



A CLASSICAL REVIEW ON DADHI SEVANA NIYAMA

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ABSTRACT

Dadhi is a transformed form of milk, considered as '*Mangalya*' and thick in consistency in comparison to *Ksheera*. The milk of a fattened cow or buffalo is boiled, cooled and placed in a new vessel containing butter milk. Curd that is formed as a result is as white as a conch and along with cream on its top resembles the moon. *Dadhi* has become a habitual diet now days. Curd by its nature has; *Madhuraamlarasa* (sweetish sour taste), *Amlavipaka* (sour post digestion taste), *Guru guna* (heavy to digest), *Ushnavirya* (hot in potency) and is *Abhishyandi* (coats over the channels carrying *Dosha*, *Dhatu* and *Mala*). Predominant taste of *Dadhi* is *Amla* and it possess *Grahi* and increases *Agni* and produces *Shopha* according to *Acarya Harita*. The attributes of *Dadhi* varies according to inoculation time for fermentation, type and nature of milk used. There are certain rules for

intake of *Dadhi*. i.e *Dadhi Sevana Niyamas*. They include *Na Naktam*, *Naivoshna*, *Na Nitya*, *Na Sharad Vasanta Greeshmayo*, *Bhunjeeta Ghrita*, *Sharkaradibi Saha*.

KEYWORDS:- *Dadhi*, *Niyama*, Curd.

INTRODUCTION

The word *Dadhi* is deried from,, *Dha*" *Dhatu* and,, *Dhanj*"*Pratyaya*. *Paryaya* of *dadhi* is *Kshourajam*, *Mangalyam*, *Viralam*, *Payasya* and *Ghanettara*.^[1] *Dadhi* is evident in Vedic literature as an ingredient in *Homa*, *Havana*, individually or as one among *Pancagavya*. *Dadhi* is a transformed form of milk, considered as '*Mangalya*' and thick in consistency in

comparison to *Ksheera*. *Rigveda* states that *Ksheera* and *Dadhi* should not be mixed together. In Mahabharata, there is a quotation which states that *Dadhi* is one among the eight exceptions during fast. The term used in *Rigveda* for *Dadhi* is *Dadhyashira*^[2] The fermentation of *Dadhi* from milk is an example for *Samskara*. The mode of *Samskaras* which are the main cause for formation of *Dadhi* are *Toya Sannikarsha*, *Agni Sannikarsha*, *Desha*, *Kala*, *Vasana*, *Kalaparakarsha* and *Bhajana*.^[3] Reference about *Dadhi* is available as a component in *Kheera Varga*, being a by product of milk.

Classification of *dadhi*

- 1) There are eight types of *Dadhi* based on milk used for preparation viz. *Go*, *Aja*, *Ustra*, *Mahisha*, *Avika*, *Vadava*, *Hasti*, *Nari*.^[4] The constituent of *Dadhi* varies according to composition of milk.
- 2) The types of *Dadhi* based on stages of fermentation are *Mandaka* (*Dadhi* not yet formed), *Madhura* (sweet), *Madhura-Amla* (sweetish sour), *Amla* (sour) and *AtyAmla* (sourer).^[5]
- 3) *Dadhi* can be broadly classified under two groups based on preparation method,
 - ***Yaavana dadhi***: *Dadhi* which is prepared in *Lavana* or Silver vessel.
 - ***Yavita dadhi***: *Kapittha Majja Kalka* or *Amla Rasa* or *Citraka Mula Lipta* or *Pakva Amra lipta Patra* if used to prepare *Dadhi* is *Yavita*.^[6]

Properties of *dadhi*

Dadhi (Curd) by its nature has; *Madhuraamlarasa* (sweetish sour taste), *Amlavipaka* (sour post digestion taste),^[7] *Guru* (heavy to digest), *Ushnavirya*^[8] (hot in potency) and is *Abhishyandi* (coats over the channels carrying *Dosha*, *Dhatu* and *Mala*). Predominant taste of *Dadhi* is *Amla Svadu* and it possess *Grahi* and increases *Agni* and produces *Shopha* according to *Acarya Harita*. The attributes of *Dadhi* varies according to inoculation time for fermentation, type and nature of milk used.

Dadhi sevana niyamas (Rules to be followed while consuming *dadhi*)

1. ***Na naktam dadhi bhunjeeta***^[9]- Don't consume curd at night, Due to *Svabhava* of night time *Tamoguna*, will be predominant, which in turn influence to have *Kapha Prakopa* and results in constriction of *Srotas*. Hence curd should not be consumed at night. *Tamasvini*, *Tamasi* are synonyms of night which supports the statement. Night is being *Kapha Prakopa Kala* in which *Tamo Guna* and curd will increase *Kapha* by *Guru*, *Abhishyandhi* and *Snigdhatama* property; hence curd should not be consumed at night.

2. **Vidhi anusarena dadhi bunjeetha-** Certain rules have to be followed during consumption of Dadhi^[10] viz

Table 3: Dadhi Sevana Niyama according to different authors.

