

October 2007



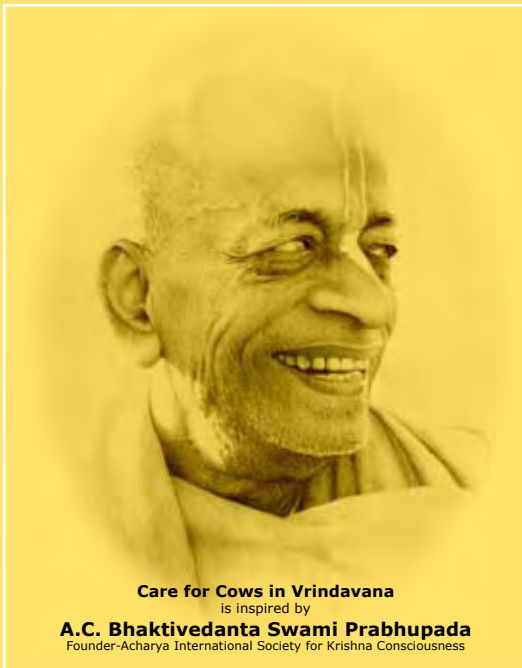
# CARE FOR COWS

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## IN VRINDAVAN



**Months to Heal**  
**Treating Bedsores**  
**Connecting Souls**  
**Rescue Attempt**  
**Wish Her Luck**  
**New Residents**



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**CARE FOR COWS**  
IN VRINDAVAN

Jaya Sri Guru!  
Jaya Sri Gopala!  
Jaya Sri Go Mata!

## *Dear Friends,*

When Narada met the wicked, sinful hunter Mrigrari, he was appalled by his habit of half-killing innocent animals with his bow. Out of compassion the great sage informed Mrigrari that he could reduce the sinful reactions of his profession by killing the animals fully rather than leaving them flopping half-dead on the forest floor. Drastic... but suitable advice for the lowest class of men.

Today, it seems many cars have replaced the few wicked arrows of Mrigrari and the number of cows half-killed by them has multiplied substantially. Sadly enough, the trend seems to indicate it will increase further. I wonder how Narada would advise the pilgrims speeding around Vraja. Would he tell them to repeatedly run over the cows they've struck down until they were still? Would he consider the drivers and owners less culpable because they half-kill them accidentally while Mrigrari did so intentionally? Perhaps their acts are less sinful... but sinful nevertheless.

People drive fast because they want to save time. But if they injure or kill cows in the process, their cars will only serve to get them to Hell on time... or perhaps a bit early.

## *The CFC Staff*

[careforcows.org](http://careforcows.org)

Care for Cows in Vrindavan is a Charitable Trust registered in India, USA, Holland and Switzerland.



~ PORTRAIT OF THE MONTH ~



SURYA & PRIYA

# Treating Bed Sores

**Bedsore or pressure ulcers** are lesions caused by **unrelieved pressure to any part of the body, especially portions over bony areas.**

**Constant pressure on an area of skin reduces blood supply to the area.**

Over time, it can cause the

skin to break down and form an open sore or ulcer. Although completely treatable if found early, without medical

bony areas where there is little cushion between the bone and the skin. Affected areas can range from hair loss and painful red areas on the surface of the skin to severe tissue damage that goes deep into muscle and bone. These sores are hard to treat and

pressure ulcers. Commonly seen in working oxen and bulls in India is an ulcer on the ridge of the neck caused by an unpadded yoke.

## Treatment

Treatment focuses on preventing a sore from getting worse and on making the skin

healthy again.

## Proper care for a bed sore

As in humans, the most important care for a cow with bedsores is

attention, bedsores can become life-threatening.

