



Medicinal properties of various types of milk: An Ayurvedic review

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Abstract

The milk is produced by the mammary glands of the mammals. This milk contains antibodies which helps in prevention of the many diseases. The properties of milk of various animals are described in various classical Ayurvedic texts. Milk is considered as a complete food stuff in the fasting ritual as it is natural source of nutrition, and it also used as an *Abhisheka* and *Bhoga*, *Prasadam* purposes in various *Hindu* traditions. There are various types of milk and its therapeutic application is mentioned in classical texts, viz; *Go-Dugdha*, *Mahishi Dugdha*, *Aja Dugdha*, *Avika Dugdha*, *Ashwi Dugdha*, *Gardhabhi Dugdha*, *Ustra Dugdha*, *Hashtini Dugdha*, *Nari Dugdha*. Here an attempt is made to explore the hidden knowledge of the milk which were using by our ancestors. So the further scope of study is to evaluate such activity by animal experimentation and clinical trails and bring them into market with an affordable price. Further scope of study is to analyse and evaluate experimentally and clinically of each types of animal milk which elaborated in Ayurvedic texts and bring them into market in an affordable price.

Keywords: Ayurveda, Dugdha, Godugdha, Mahisha Dugdha, Usthra Dugdha etc

Introduction

For the humans, the WHO recommends exclusive breastfeeding for six months and breastfeeding in addition to other food up to two years of age or more. Fresh goats milk is sometimes substituted for breast milk, which introduces the risk of the child developing electrolyte imbalances, metabolic acidosis, megaloblastic anemia, and host for allergic reactions. Mainly milk contains water, fats, proteins, lactose, minerals like calcium, potassium, traces of enzymes, vitamins like Vit-D which helps in the prevention of depression, mood swings, as it support the production of serotonin, a hormone associated with mood, appetite and sleep, etc. In Ayurvedic classics milk is explained as food stuff as well as in the some of medicinal preparations. These medicinal milk preparations are used to cure various health ailments. Eg: *Ksheera Bala Taila* for all types of *Vataja* diseases, *Rasona Ksheerapaka* for heart diseases etc. The milk is produced by the mammary glands of the mammals. This milk contains antibodies which helps in prevention of the many diseases. Mainly milk contains water, fats, proteins, lactose, minerals like calcium, potassium, traces of enzymes, vitamins like Vit-D which helps in the prevention of depression, mood swings, as it support the production of serotonin, a hormone associated with mood, appetite and sleep, etc. There are various types of milk and its therapeutic application is mentioned in classical texts. Viz; *Go-Dugdha*, *Mahishi Dugdha*, *Aja Dugdha*, *Avika Dugdha*, *Ashwi Dugdha*, *Gardhabhi Dugdha*, *Ustra Dugdha*, *Hashtini Dugdha*, *Nari Dugdha*. In general all types of milk is *Madhura* (Sweet in taste), Palatable, *Snigdha* (Demulcent), *Vata-Pittahara* (Subsides *Vata* and *Pitta Doshas*), *Sara* (Laxative), *Sadya Shukrakara* (Increases semen), *Sheeta* (Cold in potency), *Satmya* (Suitable to all), *Jeevana* (Life promoting), *Brimhana* (Weight promoting), *Medhya* (Brain tonic), *Vajikara* (Aphrodisiac), *Vyasthapana* (Anti aging), *Sandhanakara* (Heals the fractures), *Rasayana* (Tissue vitalizer).

Discussion

There are various synonyms ^[1] of milk viz; *Ksheera*, *Piyusha*, *Udhastha*, *Dugdha*, *Stanya*, *Paya*, *Amruta*. There are nine types of milk and its therapeutic application is mentioned in classical texts ^[2] viz; *Go-Dugdha*, *Mahishi Dugdha*, *Aja Dugdha*, *Avika Dugdha*, *Ashwi Dugdha*, *Gardhabhi Dugdha*, *Ustra Dugdha*, *Hashtini Dugdha*, *Nari Dugdha*. One should not consume the milk which is heavy, cold and excess fatty milk with fish, vegetables, *Jaambu Phala*, as it causes loss of appetite, *Kustha* (Skin diseases)

General qualities of milk ^[3]

