

Effects of dadhi

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INTRODUCTION-

The science nutraceuticals deals with food or constituents of food that provide medical or health benefits including the prevention and treatment of disease.[1] dadhi possessing number of medicinal values, holds a primary position in Indian diet and culture, which is also evident in Vedic literature, gives an idea that the techniques of dadhi preparation and its health benefits were well-known to people. In present era, dadhi and yogurt are considered as the best source of probiotic products. In this article an attempt is made to analyze the nutraceutical value of different types of dadhi based on its source, taste and its usage either in external, internal medicine or purificatory therapy with due respect to researches in contemporary sciences. dadhi by its nature is sweetish sour in taste, hot in potency, sour in post digestive taste and heavy to digest.[2] The attributes of dadhi varies according to type and nature of milk and its inoculation time for fermentation. Attributes of milk like Snigdha (unctuousness) varies in accordance with the habitat of animals and time of milking, for instance, milk of low altitude animal or that which is collected during morning is heavy. These specifications are also applicable to dadhi as it is a byproduct of milk itself. Though both possess similar properties curd is more Abhishyandi and Guru (heavy), which is proved by gastric emptying time (liquid phase is shorter for milk

dadhi benefits based on types



dadhi benefits based on types:

रोचनं दीपनं वृष्यं स्नेहनं बलवर्धनम्।

पाकेऽम्लमुष्णं वातघ्नं मङ्गल्यं बृंहणं दधि॥२२५॥

पीनसे चातिसारे च शीतके विषमज्वरे।

अरुचौ मूत्रकृच्छ्रे च कार्श्ये च दधि शस्यते॥२२६॥

शरद्ग्रीष्मवसन्तेषु प्रायशो दधि गर्हितम्।

रक्तपित्तकफोत्थेषु विकारेष्वहितं च तत्॥२२७॥

dadhi is

Rochana – improves taste, appetizer

Deepana – improves digestion strength

Vrushya – aphrodisiac

Snehana – imparts oiliness

Balavardhana – improves strength and immunity

Amla Vipaka – Sour taste conversion after digestion

Ushna – hot

Vataghna – Balances Vata

Mangalya – auspicious

Brumhana – improves nourishment

Useful in

Pinasa (rhinitis),

Atisara – diarrhoea,

Sheetaka (fever with cold),

Vishamajwara – irregular fever,

Aruchi – Anorexia, lack of interest in food

Mutrakrichra – dysuria, difficulty to pass urine

Karshya – emaciation

1.Thick semi formed dadhi:

This type of curd is not fully formed and does not has any particular taste. It is not good for consumption. It causes Tridosha imbalance and ill-health.

2.Sweet dadhi: It is the sweet and thick curds. It increases body fat and Kapha Dosha. It calms Vata and Pitta. Useful in certain blood and Pitta related diseases. It is a natural aphrodisiac.

3.sweet-sour dadhi: Its qualities are similar to that of sweet curds.

4.Sour dadhi: It increases digestive fire, hot in nature and increases Pitta and Kapha.

5.Verysour dadhi:It also increases digestive fire, hot in nature and increases Vata and Pitta. Overall, sweet curds is cold in nature and sour curds is hot in nature and improves appetite.One should not take curd at night;

If one desires to take dadhi at night, it can be taken along with ghee, sugar, green gram soup, honey or Amalaka (Amla – Indian Gooseberry.)

It should not be taken hot.

If one does not follow these rules he is likely to suffer from diseases like fever, Raktapitta (bleeding

disorders), Visarpa(Erysipelas), Kushta (skin diseases), Pandu(Anemia), Bhrama(dizziness) and Kamala (Jaundice)

नैवाद्या निशी नैवोषणं वसंता उष्ण शरदसूना

One should not take dadhu at night;

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Heating of dadhi is also unhealthy.

Heating dadhi will destroy all useful bacteria present in the dadhi. The useful bacteria prevent putrefaction in the intestines and promote health and well-being.Such properties of the dadhi are lost on heating.

If heating is unhealthy, why so many dishes have heated curds?

Biriyani, some curries, Punjabi Khadi, South Indian products such as – Majjige huli, Mangalore bajji etc have heated curds. People living in these places are habituated to this for a very long period of time, so much so that, their body can tolerate it well. Hence, it is fine to continue.

dadhi may increase joint stiffness –Joint stiffness is a classic Kapha symptom. Sweet curd can increase Kapha along with Pitta Dosha. This leads to increased inflammation of joints with increased stiffness.

Hence, it is best to avoid dadhi – sweet or sour, in rheumatoid arthritis.

Such people, if they cannot avoid dadhi at all, can add a pinch of black pepper to a cup of it and take.

dadhi with sweet fruits –Both can increase Kapha. So, in a low Kapha, high Vata patient (lean, emaciated), this is fine to take. In high Kapha persons with obesity, weak digestion, nausea, cold, cough, itching skin diseases, it is best to avoid.

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