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# Review on *Nitya Asheelaniya Ahara Dravya* with special reference to the *Dadhi* (Curd)

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## ABSTRACT

*Ayurveda* is one of the Ancient system of medicine. *Ayurveda Acharya's* taught us about health, how to living healthy in a society through *Ahara Niyama* by following *Pathyapathya*. which *Ahara* can be taken in all season which one is good for which season. In classics there is an elaborate description regarding *Dinacharya*, *Rutucharya*, *Sadvritta Palana* etc. *Ahara* (Food) has been recognized as an important pillar for human being. *Ayurveda* enhance the importance of Unwholesome *Aahara Dravya* in the maintenance of health as well as prevent of diseases. As per *Ayurveda Asheelaniya Ahara Dravya's* are those food articles which are not suitable for regular use, E.g. - *Dadhi*. These food items with regular consumption can lead to various diseases. In this study there is detailed review of *Dadhi* (Curd) mentioned under *Asheelaniya Ahara Dravya*. This study is an attempt to fulfil knowledge of rules for consumption of *Dadhi*.

**Key words:** *Asheelaniya, Ahara, Dadhi, Dravya, Yoghurt.*

## INTRODUCTION

*Nitya Asheelaniya Ahara Dravya* means which cannot be used on regular basis. The food pattern and lifestyle of people is rapidly changing in the present era of society in this dietary shift, one of the major change that have been seen is pattern of *Dadhi* consumption. *Dadhi* is most common food content of Indian diet. Majority of people love its flavoured so it is used mainly as in preparing various food items. 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 item is *Dadhi*.<sup>[1]</sup> Special focus has been given to rules of consumption of *Dadhi*. According to *Ayurveda*, *Nitya Asheelaniya Ahara Dravya*<sup>[2]</sup> have been enlisted in *Charaka Samhita*,<sup>[3]</sup> *Ashtanga Hrudaya*,<sup>[4]</sup> and *Ashtanga Sangraha*.<sup>[5]</sup> According to the dictionary of Monier Williams,<sup>[6]</sup> the word *Nitya* means 'for long time'. *Asheelaniya* means one should not be habitual to take. *Na Abhyaset-Na Nirantaram Upayunjet* (should not be used regularly) *Acharya's* explained the importance of *Sheelaniya Ahara* by stating that if a person intake wholesome means *Sheelaniya Ahara* then there is no need of medicine and if a person consumes *Asheelaniya* (unwholesome) *Ahara Dravya* it manifest diseases. In this *Asheelaniya Ahara Dravyas Dadhi* has great importance in our diet. Diet is an art, how to take and how it effects on our emotions, mind, and spiritual qualities. It also connected to individual choice, dietary incompatibilities, seasonal, geographic, climatic, source, disease conditions and therapy. Aims

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of balanced and nutritious diet that assist in formation of *Ojas*, which is responsible for physical, mental and spiritual strength, maintenance and protection of the body of an individual. Therefore, entire life of an individual depends on wholesome food.

## REVIEW OF LITERATURE

*Nitya Asheelaniya Ahara Dravya's*<sup>[7]</sup> are those, one should not be habitual to take on regular bases these are, *Vallura* (dried flesh), *Sushka Shaka* (dried vegetables), *Shaluka* (lotus roots) and *Bisa* (lotus stalk) are not advisable similarly one should not eat the flesh of emaciated animals. In the same way *Kurcika* (solid portion of curds), *Kilata* (inspissated milk), *Saukara Mamsa* (pork), *Gavya Mamsa* (beef), *Mahisa Mamsa* (meal of buffalo), *Matsya* (fish), *Dadhi* (curd), *Masha* (black gram) and *Yavaka* (variety of barley are also prohibited for taking on regular basis.

Curd (*Dadhi*) Lacto-fermented dairy product (*Ksheera Vikriti*) it is prepared by two ways firstly<sup>[8]</sup> by preparation of curd (*Dadhi*) in home *Dadhi*, the Indian curd, is a well-known fermented milk product consumed by large section of the population throughout the country, either as a part of the daily diet or as a refreshing beverage. About 8% of total milk production is used for curd making. In India, *Dadhi* is largely made at individual homes using traditional kitchen recipes, involving milk of buffaloes, cows and goats; generally, a mixture of cow and buffalo milk is used. Milk is boiled and cooled, inoculated with *Dadhi* starter, usually they left over from the previous day's stock and undisturbed at ambient temperature for four to six hours until it acquires a thick consistency.

Secondly<sup>[9]</sup> by Preparation of Yogurt or Curd (*Dadhi*) is dairy product made by curdling the milk with edible acidic substances such as lemon juice or vinegar fermentation of milk by using yogurt culture that consists of lactobacillus and Streptococcus thermophiles.

### Types of the *Dadhi*

#### According to *Acharya Sushruta*<sup>[10]</sup>

1. *Madhura Dadhi: Maha Abhishyandi*, increases *Kapha Dosha* and *Medha Dhatu*.

2. *Amla Dadhi: Increases Kapha and Pitta*.