## Causes

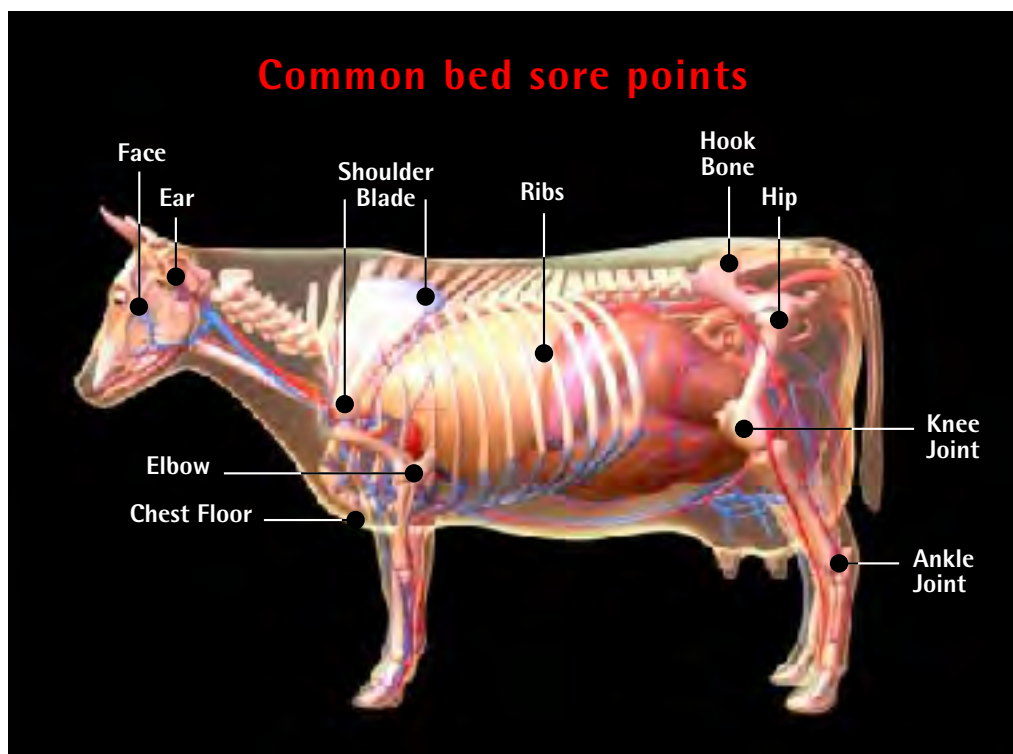
As in humans, cows too can suffer from pressure sores when they are immobilized, most often on the skin over

slow to heal. Other problems, such as bone, blood, and skin infections can develop when pressure sores do not heal properly.

Long term friction against the skin is another cause of

the relief of pressure on the area by changing positions and turning sides often to avoid aggravating the wound.

Supply foam or hay cushions to support the cow's head and neck when resting.







Lalita Madhava's extensive bedsores were covered in cotton wool



Sambhu's bed sore was cleaned and an antiseptic cream applied

As cows are prone to bloat if they lie down flat for periods of time, after wound dressing use cushions to prop them up into a sitting position.

Bedsore should be kept clean and covered, and not allowed to dry out. Healthy tissue around a pressure sore should be kept clean and dry. The cow's coat and skin should be kept clean and free of body fluids or gober and gomutra.

Use moisturizing creams on dry patches in the coat or skin to prevent it from drying out and cracking, which makes the skin more likely to get pressure sores. Barrier lotions or creams have ingredients that can act as a shield to help protect the skin from moisture or irritation.

### **Debridement**

The removal of necrotic tissue is an absolute must in the treatment of pressure sores. Because dead tissue is an ideal area for bacteria growth, it has the ability to greatly compromise wound healing.



## Infection control

Infection has one of the greatest effects on the healing of a wound. As purulent discharge provides a breeding ground for excess bacteria it is imperative to thoroughly clean the infected bed sore daily and apply antiseptics.

## Nutritional support

A malnourished cow does not have the ability to synthesize enough protein to repair tissue. Maintain a healthy diet with enough easily digestible protein to keep the skin healthy.

