

Milk Products – An Ayurvedic View

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ABSTRACT

Milk is considered an important part of the Diet and complete food for Childrens and Young and consumed by all ages. It contains valuable nutrients that help support a growing body, including Calcium and Protein. Milk of various types including Whole milk, Skim milk, in addition to being consumed as a beverage, milk is also to make Yoghurt, Butter milk, Butter, Dadhi mastu, Takra pind, Paneer, Ghrita etc. are milk products. In this article we are collected information regarding milk products in detail from our ancient author's like Charaka, Shushruta, Bhavaprakash, Kaiyadeva Nighantu, Harita Samhita, Astanga Sangraha, already described in their books.

Keywords: Milk products, Ayurvedic view, Yoghurt, Butter milk, Ghrita.

DADHI (YOUGHURT)

Table -1: Properties/Charectors of Youghurt

Shushruta	Madhura, Amla, Atyamla, Kashaya, Snigdha, Ushna, Cures Peenasa,(Corrhyza), Irregular fever (Vishama jwara), Diarrhoea (Atisara), Aruchi (Tasteless), Dysurea (Mootrakrucha), Karshya (Cachexia), Rushya (spermatogenic) , Pranakaram (Life giving), Mangalakara(Auspicious).
Kaiyadeva Nighantu	Mangala kara,Amla Vipaka,Snehana,Deepana,Grahi, Snigdha, Abhishyandhi, Guru, Ushnaveerya, Malamutra saraka, Aruchi, Prathishya,Sheeta jwara, Vishama jwara,kasa,krushata,Mutra krucha, and Vataveekara nashaka.and Ruchikara, Pitta, kapha, Shotha, Meda, Shukra, Rakta veekara, and Bala Vardhaka.
Bhava Prakasha	<p>दध्युष्णं दीपनस्निग्धं कषायानुरसं गुरु। पाकेऽम्लं ग्राहिपित्तास्त्रशोथमेदः कफप्रदम् ॥ १ ॥ मूत्रकृच्छ्रे प्रतिशयाये शीतगे विषमज्वर। अतीसारेऽरुचौ काश्ये शस्यते बलशुक्रकृत् ॥ २ ॥ (B.P. 6/1-2)</p> <p>Dadhi (curd) is hot in Potency, increases digestive fire, Unctuous, and has astringents, secondary taste. Sour at the end of digestion, constipating causes aggravation of Pitta, Rakta, Constipating, Oedema, Fat and kapha, it is beneficial in Dysuria, Nasal Catarrh, Intermittent fever with rigors, Diarrhoea, loss of taste and Emaciation, it increases Strength and Semen.</p>
Charaka	Ruchikara, Deepaniya, Rushya, Senhaniyam, Balavardhaka, Vatgna, Mangalakara, Mamsa vrudhdikara, Peenasa,Atisara,Vishama jwara, Aruchi, Mutakrucha, Krusha.
Harita	Amla, Madhura rasa, Grahi, Ushna, Vatahara, Meda, Bala, Veerya, Kapha,

Samhita	Raktapitta, Agniverdhaka.Snigdha, Madhura Vipaka, Pavitra, Gunakaraka. (H.S.8/30,31).
Astanga Samgraha	Sour, Mitigates vata, produces fat, semen, strength, Kapha, Pitta, Raktapitta, Agni and shopha, Grahi, Ushna, Guru, Ruchya, Ideal in loss of taste, Vishamajwara, Peenasa, Mootrakrichra, Grahanivikaranashaka.