Pranada (Life supporting), *Guru* (Heavy), *Madhura* (Sweet in taste), *Picchila* (Sticky), *Sheeta* (Cold in potency), *Snigdha* (Demulcent), *Shlakshna* (Smooth), *Sara* (Laxative), *Mridu* (Soft), *Satmya* (Suitable for life time). It is recommended in *Vata-Pitta-Kapha* and *Manasa Rogas* (Psychological diseases), *Bala* (Child), *Vridhha* (Geriatric patients), *Jeerna Jwara* (Chronic fever), *Kasa* (Cough), *Shwasa* (Dyspnoea), *Shosha* (Emaciation), *Kshaya* (Wasting), *Gulma* (Visceral organ diseases), *Unmada* (Hysteria), *Udara Roga* (Abdominal diseases), *Murcha* (Giddiness), *Brama* (Confusion), *Madatyaya* (Alcohol intoxication), *Daha* (Burning sensation), *Trishna* (Thirst), *Hridroga* (Heart diseases), *Mutra Roga* (Urinary diseases), *Pandu* (Anaemia), *Grahani* (Dysentery), *Arsha* (Haemorrhoids), *Shoola* (Pain abdomen), *Udavarta* (Upward movement of the *Vata Doshas*), *Atisara* (Dysentery), *Pravahika* (Sprue syndrome), *Yoni Roga* (Vaginal diseases), *Garbhasrava* (Uterine bleeding), *Rakta Pitta* (Bleeding diseases), *Shrama* (Fatigue), *Klama* (Lethargy), *Papanashaka* (Alleviates bad *Karmas*), *Balya* (Tonic), *Vrushya* (Aphrodisiac), *Rasayana* (Tissue vitaliser), *Medha Vardhaka* (Brain tonic), *Bhagna Sandhanakara* (Heals the fractures), *Vayasthapana* (Anti aging), *Ayushya* (Life promoting), *Jivaniya* (Sustains life), *Sharira Pushtikaraka* (Nourishes the body), *Vamanopaga*

(Excess intake causes vomiting), *Virechanopaga*(Excess intake causes loose motion), *Oja Vrdhaka*(Increases *Oja Dhatu*(Essence of all the *Sapta Dhatus*; *Rasa -Rakta -Mamsa -Meda -Asthi- Majja -Shukra*).

Godugdha gunas

GODUGDHA ^[4] is *Madhura*(Sweet) in taste, *Sheeta Virya* (Hot) in potency, *Mrudu*(Softening the tissues), *Snigdha*(Demulcent), *Bahala*(Thick), *Shlakshna*(Smooth), *Picchila*(Sticky), *Guru*(Heavy), *Manda*(Dull), *Prasanna*(Causes enthusiasm). Acts as *Rasayana*(Vitalizer), *Oja Vruddhi*(Increases essence of all the seven *Dhatus*; *Rasa-Rakta-Mamsa-Meda-Asthi-Majja-Shukra*). It is best among the *Jivaniya Padarthas*(Life promoting drugs).

GODUGDHA ^[5] is *Alpa Abhishyandikaraka*(Not much causes the blockage of the channels), *Snigdha*(Demulcent), *Guru*(Heavy), *Rasayana*(Tissue vitalize), *Rakta-Pitthara*(Cures haemorrhage), *Sheeta*(Cold) in potency, *Madhura*(Sweet) in taste, *Madhura Vipaka*(Sweet) at the end of the digestion, *Jeevaniya*(Sustains life), *Vata-Pitta Nashaka*(Subsides *Vata* and *Pitta Doshas*).

GODUGDHA ^[6] is *Jivaniya*(Life promoting), *Rasayana*(Vitalizer), *Kshataksheena Hita*(Useful in injury and emaciation), *Medhya*(Brain tonic), *Balya*(Tonic), *Stanyakara*(Induces breast milk), *Sara*(Laxative), Cures *Shrama*(Lethargy and exhaustion), *Bhrama*(Confusion), *Mada*(Intoxication), *Alaxmi*(Improves complexion), *Shwasa*(Dyspnoea), *Kasa*(Cough), *Atitrishna*(Excess thirst), *Kshudha*(Excess appetite), *Jeerna Jwara*(Chronic fever), *Mutrakrichra*(Dysuria), *Raktapitta*(Haemorrhage).

GODUGDHA ^[7] is *Pathya*(Suitable in all diseases), *Ruchikaraka*(Taste promoter), *Swadista*(Tasty), *Snigdha*(Demulcent), *Pitta* and *Vata Vikara Nashaka*(Subsides *Vata* and *Pittaja* diseases), *Kantiprada*(Improves complexion), *Prajna*(Improves knowledge), *Buddhi*(Improves memory), *Medha*(Helps to sustain memories), *Angapusthiprada*(Gives strength to the body parts), *Virya Vriddhikara*(Increases semen).

GODUGDHA ^[8] is *Anabhishyandi*(Not causes blockage in the channels), *Snigdha*(Demulcent), *Sheeta*(Cold) in potency, *Madhura Vipaka*(Sweet at the post digestive effect), *Rasayana*(Vitalizer), Cures *Raktapitta*(Haemorrhage), and *Vata-Pittahara*(Subsides *Vata* and *Pitta Doshas*).

GODUGDHA ^[9] is *Sheeta Virya*(Cold in potency), *Guru*(Heavy), *Snigdha*(Demulcent), *Madhura*(Sweet) in taste, *Madhura Vipaka*(Sweet at post digestion), *Bahala*(Spreading), *Srithavinmutra*(Helps to expel the urine and stool), *Picchila*(Sticky), *Stanyakrid*(Increases breast milk), *Snehana*(Oilyness), *Daha*(Cures burning sensation), *Visha Nashaka*(Subsides poisonous effects), *Shukrajanaka*(Increases semen), *Agnideepana*(Appetizer), *Ayushya* (Life promoting), *Shlakshna*(Soothing), *Manda*(Dull), *Rasayana*(Vitalizer), increases *Oja*(Essence of *Saptadhatu*; *Rasa-Rakta-Mamsa-Meda-Asthi-Majja-Shukra*). Cures *Thishna* (Thirst), *Trisha*(Excess appetite), *Mutrakrichra*(Dysuria), *Vatarakta*(Arthritis), *Pitta*, *Manasaroga*(Psychological disorders), constipation, *Arsha*(Haemorrhoids), *Basti Roga*(Diseases of urinary bladder), *Hridroga*(Heart diseases), *Jeerna Jwara*(Chronic fever), *Shwasa*(Dyspnoea), *Kasa*(Cough), *Shopha*(Edema), *Pandu*(Anemia), *Pravahika*(Dysentery), *Jeerna Grahani*(Sprue syndrome), *Atisara*(Diarrhoea), *Trishna*(Thirst), *Murcha*(Giddiness), *Mada*(Intoxication),

