

Ayurvedic Bird View on Milk (Dugdha)

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ABSTRACT

Consumption of cow's milk and dairy products as part of a balanced diet. Milk is considered as complete food for all. It provides Calcium, Protein and Vitamin-D. Calcium and Vitamin – D in milk helps to build strong bones. In this Article we are explained satmya, asatmya, boiled milk and unboiled milk, immediate drowned milk, milk cream, effects and benefits of milk, characters according to different authors.

Keywords: Dugdha varga, Milk, Dharoshna, Piyusha, Kilota (Ginna, Gippad Haalu), Cream (Santanika).

INTRODUCTION

Milk is Saatmya, Jeevaniya dravya for all. So, it is one of Pathya dravya. Ksheeratwa is produced from laghu oushadiya rasa, so it is Satmya to the all humans (Praniya).

Dugdha, Ksheera, Payas, Sthanya and Balajivana-are synonyms. (BP)

Soumya, Dhari, Satmya, Paya, Prasrvana, Asraja, Jeevana, Ksheera, Dugdha. (KN).

Milk is very sweet, unctuous, mitigates, vata and pitta, is laxative. Producers of semen, immediately cooling potency, suitable for health for all, enlivening, uttering, strengthening, promotes intelligence, is best aphoristic. (BP)

According to Charaka Samhita there are 12 types of Ahara dravyas.

- 1) Shuka dhanya varga
- 2) Shami dhanya varga
- 3) Mamsa varga
- 4) Shaka varga
- 5) Phala varga
- 6) Harita varga
- 7) Madya varga
- 8) Jala varga
- 9) Gorasa Varga

10) Ikshu vaikara varga

11) Krutanna varga

12) Aharopayogi varga

Among these we are going to explain about Gorasaa Varga in detail. (Ch. Su. 27/ 5-7).page no 368.

Suitable Drinking Milk

Cow's milk in dhāroshna state (warm milk drawn directly from the udder of the cow and consumed).

Bestows strength, is easy for digestion cold in potency, similar sector in properties, increases digestive fire and mitigates all the three doshas: when it becomes cold it should be rejected For dhārosna (warm milk coming out in stream) cow milk is ideal, for dhe Sita (stream not warm but cold) buffalos milk is best, milk of sheep is best among milk boiled and kept warm, milk of goat is best among boiled and cooled milks.

Uncooked milk causes increase of moisture inside the channels, heavy for digestion, causes increase of kapha and ama (undigested food etc.) and unhealthy and always unhealthy except cow's milk and buffalos milk, Women's milk (breast milk) is beneficial only

when raw (uncooked/ un boiled).

Milk boiled first and consumed warm mitigates kapha and vata, where as boiled and cooked milk mitigates pitta. (BP)

Milk is to be consumed by those who have undergone purgation, emesis and enema therapies those suffering from chronic fever, mental diseases, consumption fainting, giddiness, diseases of the duodenum, anaemia, feeling of burning sensation, thirst, diseases of the heart, abdominal pain, upward movement of gas, intestine abdominal tumour.

Diseases of the urinary bladder, piles, bleeding diseases, diarrhoea, diseases of vagina, fatigue and exhaustion, and abortion, it is always to for children the aged, wounded and specially to those emaciated by hunger, excess of copulation. (BP)

Gorasa Varga (Classification of Milk)

- 1) Godhugdha (Cow's milk)
- 2) Mahesha dugdha (Baffallow milk)
- 3) Ontani dhugdha (Camel milk)
- 4) Ashwa dhugdha (Horse milk)
- 5) Bakari dhugdha (goat milk)
- 6) Bhenda dhugdha (Sheep milk)
- 7) Hasthi dhugdha (Elephant milk)
- 8) Stree dhugdha (Women milk)

(Cha, BP, KN).