Author	Season			Adjuvant	
	Hita	Ahita			
Harita	Hemanta,	Sarat	Greeshma	Grita, Sitopala, Saindava,	
	Shishira	Vasanta		Jala, Lavanambu.	
	Varsha				
Belasamhita	-	-		Kshoudra ,Grita	
Vangasena					
Astanga		Vasanta	Ushna	Mudga Supa, Kshoudra	Grita,
Sangraha		Sharat		Sitopala Amalaka	
Yoga	Hemanta,	Sharat	Greeshma	With Guda-Vatahara Brihmana,	
Ratnakara	Sishira	Vasanta		Tarpana, Guru	
	Varsha			Sitopala, Mudgasupa,	Madhu,
				Amalaka, Grita Jala.	
Dadlhana	-	-		Udaka, Lavana	

3. **Na nityam-** It should not be consumed daily (*Nitya Asevana Dravya*).^[11] because it's heavy, unctuous and *Abhishyandi* (increases the secretion), alters the digestion and lead to different ailments.^[12] In *Ashvini Samhita* the time taken for digestion of curd is mentioned as "twenty nights", which signifies the *Gurutva* of *Dadhi*.
4. **Na ushnam** - Heating of *Dadhi*, is a form of *SamskaraViruddha* (process incompatibility) not advised as it may alter the attributes. Being hot in potency if mixed with hot substances it vitiates *Pitta*.
5. **Na sharad vasanta greeshmayo** - In spring and autumn seasons, *Kapha* and *Pitta* will be in aggravated state, so usage of *Dadhi* is to be restricted; whereas during summer it is restricted due to its hot potency. *Bhojana Kutuhala* explains *Dadhi* as wholesome when consumed in two cold seasons - *Hemanta* and *Sisira*.^[13]

Table 4: Dadhi sevana based on ritu.

Rutu	Hitahita	Guna	Indication	Adverse
Varsha	Hita	-	ShoSha, vatadi, brama, Shrama, AtiSara	-
Greesham	Ahita	Guru, Amala, Raktapittavriddhi	-	Shopha, Trushna, Jvara, Vishamajvara

<i>Hemanta</i>	<i>Hita</i>	<i>Guru, snigdha, su Madhura, kaphakrut, balavardhana, vrushya, medhya, puShti, tushti</i>		
<i>ShiShira</i>	<i>Hita</i>	<i>Vrushya, balakara, Gana, Amla Madhura, picchila, guru, pittakaraka</i>	<i>Shramahara</i>	
<i>Vasanat</i>	<i>Ahita</i>	<i>Madhura kincit Amla, snigdha, vatala, kaphatmakam, balaveerya karaka</i>		
<i>Greshma</i>	<i>Ahita</i>	<i>Amla, ati ushna, raktapittakaraka,</i>		<i>Shosha, bhrama, pipasa</i>

6. Vidhi hitwa dadhi priyaha

It causes certain diseases on long term consumption like *Visarpa* (herpes), *Raktapitta* (bleeding disorder), *Kusta* (skin disease), *Pandu* (anemia), *Brama* (giddiness), *Kamala* (jaundice),^[14] oedema^[15] and diabetes.^[16] Appearance of oedema is because of its *Snigdha guna*. However butter possesses comparatively more *snigdha guna*. It is contraindicated in diseases like gouty arthritis^[17], and disorders of oral cavity.^[18] *Abhishyandhi* nature of *Dadhi* yields *Kleda* in bodily humors, tissues, channel and waste products, thereby resulting in various pathologies.

In Diseases like *Hikka*, *Shwasa*, *Arshas*, *Pleea*, *Atisara* and *Bagandara* it can be advisable with *Lavana* as mentioned by *Acarya Harita*. In *Bhojana Kutuhala* there is statement that one who consume *Dadhi* gets similar complexion of *Dadhi*, beauty and mental ability.

CONCLUSION

Dadhi belongs to *Amla Skanda* (group of sour drugs) and it is one among the *Vicitra Pratyarabdha Dravya* (a *Dravya* which does not act as per *Rasa Panchaka*); as these *Dravyas* are having the capability of producing both positive and negative impact on health. On the basis of the *Panchabhuta* composition, *Dravya* do not have structural similarity among the constituents. Another concept is which can be considered here is *VikrutiVishama Samaveta* – there is structural similarity but exhibit special pharmacological action. *Dadhi Rasa*, *Guna*, *Veerya*, *Vipaka* are differs hence it is *Vicitra Pratyarabda Dravya*.

Dadhi sevana niyama includes

1. ***Na naktam-*** *Tamobhava-* increases *Kleda* by *Abhishyandhi Guna – Srotorodha – Vyadhikaraka*.
2. ***Naivoshta*** – *Samskara and Gunataha Viruddha*.
3. ***Na nitya*** – *Guru Abhishyanditvat Nitya Asevana Dravya*.
4. ***Na sharad vasanta greeshmayo-*** By *Ritu Svabhava Dosha Prakopa* in *Shareera* leads to *Vyadhi*.
5. *Bhunjeeta Ghrita, Sharkaradibi Saha*

The combination of these drugs may contradict the *Doshas of Dadhi*, by acting on *Dosha Amshamsha Vipareeta*.

Hence *Dadhi* can be consumed in day time without heating by mixing with adjuvants like ghee, sugar etc occasionally during *Varsha, Shishira* and *Hemanta*.

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