without these attributes.

13. *Panchagavya* (the five products derived from the cow like milk, ghee, urine, dung, and

curd) are loaded with thousands of good qualities and have the capability of curing more than 150 diseases to say the least. There is no such potency in buffalo milk. Further, cow gives us bullocks who can be nicely employed in tilling and other works of cultivation or agriculture. While a he-buffalo cannot be used for such tasks. This sadly leads them to slaughter houses. Buffalo rearing and breeding leads to unwanted violence. Śrīla Prabhupāda supported it in the following words, "If someone has little land and a cow, it is complete: If you have got land and cow, then everything is complete. This is the basic principle of Vedic civilization. Have some land. Have some cows. Dhanyena dhanavan gavayah dhanavan. Not industry. There is no need of industry. Because you want some food, nice food, nice milk, nice fruit, that will be produced by nature. You cannot manufacture all these things in the factory."

14. Cows have a sharper intelligence and understand the commands of their caretaker. They can understand even the finer levels of communication of their caretaker. Buffaloes on the other hand are not so capable of finer communications. As an example in this context, even a little calf of the cow is able to identify its mother in a group of thousands of cows unlike a buffalo calf:

*Yatha hi gosahstreshu vatso vidanti matram  
Tatha purvakrtm karm kartaram anuvidanti*

[In the group of thousands of cows, the calf correctly identifies it's mother and comes near it's mother - In the same way the deeds done in the past life correctly gets attached to the person.]

Buffalo milk is definitely thicker and one can get roughly double quantity of ghee than what one would get in cow milk but it is only quantity not the quality. Buffalo milk is rich only in unwanted fat and cholesterol, while cow milk is liquid religiosity; it helps one develop sattva guna (mode of goodness), is medicinal and is also sacred. It is therefore highly prized (even priced) than buffalo milk. But even better would be get cow milk, and in cow milk it is better to get it from a cow which roams freely in the jungle, exercises herself, fully grazes the grass and medicinal herbs as she desires, drinks clean water and is in a healthy state. Such cow's milk has more value- Agramagram charantinamoshdhinam vane vane. As we point out the higher importance of cow milk (indigenous cow milk), it is also significant to remember that it no way implies anything against buffalo or any other creature. They have their place in God's system and we should respect that with compassion in our heart for everybody. Even Śrīla Prabhupāda said, "Not only cow. Any animal, they should be object of our compassion...human economic problem can be solved simply by having some land and some cows. That's all."



15. A cow gives regular milk round the year, but a buffalo gives lesser milk during summer season or sometimes does not give altogether.

16. Intake of cow ghee and milk increases level of activeness in a person, while buffalo milk and ghee increases lethargy.

*Indigenous Cow Milk has also been called nectar or "amrita" or the bestower of immortality. By helping develop the spiritual faculty - liquid religiosity-and thus offer immortality or freedom from repeated birth and death. Besides it also helps the physical body as it also helps:*

*Prevent cholesterol problems.*

*Promote strong bones - is very good source of Vitamin D, Calcium and Vitamin K.*

*It is a very good source of Iodine - a mineral essential for thyroid function.*

*It is a very good source of Vitamin B12 necessary for a healthy heart, energy production etc.*

*It is a good source of Vitamin A, a critical nutrient for immune function and potassium, a nutrient important for a healthy heart.*

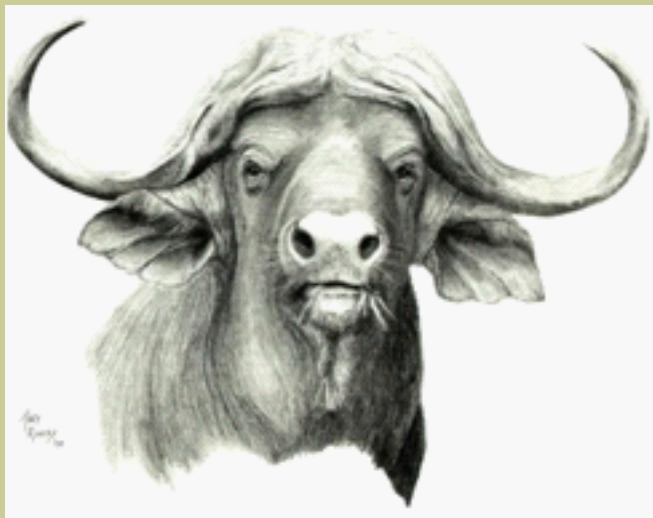
*It helps protect colon cells from cancer causing chemicals.*