CHARECTERS OF COW MILK

स्वादु शीतं सद् स्निग्धं बद्धत अःपिच्छिलम् - गुरु मन्दं प्रसन्नं व राज्य दस्तुणो एका

तदेवंगुणमेवौजः सामान्यादभिवर्धयेत्। प्रवरं जीवनीयानां हीरहरु रसायनम् ॥ २१८ ॥ (Ch. Su. 27/ 217-218)

Swadhu, Sheeta, Mridhu, Snigdha, Bahala, Slakshna, Pichchila, Guru, Manda, Prasanna, it increases Oja, Jeevana shakti. and is also best among other milk and best rasayana. (SU)

Truptikaraka, pushtikara, medya, madhra rasa and vipaka, ballya, rasayana, varnya, kapha karaka, dhatu vardhaka, ojovardhaka, pittakaraka, snigdha, stanya vardhaka, sheetala, guru, daha shamaka, Abhishyandhi, rakta pitta, and vata nashaka, shukrya, rechaka. (KN).

Godhugdha – Sheeta veerya, guru snigdha, madhura rasa and vipaka, mutrala, pichila, stanya vardhaka, mrudhu, snehana, daha, vishgna, pavitra, kapha karaka, shukrala, prasannata, agnideepaka, Ayuvadhaka, Slakshana, mandha, Rasayana, Ojovardhaka. (BP).

Table 1: Characters of Different Colours of Cow's Milk (KN)

S. no	Different colours of cow's	Charecters
1	Black cow	Sreshta vatagna
2	White cow	Kaphakaraka
3	Pile (Cream)	Pitta and vatagna
4	Red cow	Vatavardhaka-
5	Mishrita (Mixed) colour cow	All characters
6	Vashkinya cow milk	Tridoshagna Ghana, Kapha vardhaka.
7	Vivatsa Godhugdha- death of child (Calf) cow milk	Tridoshakarka
8	Eating the Pinnyaka, Amla Padhrtha, Anna – Milk	Is kaphavardhaka and guru.

Table 2: Characters of Cow Milk

Authers Name	CHARECTERS
Shushruta	Swadhu, Sheeta, Mrudhu, Snigdha, Bahala, Slakshna, Pichila, Guru, Mandha, Prasanna, it increases Oja, Jeevanashakti. and is also best among other milk and best rasayana. (SU)
Kaiyadeva Nighantu	Truptionkaraka, Pushtikara, Medya, Madhu ra rasa and vipaka, Ballya, Rasayana, Varnya, kaphakaraka, Dhatuvaradhaka, Ojovardhaka, Pittakaraka, Snigdha, Stanyavardhaka, Sheetala, Guru, Dahashamaka, Abhishyandhi, Rakta Pitta, and Vata nashaka, Shukrya, Rechaka. (KN).
Bhava Prakasha	<p>दुग्धं क्षीरंपयः स्तन्यं बालजीवनमित्यपि। दुग्धं सुमधुरं स्निग्धं वातपित्तहरं सरम् ॥१॥ सद्यः शुक्रकरशीतं सात्म्यं सर्वशरीरिणाम्। जीवनं बृंहणं बल्यं मेध्यं वाजीकरं परम् ॥ वयःस्थापनमायुष्यंसन्धिकारि रसायनम् ॥२॥ (BP 6/1-2 Page no 454).</p> <p>Godhugdha – Sheetaveerya, Guru, Snigdha, Madhura rasa and Vipaka, Mutrala, Pichila, Stanyavardhaka, Mrudhu, Snehana, Dahi, Vishgna, Pavitra, kapha karaka, Shukrala, Prasannata, Agnideepaka, Ayuvadhaka, Slakshana, Manda, Rasayana, Ojovardhak</p> <p>खण्डेन सहितं दुग्धं कफकृत्पवनापहम्। सितासितोपलायुक्तं शुक्रलं त्रिमलापहम्। सगुडं मूत्रकृच्छ्रं पित्तश्लेष्मकं परम् ॥ (BP 6/36)</p> <p>Milk added with khanda (impure sugar candy) and consumed increase kapha and mitigates Vata.</p> <p>Milk added with suger and sitopala (Suger candy – Pure white cadied suger)</p> <p>Increases Semen, mitegates all tridoshas.</p> <p>Milk added with guda (Jaggary) it cures dysurea, increases pitta and kapha greatly.</p>
Charaka	<p>स्वादु शीतं सदु स्निग्धं बद्धलं अपिच्छिलं □ गुरु मन्दं प्रसन्नं व राज्यं दस्तुणे एका तदेवं गुणमेवौजः सामान्यादभिवर्धयेत्। प्रवरं जीवनीयानां हीरहरु रसायनम् □ २९८ □ (Ch. Su. 27/ 217-218)</p>

