

A literary review on “*Pancaamritam*” as per *Ayurveda*

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Abstract:

As per our ancient Ayurvedic classical texts *Ayurveda* is not only a science but it is holistic science. While studying the principles of *Ayurveda* we come to it is based on God and about his creature. In first year we are studied about *Atma* and *Mam*. *Atma*, which we consider as a part of God found in each and every creature of universe. All this knowledge is comes in light with help of *Vedas*, which are the words of God itself. We all read about *Divya Ausdhi's*, *Divya Jal*, and *Divya Purusha* etc. all these are related with God. Similarly, the word *Divya Pancaamritam* comes in lime light with its medicinal properties after explained by Pt. Narhari in *RajNighantu*. It is used in Hindu ritual for the *Abhishekam* of God sculptures by devotees. It is a mixture of five *Dravyas* – *Dugdha*, *Dadhi*, *Ghritam*, *Madhu*, and *Sharkara*. All these five *Dravyas* have their medicinal important and mentioned in almost every *Ayurvedic* texts but very few authors talking about *Pancaamritam* individually. Here, I'm trying to collect detail about these five *Dravyas* individually and also mentioned the health benefits of *Pancaamritam*.

Keywords: *Ayurveda*, *Pancaamritam*, *Dugdha*, *Dadhi*, *Ghritam*, *Madhu*, and *Sharkara*.

Introduction: *Ayurveda* is a holistic science that is based on scientific facts. It is related to science as well as it has a strong relationship with *God*. As we know *Ayurveda* is *Vedic* knowledge which is distributed all over the world by *God* itself. *Ayurveda* said, every creature in this world whether it is from plant or animal origin created by *God*. As we know the *Divya Pancaamritam* is commonly used by devotees for *God* sculptures *Abhishekam* but maybe somewhere everyone is not aware of its health benefits. *Pancaamritam* is a combination of five *Dravyas* – *Dugdha*, *Dadhi*, *Ghritam*, *Madhu*, and *Sharkara*. All these five *Dravyas* have their medicinal important and mentioned in almost every *Ayurvedic* texts but very few authors talking about *Pancaamritam* individually. Here, I'm trying to collect detail about these five *Dravyas* individually and also mentioned the health benefits of *Pancaamritam*.

Aims & objectives:

- Literary review and medicinal importance of the *Pancaamritam*.

Material & Methods

- Importance of *Pancaamritam* from different ancient *Ayurvedic* classical texts.
- Literary review of the medicinal importance of *Pancaamritam* from ancient Devotional classical texts.

Etymology:¹

The name comes from the *Sanskrit*, *Pancha* meaning "five", and *Amrit*, meaning "immortal" or "nectar of Gods."

Definition:

Dugdha, *Dadhi*, *Ghritam*, *Madhu*, and *Sharkara* while mixed together then form *Dravya* known as "*Pancaamritam*."²

Acharya Narhari explains it as the name of "*Divya- Pancaamritam Dravya*"³

Pancaamritam also is known as "*Charnamrita*".

Method of preparation of *Pancaamritam*:⁴

Pancaamritam a holy Indian drink is a mixture of five ingredients *Milk*, *Sugar*, *Ghee*, *curd*, and *honey*. No *Hindu* religious function / *Puja*/worship are complete without this traditional recipe. *Pancaamritam* is used for *Abhishekam* (bathing deity), as *Naivedhyam* (offering to God), and distributed among devotees after *Puja* (worship) as *Prasadam*. It can also serve as a fasting food (food for *Vrat*).

The five ingredients in *Pancaamritam*, namely *Milk*, *Sugar*, *curd*, *honey* and *Ghee*, carry different qualities as per,

- ✓ *Milk* is for purity

- ✓ Sugar is for happiness
- ✓ Curd is for prosperity
- ✓ Honey is for sweetness in speech
- ✓ Ghee for strength and victory

Ideally, every ingredient of *Pancaamritam* is taken in equal quantity, but you can take *Milk* in a little more quantity if desired.