*It helps prevent the bone loss that can occur as a result of menopause or certain conditions such as rheumatoid, arthritis etc.*

*It helps prevent migraine.*

*It helps prevent obesity. It helps overweight adults lose weight, especially around the girth.*

*The curd using desi cow milk is credited with properties that prevent premature ageing. The ghee made from indigenous cow milk/ curd is ideal for heart patients suffering from excessive cholesterol and is extensively used in preparing different medicines and even Chyvanprash.*



Our intake defines what we are. Our food habits make us what we are. All our sense organs are situated in a row, with the tongue being right on the top. If we can control our food habits, behavior of the rest of the organs gets defined accordingly.

No wonder, every serious faith carefully outlines what their followers take. Similarly, *sanatana dharma*, which promises one to take back to the Supreme Personality of Godhead has several restrictions. While one has to refrain from taking intoxicants (like wine, alcohol, even tea and coffee), meat; at the same time it is important that devotees take only *prasadam*, food that has been lovingly offered to the Lord before we eat ourselves. So, what does the Lord take?

He will accept what we offer Him with love, but we have seen how much He relished taking butter, milk and other milk preparations. How meticulously Śrīmatī Radha Rani and others used to prepare different sweets and other preparations for Him using ghee and cow milk.

Even in Śrī Caitanya Caritāmṛta we see:

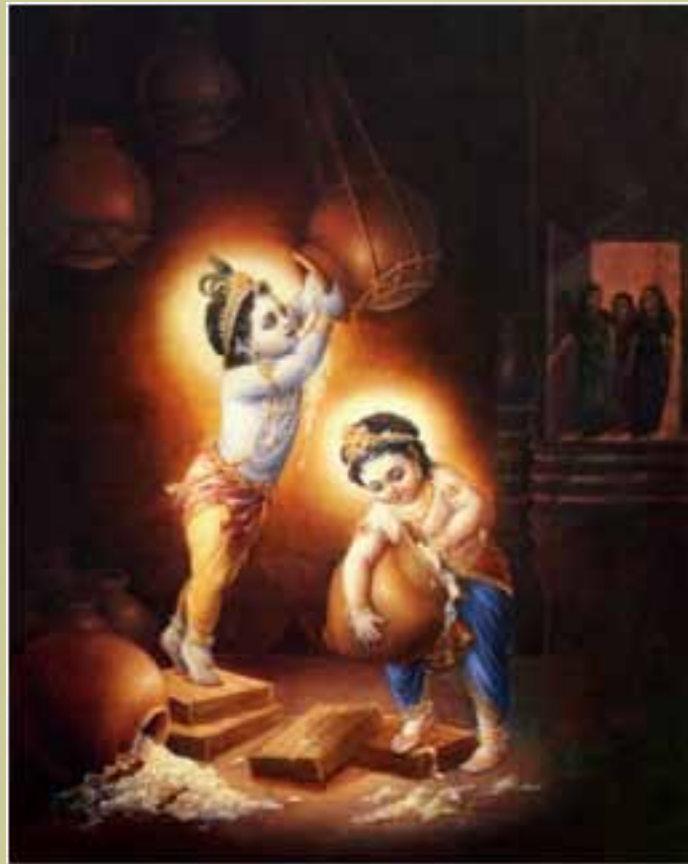
*madhye pīta-ghṛta-sikta śāly-annera stūpa  
cāri-dike vyañjana-doṅgā, āra mudga-sūpa*

[The cooked rice was a stack of very fine grains nicely cooked, and in the middle was yellow clarified butter from the milk of cows. Surrounding the stack of rice were pots made of the skins of banana trees, and in these pots were varieties of vegetables and mung dhal.]

*saghrta-pāyasa nava-mṛt-kundikā bhariñā  
tina pātre ghanāvarta-dugdha rākheta dhariñā*

[Along with the various vegetables was sweet rice mixed with ghee. This was kept in new earthen pots. Earthen pots filled with highly condensed milk were placed in three places.]