**Table 3: Properties of Milk Collected (Drawned) in the Morning and Afternoon, Evening /Night
Timing and Effect of Drawned Milk**

Authors Name	Morning	Afternoon	Night
Shushruta	In morning Heavy, Constipative.	Removes tiredness, Netrya, Vatanulomana.	Cool because of soma (cool) property of nights and because of physical inactivity during the nights.
Kaiyadeva Nighantu	Oshasha: Guru, Vishtamba, Dhatuvarhdhaka, Kaphakaraka, Shitala, Ballya, Abhishyandhi, Semisolid.	Milk is one by one Guruta.Sneha and also Guru or Laghu	Pradosha -Vata Kaphagna, with food is better, Pittagna, Netrya, Shrama, and Vatanashaka
Bhavaprakas ha	Generally heavy for digestion and cold in potency,	Since the effect of moon at night is more and cows do not do any activity, act as Aphrodisiac, Stoutening. Increases digestive fire; it bestows strength, mitigates Kapha and Pitta, increase Digestive fire. Consumed by children it helps growth, in persons of late youth it stops ageing, in old persons it causes increase of stamina.	Light (easily digestable), mitigates Vata and Kapha, since the effect of suns ray is more, cows do more activity and are exposed to breeze. Consumed at night it increases semen, mitigates many troubles, good for eyes (vision). The wise say that only milk should be consumed as food at night boiled rice <i>etc.</i> Should not be partaken along with it, since both together, will lead to indigestion. The person should not sleep without drinking milk, be should not leave off any part of it (drink completely to his full capacity).

Table 4: Dharoshna Dugdha (Drawned Milk)

Author's Name	Dharoshna Dugdha (Drawned Milk)	Dharasheeta Dugdha (Drawned Milk after cooling)
Shushruta	It is full of good qualities.	Guru, Growth Promoting.
Kaiyadeva nighantu	Sheetal, Laghu, Amruta, Deepaka, Tridoshagna. Cow's milk is best.	Sheetala, Tridoshakaraka. Buffalo milk is best.
Bhavaprakasha	Cow's milk in dhāroshna state (warm milk drawn	For Dhaāroshna (warm milk coming out in stream) cow milk is ideal, for the

	<p>directly from the udder of the cow and consumed). bestows strength, is easy for digestion cold in potency, similar sector in properties, increases digestive fire and mitigates all the three dosha's: when it becomes cold it should be rejected</p>	<p>Sita (stream not warm but cold) buffalo's milk is best, milk of sheep is best among milk boiled and kept warm, milk of goat is best among boiled and cooled milks.</p> <p>Uncooked milk causes increase of moisture inside the channels, heavy for digestion, causes increase of Kapha and Ama (undigested food etc.) and unhealthy and always unhealthy except cow's milk and buffalos milk.</p> <p>Woman's milk (breast milk) is beneficial only when raw (uncooked un boiled) but not when boiled.</p> <p>Milk boiled first and consumed warm mitigates Kapha and Vata, whereas boiled and cooked milk mitigates Pitta. (BP)</p>
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Table 5: Boiled/Unboiled Milk