Preparation time: 5 minutes

Ingredients:

- 3-4 tablespoon *Milk*
- 1 tablespoon Sugar
- 1 tablespoon curd
- 1 tablespoon honey
- 2 tablespoon *Ghee*

Holy basil leaf / *Tulsi* for garnishing (optional)

Method:

In a bowl take warm *Milk* and add rest 4 ingredients in equal quantity. Stir well. Lastly, garnish with *Pancaamritam* / basil leaf and offer to the deity or consume.

Action & Properties of *Pancaamritam-Dugdha, Dadhi, Ghritam, Madhu, and Sharkara* according to different classical texts

S.No.	Classical texts	<i>Dugdha</i>	<i>Dadhi</i>	<i>Ghritam</i>	<i>Madhu</i>	<i>Sharkara</i>
1.	<i>DhanwantriNighantu</i>	<i>Pathya, Rasayana, Hridya, Aayudayaka, Punstavakaraka, Raktapittahara.</i> ⁵	<i>Buddhi, Samriti, Medhashaktidayaka, Agnidipaka, Bal, Ayu, Shukravardhaka, Netrahitkari, Kanti, Sukumartadayaka, Shatshinn, Visarpa, Shastraghata&Agnidagaddmeinprasanshakaetc.</i> ⁶	<i>Snigdha, Madhura-vipaki, Agnidipaka, Balya, Vatashamaka, Pavitra&Ruchikara etc.</i> ⁷	<i>Ruksha, SeetaVirya, Madhura Rasa, Agnidipaka, Lekhana, Balya, UttamVaranaropaka, Sandhankaraka, Laghu, Netrahitkari, Vamana, Hikka, Visha, Swasa, Kasa, Shosha, Atisara, Raktapitta, Trishna, Murchahara, Hridya, Tridoshasamaka etc.</i> ⁸	<i>SeetaVirya, Sarva-Daha-Nashaka, Raktapitta, Vamana, Trishna, Murchahara etc.</i> ⁹
2.	<i>Raj Nighantu</i>	<i>Pathya, Atyantruchya, Swadu, Snigdha, Pitta-Vataghna, Kanti-Pragya-Buddhi-Medha-Pushtikar, Virya-Vridhikar etc.</i> ¹⁰	<i>Pavitra, Sheeta, Snigdha, Deepana, Balkar, Madhura, Grahi, Vatahara etc.</i> ¹¹	<i>Kanti-Samritidayaka, Balkar, Medhapradha, Pushtikar, Vata-Kaphahara, Kshramhara, Hridya, Agnidipaka, Madhuravipaki, Vrishya etc.</i> ¹²	<i>Tridoshaghna, Ruchyam, Aam-Gulma-Vata-Rakta-Pittadoshhara, Shoshhara, useful in Antravriddhi, Varnashodna etc.</i> ¹³	Sweet, cool and alleviate <i>Pitta</i> , burning & fatigue these also remove <i>Rakta-Dosha</i> , illusion, worms etc. ¹⁴
3.	<i>Bhavprakash Nighantu</i>	<i>Rasa-Madhura, Vipaka-Madhura, Sheetal, Dugdhavidhikar, Snigdha, Vata-Pitta &RaktaVikarhara, Dosha-Dhatu-Mala &NadiKaledkara, Guru etc.</i> ¹⁵	<i>Rasa- Madhura-Amla, Ruchikara, Pavitra, Agnidipaka, Hridyam, Pushtokar, Vatanashaka etc.</i> ¹⁶	<i>Netrahitakri, Viryavardhaka, Agnivardhaka, Rasa-Madhura, Vipaka- Madhura, Sheetal, Vata-Pitta-Kaphashamaka, Medhashakti-Lavnya-Kanti-Oja-TejaVridhikar, Alakshmi-Paap-&Rakshograh Hara, Guru, Balkaraka, Pavitra,</i>	<i>Sheetal, Laghu, Swadishta, Ruksha, Grahi, Vilekhan, Netrhikari, Agnidipaka, Vranashodhaka&Ropaka, Sukumartadayaka, Suksham, Prasadjnaka, Medhashaktivardhakaetc</i> ¹⁸	<i>Atimadhura, Ruchikar, Vata-Pitta-Raktavikara&Daha-hara, Atisheetal, Sukravardhaka, Murcha-Vamana-Jwarahara etc.</i> ¹⁹