There are currently two major theories about the development of pressure ulcers. The first and most accepted is the **deep tissue injury theory** which claims that the ulcers begin at the deepest level, around the bone, and move outward until they reach the skin. The second, less popular theory is the **top-to-bottom model** which says that skin first begins to deteriorate at the surface and then proceeds inward.



On arrival rough dry patches in Nakula's coat showed the first signs of pressure sores



Two weeks later the extent of the damage was revealed as the hair shed and skin broke open



Antiseptic powder was used on weeping sores and a moisturizing balm applied to dry, healing sores





A pressure ulcer caused by use of an unpadded yoke





Syamala, a Vrindavan 'creeper', has been down for 12 months without a single pressure sore due to soft sandy bedding

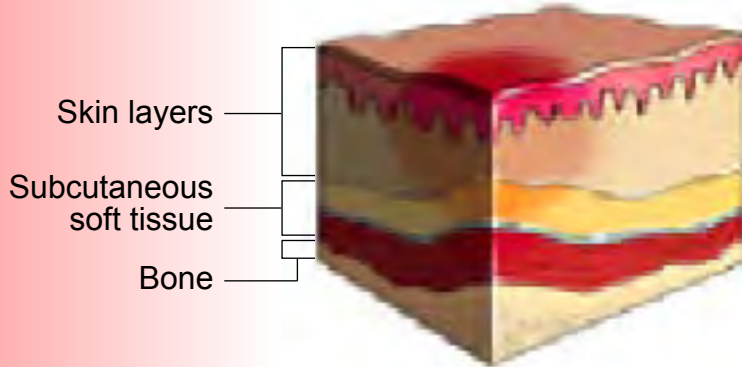
*A sick, injured, or downer cow should be kept on soft, dry bedding. Fine sand laid 10" deep is ideal bedding as it is soft and comfortable, drains moisture away from the body keeping the cow dry, and has grip aiding unsteady footing in recuperating patients. Downer cows that are able to actively crawl are often referred to as 'creepers'. If housed on soft bedding they have a more favorable chance of avoiding bedsores than inactive animals.*



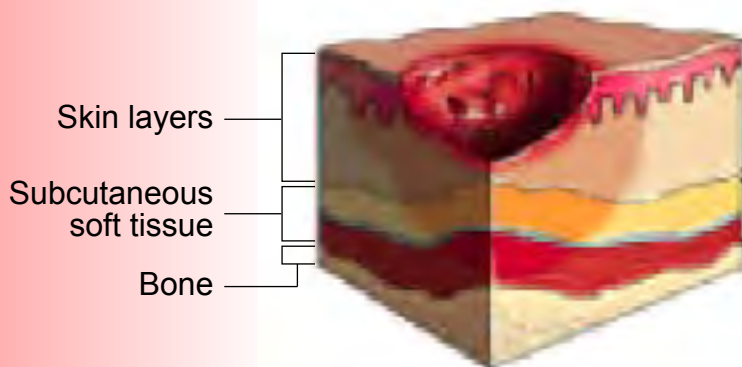
Sand quickly drains away excess water enabling downer cows a cool shower on hot summer days