Authors Name	Boiled milk	Unboiled milk
Shushruta	Laghu, Anabhishtyandi	Abhishtyandi, Guru.
Kaiyadeva Nighantu	Shruta ushna, Sheep milk is best. Shruta sheeta, Goat milk is best.	Abhishtyandi, Guru, kapha, ama vardhaka, stree dhugdha is better.
	<p>क्षीरं गव्यमथाजं वा कोष्णं दण्डाहतं पिबेत्। लघु वृष्यं ज्वरहरं वातपित्तकफापहम् ॥४३॥</p> <p>Milk either of cow or goat boiled and kept warm and then bitten with churner should be consumed. It is easily digestible aphrodisiac, mitigates Vāta Pitta and Kapha.</p> <p>Phena (froth) obtained (by churning) cow's milk or goats milk. Mitigates all the three doṣās, helps taste, increases strength, digestive fire, is aphrodisiac, bestows immediate contentment, easily digestible, it is ideal in diarrhoea, dyspepsia, fever of long duration.</p>	

Table 6: Nindita Dugdha Lakshana (Bad Qualities of Milk)

Author's name	Nindita dugdha lakshana
Shushruta	Bad odour, Sour, Discoloured, Altered taste, Salish, and Clotted.
Kaiyadeva Nighantu	Sweta and mixed colour, Madhura <i>etc.</i> Rasayukata, Badsmell, Amla or Lavanarasa, Ggranthyukta, should not mix with Amla and Lavana rasa, it leads to kushta.
Bhava Prakasha विवर्ण विरसं चाम्लं दुर्गन्धं ग्रथितं पयः। वर्जयेदम्ललवणयुक्त कुष्ठादिकृद् यतः ॥४६॥	Milk which is Discoloured, Bad taste, Sour, Bad smell, and Solidified, that mixed with sours and salts should be rejected and such milk causes leprosy <i>etc.</i>

Table 7: Indications and Effects of Taking Milk

Author's Name	
Shushruta	Milk from all being beneficial from birth. Cures chronic fever , asthma, emaciation, abdominal swellings, fainting, giddiness, thirst, cardiac disorders, urinary bladder diseases, anaemia, sprue, piles, colic, abdomen distension, diarrhoea, dysentery, gynaecological disorders, abortion, haemorrhagic conditions, tiredness, increases longevity, increases ojas, most beneficial for young and old and emaciated people, weak due to hunger, weak after sexual intercourse, weak by physical exercises, <i>etc.</i> (Su. Su. 45/49).
Kaiyadeva Nighantu	Abhishyandi, Atitrusna, Atikshudha, Mootrakrichchra, Vaata Rakta, Pittaja Roga, Manasa Roga, Vistambha, Vinmootra, Kapha, and Vatapittaja Gulma. Arsha, Basti Roga, Hridroga, Jeerna Jwara, Swasha, Kaasa, Shotha, Pandu, Pravahika, Jeerna Grahani, Atisara, Trishna, Moorcha, Mada, Bhrama, Yakshma, Unmada, Udararoga, Mukha Shosha, Daha, Shrama, Klama, Shoola, Amlapitta, Udavarta, Raktapitta, Vishamagni, Aanaha, Garbhashrava, Yoni Roga, Sukra Vikara, Balaka, Vriddha, Kshataksheena, Krusha by excessive exercises, those who are undergone Pancha Karma. Useful in Parisheka, Avagahana, Aschottana, Pradeha, Agada, Netra Santarpana <i>etc.</i> (K.N.4/120-129). Sthanyavardhaka, Vishagna, Pavitra, Kapphakaraka, Shukrya, Prasannata, Deepana, Aayurvedhaka, Rasayana, Ojovardhaka. (K.N.4/120-129).
Bhava Prakasha	Chronic fever, Cough, Asthma, Shosha (Emaciation).