Bhrama(Confusion), *Yakshma*(Tuberculosis), *Unmada*(Euphoria), *Udara Roga*(Abdominal diseases), *Mukha Shosha*(Dryness of the mouth), *Daha*(Burning sensation), *Shrama*(Fatigue), *Klama*(Exhaustion), *Shoola*(Pain), *Amlapitta* (Hyperacidity), *Raktapitta*(Haemorrhage), *Vishamagni*(Loss of appetite).

Qualities of cow milk according to its colour

The black colour of the cows milk is *Vatanashaka*(Subsides *Vata Dosh*).

The white variety of the cows milk is *Kaphakaraka* (Increases *Kapha*).

The yellow colour of the cows milk is *Pitta* and *Vata Nashaka* (Subsides *Pitta* and *Vata Doshas*).

The red variety of cows milk is *Vata Vardhaka*(Increases *Vata Dosh*).

The milk of Bashka variety of milk is *Tridosha Nashaka* (Subsides all the three *Doshas*; *Vata-Pitta-Kapha*), *Kaphavardhaka* (Increases *Kapha Dosh*).

The cow which consumes *Pinyaka*, *Amla Padarthas*(Sour products or herbs), the milk of that cow is *Kapha Vardhaka* (Increases *Kapha Dosh*), *Guru*(Heavy) to digest.

GODUGDHA S ^[10] is *Madhura*(Sweet), *Sheeta*(Cold) in potency, *Guru*(Heavy), *Snigdha*(Demulcent), *Rasayana*(Vitalizer), *Brimhana*(Weight prooter), *Stanyakrid*(Induces breast milk), *Jivana*(Life promoting), *Vata-Pitta Nashaka*(Subsides *Vata* and *Pitta Doshas*). The black cow milk is the best and the white cow milk aggravates *Kapha* and is *Guru*(Heavy). The milk of cow having very young calf or without calf aggravates all the three *Doshas*(*Vata-Pitta-Kapha*).

GODUGDHA ^[11] is *Pavitra*(Sacred), *Rasayana*(Vitalizer), *Pathya*(Clears the blockages), *Hridya*(Cardio tonic), *Balya*(Tonic), *Pusthikara*(Nourishing), *Ayukaraka*(Life promoting), It alleviates *Raktavikara*(Bleeding diseases), *Pitta Roga*(Diseases of *Pitta Dosh*), *Tridosha*(*Vata-Pitta-Kapha*), *Hridroga*(Heart diseases), *Visha Nashaka*(Poisonous effects).

GODUGDHA ^[12] is *Laghu*(Light), *Madhura*(Sweet) in taste, *Snigdha*(Demulcent), *Sheeta Virya*(Cold in potency), *Vata-Pitta Shamaka*(Subsides *Vata* and *Pitta Doshas*), *Stanya Janana*(Galactagogue), *Jivaniya*(Life promoting), *Vrishya*(Aphrodisiac), *Rasayana*(Vitaliser).

GODUGDHA ^[13] is *Pathya*(Suitable in all diseases), *Rasayana*(Vitalizer), *Balya*(Tonic), *Hridya*(Cardio tonic), *Medhya*(Brain tonic), *Ayushya*(Life promoting), alleviates infertility, bleeding diseases, *Sheeta*(Cold in potency), *Madhura Vipaka*(Sweet at post digestive effect), subsides *Vata-Pitta*. The white variety of cow milk is *Vata Shamaka*, Black variety is *Pitta Shamaka* whereas red variety cow milk is *Kapha Shamaka*.

GODUGDHA ^[14] is *Madhura*(Sweet in taste), *Madhura Vipaka*(Sweet ate post digestive effect), It enhances mild moisture to *Dosha*, *Dhatu*, *Mala*, and *Strotas*. It is *Guru*(Heavy), *Sheetala*(Cooling), *Stanyakrit*(Promotes breast milk), *Snigdha*(Demulcent), subsides *Vata-Pitta* and *Rakta*. Continuously and constantly if consumed daily cures *Jara*(Old age) and related problems. The Milk of black cow is more potent and subsides *Vata Dosh*, The yellow cow milk pacifies *Pitta*, and *Vata Doshas*, and the white cow milk is *Guru*(Heavy), and the red colour of cow milk is pacifies *Vata Dosh*. The cow milk from Jangala Pradesha (Jungle region) is *Guru*(Heavy), *Sneha*(Fatty).