				<i>Ayuvardhaka, Mangaldayaka, Rasayana, Sughandhayukata, Rochaka etc.</i> ¹⁷		
4.	<i>PriyaNighantu</i>	<i>Laghu, Madhura, Snigdha, SheetaVirya, Vata-Pitta-hara, Satnyajann, Jeeveniya, Vrishya, Rasayana etc.</i> ²⁰	<i>Rasa- Madhura-Kasaya, AmlaVipaki, Snigdha, Abhishyandi, Sangrahi, Shoth-Kapha-Pitta-var dhaka etc.</i> ²¹	<i>Rasa-Madhura, Virya-Sheet, Snigdha, Vata-Pittahara, Kapha-var dhaka, Deepana, Brihann, Vishghna, Cakshusya, Balya, Medhya etc.</i> ²²	<i>Rasa-Madhura, Laghu, Ruksha, Sheet, Tridosh-hara, Deepana, Cakshusya, VranaShodhaka&Ropana, Suksham, Vishad, ShtrotaShodhaka, Lekhana, Yogvahi etc.</i> ²³	<i>Madhura, Ruchikar, Sheet Virya, Vata-Pitta-Hara, Dahashamaka, Balya, Sukral, Rakat-Pitta, Murcha, Vamana, Jwarahara etc.</i> ²⁴
5.	<i>MadanpalNighantu</i>	<i>Meetha, Sheetal, Chikna, Bhari, Rasayana, Dhatuposhaka, SatandugdhaVardhaka, Varnahitkar, Prandayaka etc.</i> ²⁵	<i>Shrestha, Balakraka, PaakSwadhu, Ruchikara, Pavitra, Agnidipaka, Snigdha, Pushtikarka, Agniprajwalaka etc.</i> ²⁶	<i>Suswadhu, Netrhitkari, Bhari, Agnivardhaka, ViryaSheeta, Vish-DushitaKanti-VatarogaVinashaka, AtyantaAbhishyandi, Bal-Tej-Sondrya-BuddhiVardhaka etc.</i> ²⁷	<i>Sheetal, Halka, Swadu, Rukha, Malbandhaka, Lekhana, Netrhitkari, Agnidipaka, Sawarshodhaka, VranaRopaka&Vishodhaka, Varanadayaka, BuddhiVardhaka, Dhatuposhaka, Sundra, Ruchikar, Kushtha, Bavashir-Khasi-Pitta-Rakta-Kapha-Prmeha-Glani-Krimi-Mad-Pipasa-Vamana-Swasa-Hichki-Atisar-Hrdya Rog Hara etc.</i> ²⁸	<i>Pitta-Kapha-Vata-JwaraNashaka, Sarvdosh Hara, Rochaka, Malbandhaka, Bhari etc.</i> ²⁹

Classical categorization of *Pancaamritam*

S. No.	Classical Texts	Gana&Varga
1.	<i>Dhanwantri Nighantu</i> ³⁰	<i>MisrakadiVarga</i>
2.	<i>Raj Nighantu</i> ³¹	<i>MisrakadiVarga</i>

Synonyms of *Pancaamritam*

- ❖ *Pancaamritam*
- ❖ *Charnamrita*
- ❖ *Panchamrut*
- ❖ *DivyaPancaamrita*
- ❖ *Rasaamritam*
- ❖ *Madhuparka*