Table-2: TYPES OF DADHI (YOGHURT)

Author's Name:	Types:
Shushruta	1) Swadhu, 2. Amla, 3. Atiamla, 4. Mandha Jatam, 5. Srutaksheerodbhavam, 6. Sara, 7. Asarascha.
Kaiyadeva Nighantu	1) Manda, 2. Madhura, 3. Swadwamla, 4. Amla, 5. Atyamla.
Bhavaprakasha	<p>1. Manda (ka), 2. Svidu (sweet), 3. Svadvamla, (sweet and sour), 4.Amla (sour) and 5. Atyamla (greatly sour)--thus dadhi is of five kinds-</p> <p>1) Manda is like milk, taste, imperceptible and slightly thick; it helps elimination of urine and faeces, increases all the three dosas and heart - burn during digestion.</p> <p>2) Svidu (sweet that which is well solidified, has sweet taste, clearly perceptible and sour taste not noticeable is called by the wise as svadu dadhi (sweet curds), it is atyabhishandhi (causes a great increase of moisture in the tissue pores and blocks them) aphrodisiac produces fat and kapha, mitigatesvata, sweet at the end of digestion mitegates rakta pitta.</p> <p>3) Svadvamla dadhi (sweet sour)is thick liquid,sweet in taste with a astringent as secondry taste itsproperties are same as that of ordinary curds.</p> <p>4) Amla dadhi is that which produces tingling sensation of teeth horripilations and burning sensation The throat etc. ,this kindles digestive fire, aggravates rakta vata and pitta greatly.</p>

Table-3: Effects of Dadhi on Doshas

Author's Name		Improper prepared curd
Shushruta	Abhishyandhi, kapha Medho Vardhaka, kapha Pitta kara,Atiamla it leads to Raktadhushti.	Vidhahi, Srushta vinnmootram (Evacuator for feaces and Urine)Tridoshakara.
Shushruta	Filtered by cloth	Vata and kapha,Bhrumhana,Alpa Pittakara,Annaabhilasha

Table-4: On The Basis of Preparation Doshagnata

Author's Name	Preparations	Doshagnata
Shushruta	Dadhi prepared by boiled milk.	Vatapittahara, Ruchikara,Dhatuwardhaka, Agnivardhaka, Ballya.

Charaka	Jaata Dadhi (Proper curd)	Vata shamaka
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Table-5: Dadhi Malayi (Yogurt Cream)

Author's name	Cream	Properties:
Shushruta	Cream with dadhi	Sara, Guru, Rushya, Vatagna, Agnimandhya, kapha and Shukravardhaaka.
Charaka	Dadhi Malayi (Curd cream)	Shukra vardhaka

Table-6: Without Cream Dadhi

Author's name		Properties
Shushruta	Without cream dadhi	Ruksha,Grahi, Vishtambha,Vata vardhaka,Deepana,Laghuta,kashaya,Ruchikara.

Table-7: Contraindication And Indications (Season Wise)

Author's name	Contraindication	Indications:
Shushruta	Sharad,Greeshma,Vasantha	Hemantha,Sisira,and Varsha.
Harita Samhita	Sharad,Greeshma,Vasantha. Night should not be eaten.	Hemantha,Sisira,and Varsha.
Astanga Sangraha	Vasantha, Greeshma, Sharad . Not be eaten at nights.	Hemantha,Sisira,and Varsha.

Table-8: Seasonal Effects

Author's name	Season	Effects
Kaiyadeva Nighantu	Varsha	Pittakaraka, Vatashamaka, kaphaprakupita, contraindicated in Gulma, Arsha, kustharoga, Raktapitta.
	Sharad	Guru, Ushnaveerya, Amla, Raktapitta vardhaka, Shosha, Trishna, Jwara karaka.
	Hemanta	Shukrala, Madhura, kaphakaraka, increases bala, Memmory power, Guru, Snigdha, Tusti and Pustikaraka.
	Shishira	Ghana, Amla, Madhura, Guru, Bhrimhana, Ruchikaraka, Trishnahara, Irradicates pitta,removes Ratijanya tiredness.
	Vasanta	Madhura, Snigdha, Kinchit Amla, kaphakaraka, Balavardhaka, Shukrajanaka, Agninishaka.
	Grishma	Laghu, Atyamla, Ushnaveerya, Raktapitta, Vidaha, Shosha, Bhrama, Pipasavardhaka.Taking dadhi in this season is contraindicated.