1. Aja Dugdha gunas- (qualities of goat's milk)

The qualities of Aja Dugdha ^[15] are similar to Godugdha but specifically used in Rajayakshma (Tuberculosis). It is Agni Deepaka (Appetizer), Laghu (Light in digestion), Sangrahi (Absorbent). It cures Shwasa (Dyspnoea), Kasa (Cough), Raktapitta (Haemorrhage).

The Aja Dugdha ^[16] is Kashaya (Astringent), Madhura (Sweet) in taste, Sheeta (Cold) in potency, Malasangraha (Causes constipation), Laghu (Light), Cures Rakta-Pitta (Haemorrhage), Atisara (Diarrhea), Kshaya (Emaciation), Kasa (Cough), Jwara (Fever).

The Aja Dugdha ^[17] is Laghu (Light), It cures Shosha (Tuberculosis), Jwara (Fever), Shwasa (Dyspnoea), Raktapitta (Haemorrhage), Atisara (Diarrhoea).

The Aja Dugdha ^[18] has capable of destroy all types of diseases as it consumes various types herbs and little quantity of water and does excess walking.

Tha Chag Dugdha ^[19] is Kashaya (Astringent) Madhura (Sweet) in taste, Sheetala (Cold) in potency, Grahi (Absorbent), Laghu (Light), Cures Raktapitta (Haemorrhage), Atisara (Diarrhoea), Kshaya (Emaciation), Kasa (Cough).

The Aja Dugdha ^[20] is Deepana (Appetizer), Madhura (Sweet) in taste, Laghu (Light), Sangrahi (Absorbent), Sheetala (Cold in potency), Snigdha (Demulcent), Kashaya (Astringent) in taste, Shukrala (Increases semen), Mrudu (Soft), Balya (Tonic), Cures Kasa (Cough), Arsha (Haemorrhoids), Shwasa (Dyspnoea), Atisara (Diarrhoea), Trishna (Excess thirst), Kshaya (Emaciation), Vatarakta (Arthritis), Kshataksheena (Emaciation due to injury), Raktapitta (Haemorrhage), Pradara (Leucorrhea), Jwara (Fever).

The Aja Dugdha ^[21] is the qualities of Godugdha, and it is Grahi (Absorbent), Dipana (Appetizer), Laghu (Light). It cures Kshaya (Emaciation), Arsha (Haemorrhoids), Atisara (Diarrhea), Pradara (Menorrhagia), Asra (Blood diseases), Bhrama (Confusion), Jwara (Fever).

The Chag Dugdha (Aja Dugdha) ^[22] is Kashaya (Astringent), Madhura (Sweet) in taste, Sheetala (Cold in potency), Grahi (Absorbent), Laghu (Light), Cures Pitta and Kshayanashaka (Alleviates Pitta and Tuberculosis, emaciation), Kasa (Cough), Jwara (Fever), Raktatisara (Diarrhoea with blood), Tridosha Shamaka (Subsides all the three Doshas; Vata-Pitta-Kapha).

The Aja Dugdha ^[2], 24, 25] is Madhura (Sweet), Kashaya (Astringent) in taste, Laghu (Light), Sheeta Virya (Cold in potency), Balya (Tonic), Sangrahi (Absorbent), Cures Rakta-Pitta (Haemorrhage), Atisara (Diarrhoea), Kasa (Cough), Shosha (Emaciation), Kshaya (Tuberculosis), Jwara (Fever).

2. Ushtra dugdha gunas- (qualities of camel's milk)

The Ushtri Dugdha ^[26] is Ruksha (Dry), Ushna (Hot in potency), Lavana (Slight salty in taste), Madhura (Sweet) in taste, Laghu (Light), Cures Shotha (Edema), Gulma (Visceral organ diseases), Udara Roga (Abdominal diseases), Arsha (Haemorrhoids), Krimi (Worm infestation), Kustha (Skin diseases), Visha (Poisonous effects).

The Ushtra Dugdha ^[27] is Ruksha (Dry), Ushna (Hot) in potency, Lavana (Slightly salty), Laghu (Light). Cures Vata-Kaphaja Rogas, Anaha (Distension of abdomen), Krimi (Worm infestation), Shotha (Edema), Arsha (Haemorrhoids).

The Ushtra Dugdha ^[28] is Ruksha (Dry), Ushna (Hot) in potency, Lavana (Salty) in taste, Agnidipaka (Appetizer), Laghu (Light), It cures Vataavikara, Kaphavikara, Anaha (Abdominal distension), Krimiroga (Worm infestation), Shotha (Edema), Arsha (Haemorrhoids).

The Ushtri Kheera ^[29] cures Kustha (Skin diseases), Shotha (Edema), Pittarsha (Haemorrhoids), Kapha Vikara, Adhmana- Atopa (Abdominal diseases), Krimi (Worm infestation), Gulma (Visceral organ diseases), Udara Roga (Abdominal disorders), Shwasa (Dyspnoea), Ullasa (Longer hiccup).