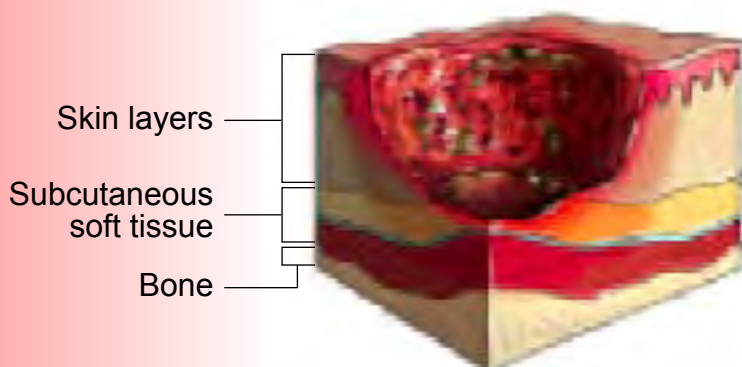
## Stage I



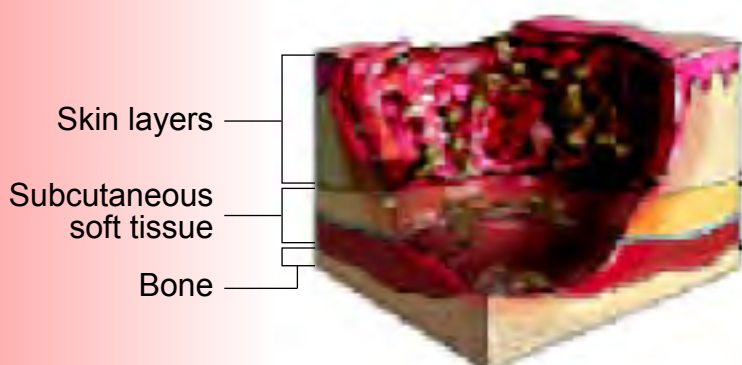
## Stage II



## Stage III



## Stage IV



## Four Pressure Ulcer Stages

**Stage I** is the most superficial, indicated by hair loss in the coat and redness of the skin that does not subside after pressure is relieved.

**Stage II** is damage to the skin extending into, but no deeper than the skin layers. In this stage, the ulcer may be referred to as a blister or abrasion. A wound can appear to be a Stage I wound upon initial evaluation, and actually be reevaluated as a Stage II wound during the course of care. Quick attention to a Stage I pressure wound will prevent the development of a Stage III pressure wound.

**Stage III** involves the full thickness of the skin, extending into, but not through, the subcutaneous tissue layer. This layer has a relatively poor blood supply and can be difficult to heal. At this stage, there may be undermining that makes the wound much larger than it may seem on the surface. It is a primary site for a serious infection to occur.

**Stage IV** is the deepest, extending into the muscle, tendon or even bone. The diameter of the wound is not as important as the depth. Stage IV wounds are very serious and can produce a life threatening infection, especially if not aggressively treated.

**Unstageable** pressure ulcers are covered with dead cells and wound exudate, so the depth cannot be determined.

With higher stages, healing time is prolonged. While about 75% of treated Stage II ulcers heal within eight weeks, only 62% of Stage IV pressure ulcers ever heal, and only 52% heal within one year.





Sushila checks on her injured friend Nakula





Front leg fracture with bone protruding from the limb



Daily wound cleaning



The bone piece reveals that when the bone was fractured it split lengthwise



The cut bone end is visible in the top left corner of the wound

# Months to Heal

Arriving with Sushila mid-September was another car accident victim, Nakula, who took the full impact on his left side, fracturing both front and back legs and

several ribs.

Though he was left in the street to die Sudevi saved him and brought him to CFC. Dr Lavania cut a 2.5 inch piece of bone out of the front leg that

was protruding from the limb.

The wound was thoroughly cleaned of rotten matter and over the following week all the necrotic tissue was removed.

The wound is healing well.





Nakula's sharp broken femur bone pierced through the skin



Nakula also had a broken femur, a large bone at the top of the back leg. The sharp edge of the bone could be felt under the skin and great care had to be taken to avoid the bone puncturing the skin. After a week the area became swollen with fluid and early one morning the bone inevitably broke through, rupturing the fluid contents which included ground tissue and fat.

At immediate risk of infection the exposed bone was rinsed with NS fluid and covered with a sterile NS fluid soaked pad until the Doctor arrived. The protruding bone was cut using a sterile wire saw and handfuls of loose tissue were removed from the wound. After a week of treatment infection has been checked and healthy new tissue is gradually covering the bone end.

Nakula is a wonderful patient and has all his Carers fussing after him.