Author's Name	Season:	Properties:
Harita Samhita	Varsha	Hitakaraka, Prashasta, Shosha, Bhrama, Vatadi Nashaka.Shramajanya Atisara Nashaka.
	Sharad	Atyamla, Raktapitta Vardhaka, Trushna, Jwarakaraka, Vishamajwara Utpannakara.
	Hemanta	Heavy, Snigdha, Kaphakaraka, Balavardhaka, Vrushya, Medhya, Pustikara and Tustikara.
	Shishira	Amla, Madhura, Pichchila, Guru, Kaphakari, Balavardhaka, Pittakaraka, Shramahara.
	Vasanta	Vatakaraka, Madhura, Snigdha, Kinchit amla, Kaphakaraka, Bala Verryakaraka, Prashasta.

	Grishma	Laghu amla, Ati Ushna, Raktapittakaraka, Shosha, Bhrama, Trushna, vridhikara, In this season dadhi contraindicated.(H.S.8/40-45).
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Table-9: Dhdhi Mastu (Dadhi Jala / Curd Water)

Author's name:	Guna Karmas
Shushruta	Trushnanashaka, klamaNashaka, Laghu, Shrothovishodhana, Amla, kashaya, Madhura, Rushya,kapha Vathagna, Jeevaneeya, Preenana, Anulomana, Ballya, Annaabhilasha.
Charaka	Vata nashaka, Sroto vishodaka.
Bhavaprakasha	<p>Dadhisara-Mastu-cheese and whey</p> <p>दधस्तूपरि यो भागो घनः स्नेहसमन्वितः। स लोके सर इत्युक्तो दधो मण्डस्तु मस्तिवति॥ (B.P. 6/20)</p> <p>The solid upper part of curds is known in the society as dadhisara (cheese).the thin liquid part below as Dhadi manda of mastu (Whey) Dadhisara is sweet, heavy for digestion, aphrodisiac, mitigates Vataand digestive fire is sour it cures diseases of urinary bladder and aggravates pitta and kapha.</p> <p>Mastu relieves exhaustion, gives strength easily digestible, creates desire for food cleanses the tissue pores, gives contentment, and mitigates kapha, thirst and vata. Non-aphrodisiac nourishing and breaks up the accumulation of wastes quickly.</p>
Kaiyadeva Nighantu	<p>Madhura, kashaya, and amla, santarpana, ahaladakara, laghu, srotomarga shodhaka, balavardhaka, kapha, vata, shukra, pipasa, and krimi nasta karaka.</p> <p>Mastu from takra and dadhi is laghu,and vatahara.</p> <p>Takra mastu having same guna along with light and saraka.</p>

Table-10: Dhadi Kurchika (Pneer)

Kaiyadeva Nighantu	Milk + Dadhi – boiled it is called as = Dhadi kurchika	
	Milk + takra – Boiled it and take the product is = Takra kurchika	Grahi, Vishada, and ruksha, and Dhurjara (easily not digestive)
	Splitting the milk without boiling (Kachcha) + Sharkara= Ksheera shaka	
	Kilata (Chena) – Soild part of dhadi kurchika	
Charaka	Takra kurchika (Solid part of Butter milk)	Vishada,Guruta, Ruksha, Malabandhaka

Takra (Butter Milk)

घोलं तु मथितं तक्रमुदशिवच्छच्छिकाऽपि च।
ससरं निर्जलं घोलं मथितं त्वसरोदकम्॥१॥
तकं पादजलं प्रोक्तमुदशिवत्त्वर्द्धवारिकम्।
छच्छिका सारहीना स्यात्स्वच्छा प्रचुरवारिका।
घोलं तु शर्करायुक्तं गुणैर्जेयं रसालवत्॥२॥ (B.P. 6/1-2)

समुद्धतघृतं तकं पथ्यं लघु विशेषतः॥९॥
स्तोकोद्धतघृतं तस्माद् गुरु वृष्यं कफापहम्।
अनुद्धतघृतं सान्द्रं गुरु पुष्टिकफप्रदम्॥१०॥

Takra from which ghee (Butter) has been taken out completely is good for health, is for digestion especially that from which little amount of ghee (Butter) has been taken out is heavy for digestion, aphrodisiac and increases kapha, that from which ghee (butter) has not been taken out at all is thick in consistence, heavy for digestion, gives nourishment and increases kapha (BP)