The Ushtri Dugdha ^[30] is Ishat Katu (Slightly Pungent in taste), Kshara (Alkali), Lavana (Salty), Madhura (Sweet), Guru (Heavy), Vikashi, Vishada (Cleansing), Teekshna (Penetrating), Agnidipaka (Appetizer), Vishodhani (Cleanses all the channels), Ruksha (Dry), Ushna Virya (Hot in potency), Bhedani (Purgative), Vata-Shleshmagna (Subsides Vata and Kapha Doshas), Cures Prameha (Urinary diseases including diabetes), Shoola (Pain), Kustha (Skin diseases), Pandu (Anemia), Anaha (Abdominal distention), Krimi (Worms), Shopha (Edema), Udara Roga (Abdominal diseases), Visha (Poisonous effects), Gulma (Visceral organ diseases), Arsha (Haemorrhoids).

The Aushtra Dugdha ^[31] is Swadu (Sweet) in taste, Ruksha (Dry), Lavana (Salty), Laghu (Light), Dipana (Appetizer), Sara (Laxative). It cures Krimi (Worms), Kustha (Skin diseases), Kapha Dosha, Anaha (Flatulence), Shotha (Edema), Udara (Abdominal diseases like ascites), The Ushtra Dugdha ^[32] is Ushna (Hot in potency), Lavana Rasa (Salty), Ruksha (Dry), Kapha-Vata Vikara Nashaka (Subsides Kapha and Vata diseases), Laghu (Light), Kashaya (Astringent), Cures Krimi (Worms), Shotha (Edema), Arsha (Haemorrhoids).

The Ushtra Dugdha ^[33] is Lavana (Salty), Madhura (Sweet) in taste, Laghu (Light), Dipana (Appetizer), Cures Krimi (Worms), Kustha (Skin diseases),

The Ushtra Dugdha ^{[34], [35]} is Ruksha (Dry), Ushna (Hot in potency), Ishat Lavana (Slightly salty) in taste, Laghu (Light). It cures Vata-Kapha diseases, Krimi (Worms), Shotha (Edema), Udara Roga (Abdominal diseases), Arsha (Haemorrhoids).

3. Avika dugdha gunas- (qualities of sheep's milk)

The Avika Dugdha ^[36] is Madhura (Sweet in taste), Guru (Heavy), Snigdha (Demulcent), Guru (Heavy), Pitta and Kapha Vardhaka (Increases Kapha and Pitta Doshas). Used in Vataja Kasa.

The Avika Dugdha ^[37] is Ushna (Hot) in potency, Kapha and Pitta Karaka (Causes Kapha and Pitta Doshas), It causes Hikka (Hiccough), Shwasa (Dyspnoea).

The Avi Dugdha ^[38] is Ahridya (Not good for heart), Ushna (Hot in potency), Vata Vyadhi Nashaka (Subsides all types Vata diseases), Hikka (Hiccough), Shwasa (Dyspnoea), Pitta-Kaphaprada (Induces Pitta and Kapha).

The Avi Dugdha ^[39] is Snigdha (Demulcent), Kapha-Pitta Vikarahara (Subsides Kapha and Pitta diseases), It Cures Sthulata (Obesity), Prameha (Urinary diseases including diabetes), Romavardhaka (Helps to hair growth), Guru (Heavy), Vridhnikaraka (Nourishing).

The Meshika Dugdha ^[40] is Guru (Heavy), Sadu (Sweet in taste), Snigdha (Demulcent), Ushna (Hot) in potency, Kapha-Pitta Krit (Increases Kapha and Pitta Doshas), Cures Vatarakta (Arthritis).

The *Avi Dugdha* ^[41] is *Madhura*(Sweet) in taste, *Snigdha*(Demulcent), *Ushna*(Hot in potency), *Amla Vipaka*(Sour at the post digestive effect), *Guru*(Heavy), *Ashmari Nashaka*(Alleviates calculi), *Aruchi*(Loss of taste), *Kapha-Pittakara*(Produces *Kapha* and *Pitta Doshas*), *Dhatu Vardhaka*(Nourishes all the seven *Dhatu*; *Rasa- Rakta-Mamsa- Meda- Asthi-Majja-Shukra*), *Hikka*(Hiccough), *Shwasa*(Dyspnoea),

The *Avi Dugdha* ^[42] is *Madhura*(Sweet), *Keshya*(Hair tonic), *Snigdha*(Demulcent), *Guru*(Heavy), alleviates *Vata* and *Kapha Doshas*. It cures *Kasa*(Cough) caused by *Vata Dosh*.

The *Aurabhra Dugdha* (*Avi Dugdha*) ^[43] is *Madhura*(Sweet) in taste, *Ruksha*(Dry), *Ushna*(Hot in potency), *Vata-Kapha Nashaka*(Subsides *Vata* and *Kapha Doshas*), It is not recommended in patients suffering from *Rakta-Pitta*(Bleeding diseases).

The *Aurabhra Dugdha* (*Avi Dugdha*) ^[44] is *Madhura*(Sweet) in taste, *Snigdha*(Demulcent), *Ushna Virya*(Hot in potency), *Tikta*(Bitter in taste), *Kapha Nashaka*(Subsides *Kapha*), *Guru*(Heavy). It cures *Vata Rakta*(Arthritis), *Shotha*(Edema).

