

**A CLASSICAL REVIEW ON DADHI SEVANA NIYAMA****Anjali Sanjeev<sup>1\*</sup> and Gopikrishna S.<sup>2</sup>**

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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*.<sup>[1]</sup> *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*<sup>[2]</sup> 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*, *Kalaprakarsha* and *Bhajana*.<sup>[3]</sup> 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*.<sup>[4]</sup> 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).<sup>[5]</sup>
- 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*.<sup>[6]</sup>

### Properties of *dadhi*

*Dadhi* (Curd) by its nature has; *Madhuraamlarasa* (sweetish sour taste), *Amlavipaka* (sour post digestion taste),<sup>[7]</sup> *Guru* (heavy to digest), *Ushnavirya*<sup>[8]</sup> (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***<sup>[9]</sup>- 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*<sup>[10]</sup> viz

**Table 3: *Dadhi Sevana Niyama* according to different authors.**

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

3. ***Na nityam-*** It should not be consumed daily (*Nitya Asevana Dravya*).<sup>[11]</sup> because it's heavy, unctuous and *Abhishyandi* (increases the secretion), alters the digestion and lead to different ailments.<sup>[12]</sup> 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 *SamskaraVirudda* (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*.<sup>[13]</sup>

**Table 4: *Dadhi sevana based on ritu.***

<i>Rutu</i>	<i>Hitahita</i>	<i>Guna</i>	<i>Indication</i>	<i>Adverse</i>
<i>Varsha</i>	<i>Hita</i>	-	<i>ShoSha, vatadi, brama, Shrama, AtiSara</i>	-
<i>Greesham</i>	<i>Ahita</i>	<i>Guru, Amala, Raktapittavrudhi</i>	-	<i>Shopha, Trushna, Jvara, Vishamajvara</i>

<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),<sup>[14]</sup> oedema<sup>[15]</sup> and diabetes.<sup>[16]</sup> Appearance of oedema is because of its *Snigdha guna*. However butter possesses comparatively more *snigdha guna*. It is contraindicated in diseases like gouty arthritis<sup>[17]</sup>, and disorders of oral cavity.<sup>[18]</sup> *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*, *Pleeha*, *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. *Naivoshna – 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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