Table-11: Tastes and Effects of Takra

Author's Name	Rasadi Guna	Karma and Rogagnata
Shushruta	Madhura, Amla, kashaya Anurasa. Ushna veerya, Laghu, Sukshma, Madhura Vipaka,	Agnideepan, Gara, Shopha, Atisara, Grahani, Pandu Aarsha, Pleecha, Gulma, Rochaka, Vishamajwara, Trushna, Chardhi, Praseka Shula, Meda, kapha Vatagna, Hrudyaya, Mutrakrucha, Snehav yapat, Rushya.
Kaiyadeva Nighantu	Madhura, Amla, kashaya Anurasa. Ushna veerya, Laghu, Sukshma, Madhura Vipaka,	Rooksha, teekshna, balakaraka, agnideepaka, hrudhya, pranadayaka, irradiates kamala, prameha, medoroga, arsha, purisha vibhandha, mootrakrichchra, aruchi, pandu, visha, jwara, atisara, bhagandhara, pliha, sneha vyapad, lalapraseka, vishamajwara, shopha, shoola, krimi, switra, kota, kusta, kapha and vata nashaka.
Charaka		Shoatha, Arsha, Grahani, Mutrakrucha, Udara roga, Aruchi, Snehapana. upadrava. Pandu, Vishanashaka
Harita Samhita	Tridosha Shamaka, Shrestha	Agnivardhaka, Ruchikaraka, Medhya, Arsha, Udara roha nashaka.
Astanga Sangraha	Laghu, Kashayamla.	Deepanam, Kaphavatajit, Irradiates Shopha, Udara, Arsha, Grahani, Mootraghaha, Aruchi, Gulma, Pleecha, Ghritavyapat, Pandurogajayet.

Table-12: Preparation Of Takra (Butter Milk)

Author's Name	Preparation	Guna
Shushruta	1.Takra: Without Sneha and water	
	2.Takra: Half water mix, (Semisolid)	Amla,Kashaya,
	3. Ghola: Snehayukta and without adding the water.	
Bhavaprakasha	1. Ghola is curds with its sāra (cheese) churned with or without adding water. 2.Ghola added with hingu, jiraka and saindhava 3. It is used with guda (jaggery/molasses), 4. with citraka	घोलं शर्करायुक्तं गुणैयं रसालवत्। 1.Ghola added with sugar is similar in qualities with rasala, mitigates vāta and pitta and gives contentment; 2. mitigate vāta, cures piles, diarrhoea, helps taste and gives nourishment, strength, relieves pain of the urinary bladder 3. dysuria 4. anaemia.
	2. Mathita is curds without cheese, churned without adding water.	2. Mathita mitigates kapha and pitta.
	3. Takra is curds churned by adding water-one fourth of the quantity of curds.	3.Takra is constipating, astringent sour in taste, sweet after digestion easily digestable hot in potency. kindles digestive fire, aphrodisiac, bestows nourishment, mitigates vāta beneficial for potaients of duodenal disease by its constipating and easily digestable properties, being sweet after digestion it does not cause aggravation of pitta, takra which is sour is hot in Potency kindles digestive fire, Is aphrodisiac gives satisfaction, mitigates vata, being astringent, hot potency, opening up pores and creating dryness it mitagats Kapha He who uses takra (buttermilk) daily does not suffer from diseases. and diseases cured.by takra do not recur: just as amruta (nectar), if for gods takra is for humans.
	4) Udasvit is curds churned by adding half the quantity of water.	4.Udasvit aggravates kapha, gives strength, mitigates ama (endotoxins) especially
	5.Chacchika is cold in potency easily digestable mitigates pitta,fatigue, thrust and vata	

	increases kapha and kindles digestive fire when added with salt and used.	
Kaiyadeva Nighantu	Curd is churned with churner and adds some water and again churned it for 1 Prahara (3hours) .	
Harita Samhita	Takra with more water	Deepaniya, Agnivardhaka, Raktapitta prakupita, not good in Peenasa, Swasa, Kasa.
	Takra churned with hands	Vata kapha nashaka, Trupti, Balakaraka, Balya, Shramanashaka, Deepana, laghu,

