



ISSN 2456-3110

Vol 7 · Issue 1

Jan-Feb 2022

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Approach towards understanding Pros and Cons of *Dadhisevan* - A Review

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ABSTRACT

Ayurveda explains helpful dietary practices as well as good life style practices that should be incorporated in life for healthy living. *Ayurveda* had explained *Ahara Varga* including *Dadhi Varga* for explaining *Dadhi* equivalent to yoghurt or curd according to modern era. *Dadhi* is *Ksheera Vikruti* prepared by curdling of milk. *Dadhi* acts as good appetiser, it helps in digestion, it is of hot potency, it provides good nutrition. Useful in *Mutrakruccha*, *Pratishyaya*, *Shita Vishama Jwara*, *Atisara*, *Aruchi Krushata*. Also, *Dadhi* has many adverse effects if consumed in wrong way or by incompatible individual. Here in this article, there is detailed description of *Dadhi*, its types and rules of consuming *Dadhi* so that one can easily understand about *Guna* and *Karma* of *Dadhi* and eventually its pros and cons.

Key words: *Curd, Dadhi, Dahi, Ksheervikruti.*

INTRODUCTION

Ayurveda is science of life and *Ahara* (food) is fundamental need of life. *Dadhi* is *Dugdha Vikruti* means milk product. *Dadhi* is such a food item that is very popular in all ages. In *Ayurveda*, *Dadhi* is explained as such a food item which is useful in some diseased conditions as well as contraindicated in some diseases. There are some rules and conducts regarding its use.

It has great importance in our diet. Majority of people love its flavoured so it is used mainly as in preparing various dips. There are some items which should be used on daily basis for leading healthy life in the same way there are certain items that should not be used on

daily basis, one of such items is *Dadhi*. *Dadhi* has some pros and cons that one should know before having it. *Acharya Charaka* has mentioned consuming *Dadhi* at night as *Viruddha Ahara* (incompatible food)^[1]

REVIEW OF LITERATURE

Dadhi

Dadhi is a Sanskrit word used in ancient texts for a lacto-fermented dairy product (*Ksheera Vikruti*). It is prepared by two ways. Firstly, by mixing acidic substances like lemon juice, vinegar to milk and secondly by mixing spoonful of previously prepared *Dadhi* to pre heated warm milk. It is then left to curdle at room temperature. In common language it is called as *Dahi* in India.

Types of *Dadhi*

According to *Acharya Sushruta*^[2]

1. **Madhura Dadhi:** *Maha Abhishyandi*, increases *Kapha* & *Meda Dhatu*
2. **Amla Dadhi:** Increases *Kapha* and *Pitta*.
3. **Ati Amla Dadhi:** Increases impurity in blood (by vitiating *Pitta*)

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Submission Date: 04/01/2022 Accepted Date: 06/02/2022

Access this article online

Quick Response Code



Website: www.jaims.in

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4. Manda Jata Dadhi: (Semi fermented *Dadhi*): Causes *Vidaha* (burning sensation), increases stool and urine.

According to *Acharya Bhavaprakasha*^[3]

Manda

Curd which is like milk in appearance not fully formed little thick in consistency with no specific taste can be called as *Manda Dadhi*. It increases the production of urine and faeces, it increases *Tridosha* and causes burning sensation.

Swadu

Curd which is completely thick, whose sweet taste is being expressed through it without any traces of sourness can be called as *Swadu Dadhi*. Sweet in taste, it is an aphrodisiac, increases *Meda* and *Kapha* whereas mitigates *Vata* and is good for bleeding disorders.

Swadamla

Thick sweet and leaves some astringent taste in end is called as *Swadamla Dadhi*. It has properties of common *Dadhi*

Amla

This is the curd which is properly formed but sour taste is more expressed. This curd increases *Pitta* & *Kapha Dosh* and cause blood disorders.

Atyamla

The curd which is excessively sour when consumed produces tingling sensation in teeth and burning sensation in throat. This promotes appetite and increases *Vata*, *Pitta* and disorders of blood.

Properties of Dadhi (curd)

According to *Acharya Charaka*^[4]

Acharya Charaka states that curd has properties like *Rochana* (improves taste, appetizer), *Deepana* (improves digestion strength), *Vrushya* (aphrodisiac), *Snehana* (imparts oiliness), *Balavardhana* (improves strength and immunity), *Amla Vipaka* (after digestion converts into sourly taste), *Ushna* (hot potency), *Vataghna* (Balances *Vata*), *Mangalya* (auspicious), *Brumhana* (improves strength). 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). It is generally harmful during autumn, summer and spring seasons. It is invariably harmful in diseases caused by the vitiation of blood, *Pitta* and *Kapha*.

According to *Acharya Vagbhat*^[5]

Amla Rasa, *Amla Vipaka*, *Grahi* (absorbent, useful in diarrhoea), *Guru* – heavy to digest, *Ushna* (hot in nature), *Vatajit* (balances *vata*). Increases *Meda* (fat), *Shukra* (semen), *Bala* (strength), *Kapha*, *Raktapitta* (bleeding disorders), *Agni* (digestion strength) and *Shotha* (inflammation), *Ruchi* (increases taste). Useful in *Aruchi*, *Vishamajwara*, *Pinasa*, *Mutrakruchra*, *Grahani* (malabsorption syndrome)

According to *Sushrut Samhita*^[6]

Kashaya Anurasa (astringent), *Snigdha*, *Ushna Virya*. Useful in *Pinasa* (rhinitis), *Vishama Jwara* (irregular fever), *Atisara* (loose motion), *Aruchi*, *Mutra Kruchha* (urinary infection), *Krushata* (weight loss). In healthy people *Dadhi* act as *Vrushya*, *Prankaraka* (good for health), *Mangalyakara*.