A wire bone saw cuts through the protruding bone in minutes



Removed bone piece



Dr Lavania uses a bone cutter to round off sharp edges on the cut bone end





Healthy tissue gradually encloses the exposed bone end



A six metre long gauze bandage soaked with iodine is packed into the wound cavity



Refreshed after his morning massage, his wounds cleaned and dressed, Nakula is ready for lunch







Handsome Nakula recuperating at CFC





Orphaned calves Hansini and Venu Gopal connect with Ganga who lost her calf

# Connecting Souls

One afternoon Madhu Singh, his eight-year-old son Bhiru and their family cow Ganga came to the gate. They told how Ganga's calf had died and that she was so forlorn she stopped giving milk. They claimed they could not afford to feed her and told us that if we would not take her in, they would put her on the street.

Ganga's eyes widened with concern scanning her new surroundings. She wandered around the *goshalla* frantically calling her calf, or making low grunts in desperation.

I asked Madhu why the calf had died and watched as he waved his hand across his mouth, averted his eyes and responded vaguely that he had

become sick.

"How much milk were you letting the calf drink?" I pressed. Turning his face away to hide the lie, he held up two fingers and responded, "Two teats," which means they let the calf drink half of what his mother produced.

His eyes shifted to his son, to Ganga, to the ground and the gate as his



fingers nervously fidgeted with the seam of his *kurta*.

Two teats are more than enough to keep a calf healthy. We have watched malnourished orphaned calves bloom in health by just getting a half-liter once in the morning and again in the evening. One can safely say that's at least one teat.

Madhu was lying. More than likely, they let the calf nurse on Ganga only long enough to inspire her to drop her milk, then tie him up while they drain all four teats. After that they release the calf and all agree that the cow has certainly hidden some milk for him and they need not worry about him getting enough.

When the hungry calf nurses but receives no milk, instinctively he firmly punches his mother's bag with his nose to inspire her to drop more milk. But if she is dry, the poking sometimes damages the teats or udder. Thus the greedy owners remove the

calf despite his earnest protests, and rationalize they are protecting their family cow from being injured.

Then when the calf dies of starvation they have to lie to save their cow from being abandoned on the street. Alas, poverty destroys all the good qualities in men.

But since last month we lost Venu Gopal's and Hansini's mothers and were purchasing the standard watered-down village milk to sustain them, we agreed to take in Ganga hoping she would agree to become the surrogate mother of these two calves.

Madhu Singh sighed in relief while Bhiru stuffed a piece of *gur* Ganga's mouth and swiftly touched her hoof before they hurried out the gate thinking they had better disappear in case we changed our mind.

Ganga was disturbed for having lost her son and now for being dropped in a new place full of strangers.

She walked around bellowing for more than two days only stopping occasionally to eat the minimum.

After she calmed down, our cowherd men tied her to a tree and let Hansini and Venu Gopal loose. Hansini is experienced in knowing if a cow has milk or not and she charged Ganga full-speed while Venu lagged behind. As soon as Venu heard Hansini slurping the milk he got smart and followed suit.

Ganga was a bit surprised and resisted at first but after a few days has become satisfied with the arrangement. It seems to suit all concerned.







**A resident of Belvan carries the injured neel gai accros the river on his way to CFC**

It was *amavasya* (the dark moon night) and already everyone in the village was anticipating a mishap. Suddenly, as if on

cue, an eerie wailing rose from the eggplant patch about 200 meters from Ramu's house. Was it a human cry... or a ghost of

some kind?

Ramu called Sanjay and they each grabbed a stick and a flashlight and together sped toward the



# Rescue Attempt



Transportation by rikshaw



Being welcomed with fresh cow's milk



desperate scream. Among the eggplant they found a jackal with an infant neel gai in its jaws. They drew their sticks and the wild canine fled leaving the neel gai calf with a large gash in his thigh and in shock.

Ramu and Sanjay wrapped the calf in an old cloth and carried him over to Care for Cows in Belvan where they kept him until morning.