Therapeutic uses of *Pancaamritam*

- *Pancaamritam* alleviates the effects of bad planets, *Bhuta-Badha*, and *Vata*. Also relieves constipation.³²
- *Pancaamritam* helps in *Ajeeran*, *Bhuta-Badha* & is *Vatanashaka* and also, it is best.³³
- The combination of cow *Milk*, curd, *Ghee*, Sugar, and honey has disease-prevention properties, it is confirmatory, and it is the belief of medical science. But when it touches *Devamurti* it becomes the provider of liberation — it is a spiritual truth.³⁴
- *Pancaamritam* is thought to have health benefits such as improving brain function, nourishing the skin, and promoting a healthy pregnancy.³⁵
- *Pancaamritam* is believed to be purifying and nourishing, it strengthens immunity, vitalizes the brain, and boosts physical strength.³⁶
- *Pancaamritam* balances the *Pitta Dosha*, improves immunity, and enhances brain function, memory, and creative abilities.³⁷
- *Pancaamritam* nourishes the Skin and keeps it Healthy and Glowing.³⁸
- *Pancaamritam* has the ability to nourish the *Sapta Dhatu* (the Seven Bodily Tissues) which are mainly responsible for our health and immunity.³⁹

- Due to hormonal changes happening within the body, pregnant women often complain of poor digestion and other associated problems. One of the ingredients used to make *Pancaamritam* is honey, which is great for those who're having digestion related problems.⁴⁰
- *Pancaamritam* facilitates the formation of the *Astidhatu*, which in turn, is responsible for the growth of our bones and teeth. Calcium deficiency is a common problem among pregnant women, but having *Pancaamritam* every day can boost her bone density and make her stronger.⁴¹
- Cow's Milk content of *Panchaamrita*, nourishes the *Shukra Dhatu* (reproductive tissues) which improves sexual potency in males. It also strengthens the reproductive system of females.

Discussion:

A holistic preparation of sweet syrup; made by mixing of five ingredients; which is *Milk*, *Yoghurt*, *Honey*, *Sugar*, and *Ghee* in, known as *Pañcāmṛta* (*Panchamrita*). The word *Pancha* means "Five" and *Amrita* means "Sweet Nectar". According to *Hindu* mythology, a combination of these two words is converted into "*Panchamrita*". "*Panccamritam* is generally used to bathe the idols during *Puja*. It is also named as "*Charanamrit*" in some places of India.

According to mythology, the five elements of this sweet concoction have symbolic meaning. *Milk* represents purity, *Yoghurt* gives us strength, and *Honey* depicts unity because it is prepared jointly by bees, and *Sugar* adds sweetness, and *Ghee* is meant for nourishing the body.

According to the *Ayurvedic* legends, *Panchamrita* is called as "The Nectar of Immortality", which means that anyone who would take a sip of this sweet syrup, they would attain immortality. The Story of *Samudra Manthan* (Reference from *Mahabharata*: Section XVIII of *Astika Parva*)

Panccamritam is a blend of 5 vital ingredients that, when combined together, enhance the quality of each other and give the best results. *Panccamritam* has medicinal values that heal and nurture human bodies. During the Development of the body, the reproductive cells are highly potent and need a good amount of nourishment, and special *Ayurvedic* health tonics like *Panccamritam* are very beneficial for adolescents, adults, young, old all age groups persons. Below, we discuss the 5 ingredients of *Panchamrut* and what each ingredient symbolizes.

❖ *Dugdha* (Cow's Milk) –

Cow's *Milk* (A2) is considered the next best thing after breast *Milk*. It has *Madhur*⁴², *Snigdha*⁴³, *Sheet Veerya*,⁴⁴ and *Balya*,⁴⁵ properties according to *Ayurveda*. Cow's *Milk* helps to improve the metabolism and detoxification process of the body. Regularly taking cow's *Milk* can away from obesity and promotes easy digestion, and increases breast *Milk* production.⁴⁶ In this way, it helps to boost our immunity and health,⁴⁷ as it is a rich source of proteins, calcium, and vitamins B12, A, and D.