Table 8: Effects of Taking Milk

Dugdha + ½ part water – boiling up to remaing to dugdha	Laghuta
Dugdha + ½ part water – boiling up to- reducing to 2,3,4 or 1/8 th part	Guru, Ballya,
Boiled milk	Kapha Vataghna
Cold milk after boiling	Pittaghna
Heavy boiling milk	Guru, Brumhana

Table 9: Piyusha (Sadhya Prasutayha Ksheeram)

Authers Name	Characters	Rogagnata
Charaka	Guru, Truptikaraka, Shukra Vadhaka, Brunhana, Nidrakaraka	Vatagna.
Shushruta	Madhura, Brumhana, Rushya.	
Bhava prakasha	Piyusha Milk of the cow which has just delivered a calf is called Piyusha	Aphrodisiac, strengthening, heavy for digestion, increase śleṣma, good for heart, mitigates vāta and pitta, ideal for persons having keen digestion, loss of sleep, abscess, dryness of mouth, thirst, burning sensation, bleeding disease and fever.
Kaiyadeva Nighantu	1. Piyusha (Sadhyo prasuta milk) 2. Morata (after 7 nights of not clean milk) According to Jejjata after Split the milk remove the watery content	1) Malina ,Ghana 2) Ballya, Pushtikaraka, ruchikaraka, Trupti karaka, madhura, shukra janaka, kaphakaraka, agni nahsaka. Vishtmbaka, guru, vatagna, hrudya, nidra and ama vardhaka

Table 10: Kilato (Nashta Ksheera Bhagaha) (Ginna, Gippada milk)

Charaka	Vishada, Guruta, Ruksha, Malabandhaka	
Shushruta	Guru, Vata, Punsatva, Nidra Janaka	
Bhava Prakasha	Solid portion of the milk when it boiled. (Ginna, Gippada milk)	Ksheera saka – is that obtained even without boiling milk. All these are aphrodisiac, strengthening, heavy for digestion, increase śleṣma, good for heart, mitigates vāta and pitta, ideal for persons having keen digestion, loss of sleep, abscess, dryness of mouth, thirst, burning sensation bleeding disease and fever.

Table 11: Effect of Milk Taken In Different Time (KN³)

Drinking milk in early morning	Shukra vardhaka, Brumhana, Agni vardhaka
Drinking milk in after noon	Ballya, Kapha pittaa nashaka, Agnideepaka
In children	Shareera Vruddhikara, Ballya
In old age	Shukra vardhaka
In night time	Pathya, doshanashaka, netrya.
In night time Milk without food	Ajeerna, Nidranashaka,
Daily in night time	Who was take Vidahi Anna Pana it leads to Daha,
Immediately after Tambula Sevana should not be taken.	Should be taken after 2 Mohartha

Table 12: Effect of Milk Taken in Different Vessels (KN³)

Collecting the milk in copper vessel	Vatagna
Gold vessel	Pittagna
Silver vessel	Kaphagna
Kanshya vessel	Rakta prasadhana

Table 13: Santānikā – Cream On Milk

Kaiyadeva Nighantu	Sheetala, Snigdha, Kapha, bala, Shukra vardhaka, Truptionaraka, Buunhana, Ruchikaraka, Rakta Pitta, vatagna
Bhavaprakasha	<p>सन्तानिका गुरुः शीता वृष्या पित्तास्रवातनुत्। तर्पणी बृंहणी स्निग्धा बलासबलशुक्रला॥ ३५॥</p> <p>Santānika is heavy for digestion, cold in potency, aphrodisiac, mitigates, Pitta, Rakta and Vāta, nourishing, softening, unctuous, increases Balāsa (Kapha) strength and semen.</p>

Table 14: According to KN3 Milk along With Drugs

Jangala Pashu Mansha + milk	Hitakaraa
Which drug is best in Six Rasaskandha + milk. Ex- Kashya – Haritaki, Katu – Shunti etc	Grahya
Lakshamikami Purusha should not take camel, sheep, lavana, without calf.	Varjya

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