At dawn Sanjay placed the injured calf in a pan while Ramu wrapped a *gumsha* around his head. Then they carefully hoisted the pan and young bull onto Ramu's head and began the 15-minute-walk to the Yamuna, boarded a boat and rowed across. There they met our cowherd man and by rickshaw sent the calf off to our clinic so we could make an attempt to save him.

The calf was welcomed with warm cow's milk in

a bottle which he heartily drank while our other neel gai's watched curiously.

Dr. Lavania arrived shortly and after examining the patient set him on a table, thoroughly cleaned the wound and began stitching up the nasty gash which originated from his



Dr. J.P. Lavania cleans the wound and removes dead tissue



Stitching to the nasty gash





Packing the wound with gauze to reduce infection



After the operation a private recovery area was prepared



The calf was not strong enough to survive the jackel attack

knee and extended up to his groin. He noted that the main muscle had been removed by the jackal but that the main artery and the urethra were in tact... so there was hope. Dr. Lavania mentioned that the calf must be very hearty to have survived such an attack and was surprised he had not died of shock.

We made private quarters for his recuperation and fed him more milk. He was able to get up and walk clumsily but we laid him down to rest in hope he would begin his recovery. We were saddened when he never got up again.

The village men who wrenched him from the jaws of death, the boatman, the rickshaw driver, the cowherd men and women and the Dr. all had hoped he would recover. Yet his body lay lifeless on a grain bag covering the Yamuna sand.

Then it dawned on us that our hope for him had been fulfilled. Instead of having to undergo two or three months of painful healing with no guarantee he would be able to walk properly again, and then spend, say twenty years in an unnatural habitat, he was swiftly taken out of his body and is now prancing in that abode where there is no suffering.





# Did You Know?

Only male nil gai, or blue cows, have horns – not females. Their conical shaped horns are straight, tilted slightly forward and can grow 21 to 25 cm long.





**In Krishna's Hands**





The new patient curled up and fell asleep as her body temperature dropped to normal



Cleaning the opening to a 12 inch long tract of infection



She passed away the day after her arrival and was placed in samadhi at CFC

Early September we received a sick 18 month old calf from Surabhi Goshala in Radha Kund. On arrival she had a very high fever and could barely stand on her legs nor open her eyes.

She was carried to the Sick Bay and her body temperature was lowered within 20 minutes by cooling her down with water and fans. She ate a little cow food and then her wound was examined and cleaned. From the wound opening Dr Lavania found a large underlying 12 inch tract of infection running along the length of the calf's underside. An incision was made toward the end of the tract to allow proper drainage and cleaning. Once the wound dressing was complete our new patient sat up and ate her bowl of green grass, much to the satisfaction of all.

She rested comfortably throughout the night, then in the morning she peacefully left her body at 6am.



# New Ad



Kesava



# missions

## Kesava

I'm about eight years old and have been out on the streets for about the same period. That was just about the time Care for Cows started. Concerned passersby have reported my presence to the clinic before, but because I have always been healthy and getting by well enough on my own, I was never admitted. I'm featured on the Care for Cows promotional film and in the present introductory booklet so I know they have been keeping an eye on me.

Recently I got in a dispute with another street bull and my horn got slightly injured. (You should have seen the other guy who I ran out of town.) Nevertheless, it was reported to CFC that I was sitting on the side of the road with a maggot infested wound. That evening two cowherd men found me and coaxed me along the one kilometer walk to the clinic. They fed me well, removed all the maggots, patched me up and are waiting for me to heal before hosting me with the other adult bulls. (Let's see how well I can get along with those guys.)

I'm known for being gentle and compassionate, at least to the orphaned calves. One day Venu Gopal, still distressed from losing his mother, ran up to me and started trying to nurse on my scrotum. The cowherd men came running to save him as they assumed I would butt him away with my massive head. But when they saw me not only tolerate his vain attempt, but lick his behind as all cows do to their calves, they were impressed. Since my hair is finer than anyone else's at CFC, they have called me Kesava, a name of Krsna which means one who has fine hair.