Table-13: Indications And Contraindications of Takra

Author's name	Indications	Contraindications
Shushruta	Sheetakala, Agnimandhya, kapha vikara, Margavarodha, Vatagna	Kshata, Ushna kala, Durbalata, Murcha, Bhrama, Daha, Raktapitta.
Bhavaprakasha	Sheetakala, Agnimandhya, Vishamagni, Kapha roga, Srtovarodha, Koshta gata dushita vata, Gara visha, Gulma, Arsha, Grahani.	नैव तकं क्षये दद्यान्नोष्णकाले च दुर्बले। न मूर्छाभ्रमदाहेषु रोगे रक्तपित्तजे ॥ १८ ॥ Takra (buttermilk) should not be used by patients of consumption, not during hot season (Greeshma and sharada Rutu), not by weak persons, not in diseases like fainting, giddiness, burning sensation, and bleeding diseases.
Kaiyadeva nighantu	Sheetakala, Agnimandya, Vishamagni, Kapharoga, Shrotorodha, Kostagata dooshita vayu, Garavisha, Arsha, Grahini, etc takra acts as Nector (amruta).	Takra (buttermilk) should not be used by patients of consumption, not during hot season (Greeshma and sharada Rutu), not by weak persons, not in diseases like fainting, giddiness, burning sensation, and bleeding diseases.
Harita Samhita	Sheetakala, Agnimandya, Vishamagni, Kapharoga, Shrotorodha, Kostagata dooshita vayu, Garavisha, Arsha, Grahini, etc takra acts as Nector (amruta).	Ushnakala, Sharadrutu, weak person, and not good in Moorcha, Bhrama, Trushna, Raktapitta.

Table-14: AFFECTS OF BUTTERMILK ON THE DOSHA'S

Author's name:	Takra Uses:	Doshas:
Shushruta	1. Madhura Takra. 2. Amlarasa takra 3. Amla takra and Saindhava, 4. Madhura takra and sharkara. 5. Takra , Trikatu and kshara.	1. Kaphavidhakar, Pittanashaka. 2. Vatagna, Pittakara 3. Vata vikara 4. Pittavikara.

		5. Kaphaja vikara –
Bhavaprakasha	1. Amlatakra (sour butter milk) added with shunthi and saindhava 2. Sweet butter milk added with sita (sugar).	1. Aggravation of vāta. 2. Aggravation of pitta.
Kaiyadeva Nighantu	1. Amlatakra + saindhava lavana 2. Madhura takra + Sharkara 3. Shunti + maricha + pippali + and kshara mixed takra 4. Jeera + saindhava lavana mixed takra.	1. Vata vriddhi 2. Pittavriddhi 3. Kaphavriddhi 4. Good in all seasons

Table-15: Apakva/Pakva Takra-(Unboiled And Boiled Butter Milk)

	Raw (unboiled)	Boiled
Bhava prakasha, Kaiyadeva nighantu	Buttermilk mitigates kapha in the kosta (alimentary tract), but produces kapha in the throat, and rhinitis, dyspnoea, cough etc.	is just like nector during cold season, wakens of digestive fire, diseases of vata origin, loss of taste, and obstruction of tissues channels, it cures artificial poisoning vomiting, excess salivation, intermittent fevers, anaemia, obesity, duodenal disorders, piles, rectal fistula, diabetes, abdominal tumours diarrhoea, colic and enlargement of spleen, enlargement of the abdomen, loss of appetite, leucoderma, diseases of alimentary tract, leprosy (and other skin diseases) thirst, and parasites.