There are many such 'delicious' references scattered everywhere in our scriptures.



Now it is for us to decide and choose what we want to go in for. Further, it no way implies that one can be harsh in treating buffaloes or non-vedic (exotic breed) cows. There is no room for hatred or slaughtering in sanatan dharma. Compassion is extended to everybody. The Lord Himself set the example. Though He gave a special place to the cows, He readily extended His protecting compassion to everybody. In Śrīmad Bhāgavatam, we can see the Lord extending His love to all the animals - to the cows, buffaloes, goats etc. when they are engulfed in the forest fire. Following His example we have to extend protection and compassion to all the creations but at the same time be discerning too. It is not without any reason that desi cow milk is called nectar or as ambrosia or as "liquid religiosity".

[Excerpt from Indigenous Cows & Exotic Cows by Dr Vrinda Baxi]



# A Message from Shikha and Tripati

Hare Krishna!!!!

With the mercy of Radha Rani and Guru Maharaja as well as all the Vaisnavas, I got this divine opportunity to visit Vrindavan Dham on Saturday, 9th June.

Saci Gaurasundara Das Prabhuji spared some time for us and took us to the Goshala. It was amazing to see so many Cows, Bulls and their Calves being taken care of by the devotees with tons of love and care. What astounded me the most was when I saw all these holy creatures responding to our love. I felt as if each one was greeting me "Hare Krishna". I could feel their ecstasy in serving the lord. Prabhu ji introduced us to Govind & Vitthal, 20 year old Bulls who had traveled all through India many times with HH Lokanath Swami Maharaja, He was adorable and Vitthal, He seemed a little naughty. We were blessed to feed these heavenly creatures with laddus made for them with affection by the devotees. It was a divine experience, yet on the other hand I felt very worried for the situation in Delhi, the way the cows are getting slaughtered. I wish we all come together and make an endeavor to save those who feed millions of us who consume dairy products. I wish we could make many such homes where they are given care and love and most importantly, protection.

I pray that Krishna grants abundant mercy to all those who serve at the Vrindavan Goshala.



Krishna Addicted  
Tripti & Shikha  
Delhi

Chant

Hare Krishna Hare Krishna Krishna Krishna Hare Hare  
Hare Rama Hare Rama Rama Rama Hare Hare

And be Happy



# Bathing the Cows



# Thanks from Krishna and Balarama's Cows



We would like to take this opportunity to show our appreciation and thanks to those who have donated to the Goshala or have adopted a cow or a calf, their names are listed below with the name of the cow they have adopted.



In the sweet memory of MVK  
Nandu his parents adopt Kishori



Nandan Maheswari and family adopt Krishnangi on 2  
May 2012



Swapna Shaji adopts Purnima on 14 May 2012

Purnima has a baby calf on 11 June 2012

## Sponsor Krishna's cows in Sri Vrindavana Dhama and obtain boundless mercy!

Sponsorship Opportunity	Amount INR
Adopt a cow/bull for one year on a monthly basis	1,500 per month
Adopt a cow/bull for one year	18,000
Adopt a cow/bull for life	1,80,000
Adopt a calf for life	2,70,000
Feed a cow/bull for one year	14,600
Maintain Goshala for one day	15,500
Medical expenses for one month	15,000
Feed the full herd for a month	4,54,000
Purchase of Grazing land for the cows per acre	6,00,000

If you visit our website, [www.goshala.com](http://www.goshala.com) and click on the **Cow Adoption** page you can then choose your cow or bull for adoption and the type of sponsorship as listed above. Or you can click on the **Sponsorship** page to make other donations as listed above, then click on your selection and simply follow the instructions on screen.

If you are unable to make donations online then you can deposit your donation directly into our bank account, there are separate accounts for national and international deposits, so please use the correct account depending on if you are in or outside of India.

<b>Bank</b>	Axis Bank Ltd.	Khasra No.1283, Chatikara Road, Near Nandanvan, Vrindavan, District-Mathura. U.P. India
<b>Inside India</b>	Account Name	ISKCON - Goshala A/C
	Account No.	9100100-1456-3822
<b>Outside India</b>	Account Name	ISKCON - Foreign A/c
	Account No.	9100100-1456-5239
	Swift Code	AXISINBB086
	IFSC Code	UTIB0000794