❖ *Dadhi* (Curd) –

Curd has a cooling effect by its *Prabhava*⁴⁸ and acts as a probiotic in the body, which helps in digestion⁴⁹ due to its amino acid contents which are very useful for the human body. Curds also have *Agnideepan*,⁵⁰ *Balya*⁵¹ and *Ayuj*⁵² properties which increases the strength of the body and nourishes muscles.⁵³ It is a good source of calcium and phosphorous which gives strength to bone.

❖ *Madhu* (Honey) –

Honey is considered to be *Yogavahi* in *Ayurveda*, which means it acts as a carrier, when we mix it with other substances; it enhances the qualities of the other four ingredients. It helps boost immunity. It has a *Sheet*,⁵⁴ *Laghu*,⁵⁵ *Madhur*⁵⁶ *Guna*, and *Roghara* property which acts as antiseptic that promotes healing.⁵⁷

❖ *Ghruit* –

Ghruithas *Snigdha*,⁵⁸ *Madhur*,⁵⁹ *Balya*⁶⁰ and *Kantikar*⁶¹ properties which helps to boost digestive system and improve health and wealth of person. Butyric acid which is rich amount in cow's *Milk* has property to detoxify our bodies, maintains bowel health, and has anti-inflammatory properties. It is rich source of fat-soluble vitamins A, D, E, and K, and Omega-3 and Omega-9 essential fatty acids. *Ghee* from cows has *Bal-Tej-Saundarya Prasadaka*⁶² properties that help in increases shining and glow of skin and is beneficial for the eyes, heart, and throat. It increases memory, intelligence, and also promotes emotional balance due to *Balya*, *Medhya*, and *Budhi Vardhak* properties.⁶³

❖ *Sharkara* (Sugar) –

Ayurveda recommends *Sugar* due to its *Madhur*,⁶⁴ and *Roghara* property which acts as provides energy booster and reduces fatigue and restlessness after the work or illness. It also reduces dryness in the body.

Pancaamritam is not a holistic preparation as well as very good medicinal properties which help to enhance the quality of body and mind further it leads to *Nirogata* or *Arogyata* and fulfil the *Ayurveda Prayojana*.

***Panccamritam* in Pregnancy**

Panccamritam is a sweet preparation used in *Hindu* ritual prayers like *Pooja*, *Yagya* and *Havana*, which is very beneficial for pregnant lady to provides vital nutrients and unborn baby's development. *Panccamritam* boosts muscle strength, increases immunity, and enlivens the brain of the mother as well as unborn child, thus keeping her relaxed and healthy during her pregnancy.⁶⁵

As per *Ayurveda*, *Panccamritam* is a great tonic for pregnant women, as it promotes the brain development of the baby. It improves retention and grasping power, and enhances memory and intelligence.⁶⁶ Cow's Milk nourishes the *Shukra Dhātu* (reproductive tissues) which improves sexual potency in males. It also strengthens the reproductive system of females.⁶⁷

Conclusion:

India's traditional health care systems give us the oldest medical system of the world which known as *Ayurveda*. The ancient Indian medical system also knows the holistic approach to treat the healthy as well as diseased persons. *Ayurveda* is based on ancient writings that rely on a "natural" and holistic approach to physical and mental health. The *Ayurvedic* treatment combines products (mainly derived from plants, but may also include animal, metal, and mineral), diet, exercise, and lifestyle. In today's era public have to aware about the natural and holistic approach of the treatment of diseases are more effective then *Doshaj* treatment of any disorders.

Pancaamritam is also a traditional preparation which is used for the *Abhishekam* of God's Sculptures since ancient times. It is believed that *Panccamritam* is very pure form to offer the eternal power. Also, it is believed that when *Panccamritam* comes in contact with *Pranprathishthit God's* sculptures then it becomes more powerful and its importance is increased. With references of *Ayurvedic* texts, we can say that just as Milk, curd, Ghee, honey and Sugar are used differently, even as our nectar form *Pancaamritam* nourishes the body, which we have described, similarly; we get the benefit of the nectar-rich substance obtained from its mixture. In order to prove the medicinal importance, appropriate benefits should be passed on it to the living beings.

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