According to *Bhavaprakash Nighantu*^[7]

Dadhi Guna

Ushna, *Agnidipak*, *Snigdha*, *Kinchit Kashaya Rasa Yukta*, *Guru*, *Amla Vipaki*, *Grahi*, causes diseases of *Pitta*, *Rakta*, *Shotha*, increases *Meda* and *Kapha*, *Shukra*, *Bala*. Useful in *Mutrakruccha Pratishtyaya*, *Shita VishamaJwara*, *Atisaara*, *Aruchi Krushata*

Contra indications^[8]

Acharya Bhavmishra states that *Dadhi* should not be eaten at night but if someone wants to eat *Dadhi* at night then one should mix it with green gram soup or honey or ghee or sugar or *Amla*, also one should not use hot *Dadhi*

Dadhi Guna according to sources^[9]

Gow Dadhi (Cow milk curd)

Sweet and sour taste, *Ruchikara*, *Pavitra Agnidipaka Hridayya* (good for heart), *Pushti Kara Vata Nashaka*. It is best among all other curd

Mahisha Dugdha (Buffalo milk curd)

Snigdha, increases *Kapha*, *Vata* *Pitta* *Nashaka*, *Madhur Vipaki*, *Abhishyandi*, aphrodisiac, *Guru* (heavy to digest), vitiates *Rakta*.

Aja Dadhi (Goat milk curd)

Grahi, *Laghu*, *Tridosha* *Nashaka*, *Agnidipaka*, useful in *Shwasha Kaas*, *Arsha*, *Kshyaya*, *Krushata*

Pakwa Dugdha Dadhi Lakshana^[10] (curd prepared from boiled milk)

Ruchikara, *Snigdha*, *Uttama*, balances *Pitta* and *Vata* increases strength of *Dhatu Agni* and *Bala*

Nisara Dugdha Lakshana^[11] (fat free curd)

Sangrahi, *Shita*, *Vatkara*, *Laghu*, *Vishatmbha Karaka*, *Agnidipaka*, *Ruchikaraka*, and useful in *Ghrahini Roga*

Galita Dadhi Lakshana^[12] (strained curd)

Galit Dadhi means curd which is strained through cloth.

Ati Snigdha *Vatanashaka*, *Kaphakaraka*, *Guru*, *Ruchikara*, increases *Bala*, *Pushtikara*, sweet in taste and does not vitiate *Pitta* (*Na Ati Pitta Kruta*)

Sasharkara Dadhi^[13] (sugar added with curd)

Helpful in *Trishna* (thirst), *Pitta Vikara*, *Rakta Vikara* and in burning sensations

Saguda Dadhi^[14] (jaggery added with Dadhi)

Vatanashaka, Aphrodisiac, *Bruhana*, *Truptikara* and *Guru*

Rutuanusar Dadhi Sevanniyam^[15]**Indication**

Hemant

Shishir

Varsha

Contraindication

Sharda

Grishma

Vasant

What happens if one eats curd without following the rule?^[16]

Jwara, *Raktapitta*, *Visarpa*, *Kustha*, *Pandu*, *Bhrama*, *Kamala*

Dadhi Sara^[17]

Thick and fatty part over curd is called as *Sara*

Sweet *Sara*: Is *guru* in nature, aphrodisiac, balances *Vata* and reduces digestive fire

Sour *Sara*: Useful in diseases of urinary bladder, increases *Pitta* and *Kapha*

Mastu^[18]

Watery part of *Dadhi* is called as *Mastu*

It acts as good appetiser, *Stroto Shodhaka*, decreases thirst and *Kapha*, gives strength.

DISCUSSION

Dahi is sour and sweet in taste and *Ushna Virya* (potency). *Ayurveda* states that it is one of the items that appears cool but is hot in nature. Properties of *Dahi* changes according to its various types, origin of milk from which it is formed. Also, *Dahi* differs in action according to one's *Prakruti* (body constitution of individual). *Dahi* is contraindicated in *Sharda*, *Grishma*, *Vasant Rutu* since in this time weather is hot and naturally *Pitta Dosha* gets aggravated, and consumption of *Dahi* may trigger *Pitta Dosha*. *Dahi Sevan* in wrong way may cause diseases like *Jwara*, *Raktapitta*, *Visarpa*, *Kustha*, *Pandu*, *Bhrama*, *Kamala*. These diseases are in general caused by vitiation of *Pitta Dosha*. *Dahi* is *Abhishandi* (increases sticky secretion in body) therefore it is contraindicated to consume *Dahi* at night.

CONCLUSION

Now a day there is a conflict between the thing that *Dadhi* is good or bad for our body. Here after discussing about types of *Dahi* and its properties one can conclude that *Dahi* has to be consumed by taking into account, the type of *Dadhi* and individual's own *Prakruti*. Then one can have benefits of *Dadhi* without causing its adverse effect on body.

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How to cite this article: Shradha Venkatrao Joshi, Shital O. Chavan. Approach towards understanding Pros and Cons of Dadhisevan - A Review. J Ayurveda Integr Med Sci 2022;1:208-211.

Source of Support: Nil, **Conflict of Interest:** None declared.