Table-16: Morata (Takra Pinda)

Charaka	Vishada, Guruta, Ruksha, Malabandhaka,
Shushruta	Madhura, Brumhana, Rushya.
Bhavaprakasha	Milk boiled and then split (by adding a drop of sour juice) or curds or butter-milk, held in a bag of thick colth and removed much of its water but not completely. The solid portion remaining in the bag is called Takrapinda . Morata --Jejjata has said that the watery portion obtained by split milk is called Morata. 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. Moraṭa -- Mixed with sugar and used becomes easily digestible, and helps taste. (Srikanda).
Kaiyadeva Nighantu	Takra pinda - Soild part of Takra (After filtering) Guru, dhatu vardhaka, ballya, shukra janaka.

NAVANEETA VARGA (GROUPS OF BUTTER)

Table 17: Navaneeta Synonyms

Authers Name	Bhavaprakasha	Kaiyadeva Nighantu
	Mrakshana , Saraja, Haiyangavina and Navanitaka, are synonyms.	Mrakshana , Saraja, Haiyangavina and Navanitaka, Manthana, Ksheerotta, Ksheerodbhava, Ksheeranirmathodbhava, are synonyms .

Navanita of Gavya (Butter From Cow's Curds): is good for health, aphrodisiac, bestows colour, complexion, strength and good digestive power, is constipating, mitigates Vata, Pitta and Rakta, consumption Piles, Facial palsy and Cough, it is ideal for children, old persons and is nectar to infants.

Dugdhoktha Navaneeta (Butter From Milk)

Synonyms are Ksheerodbhva, Ksheerotta, ksheeranimanthanodhbhva.

Butter taken out from milk is good for the eyes (vision), cures bleeding diseases,

Aphrodisiac, gives strength is very unctuous, sweat, constipating and cold in potency. **(BP, KN)**

Table-18: Fresh (*Sadyaska navaneeta*) Versus Stale (*Cirantana navaneeta*)

Authers name	Fresh butter (Sadyaska navanita):	Stale butter (Cirantana navaneeta)
Shushruta	Laghu,Sukumara,Madhura,kashaya,Alpa Amla,Sheeta,Medya,Deepana,Hrudya,Gr ahi,Vata pittahara, Rushya , Vidhahi, kshya, kasa ,Vruna,Shosha, Arsha, Ardhitashaka, Netrya,Prasadana.	Guru,kaphakara,Meda vardhaka, Ballya,Brunhana,Shosha, recommended for children.
Bhavaprakasha	Sadyaska navaneeta (fresh butter) is sweet constipating,cold in potency,easily digestable, promotes intelligence, slightly astringent sour since a little amount of butter milk is mixed with it. (BP)	Cirantana navaneeta (stale butter) is alkaline , pungent, sour, and so it produces vomiting, piles and leprosy (and other skin diseases) increases of Kapha , hard for digestion and increases fat.
Kaiyadeva Nighantu	Laghu,Sheetala,Sangrahi,Madhura,kinchi t kashaya, Amlarasa, Varnya, Sukumara, Rakta pittanashka, Shiroroga, karnaroga nashaka, (KN)	Guru, due to kshareeya, katu, amla rasa increases Vamana, Arsha, and kushtha. Netrya, kaphakara,Meda vardhaka, Ballya,Brunhana,Shoshanash aka, recommended for children.
Charaka	Sangrahi,Deepanam,Hrudyam, ,Agni vardhaka. Arsha, Grahini, Ardhitashaka, Aruchi	-----
Harita Samhita	Grahi, Hridhya, Atyanta agnivardhaka, Irradicates Kshaya ,Aruchi, Ardhitashaka	-----

	Pliha, Grahini, Arsha.68.	
Astanga Sanghbraha	Sheeta, Swadu, Kashayamlam. Cures Yakshma, Arsha, Ardhita, Disorders caused by pitta, rakta and vata, Grahi, Deepanam.	-----

Table-19: Properties of Navaneeta

Shushruta	Rich in fat, Madhura, Sheetaveerya, Sukumaryakara, Netrya, Sanghbrahi, Rakta Pitta vikara nashaka, Prasadana.
Kaiyadeva Nighantu	Raktapitta, vataja roga, kshaya, netravigara, vrana, shotha, shosha, ardhita, arsha, grahini, swasha, kaasa, sukravardhaka, kaphakaraka, balya, deepan, medovardhaka, medhya, vridhya, avidhahi, ruchikara, dhatuverdhaka, soukumarya, hitakara for children and old.
Harita Samhita	Chakshushya, Sheetala, Snigdha, Vrushya, Jeevaneeya, Bhrihanam.