Kesava featured in the CFC video



Kesava's horn wound upon arrival



Wound being cleaned above and bandaged below







Ganga



## Ganga

My former owner boasts that one of the symptoms of the Vrajabasis is that they keep mother cow in their home to provide milk for their family. The procedure is that the women of the house go out daily to the fields and forests to cut grass and carry it back on their heads for the cows. They draw water from the well each day in clay or brass pots and offer it to the cow.

In exchange for this menial service we provide valuable nourishing milk and this practice is taken as service to cow, or cow protection. But when the milk stops due to the natural passing of time, why does the cutting and carrying of grass stop?

Here is where the façade starts to crumble. The grass and water are still available, but what has run out is the desire to serve. Why? Because there is no return. So what was

being passed off as service to mother cow, is now exposed as profit oriented activity... fruitive work... or more bluntly, business. Business disguised as service; cow exploitation posing as cow protection; irreligion masquerading as religion.

All this time I thought my former owner was protecting me. But when the milk stopped, so did his so-called service. And then suddenly my calf is taken away, my home is taken away and I'm turned out to fend for myself.

You think I don't feel swindled? You think my feelings are not hurt? I guess when you have no feelings the tendency is to assume that others around you also have none. Otherwise I can't understand why my former owner treated me the way he did.

When he decided to turn me out, he first went

to the temple and asked a *pundit* to chant some protective mantras on some red threads. Then he tied them around my right ankle saying it serves to repel inauspiciousness, to keep people from giving me the "Evil Eye". That was the parting kick.

Perhaps he did it to make a further show of protection, but I'm beginning to think that the mantras worked as now I've been taken in by Care for Cows and spared from his undesirable company.

Two calves have adopted me here and I am developing a promising relationship with Uttama. I'm sure I'm going to like this place.







## Tamal

When Sudevi brought Nakula and Sushila to Care for Cows for special medical treatment, I tagged along. I'm healthy and have no complaints... well, I may have one small one... and that is that I lost the tuft of my tail and now the thing

doesn't even hang down to my knees.

In Vraja Mandala it is commonly accepted that when the tail of a cow of bull touches the ground they are taken to be most auspicious. Sura dasi, the blind cow, is the best

example we have here of a cow with such a tail.

I tell you it is sight to see her walking in circles in her pen holding her head high and swishing her tail as if she has not a care in the world! When her tail touches the earth, it so



# New Admissions



## Sushila

I was also picked up off the street by Sudevi when I lived in Govardhana. I was hit by a car and am suffering from a broken front leg and a seriously damaged rear hoof, but I am still able to get up and move around. My prospects are much better

than Nakula who is my roommate and pretty much immobile. Because we are together all the time we have bonded and we try to console each other. It is a common characteristic of cows to develop strong friendships with others in the herd, especially if

they recover from injuries together. We have no trouble displaying affection and gratitude. We're really not much different from humans and if people would take note of this it might inspire them to be more careful while driving around us.

gracefully wafts up small delicate clouds of precious Vrindavana dust so that anyone who is fortunate enough to come in her vicinity, invariably gets some of it on their head.

After watching her for some time, I begin to

fanaticize that I also have a long glossy black tail with a silver switch and begin to prance around like her. But invariably one of the older bulls detects my musing and butts me in the side to shake me from my dream and then I fall back into the

real world where my tail is at least one-and-a-half feet from the ground.

If any of you come across an ointment or elixir that is known to increase the length of bull tails, please inform me at once.





**"Their reckless driving will only get them to Hell on time... or maybe a little early."**

## Bihari

I got hit by a car about two months ago which fractured my rear leg in two places. The driver didn't even stop as he was rushing his boss to take *darshan*! No brains!

The scriptures declare that one of the symptoms of the neophyte devotee is that he detects the presence of the Lord in the temple, but nowhere else. Do these pilgrims think they will get the blessings of the Lord if they run over the personification of

religion while rushing to the Temple? Not possible!