The *Avika Dugdha* ^[45] is *Lavana*(Salty), *Swadu*(Palatable), *Snigdha*(Demulcent), *Ushna*(Hot in potency), *Ahridya*(Not good for heart), *Keshya*(Good for hair), *Shukrala*(Enhances semen, *Kapha*, and *Pitta*), *Guru*(Heavy). Cures *Kasa*(Cough).

4. Mahishi dugdha gunas- (buffalo's milk)

The *Mahishi Dugdha* ^[46] is *Atyanta Abhishyandi* (Causes blockages), *Madhura* (Sweet in taste), *Vanhi Nashanam*(Decreases the digestive power)

The *Mahishi Dugdha* ^[47, 48] is *Guru*(Heavy), *Sheeta*(Cold) in potency, *Mandagnikaraka*(Causes loss of appetite), *Sneha*(Contains excess fat than Cow milk), Cures *Anidra*(Insomnia).

The *Mahisha Dugdha* ^[49] is *Sheetala*(Cooling), *Guru*(Heavy), *Bala*(Tonic), *Pusthikara*(Nourishing), *Virya Vardhaka*(Increases semen), Cures *Pitta Vikaras*, *Daha*(Burning sensation), *Rakta Vikara*(Blood diseases),

The *Mahishi Ksheera* ^[50] is *Guru*(Heavy), *Sheetala*(Cooling), *Atisnigdha* (Contains excess fat). Recommended in *Anidra*(Insomnia) and excess appetite.

The *Mahishi Dugdha* ^[51] is *Ati Abhishyandi*(Causes blockages in the channels), *Madhura*(Sweet), *Vanhihrit*(Decreases appetite), Causes *Atinidra*(Sleep), *Kaphakara*(Increases *Kapha Dosh*), *Pusthikara*(Nourishing), *Tandrakara*(Produces drowsiness), *Shukrajanana*(Increases semen), *Blakaraka*(Tonic), *Guru*(Heavy), *Sheetala*(Cold in potency).

The *Mahishi Dugdha* ^[52] is *Madhura*(Sweet) in taste, *Guru*(Heavy), *Snigdha*(Demulcent), *Balaprada*(Tonic), *Nidrakara*(Induces sleep), *Shurakara*(Increases semen), *Sheeta*(Cold) in potency, *Malahishyandi*(Constipative), and suppresses the digestion power.

The *Mahishi Dugdha* ^[53] is *Snigdha*(Demulcent), *Vatakaraka*(Produces *Vata*), *Sheetala*(Cold in potency), *Tandra*(Induces drowsiness), *Nidrakara*(Induces sleep), *Atyanta Pusthikara*(Nourishes the body), *Shramanashaka*(Subsides lethargy), *Balakara*(Tonic), *Kaphakara*(Induces *Kapha Dosh*), *Sanjivana Swarupa*(Life promoter).

The *Mahishi Dugdha* ^[54] is *Madhura*(Sweet), *Guru*(Heavy), *Ati Snigdha*(Excess fat), *Vrushya*(Aphrodisiac),

Strotorodhaka(Obstructs the channels), *Sthula*(Induces obesity), *Agnimandyakara*(Subsides appetite), *Nidrakara*(Induces sleep), *Vajikara*(Increases sexual performance).

The *Mahishi Dugdha* ^[55, 56] is *Maha-Abhishyandi*(Causes blockage of the channels), *Madhura*(Sweet) in taste, *Agnimandyakara*(Subsides digestive power), *Nidrakara*(Induces sleep), *Sheetala*(Cooling), *Shukrakara*(Increases semen), *Snigdha*(Demulcent), *Guru*(Heavy). Cures *Kshudha*(Hunger)

5. Ashwa, shapha, gardabha dugdha gunas- mare,s milk

The milk of *Ashwi*, *Shapha*, and *Gardabha* animal ^[57, 58] is *Ushna*(Hot) in potency, *Balavardhaka*(Strength promoting), *Stairyakara*(Promotes stability). Cures *Shakhagata Vata*(Pain in extremities), *Madhura*(Sweet), *Amla*(Sour), *Lavana*(Salty) in taste, *Ruksha*(Dry), *Ushna*(Hot in potency), *Laghu*(Light) in digestion.

The *Ekashapha Dugdha* ^[59] is *Ushna*(Hot) in potency, *Laghu*(Light), *Shakhavatahara*(Subsides pain in extremities), *Samla*(Slightly sour), *Salavana*(Slightly salty), *Jadatakaraka*(Causes lethargy and loss of memory).

The *Ashwi Ksheera* ^[60] is *Ruksha*(Dry), *Lavana* and *Amla Rasa*(Salty and Sour) in taste, *Jataharagni Deepaka*(Increases appetite), *Laghu*(Light), *Deha Sthairyakaraka*(Gives stability to the body), *Balya*(Tonic), *Guru*(Heavy), *Kantiprada*(Improves complexion).