Table-20: Supernatant Fatty Layer of Milk

Shushruta	Vataghna, Tarpana, Vrushya, Ballya, Snigdha, Ruchikara, Madhura rasa, Madhura vipaka, Raktapittaghna, Prasadana, Guruta.
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GHRUTA VARGA

Synonyms

Gruta, Ajya, Havis, Sarpi, are synonyms.
(BP)

Abhidhara, Jeevaniya, Pavitra, Navaneetaja, Amruthaha. Adhara, Sarpi, Ajya, Avi. These are synonyms **(KN)**

Gavya Ghruta (Ghee from Cows Milk)

Gavya ghruta (cows ghee) especially is good for vision. Aphrodisiac, kindles, digestive fire, sweet both in taste and after digestion, cold potency, mitigates vata pitta, and kapha, bestows intelligence, beauty, brilliance, valour, wards off un auspiciousness sorcery, sings, retards ageing, heavy for digestion, gives strength best in qualities among all kinds all kinds of ghee. **(BP)**

Madhura vipaka, tridoshaghna, shukra, and balya. **(KN)**

Madhura vipaka, Vrushya, Vaata, Pitta and Kapha nashaka, Chakshushya, Balakaraka, Medhya, Uttama gunayukta. **(H.S)**

Dugdha Gruta (Ghee from Milk)

Ghee prepared from (butter from) milk is constipating, cold in potency, cures diseases of eyes, relives pitta, burning sensation, bleeding diseases, toxicity, fainting, giddiness and diseases of vata origin.

Ghee prepared from milk, stale by one day is known as haiyangavinaka. This is good for eyes, kindles digestive fire, helps taste, bestows strength, nourishment, is aphrodisiac, and cures fevers especially. **(BP)**

Grahi, truptikaraka, sheetala, bhrama, moorcha, netraroga, raktapitta, vatakaphaja roga, dahanashaka, soukumarya. **(KN)**

Ghruta Prepared from Butter: Ghruta prepared from Butter (from butter cured

directly from milk) is sanghrahi, raktapitta, beneficial for eye diseases. (BP)
bhrama, moorchcha prashamana,

Table-21: Properties of Ghee

Authers Name	PROPERTIES	EFFECTS
Shushruta,, Kaiyadeva Nighantu and Bhavaprakash a	Madhura rasa, Madhura vipaka, Sheetaveerya, Pittavataghna, Mrudu Guna, Guru, visha nashaka, netry,ballya,	Rejuvenating, good for eyes (vision), kindles digestive fire, removes poison, inauspiciousness, sorcery, Produces little amount of moisture in the channels, bestows lustre, valour, beauty, good voice and memory, increases intelligence, prolong life, gives strength cures upward movement of gas, inside the abdomen, fever, insanity, abdominal pain, flatulence, ulcers, is unctuous, increases kapha, loss of rakta, herpis and diseases of the blood. Best in sneha.
Kaiyadeva Nighantu AND Shushruta	Best Among Other Snehas.(KN)	Raksasanashaka, Papanashaka, Alkshminashaka, Vishagna, Hitakara for Unmada ,Udavartha, Yakshma, Sastra and Agni Peedita Purusha.
Charaka	Smruti , Buddi , Agni ,Veerya, Oja, Kapha, Medha vardhakasheeta veerya, Madhura rasa and madhura vipaka.	Vata, pitta,Visha janya vikara, Unmada, Rajayakshma, Jwara
Astanga Sangraha	.It is best among fatty material.Sheeta, Vayasthapana, Sahasraveerya, Sahasrakarmakrit.	Suited for Dhee, Smriti, Medhya, Agnibala, Ayu, Shukrya, Chakshushya, Bala, Vridha, Praja, Kanti, Sukumarya, Swarya. Kshataksheena, Visapa, Shashtra Agni, Pittatmanat, Vaata, Pitta, Visha, Unmada, Shosha,Alakshmi, Jwara