Lord Gopal is pleased if the cows are pleased. How do you think He feels when we are sad? Use your brains! Drink less buffalo milk!

Do you think that putting your Rs.100 or Rs.500 in the *hundi* changes everything?

**Fast cars, yes; hand phones, yes; satellite TV's, yes; extra money in the pocket, yes; but NO brains!**

Where will it end? Their reckless driving will only get them to Hell on Time... or maybe a little early.

In any case Dr. Lavania has patched me up with a PVC cast and I am eating my way back to good health.

For now I am being hosted in the recovery ward and should stay in here for a couple of months. Wish me luck and watch out for wreckless drivers when you next visit the Dhama.



# New Admissions

I'm from Govardhan and was picked up off the street by Sudevi after being broadsided by a car. Both my left legs have been smashed. Now my prospects are two: I may die from bone infection, or depression; or I may live and never walk again... Which do I prefer? Neither.

You think because my legs are finished so is my desire to roam in the fields; spar and scourge the Earth with my hooves; and jump and dance in the rain? No. Those desires still burn within me but now my only choice is to tolerate.

The only solace for me will be to hear that the pilgrims with cars in Vraja Mandala are waking up. They submit themselves to the TV, the cinema, the Internet all of which are bent on destroying Vedic Culture. They have traded the valuable gems of Vedic Culture for the plastic beads of western ways and think their getting a bargain! Wake up!



## Nakula

The great saint Narada told the vicious hunter Mrigrari that to reduce his sins, he should kill animals fully, rather than leaving them half-dead.

Now cars instead of bows are being used to half-kill innocent cows. How are these drivers different from Mrigrari? Tell me!

Some will rationalize that the sin of half-killing cows falls only on the head of the illiterate, foolish driver. He blows the horn and holds the wheel, but the owners have put him in the seat. They snuggle degradation to their bosom

taking it for progress! Oh! how thoroughly they're being swindled! How long will they sleep in the lap of Maya? Wake them up and give me solace!







Sweet  
Sushila





Syringes of diluted iodine are flushed into one wound opening and expelled through another

# Wish her Luck!

**In a combined effort to save Sushila's leg injured in a road accident, she had been treated at Surabhi Goshala – Radha Kund, Mathura Vet University, and is now under Dr Lavania's care at CFC.**

The bone was fractured high on the leg in a position which is difficult

to adequately stabilize with a cast.

A major concern was an open wound and lingering deep seated infection present at the fracture site. The wound requires daily cleaning and handling that is undesirable for mending bones. After cleaning and dressing the wound a PVC cast is

fixed to the limb offering the best support possible for her condition.

By month end, two weeks after her arrival at CFC, signs of healing are present with less movement of the fractured bone ends and positive signs of improvement in the infection. She is eating well and is bright and happy.



An antibiotic is infused into the wound



The towel dried limb is then powdered



A thick absorbent pad covers the wound





A removable PVC cast is ideal for fractures that require regular wound cleaning



A pvc support clamp is fixed over the fracture site



Bandaging



The cast is padded and fixed into place



Supporting the ends with Vetrap







# Back to CFC

*Right, Tulasidas returns to CFC after 2 years, this time for medical treatment and recuperation. His back left leg was injured while he was being restrained and branded.*

*Below, Tulasidas boarding at CFC. Photo taken in April 2005.*











*go-ange yata loma, tata sahasra vatsara  
go-vadhi raurava-madhye pace nirantara*

**Cow killers are condemned to rot in hellish life for as many thousands of years as there are hairs on the body of the cow.**

- Caitanya Caritamṛta Adi-līla 17.166



# Thank You From the Cows



**The cows send their heartfelt thanks to those who assisted during September 2007**

Alessandra Petrassi ,Italy  
Alla Nikolayeva ,USA  
Amith Vikram Rangarajan ,UK  
Ananda dasa, Guatemala  
Anastasia Tsitsishvili ,Usa  
Anonymous ,Singapore  
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IN VRINDAVAN

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