The *Gardhabhi Dugdha* ^[61] is *Madhura*(Sweet) in taste, *Ruksha*(Dry), *Jataharagni Deepaka*(Increases appetite), It cures *Vata* and *Shwasa Rogas*(Diseases of *Vata* and respiratory ailments).

The *Ashwi* and *Gardabha Dugdha* ^[62] is *Madhura*(Sweet), *Kinchit Amla*, *Lavana*(Slightly sour and salty), *Laghu*(Light), Cures *Shakhagata Vata*(Pain in the extremities), *Balakara*(Tonic), *Ruksha*(Dry), *Ushna*(Hot in potency).

The *Shapha Dugdha* (Animals having hoofs) ^[63] is *Amla Vipaka* (Sour at the post digestion), *Jadyakara*(Causes heaviness and stiffness in the body).

The *Ashwa Dugdha* ^[64] is *Ushna*(Hot in potency), *Lavana*(Salty), *Laghu*(Light), *Ruksha*(Dry), *Balya*(Tonic), It cures *Shosha*, *Anilapaha*(Emaciation and *Vata Dosh*),

The *Ashwa Ksheera* ^[65] is *Amla*(Sour), *Lavana*(Salty), *Agnidipaka* (Appetizer), *Laghu* (Light), *Dehastairyakara* (Gives stability to the body), *Balya*(Tonic), *Kantiprada*(Improves complexion), *Sara*(Laxative).

The *Gardabha Dugdha* ^[66] is *Madhura*(Sweet), *Amla*(Sour) in taste, *Ruksha*(Dry), *Guru*(Heavy). It cures *Kasa*(Cough), *Shwasa*(Dyspnoea), *Balaroga*(Diseases of the childhood),

The *Ghotaki Dugdha*(Mare's milk) ^[67] is *Ruksha*(Dry), *Ushna*(Hot in potency), *Balya*(Tonic), *Amla*(Sour), *Katu* (Pungent), *Swadu*(Sweet) in taste, *Laghu*(Light). It cures *Shosha*(Emaciation), *Anilapaha*(*Vataja* diseases).

6. Nari dugdha(stanya / woman's milk/breast milk)-

Stree Dugdha ^[68] is *Madhura*(Sweet) in taste, *Sheeta*(Cooling), *Laghu*(Light) in digestion, *Balavardhaka*(Increases Strength), Used in the form of *Aschotana*(Eye treatment), *Nasya*(Nasal administration).

Stree Dugdha ^[69] is *Jeevana*(Life promoter), *Brimhana* (Nourishing), *Satmya*(Suitable), *Snigdha*(Demulcent). Cures *Raktapitta* in the form of *Nasya*(Nasal administration), *Chakshu Shoola*(Used in eye diseases).

Manusha Dugdha ^[70] is Cures *Vata-Pitta-Rakta Vikaras*,

Abhigata(Heals injury), *Netra Rogas* (Eye diseases). *Stanya*(Breast Milk) ^[71] is *Madhura*(Sweet), *Kashaya*(Astringent) in taste, *Sheetala*(Cold) in potency, *Laghu*(Light), *Chakshushya*(Good for eye diseases), *Jatahragni* *Deepaka*(Increases appetite), *Pachaka*(Digestive), *Pathya* (Clears the obstructed channels), *Ruchikarak*(Taste promoter).

Stree Dugdha ^[72] *Madhura*(Sweet), *Kashaya*(Astringent) in taste, *Laghu*(Light), *Deepana*(Appetizer), used as *Nasya*(Nasal administration), Cures eye diseases, *Jivaneeya*(Life promoting).

Stree Dugdha ^[73] is *Dipana*(Appetizer), *Swadu*(Tasty), *Kashaya*(Astringent), *Hima*(Cold in potency), *Snehana*(Demulcent), *Tarpana*(Nourishing), *Satmya*(Suitable), *Dhatu Vardhaka*(Nourishes the all the seven *Dhatus*; *Rasa-Rakta-Mamsa-Meda-Asthi-Majja-Shukra*), *Jivaniya*(Life promoting), *Laghu*(Light), *Balakara*(Tonic). Cures *Vata-Pitta-Rakta* diseases, *Abhigata*(Injury), *Akshiroga Hrit*(Alleviates diseases of eyes).

Nari Dugdha ^[74] is *Laghu*(Light), *Sheeta*(Cold in potency), *Dipana*(Appetizer), Subsides *Vata-Pitta Doshas*, Cures *Chakshu Shula*(Eye pain), *Abhigata*(Injury to the eyes). It is best in *Nasya*(Inhalation), and *Aschotana*(Pouring in to the eyes).

Stree Dugdha ^[75] is *Sanjivana*(Life promoting), *Pusthikaraka*(Nourishig the tissues), *Satmya*(Sutable), *Sneha*(Demulcent), *Santarpana*(Helps to body growth), *Netrarupajaha*(Subsides eye diseases), *Pitta, Rakta vikara Nashana*(Subsides *Pitta* and bleeding diseases).

Nari Dugdha ^[76] is *Laghu*(Light), *Balya*(Tonic), *Chakshushya*(Good for eye diseases), *Vata-Pittagna*(Alleviates *Vata* and *Pitta Doshas*), *Balanam Pranadharanam*(It is life promoting and sustains the life of the child).

