



Indian Gir Cow Milk/Urine Health Benefits

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Introduction

The Gir or Gyr is one of the principal Zebu breeds originating in India. It has been used locally in the improvement of other breeds including the Red Sindhi and the Sahiwal. It was also one of the breeds used in the development of the Brahman breed in North America. In Brazil and other South American countries the Gir is used frequently because, as a *Bos indicus* breed, it is resistant to hot temperatures and tropical diseases. It is very known for its milk producing qualities and is often bred with Friesian cows to make the Girolando breed.

The Gir is distinctive in appearance, typically having a rounded and domed forehead (being the only ultra-convex breed in the world), long pendulous ears and horns which spiral out and back. Gir are generally mottled with the colour ranging from red through yellow to white, black being the only unacceptable colour. They originated in southwest India in the state of Gujarat and have since spread to neighbouring Maharashtra and Rajasthan.

Gir is one of the best milkers among indigenous cattle. The breed is also known as “Bhodali”, “Desan”, “Gujarati”, “Kathiawari”, “Sorthi” and “Surati”. The breeding tract of the breed includes Amreli, Bhavnagar, Junagadh and Rajkot districts of Gujarat and is named after the Gir forest, the geographical area of origin of the breed. Bullocks can drag heavy loads on all kinds of soils, be it sandy, black or rocky.

This is a world-renowned breed known for its tolerance to stress conditions. Having

faced scarcity for a numbers of years, it has the capacity for yielding more milk with less feeding and is resistant to various tropical diseases. Due to their special qualities, animals of this breed have been imported by countries like Brazil, USA, Venezuela and Mexico and are being bred there successfully. The animals are of red colour. Many animals have white spots. Variants with different shades of red are also available. The animals have typically dome shaped fore head and long ears. Reported Average Milk production is 2,110 litre per lactation. Animals with as high as 5,000 litre can also be found in organized farms.

Milk Benefits

Pure Gir cow Milk is a good source of many essential nutrients, including calcium, protein and vitamin D. Many people see it as a vital part of a balanced diet.

Nutrition

The nutritional breakdown of milk depends on the fat content and whether or not the manufacturer has enriched it. Now a days, many manufacturers in the United States fortify their milk products with extra vitamins.

Calcium

Calcium has many functions in the body, including developing and maintaining healthy bones and teeth helping with blood clotting and wound healing maintaining normal blood pressure controlling muscle contractions, including the heartbeat It may also help reduce the risk of some types of cancer, according to the Office of Dietary Supplements Trusted Source (ODS). Vitamin D helps the body



absorb calcium more effectively. Therefore, pairing calcium-rich foods with a source of vitamin D can increase levels of both nutrients. The National Institutes of Health Trusted Source (NIH) recommend that people aged 19–50 aim to consume around 1,000 mg of calcium each day, rising to 1,200 mg for women aged 51 and over and men aged 71 and over.

Potassium

Potassium can help reduce the risk of

- a) stroke
- b) heart disease
- c) high blood pressure
- d) loss of muscle mass
- e) loss of bone mineral density
- f) kidney stones

The American Heart Association Trusted Source (AHA) recommends consuming 4,700 mg of potassium per day. Combining this with a low sodium intake can help prevent high blood pressure

Vitamin D

Vitamin D is important for the formation, growth, and repair of bones. It also plays a key role in calcium absorption and immune function. In the U.S., most manufacturers fortify milk with vitamin D. Low vitamin D levels may increase the risk of osteoporosis (brittle bones), osteomalacia and rickets. Vitamin D is also associated Trusted Source with boosting the immune system, improving heart health and protecting against cancer. The best source of vitamin D is sun exposure. Very little vitamin D occurs naturally in foods. However, some manufacturers fortify certain foods, such as milk products, with vitamin D.

Urine Benefit

Urine of a pregnant cow is considered special; it is claimed to contain special

hormones and minerals. According to Ayurveda, Gomutra (cow urine) can cure leprosy, fever, peptic ulcer, liver ailments, kidney disorders, Asthma, certain allergies, skin problems like Psoriasis, anemia and even cancer.

Here are some amazing health benefits of cow urine you should know.

- Cow urine is claimed to be helpful in the treatment of leprosy, abdominal colic pain, bloating, and even cancer.
- It is used in the treatment of fever by mixing it with black pepper, yoghurt and ghee.
- Anemia can also be treated by a mixture of cow urine, Triphala (a herbal concoction) and cow milk.
- Cow urine is also said to be helpful in treatment of peptic ulcer, asthma and certain liver ailments.
- A mixture of gomutra and dharuharidra is used for treating epilepsy.
- Cow urine also purifies the human body from inside out by flushing out all toxins, thereby reducing large number of health risks, including diabetes, obesity, high blood pressure, etc.
- Cow urine is also used as sprays for pest control both in houses as well as for agriculture.
- In addition to that, there are cosmetic products like soaps and shampoos that are made from cow urine.

Conclusion

According to Ayurveda, Gomutra (cow urine) can cure leprosy, fever, peptic ulcer, liver ailments, kidney disorders, Asthama, certain allergies, skin problems like Psoriasis, Anaemia and even cancer. Cow urine is claimed to be helpful in the treatment of leprosy, abdominal



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