Table-22: Gruta Manda Guna (Upper Liquid Portion of the Condensed Ghrita)

Shushruta	Kaiyadeva Nighantu	Charaka	Astanga Sangraha
Madhura, saraguna, used in yoniroga, karna netra, shirashoola.	Its characters are same as Ghruta, Rukshya, Shukshma, Thin, Mrudhu Veerechaka, Varnya, laghu, Thikshna, Agni deepaka, Shukrajanaka, in form nasya indicated in Karna ,netra,shira shula KN	Mandaka (Improper curd) Vata pitta kaphakara	It is dry, Teekshna, Tanu.

Table-23: Purana Grutha (Old Ghee)

Shushruta	10yrs old ghruta is saraguna, katuvipaka, tridoshaghna, used in moorchcha, mada, unmade, udara, jwara, gara, shosha, apasmara, yoni, karna, akshi, shirashoolaghna, deepana, basti, nasya, karnapoorana, purana ghruta is timira, swasha, peenasa, jwara, kaasa, moorcha, kustha, visha, unmade, ghraha, apasmara nashanam.
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	<p>Sushruta says 11 years to 100 years old grutha is called Kumba sarpi Above 100 year's old grutha is called maha grutha. Maha ghruta should be drunk by persons having an excess of vata, it eliminates kapha.</p> <p>Maha ghruta: ballya, pavitra, medhya, timiranashaka, sarva bhoota nashaka.</p>
Bhavaprakasha	<p>Ghee more than one year old is called purana ghruta (old ghee),it mitigates tridosha, fainting, leprosy (Other skin diseases), posion, insanity, epilepsy, blindness, older the ghee in years better becomes its qualities. (BP)</p> <p>Fresh ghee only should be used for food. For nourishment,during exhartion, loss of strength, eneamia, jaundice, and eye diseases, (BP)</p>
Kaiyadeva Nighantu	<p>According to Bhadrashounaka one year old ghee is called purana grutha, Some authors says that up to ten year old grutha purana grutha,above ten years old grutha is called prapurana grutha,</p> <p>According to Sushruta 11 years to 100 years old grutha is called Kumba sarpi .above 100 years old grutha is called Maha grutha.</p> <p>Properties: New grutha use bojana karma,Tarpana, shrama, balakshya, pandu roga,kamala, netra vikara, Rajayakshma, Balaka, Rudra, Rakta pitta, (KN)</p>
Charaka	<p>Purana Gruta 10 years old ghee Mada, Murcha,Apasmara, Yakshma,Yakshma Unmada Krutrima visha,</p>
Kaiyadeva Nighantu	<p>1 yr – abhishyani, tridoshaghna. 5yr – kashaya rasa. 10yr – katu anurasa, laghu guna. Above 10yr – Rasayana.</p>
Harita Samhita	<p>Purana Ghruta: Agnisamrakshana, Increases Jatharagni, Best in Moorcha, Kushta, Unmada, Karnashoola, Akshishoola, Shopha, Arsha, Yonidosha, Vruna.</p> <p>10 year old grutha: Atyanta Ughragandhi.</p> <p>Older the Ghee, more potent it will become.</p>
Astanga Sangraha	<p>Purana Ghruta: Cures Intoxication, Ardhita, Moorcha, diseases of head, ears and eyes, and Vaginal tract, Vruna shodhaka.</p>

Dhouta Grutha

Cold gruta kept in cold water and then manthana should be done.

When it becomes white colour, then it is called as Dhoutagruta. Daha, Moorcha, Jwaranashaka. (KN)

Contraindications of Gruta

Amavikara, Visuchika, Vibhandha, Madhatya, Jwara, Mandhagni.

Contradictions of Purana Ghruta

Purana ghee is not approved in these cases, -- Pulmonary tuberculosis, children, old persons, kaphaja vyadhi, soma roga,

(leucorrhoea) visuchika, constipation, Alcoholoc, intoxication, fever, and weak digestive fire.

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