3. *Ati Amla Dadhi: Increases impurity in blood* (by vitiating *Pitta* and *Rakta*)

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

#### According to *Acharya Bhavaprakasha*<sup>[11]</sup> various kinds of *Dadhi*

##### *Manda Dadhi*

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 vitiates *Tridosha* and causes burning sensation.

##### *Swadu Dadhi*

Curd which is completely thick, having 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 Dadhi*

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

##### *Amla Dadhi*

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

##### *Atyamla Dadhi*

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.

#### *Dadhi Guna according to sources*<sup>[12]</sup>

##### *Gou Dugdha Dadhi (Cow milk curd)*

Sweet and sour taste, *Ruchikara*, *Pavitra*, *Agnidipaka*, *Hridiyya*, *Pushti Kara Vata Nashaka*. It is best among all other curd.

**Mahisha Dugdha Dadhi (Buffalo milk curd)**

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

**Aja Dugdha Dadhi (Goat milk curd)**

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

**Pakwa Dugdha Dadhi Lakshana<sup>[13]</sup> (curd prepared from boiled milk)**

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

**Nisara Dugdha Dadhi Lakshana<sup>[14]</sup> (fat free curd)**

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

**Galita Dadhi Lakshana<sup>[15]</sup>(strained curd)**

*Galita 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*.

**Sasharkara Yukta Dadhi<sup>[16]</sup> (sugar added with curd)**

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

**Saguda Dadhi<sup>[17]</sup> (jaggery added with Dadhi)**

*Vatanashaka*, *Vajikar*, *Bruhmana*, *Truptikara* and *Guru*

*Dadhi* by its nature is having *Guru Guna*, *Ushna Virya*, and is *Abhishyandi Karaka*, it should not be consumed during *Vasanta* (spring) *Grishma* (summer) *Sharad* (Autumn) *Rutu*.<sup>[18]</sup> It should not be taken at night, it is the *Nidana* or *Hetu* for the manifestation of the diseases. *Dadhi* should not be consumed at night, if necessary, should be consumed with *Grutha*, *Sharkra*, *Mudga*, *Yusha*, *Madhu*, *Amalaki* or *Lavana*.

**Contra indications<sup>[19]</sup>**

*Acharya Bhavmishra* states that *Dadhi* should not be taken 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*.

**METHODOLOGY**

The literature has been collected from various Ayurvedic texts, modern literature, and research articles. Online literature was searched from various databases such as Ayush Research Portal, Google Scholar, and Government websites, etc., using keywords *Dahi*, *Dadhi*, curd, yoghurt and *Asheelaniya Ahara Dravya*.

**DISCUSSION**

Curd is known as *Dadhi* in Sanskrit and has been described since Vedic period. Curd is a milk product obtained by process of coagulation known as curdling. Curdling is the breaking of emulsion. The word yoghurt is Turkish word, it means "to knead or to be curdled or coagulated; to thicken" the quality of the *dadhi* and yoghurt depends on the starter culture used. quality of milk and other added things that taste flavour and consistency of curd depends on the culture used (concentration and type of bacteria used) and environmental conditions like temperature, season and time to prepare.

*Rasa*, *Guna*, *Virya*, *Vipaka* and *Doshagnata* of *Dadhi* is explained under table no. 1. According to *Acharya Charaka*, *Sushruta*, *Vagbhata* and *Bhavaprakash Nighantu*, *Rutuanusar Dadhi Sevan* has been mentioned in table no. 2.

**Table 1: Chart of Dadhi described by Acharya's**

Samhita	Rasa	Virya	Vipaka	Dosha	Guna
Charaka Cha.Su.2 7/225- 227	-	Ushna	Amla	Vatasha maka	Rochana Deepana Vrushya Brumhan
Sushruta Su.Su.45 /65-67	Kashaya Anurasa	Ushna	Madhura Amla	Vatasha maka Pittavar dhaka Kaphava rdhana	Snigdha Vrushya Mangalya Balavard hana

Ashtanga Hrudaya 5/29-32	Amla	Ushna	Amla	Vatashamaka Pittavardhaka Kaphavardhana	Guru Ruksha
Bhava Prakash Nighantu	Kinchit Kashaya	Ushna	Amla	Vatashamaka	Snigdha Guru

**Table 2: Dadhi Sevana Krama according to Ritu's (Season)**

SN	Sevan Kala	Asevan Kala
1.	Hemanta	Sharad
2.	Shishira	Grishma
3.	Varsha	Vasanta

## CONCLUSION

Dadhi should not be ingested on a regular basis (Nitya Asheelaniya Ahara Dravya) because it affects digestion and manifest diseases. Dadhi should not be consumed at night or after heating or in Vasantha, Greeshma and Sharad Ritu. It vitiates Pitta Dosha and Rakta Dhātu. After discussing about types of the Dadhi and its properties, one can conclude that Dadhi has to be consumed by taking into account the type of Dadhi and individual's own Prakriti. Then one can have benefits of the Dadhi without causing its adverse effect on body.

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