Stree Dugdha ^[77] is *Snigdha* (Demulcent), *Sthairyakara*(Gives stability), *Chakshushya*(Good for eyes), *Balakara*(Strength promoter), *Jivana*(Life promoting), *Brimhana*(Nourishing), *Satmya*(Suitable), *Snehana*(Moisturizing). It cures *Rakta-Pitta*(Haemorrhage), *Akshishula*(Eye diseases).

Stree Dugdha ^[78] is *Laghu*(Light), *Sheeta*(Cold in potency), *Dipana*(Appetizer), *Vata-Pitta Shamaka*, Cures *Chakshu Shula*(Pain in eyes), *Abhigata*(Eye injury). It is ideal for *Nasya*(Nasal therapy) and *Aschotana*(Eye treatments).

7. Hastini dugdha gunas- (qualities of elephant's milk)

The *Hastini Dugdha* ^[79] is *Madhura*(Sweet) in taste, *Vrushya*(Aphrodisiac), *Guru*(Heavy) to digest, *Snigdha*(Demulcent), *Stairyakara*(Stability promoter), *Sheeta*(Cold) in potency, *Chakshushya*(Good for eye diseases), *Balavardhana*(Strength promoter).

The *Hastini Dugdha* ^[80, 81] is *Balya*(Strength promoter), *Guru*(Heavy to digest), *Sthairyakara*(Gives stability),

The *Hastini Dugdha* ^[82] is *Madhura*(Sweet), *Kashaya*(Astringent) in taste, *Virya Vardhaka*(Increases semen), *Guru*(Heavy), *Snigdha*(Demulcent), *Sthairyakara*(Gives stability to the body), *Sheetala*(Cold) in potency, *Chakshushya*(Good for eye diseases), *Balavardhana*(Strength promoter).

The *Hastini Dugdha* ^[83] is *Balya*(Tonic), *Guru*(Heavy), *Sthairyakara*(Gives stability to the body), *Ruksha*(Dry).

The *Eibha / Hastini Dugdha* ^[84] is *Guru*(Heavy), *Snigdha*(Demulcent), *Dhatu Vardhaka*(Nourishes the all the

seven *Dhatus*; *Rasa -Rakta- Mansa- Meda- Asthi- Majja-Shukra*), *Sheetala*(Cold in potency), *Madhura*(Sweet), *Kashyaya*(Astringent in taste), *Shukra Vardhaka*(Increases semen), *Balakara*(Gives strength), *Chakshushya*(Good for eye diseases), *Sthairyakara*(Gives stability to the body), *Truptikrit*(Gives satisfaction).

The *Hastini Dugdha* ^[85] is *Swadu*(Sweet) in taste, *Balakara*(Tonic), *Sheetala*(Cold) in potency, *Guru*(Heavy), *Chakshushya*(Promotes eye sight).

The *Hastini Dugdha* ^[86] is *Madhura*(Sweet) in taste, *Shukravardhaka*(Increases semen), *Vrushya*(Aphrodisiac), *Guru*(Heavy), *Snigdha*(Demulcent), *Sheetala*(Cold in potency), *Chakshushya*(Good for eyes), *Balavardhana*(Increases strength).

The *Hastini Dugdha* ^[87] is *Madhura*(Sweet), *Kashaya*(Astringent) in taste, *Guru*(Heavy), *Vrushya*(Aphrodisiac), *Balya*(Tonic), *Hima*(Cold in potency), *Snigdha*(Demulcent), *Chakshushya*(Good for eye diseases), *Sthirata*(Gives stamina).

8. Mriga Dugdha Guna

The qualities of *Harina Dugdha* ^[88] is same as that of *Aja Dugdha*.

Patra vishesha dugdha gunas ^[89] -(qualities of milk stored in different vessels)

1. *Tamra Patra*(Copper vessel)- *Vatahara*(Subsides *Vata Dosh*)
2. *Suvarna Patra*(Gold vessel)- *Pitta Shamaka*(Subsides *Pitta Dosh*)
3. *Raupya Patra*(Silver vessel)- *Kapha Shamaka*(Subsides *Kapha Dosh*)
4. *Kansya Patra*(Bronze vessel)- *Rakta Prasadana*(Improves complexion)

Amashruta Dugdha Gunas ^[90] -

The unboiled milk causes *Abhishyandi*(Obstructs the channels), *Guru*(Heavy to digest), where as boiled milk is *Laghu*(Light).

Dharoshna dugdha gunas ^[91] -

Excess boiled milk is *Guru*(Heavy), and immediately milking is *Amruta Samana*(Possessing good qualities/ Nector).

Conclusion

By the above discussion almost all the classical texts are revealed that the milk of various animals have tremendous therapeutic action and are mostly sweet in taste heavy, sweet at the post digestive effect, cold in potency. The literary says that goat milk having the anti tubercular activity and have the properties to cure leprosy, emaciation, injuries. Here a small attempt is made to explore the hidden knowledge of the milk which were using by our ancestors. So the further scope of study is to evaluate such activity by animal experimentation and clinical trails and bring them into market with an affordable price.

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